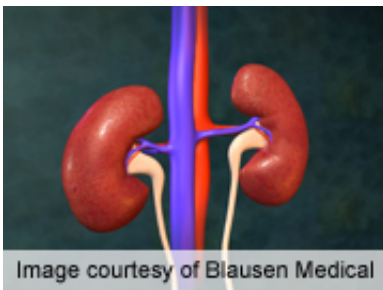


Dietary intake tool validated for renal patients with low literacy

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(HealthDay)—A renal food frequency questionnaire (RFF) is a valid and reliable tool for patients with limited literacy, according to a study published online Dec. 6 in the *Journal of Renal Care*.

Christopher Duffrin, Ph.D., from the Brody School of Medicine in Greenville, N.C., and colleagues assessed the validity and reliability of a food frequency questionnaire designed for African-American [patients](#) with low literacy who were undergoing dialysis. The tool was designed to be short and easy to understand and to meet clinical reliability and validity standards. The RFF and standard 24-hour recall were administered to 30 African-American patients undergoing dialysis at a regional teaching hospital facility.

The researchers found that the RFF was simple and easy to understand,

with low reading complexity (grade level, 4.4). There was high inter-rater reliability (0.81 to 1). Clinical validity was found to be high in statistical analysis.

"The RFF was found to be a valid dietary recall tool that is appropriate for patients with limited literacy," the authors write. "It was found to have acceptable reliability and validity when compared with a standard 24-hour recall and has potential for use as a dietary intake and monitoring tool in patients undergoing [dialysis](#)."

More information: [Abstract](#)
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