

Nutrition Care in Hypertension: Patient-Reported Receipt, Provision, and Dietitian Referrals

Location: Ontario

Number of participants: 385

Recruitment period: Start month and date 2021 or 2022 to X end date

Description: Despite advances in treatment, hypertension control rates in Canada are declining, and updated diagnostic targets have increased the number of individuals requiring early nutrition intervention. Registered Dietitians (RDs) are an effective but underutilized resource, with evidence supporting RD-led improvements in hypertension management, yet referral rates remain low across clinical settings, and integration into hypertension care pathways is unclear. A cross-sectional, mixed-method online survey will be conducted with participants. A web-conference screening interview will be conducted to ensure participant eligibility. This study will help better understand if individuals are receiving dietetic support for hypertension. The results from this study may help improve the current healthcare system in Ontario, Canada.

Language: English only.

Eligibility:

- Participant characteristics: adults (18 or older) in Ontario prescribed at least one blood pressure medication who do not have a history/currently living with diabetes, cancers, and/or kidney disease or are pregnant.
- Participants must be English-speaking or have an English-speaking translator with them during the online eligibility screening and survey completion.

Participant requirements: The opportunity for participants to be involved in the study is ongoing. Interested participants will meet with the research assistant for a 5-10-minute eligibility screening interview via Zoom. Upon confirmation of eligibility, the participants will receive an email link with the survey, which they can complete at their convenience. The survey takes 10-15 minutes to complete. A telephone survey option is available as needed. Participants will be encouraged to complete the survey within a week after the eligibility screening interview.

Institution: Toronto Metropolitan University

Contact:

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