

Abstract

This study investigates the interplay between oral health and nutrition in Nigeria, emphasizing collaborative efforts between dentists and dietitians. Despite the recognized importance of interdisciplinary collaboration, barriers, including dentists' reluctance to refer patients to dietitians persist. The study aims to assess dentists' attitudes toward patient nutrition and identify obstacles to effective collaboration. Conducted at the University College Hospital Dental Center in Ibadan, Oyo state, the cross-sectional study involves self-administered questionnaires for data collection. Anticipated findings include insights into dentists' attitudes and barriers, contributing valuable knowledge to enhance holistic patient care.

Method and Material

- A cross-sectional design conducted at the University College Hospital Dental Center in Ibadan, Oyo state.
- A total sampling technique was employed.
- Data collection involved validated self-administered questionnaires.
- The questionnaire was structured into three sections: Respondents' characteristics, Attitudes towards nutrition practice, and Barriers to nutritional referrals. The questionnaire required about 5 to 7 minutes to complete.
- For data entry and analysis, we employed IBM SPSS version 26, presenting descriptive statistics at a significance level of 0.05.

Expected Results

- Anticipated findings involve insights into dentists' attitudes towards patient nutrition and barriers obstructing collaboration with dietitians.
- Considering the context of a developing country like Nigeria, it is expected that a substantial number of dentists may exhibit positive attitudes towards nutrition.
- However, challenges such as time constraints, educational gaps, and a lack of confidence in nutritional interventions may be prevalent.

Discussion

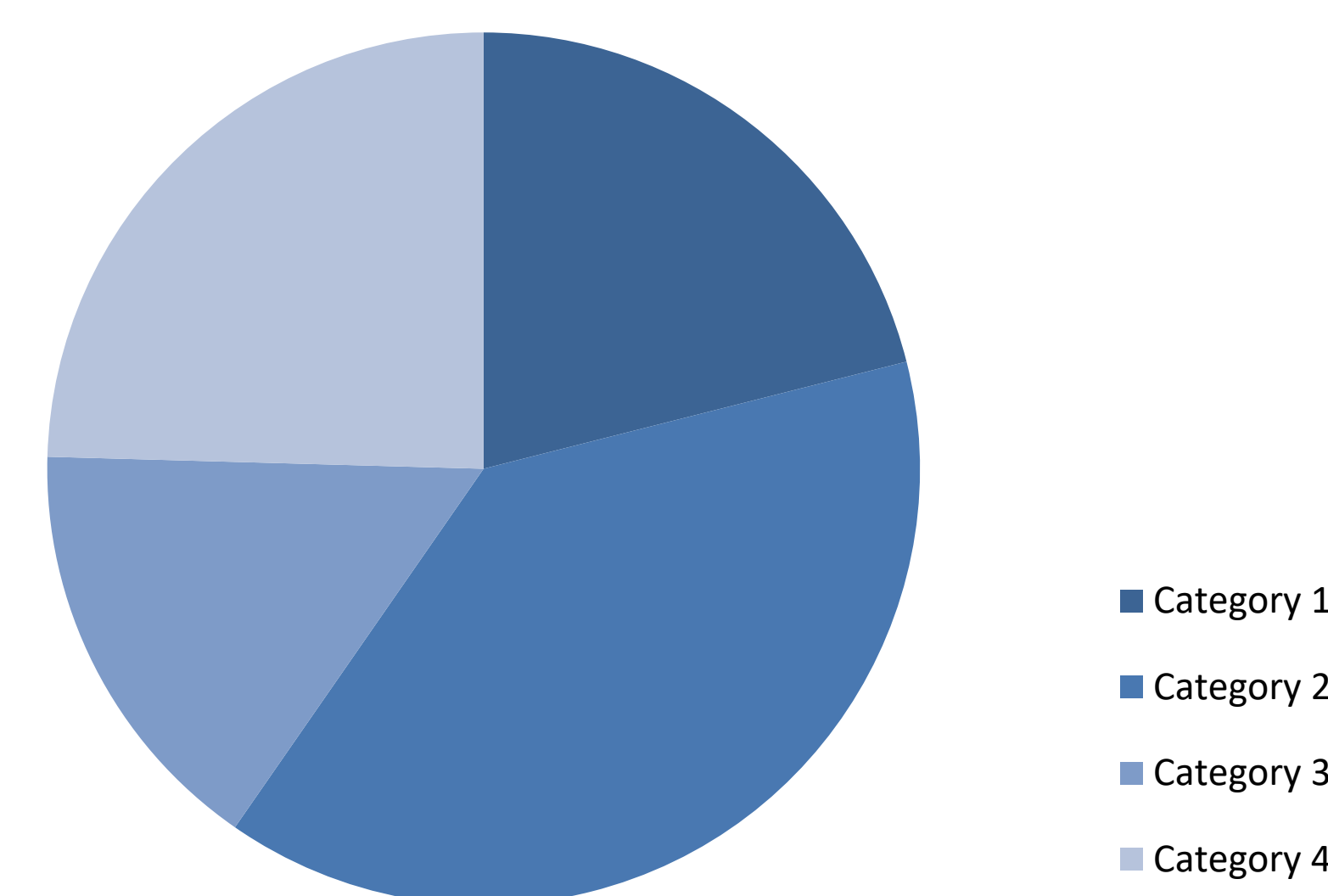
- The study's outcomes will contribute to understanding the dynamics of collaboration between dentists and dietitians in a developing country context.
- Positive attitudes towards nutrition among dentists may underscore a recognition of its importance.
- However, identified barriers may illuminate challenges within the healthcare system, including time constraints and gaps in education.
- Strategies to address these barriers and enhance collaboration could involve targeted educational interventions and increased awareness of the benefits of interdisciplinary care.
- The study's limitations, such as the specific sample size and cross-sectional design, should be acknowledged when interpreting the results.

Introduction

- Oral health and nutrition are closely linked. Diet and nutrition can affect the development and progression of oral diseases.
- Despite the close link between oral health and nutrition, there is little research on the interprofessional relationship between Nigerian dentists and dietitians in the management of patients.
- This study aims to assess Nigerian dentists' attitudes towards nutrition and barriers to nutritional referral.

Table 1. Respondents categories

Level	Number
Consultant	18
Senior Resident Dentist	14
Resident Dentist	22
Dental Officer	7
House Officer	10
Total	71



Conclusions

This study addresses a critical knowledge gap regarding collaboration between dentists and dietitians in Nigeria. The expected outcomes aim to contribute valuable insights, potentially guiding interventions to enhance comprehensive patient care within the framework of a developing country.

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