

IMPACT OF MEDICAL NUTRITION THERAPY ON HbA1c REDUCTION IN MALAYSIA PRIMARY HEALTHCARE CLINICS

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INTRODUCTION

Medical nutrition therapy (MNT) is a cornerstone of diabetes management that entails tailored dietary interventions by qualified dietitians. The role of MNT in lowering HbA1c levels has been thoroughly researched, and data supports its efficacy in improving glycemic control. This study aimed to evaluate the effectiveness of MNT delivery to diabetic patients in primary healthcare clinics in Malaysia.



DISCUSSION

- Study form Jing T et al, 2023 found a low fat diet significantly reduced 1.82% (-2.93, -0.71) of HbA1c within 6 months intervention.
- Significant reduction of HbA1c also found among patients on Low Carbohydrate diet with a reduction of 0.58% - 0.66% (Fafiullah et al, 2022; Motallib et al, 2028) and ketogenic diet with reduction of 0.73% (Jing T et al, 2023).
- Glycemic control and weight loss are important factors in diabetic control and remission
- However, this study was unable to evaluate independent effect on weight loss among DM patients.

CONCLUSION

These findings suggest that MNT delivered by dietitians have a positive impact on glycemic control in diabetes patients. The significant reduction in HbA1c levels observed after consultation highlights the effectiveness of dietary interventions in managing diabetes. Further research is warranted to explore the specific strategies employed during these consultations and to assess the long-term sustainability of MNT in glycemic control.


Keywords
Medical Nutrition Therapy, Dietitian, Primary healthcare, HbA1c, Diabetic Remission, Diabetes Mellitus, MNT Diabetes Mellitus

References

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RESULTS



A total number of **1,948 diabetes** patients involved in this study

