

VHA Dietitian Experiences of Telework and Virtual Care During the COVID-19 Pandemic

Author(s): L. Maria¹, R. Anglin², R. LaCroix³, C. County⁴, S. Sanil⁵, J. Williams⁶, N. Munoz⁷; ¹Bruce W. Carter Miami VA Medical Center, Miami VA Healthcare System, ²VHA Healthcare System, ³White River Junction Veterans Health Administration, ⁴South Texas Health Care System, ⁵Washington DC VAMC, ⁶VA Puget Sound Healthcare System, ⁷VA Southern Nevada Healthcare System

Learning Outcome: Describe the experiences of telework and virtual care among VHA dietitians during the first year of the COVID-19 pandemic.

Introduction: During the COVID-19 Pandemic, many VHA dietitians' jobs shifted to include telework and virtual care. This paper describes the experiences of telework and virtual care among VHA dietitians during the first year of the COVID-19 pandemic.

Methods: A convenience sample of 701 VHA dietitians completed a web-based evaluation tool. Quantitative and qualitative data were used in an aggregate manner to describe the impact of the pandemic on the work and quality of life of VHA RDNs. Approximately 3,000 VHA dietitians were contacted through a national email group and invited to complete a voluntary questionnaire. Dietitians completed the questionnaire between May 2021-June 2021 and 701 (23%) responded. An alternative hypothesis was created that the COVID-19 pandemic impacted these dependent variables for VHA dietitians: work modality, quality of life, job satisfaction, job quality, and job productivity. Content analysis identified patterns and themes across job positions within qualitative data.

Results: Of the 436 participants who reported teleworking over 10 months, 79% reported a positive impact on work life balance and 63% on productivity. A total of 1106 comments were categorized as a perceived decline (32%), a maintenance (12%), or an improvement (56%) of a dependent variable. Among those who teleworked, 81% reported they would be "very likely (8 -10)" to choose to continue teleworking for a portion of their work schedule.

Discussion: This data indicates that a hybrid work schedule for non-inpatient RDN positions may have a favorable impact on work life balance, job quality and job productivity.

Funding Source: None.

University Student Food Insecurity Risk, On-campus Food Pantry Usage, and Its Barriers

Author(s): M. Deshotel¹, J. Phelps², W. Li¹, C. Fose¹; ¹University of Arkansas for Medical Sciences, ²University of Arkansas System Division of Agriculture

Learning Outcome: Summarize associations between food pantry usage or college affiliation and food insecurity risk and describe barriers to address toward increasing food pantry utilization among college students.

Background: Food insecurity negatively impacts academics, health, and future outlook of college/university students. The purpose of this study was to examine the association between campus food pantry usage and food insecurity risk while identifying barriers to pantry usage among students attending the University of Arkansas for Medical Sciences (UAMS).

Methods: Students enrolled at UAMS (n=2,947) were recruited to voluntarily participate in an online survey regarding perceived food insecurity risk, college affiliation, transportation method, residence distance from campus, usage of the campus food pantry, and recommendations for pantry improvement. The association between perceived food insecurity risk and food pantry usage as well as college affiliation were analyzed by Chi-square and Fisher's exact tests. Survey data were further analyzed by descriptive statistics.

Results: There was a 6.2% (n=183) response rate; 78% (n=143) reported perceived risk of food insecurity; 17% (n=32) reported utilization of the food pantry. Association between college affiliation and food insecurity risk was moderately strong ($\phi=0.284$, $p=.002$). There was not a significant association between food insecurity risk and pantry use ($p=.238$). Frequently reported barriers included lack of awareness and information, location and time constraints, undesirable food choices, lack of communication, and stigma or feelings of shame surrounding pantry use.

Conclusion: Results point to underutilization of the food pantry among students at risk for food insecurity. Addressing barriers to pantry usage as reported by college students may help increase pantry usage and reduce food insecurity risk among UAMS students. Continued monitoring of pantry use is recommended.

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Self-management, Attitudes, and Barriers for Students with Common Food Allergies Utilizing Campus Dining at a Large Urban University

Author(s): S. Dahlberg, A. Wagle, J. Bergman; San José State University

Learning Outcome: Understand the participants' concerns about campus dining services and the findings will increase awareness and help to improve the campus's accommodation of food allergies for all students.

Abstract: Food allergies are associated with stress and anxiety in college students. This research study aims to explore the findings of students with known food allergies and their perspectives on how one large urban university campus dining service accommodates their dietary needs. The study utilized a mixed-methods approach, and a non-probability, purposive sampling was used for a campus-wide online self-reported survey from August to October 2023. The survey included twenty close-ended and open-ended questions about the student's food allergy attitudes, self-management, and barriers to on-campus dining services. Participants were students who self-identified with a medically diagnosed food allergy or intolerance and purchased food through the university dining service. Out of the twenty-four participants, nineteen students provided substantial responses, generating a response rate of 79%. Over half of the participants were first-year students residing in one of the dorms on campus. Approximately 74% of the participants admitted that they felt they might have a serious reaction or die from an allergic reaction if they ate the food on campus. One participant reported being allergic to five recognized food allergens and had to be hospitalized due to unknown allergic reactions after eating mislabeled campus food. Around 45% of the participants reported having had an allergic reaction to a food item while dining on campus, specifically within the buffet-style dining hall, due to food mislabeling. Results will be shared with the university food service and used to establish best practices for food allergy management and improve dining services on campus.

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Faculty, Preceptor, and Student Satisfaction with the Future Education Model and Competency-based Education Training: Results from the ACEND 2023 Surveys

Author(s): L. Gray¹, M. Hill¹, L. Wang¹, J. Wright², R. AbuSabbah²; ¹University of the Pacific, ²ACEND

Learning Outcome: Describe the satisfaction with competency-based education training among faculty, preceptors, and students in Graduate Programs in Nutrition and Dietetics.

Abstract: Graduate Programs (GP) that follow the Future Education Model (FEM) Accreditation Standards for Nutrition and Dietetics integrate didactic coursework with supervised experiential learning in a competency-based education (CBE) curriculum to prepare graduates for practice as registered dietitian nutritionists (RDN). ACEND surveyed faculty and preceptors from FEM GPs in Fall 2023, using a 7-point Likert scale (1=lowest, 7=highest), to assess their level of satisfaction with core FEM GP program components. On average, faculty (n = 8) and preceptors (n = 20) were more than satisfied with all program components. Faculty were more satisfied in all four program components (experiential learning, competency-based learning, assessment, student demonstration of competencies) compared to preceptors, though the difference was not significant. ACEND also surveyed faculty, preceptors, and graduating students from FEM GPs on their understanding and satisfaction with CBE training. The majority of faculty and preceptors (86.6%) reported receiving CBE training in the last year, as did 88% of students (n=84) who reported CBE training during their graduate program. On average, faculty, preceptors, and students felt they understood CBE (faculty: M=6.00, SD=0.71; preceptors: M=6.14, SD=0.86; students: M=5.96, SD=1.03) and were satisfied with CBE training (faculty: M=6.00, SD=0.71; preceptors: M=6.19, SD=0.83; students: M=5.73, SD=1.18). Further, students felt ready to practice as RDNs (M=6.35, SD=0.72) and were confident in their abilities (M=6.22, SD=0.74).

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