A service evaluation of a dietetic-led clinic for the management of paediatric patients with Coeliac Disease

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Background

Coeliac Disease (CD) is managed by a gluten-free diet (GFD).

Aim

To assess patient satisfaction rates with a dietetic-led clinic (DLC) and establish GFD compliance rates of patients who attend the DLC, two years after its establishment.

Subjects and methods

Patients and families who had attended the DLC in the previous year were invited to complete online questionnaires to assess compliance and satisfaction.

Results

The population response rate was 40% (n=28). 50% (n=14) were aged 3-11 years and 50% were aged 12 years or older.

Table 1. Results from the compliance questionnaire

<table>
<thead>
<tr>
<th>Compliance questions 7-8 (from 9 questions on compliance questionnaire)</th>
<th>Percentage in age-group 3–11 years</th>
<th>Percentage in age-group 12–18 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Answers</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>My child eats food labeled ‘May contain traces of gluten or wheat’</td>
<td>14%</td>
<td>86%</td>
</tr>
<tr>
<td>Eats food labelled “prepared in an environment where gluten/wheat is processed”</td>
<td>21%</td>
<td>79%</td>
</tr>
</tbody>
</table>

Summary and Conclusion

High satisfaction rates with the DLC were reported. The compliance rates are comparable to those of patients followed up in a traditional service. The questionnaire was able to identify where patients aged 12-18 years were failing to comply with a GFD. This informed the development of an online education resource. Only two patients were identified using the ‘red flag criteria’ as requiring a review by the gastroenterologist over the two years. Cost savings are associated with the DLC.