

A consensus building meeting: Enabling technology to help physicians deliver personalized, therapeutic nutrition to reverse T2D

BC physicians began a low-carbohydrate physician group in 2016, which has grown to over 1000 members. The physicians have seen tremendous success in stabilizing glucose, improving triglycerides, and reduction or eliminating the need for glucose lowering medications in their patients. No research has been conducted and no formalized data collection has occurred to document this innovative type 2 diabetes treatment strategy. The goal of this C2 grant is to mobilize, coordinate, and expand this group to create a formalized network conducting research. Physicians, researchers, and knowledge users including eHealth technology experts and non-profit foundations will meet to co-create a roadmap for this research. The specific objectives of the proposed work are to convene a group of identified experts and collaborate on the development of:

- Tools to enhance the delivery of therapeutic nutrition by primary care physicians.
- An expanded online training program that will promote learning of Therapeutic Nutrition and implementation of a consistent approach by primary care physicians.
- A roadmap for a research study that will test and evaluate the outcomes of the first two objectives.

The expected outcomes will enhance effectiveness of primary care in type 2 diabetes and build the foundation for subsequent research and knowledge translation related to training primary care physicians on how to safely and effectively implement carbohydrate-restricted Therapeutic Nutrition in their practice.