Implementation of the Eetscore in outpatients

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To investigate whether the extent to which patients adhere to the Dutch dietary guidelines improves more in out clinic patients, with a positive iFOBT, who receive dietary and physical activity advice by the Eetscore during 3 months, than in out...

Ethical review	Approved WMO
Status	Recruiting
Health condition type	Malignant and unspecified neoplasms gastrointestinal NEC
Study type	Interventional

Summary

ID

NL-OMON41764

Source
ToetsingOnline

Brief title
Implementation of the Eetscore

Condition

- Malignant and unspecified neoplasms gastrointestinal NEC
- Lifestyle issues

Synonym
chronic diseases, overweight

Research involving
Human

Sponsors and support

Primary sponsor: Wageningen Universiteit
Source(s) of monetary or material Support: Ministerie van OC&W

Intervention

Keyword: Eetscore, Health, Nutrition, Outpatient

Outcome measures

Primary outcome

The main study parameter will be the overall score (0-90) of the Eetscore. Sub scores of the Eetscore are available for the intake of 1) vegetables, 2) fruit, 3) dietary fibre, 4) saturated fatty acids, 5) trans fats, 6) fish, 7) sodium, 8) alcoholic beverages and in addition 9) physical activity.

Secondary outcome

Secondary study parameters will be BMI, abdominal circumference, body composition and quality of life.

Study description

Background summary

At the Division of Human Nutrition, we developed a validated tool to support dietary advice. With this tool, the Eetscore, we can assess diet quality by evaluating to what extent someone*s intake complies with the dietary guidelines. The Eetscore can be used to monitor the diet of healthy persons and patients with a high risk of disease, disease or recurrence of diseases. Based on the results of the evaluation the patients can receive automatically a targeted dietary advice. The advantage of the tool is that it is much shorter than existing food questionnaires, requires little time to fill out (5-10 minutes), gives feed-back to the patient by a score, and is easily applicable. Hospital Gelderse Vallei, in cooperation with the Division of Human Nutrition, is developing a care path for nutrition. It aims to provide better nutritional care for patients before admission to the hospital, during hospital stay and after their discharge from hospital. The Eetscore could support this carepath.

Study objective

To investigate whether the extent to which patients adhere to the Dutch dietary guidelines improves more in out clinic patients, with a positive iFOBT, who

receive dietary and physical activity advice by the Eetscore during 3 months, than in out clinic patients, with a positive iFOBT, who receive no advice.

Study design

The whole study will take 7 months. Four months are needed to recruit participants and to carry out baseline measurements. These baseline measurements consist of filling out the Eetscore and quality of life questionnaire and measuring abdominal circumference and body composition. After completion of the Eetscore questionnaire patients will receive randomly either an advice via the Eetscore application (intervention) or no advice (control). Then, 3 months after the baseline measurements the follow-up measurements (t=3) will be carried out. Also 4 months are reserved for performing these follow-up measurements. These follow-up measurements consist of the same measurements as at baseline.

Intervention

A 3 months intervention with dietary and physical advice according to the Eetscore.

Study burden and risks

Participants are asked to fill out the Eetscore questionnaire and a questionnaire about their general health. In addition, they have to undergo measurements of waist and body composition by bioimpedance at baseline and at the end of the study. In between they will follow dietary and physical activity advice.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

patient have a positive iFOBT,
patient have an e-mail account,
patient agree to do the intake interview

Exclusion criteria

patients will be excluded if they do not enter the colon care outpatient clinic via the screening,
patients will be excluded if theydo not have a Dutch eating pattern
patients will be excluded if theyhave an internal electronic device, such as a pacemaker.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)

Primary purpose: Prevention

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	13-05-2015
Enrollment:	188
Type:	Actual

Ethics review

Approved WMO Date:	13-02-2015
Application type:	First submission
Review commission:	METC Wageningen Universiteit (Wageningen)
Approved WMO Date:	02-04-2015
Application type:	Amendment
Review commission:	METC Wageningen Universiteit (Wageningen)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

ID: 21544
Source: Nationaal Trial Register
Title:

In other registers

Register	ID
CCMO	NL51456.081.14
OMON	NL-OMON21544