



**THE EFFECTIVENESS OF NUTRITIONAL
COUNSELLING FOR DIABETIC PATIENTS
IN OUTPATIENT DIETETIC CLINIC,
HUSM: A PRELIMINARY STUDY**

**DR. SAKINAH HARITH
MRS. JULIANA SHAMSUDIN
DIETETIC PROGRAM, SCHOOL OF HEALTH SCIENCES, USM**

RESEARCH TEAM



1. Dr. Sakinah Harith
2. Mrs. Juliana Shamsudin
3. Prof. Madya Dr. Shariza Abdul Razak
4. Mr. Nor Azmi Zainal

**1, 2, 3: Dietetic Program, School of Health Sciences, USM
4: Biomedicine Program, School of Health Sciences, USM**

OBJECTIVES



General Objective:

To examine with randomized controlled design whether one-to-one nutritional counseling by dietitian for diabetic patients type 2 can improve their health outcomes using **Diet Management Tool (DMT)**

OBJECTIVES



Specific Objectives:

- a) To achieve the improvement in glycemic control.
- b) To promote better dietary management
- c) To emphasize on weight loss as prerequisites for effective education.
- d) To prevent and treat the chronic complications of diabetes.