

# 12<sup>th</sup> WORLD NURSING FORUM

April 17, 2023 | Webinar

Received date: 01:12:2022 | Accepted date: 03:12:2022 | Published date: 27:04:2023

## Impact of an Interactive Dietary Management Program on Nephrolithiasis Patients in Taiwan

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**Objectives:** To compare the knowledge, attitudes, and practices before and after a dietary management program based on a Dietary Approach to Stop Hypertension (DASH)-style diet for nephrolithiasis patients in Taiwan. **Design, Participants:** Patients who visited clinics at Taipei Medical University-Wan Fang Hospital in 2015 for kidney stones were recruited in a dietary management program based on a DASH-style diet. The questionnaire was developed 20 dichotomous questions measuring knowledge and attitudes, and 6 questions for practices on a 5-point scale. The knowledge and attitude sections were administered before and after the program, with the practice section set as a pre-intervention test. A total of 51 subjects completed the study. **Analysis, Main Outcome Measures and Results:** The average scores of knowledges increased from  $3.8 \pm 2.43$  to  $7.2 \pm 2.37$  ( $p < 0.001$ ) after the intervention, and the total attitude scores also significantly improved from  $38.3 \pm 4.62$  to  $40.7 \pm 3.40$  ( $p = 0.001$ ). Interestingly, the practice score was more closely associated with the knowledge score than it was to the attitude score. **Conclusions and Implications:** The current dietary management program based on concepts of a DASH-style diet for nephrolithiasis patients positively impacted patients' knowledge and attitudes. Further campaigns and health-promoting education are required for on-going prevention of the recurrence of kidney stones.

### Recent Publications

1. Pathway analysis of sepsis-induced changes gene expression
2. AA Elbakkoush, A Khaleel, ANA Mohamed, A Alathamneh, Egyptian Journal of Medical Human Genetics 23 (1), 1-8 2022
3. Pathway analysis of smoking-induced changes in buccal mucosal gene expression
4. A Khaleel, B Alkhawaja, TS Al-Qaisi, L Alshalabi, AH Tarkhan, Egyptian Journal of Medical Human Genetics 23 (1), 1-13 2022. Pathway Analysis of Patients with Severe Acute Respiratory Syndrome
5. A Khaleel, AB Zakariya, M Niazi, NA Qinna, WA Dayyih, AH Tarkhan, Drug Research 72 (08), 466-472 2022. Differential gene expression analysis of ankylosing spondylitis shows deregulation of the HLA-DRB, HLA-DQB, ITM2A, and CTLA4 genes.

### Biography

Anas Khaleel is currently an assistant professor at the University of Petra #uop, Amman, Jordan, teaching pharmacy students applied clinical and biostatistics sciences. From personal experience in biotechnology and bioinformatics, he got to master pharmacoeconomics subjects besides biostatistics and therapeutics. Cooperating with clinicians in hospitals, He continued his passion for research targeting several disease genetics basis and clinically applied research. He is the licensed pharmacist in three countries in the middle east, UAE, Jordan, and Palestine, He practiced pharmacy in these countries for many years before going to academia. That is why he like teaching pharmacy practice subjects as well as over the counter medicines (OTC). He was trained also to teach students at the university level based on TBL and PBL, team-based learning, and Problem-based learning, which he implements in his teaching processes every day. medical education is also one of the skills he is doing right now

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