Improving Nutrition Education Among Gastroenterology Trainees through Case-Based Online Modules and Behavioral Nudging via Text Messages

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Background and Objectives

The American Gastroenterological Association (AGA) has recognized the importance of developing a strong foundation in nutrition during GI fellowship training and formed the AGA Nutrition Curriculum Task Force.

• **Primary Objective:** To administer online case-based modules and assess change in nutrition knowledge through pre- and post-course tests.

• **Secondary Objective:** To determine if nudging via indirect text messaging affects utilization of nutrition modules compared to the group receiving email notifications.

• **Hypothesis:** Fellows prompted with indirect text messages are more likely to complete the required nutrition modules and will have a larger increase in assessment scores.
Approach

- **Design:** Pilot-study
- **Primary outcomes:** Improvement of nutrition knowledge measured by objective scores on a pre- and post test
- **Secondary outcomes:** Proportion of modules completed
- **Setting:** University of North Carolina
- **Participants:** GI fellows of all 4 years
- **Comparison Groups:** GI fellows receiving indirect text messages and fellows receiving email messages

Diagram:
- **Pre-test**
  - Email notification with link to online modules
  - Indirect Text Message
  - Email Notifications
- **Post-test**
Behavioral Nudging

Is the following statement True or False?

Refeeding syndrome is characterized by shifts of potassium, magnesium, and phosphorus from the intracellular into the extracellular fluids.

A: False

Explanation:
These minerals shift from the extracellular to the intracellular space with refeeding.