TITLE: Telehealth Delivery of Nutritional Counselling for the Management of Chronic Diseases that Require Dietary Changes: Clinical Effectiveness and Evidence-Based Guidelines

DATE: 18 June 2015

RESEARCH QUESTIONS

1. What is the clinical effectiveness of the use of telehealth for the delivery of nutritional counselling for the management of chronic diseases that require dietary changes?

2. What are the evidence-based guidelines regarding the use of telehealth for the delivery of nutritional counselling for the management of chronic diseases that require dietary changes?

KEY FINDINGS

Seven systematic reviews, 21 randomized controlled trials, 10 non-randomized studies, and one evidence-based guideline were identified regarding the clinical effectiveness of the use of telehealth for the delivery of nutritional counseling for the management of chronic diseases that require dietary changes.

METHODS

A limited literature search was conducted on key resources including PubMed, CINAHL, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. Methodological filters were applied to limit retrieval to health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies, and guidelines. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2010 and June 9, 2015. Internet links were provided, where available.
SELECTION CRITERIA

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

<table>
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<tr>
<th>Table 1: Selection Criteria</th>
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<td><strong>Population</strong></td>
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<td><strong>Intervention</strong></td>
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<td><strong>Comparator</strong></td>
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| **Outcomes** | Q1: Clinical effectiveness outcomes including: successful dietary management, weight management, improvement or maintenance of the nutritional component of the condition 
Q2: Guidelines regarding the optimal use of telehealth for the delivery of nutritional counselling for chronic conditions |
| **Study Designs** | Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies, evidence-based guidelines. |

RESULTS

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, non-randomized studies, and evidence-based guidelines.

Seven systematic reviews, 21 randomized controlled trials, 10 non-randomized studies and one evidence-based guideline were identified regarding the clinical effectiveness of the use of telehealth for the delivery of nutritional counseling for the management of chronic diseases that require dietary changes. No relevant health technology assessments were identified.

Additional references of potential interest are provided in the appendix.

Health Technology Assessments
No literature identified.

Systematic Reviews and Meta-analyses

*Diabetes*


**Obesity**


**Unclear or Mixed Clinical Populations**


**Randomized Controlled Trials**

**Cancer**


**Cardiovascular Conditions**


Diabetes


Metabolic Syndrome


Overweight and Obesity


Unclear or Mixed Clinical Population

PubMed: PM24642140

PubMed: PM22085317

PubMed: PM21559233

Non-Randomized Studies

Cardiovascular Conditions

PubMed: PM25499976

PubMed: PM23509920

PubMed: PM21732211

PubMed: PM21508077

Diabetes

PubMed: PM22468984


Obesity


Guidelines and Recommendations


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APPENDIX – FURTHER INFORMATION:

Systematic Reviews and Meta-Analyses – Unclear Outcomes


Randomized Controlled Trials

Alternate Outcomes


Alternate or Unclear Population


Review Articles


Additional References