

Short Cases in Nutrition

Introduction

It is common for patients to present to primary care clinicians to talk about their diet and they may be anxious about vitamin or mineral deficiencies. There is much in the media about dietary issues and concerns, and it is likely that patients will have searched online for information, before consulting. A lot of online information is not evidence-based and may lead to patients trying out 'fad' diets which can trigger unhealthy behaviours. Paradoxically, this may result in disordered eating, and vitamin and mineral deficiencies.

In addition, clinicians may have concerns about their patients' diet especially if they have an unhealthy weight. An earlier PBSGL module about healthy diets, published in 2020, focused on ketogenic diets to lose weight, vegan diet, and a healthy diet for people with type 2 diabetes. This module will complement this first module and cases will illustrate:

- Investigation and treatment of B12 deficiency
- Vitamin D deficiency: treatment and prevention
- Pre-diabetes
- Cow's milk protein allergy

As with all of our modules, the content was drawn from a focus group discussion involving a number of PBSGL members drawn from the three main professions participating in our programme. If you would like to determine the content of future modules, please watch out for emails inviting you to attend an online focus group.

The cases below are designed to illustrate the problems described in the aims of the module. They are real cases but are **not** meant to be the focus of the group's discussion. Instead, PBSGL groups are encouraged to think of similar cases in their own place of work.

Studying all the cases is not compulsory. If the group runs short of time and completing the group feedback is still to be done, it is better to leave out a case completely. The feedback, where group members say what changes they will make in practice as a result of the meeting, is an essential part of the learning process – more important than "completing the cases".