Understanding the knowledge, attitudes, and practices (KAP) of hospital staff is needed to improve nutrition care processes for detecting, preventing, and treating malnutrition. The purpose of this study was to develop (study 1) and assess the administration and potential (study 2) of using a KAP measure with acute care staff.

Key Findings:

In study 1, a 27 question KAP survey was developed, face validated (n=5), and tested for reliability (n=35). Kappa and Intraclass Correlation (ICC) were determined. Results demonstrate that the knowledge and attitude (KA), and practice (P) subscales are reliable (KA: ICC = 0.69 95% CI 0.45 – 0.84, F = 5.54, p <0.0001; P: ICC = 0.84 95% CI 0.68 – 0.92, F = 11.12, p <0.0001).

In study 2, the survey was sent to staff at five Canadian hospitals (n=189). Completion rate was high and suggestions to improve administration were identified. The KAP mean score was 93.6/128 (range 51-124) with higher scores indicating more knowledge, better attitudes and positive practices. Profession and years of practice were associated with KAP scores.

Clinical relevance:

The KAP survey is a valid and reliable measure that can be used in needs assessments to improve hospital nutrition care practices.

The KAP questionnaire is available here: nutritioncareincanada.ca/sites/default/uploads/files/MKAPQuestionnaire_ScoresApril2017.pdf

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