

**Abstract:**

**Assessing the need for nutrition curriculum development in FQHC-based Family Medicine residency programs**

Dunia Mardini, DO

PGY 3 Resident, Northwestern McGaw Family Medicine at Humboldt Park

**Background:**

Family Medicine (FM) physicians are uniquely positioned to provide medical nutrition therapy (MNT) as part of a greater framework of prevention and management of chronic diseases. Additional disparities have been identified among patients who seek care at Federally Qualified Health Centers (FQHCs) due to many patients lacking sufficient coverage for MNT benefits. However, proper education in MNT is lacking throughout the course of medical training. Previous studies have explored and identified gaps in nutrition education in medical schools and residency programs, however; none of these studies have assessed these gaps among FM residents training at FQHCs, which comes with its own unique set of challenges. The purpose of this study is to assess the need for a structured MNT curriculum in FM residency programs that provide outpatient care primarily at FQHCs. This study seeks to determine if a concise nutrition module improves confidence and motivation to provide evidence based, efficient, focused nutrition counseling among residents in a FM FQHC setting.

**Methods:**

Following a 60-minute MNT didactics module, the study employs pre- and post-surveys to measure changes in resident attitudes, confidence levels, and perceived barriers related to providing MNT counseling. The study participants will include current FM residents who provide outpatient care primarily in an FQHC setting.

**Results/Conclusions:**

Data collection is ongoing. If gaps in education are identified and/or our nutrition module confers benefit in skills, confidence, or attitudes for family medicine residents, it may facilitate implementation of longitudinal nutrition curricula in residency programs and ultimately improve patient-centered outcomes.