

An mHealth intervention for the dietary management of hemodialysis patients

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PROPOSITIONS

belonging to the dissertation

An mHEALTH INTERVENTION FOR THE DIETARY MANAGEMENT OF HEMODIALYSIS PATIENTS

Cosette Fakih El Khoury

1. Dietary management of hemodialysis patients is an essential component of treatment aimed at controlling and minimizing adverse outcomes.
2. Dietary apps are effective self-monitoring tools, and their use results in positive effects on measured nutritional outcomes in chronic diseases. (this dissertation)
3. Dietary apps should be developed formatively, incorporating patients along with all stakeholders involved; additionally, app content should be grounded in evidence and theory and catered to the needs of the patient. (this dissertation)
4. The use of dietary apps is feasible to integrate into dietetic practice as tools added to encounters with dietitians. (this dissertation)
5. Dietary apps can be used as educational tools incorporating theories of behavioral change; their use has the potential to improve patient dietary knowledge and behaviors. (this dissertation)
6. Dietitians (and all healthcare practitioners) should remain well informed about the integration of technology into practice, and they must initiate participation with developers for the development of mHealth solutions.
7. Dietetic practice can benefit from utilizing mhealth apps as tools that may enhance patient accessibility to dietetic care, clinical outcomes, and improve communication with patients.
8. Having a global task force guiding the evaluation and dissemination of mHealth apps is an initiative that would inform users and practitioners about the reliability and effectiveness of all accessible mHealth apps.
9. “The only way to make sense out of change is to plunge into it, move with it, and join the dance”
(Alan Watts)