

KNOWLEDGE, ATTITUDE AND PRACTICES (KAP) ON
NUTRITION AND HEALTHY LIFESTYLE AMONG
REGISTERED NURSES IN ASSUNTA HOSPITAL,
PETALING JAYA

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ABSTRACT

The prevalence of chronic diseases, which can be prevented by adopting balanced diet and healthy lifestyle, is increasing dramatically in Malaysia. Nurses who are front-line individuals in primary health care are ideally placed as nutrition educator in primary care. However, evidences of insufficient nutritional knowledge among nurses were well documented. This study was design to assess knowledge, attitude and practice on nutrition and healthy lifestyle among registered nurses in Assunta Hospital. This was a cross-sectional study and self-administered questionnaires were used to assess the knowledge, attitude and practices on nutrition and healthy lifestyle among registered nurses. A total of 106 registered nurses participated in this study. The result of the study showed that respondents had average nutritional knowledge (mean=58%). Respondents had favorable attitude towards nutrition and healthy lifestyle and had fairly good practice in nutrition and healthy living. Older nurses with more nursing experience were significantly more knowledgeable ($p=0.001$) than younger nurses. There was significant difference ($p=0.04$) between respondents' attitude and nutrition education they received from nursing undergraduate program but no significant difference was found between attitude with nursing experience and age. Older nurses with higher nursing experience were found to have healthier practice on nutrition and healthy living. The analysis showed that knowledge was positively correlated to attitude ($r=0.359$; $p<0.001$) and practice ($r=0.439$; $p<0.001$). Correlation between attitude and practice was also found ($r=0.602$; $p<0.001$). Continuing nutrition education was suggested to improve the nutrition knowledge of the registered nurses in cited hospital.