**Barriers and facilitators of Health Professionals in delivering Medical Nutrition Therapy and Podiatry within in primary care**

**Aim/s:** To understand the perceived barriers and facilitators (factors) of Health Professionals in primary care in delivering Medical Nutrition Therapy (MNT) and Podiatry care.

**Methods:** Australian Health professionals were recruited nationally from February 2024 to January 2025 to report via online survey, factors affecting delivery of MNT and Podiatry care to adults with Diabetes Mellitus. Survey data collected from closed and open-ended questions was analysed and reported descriptively or grouped into themes.

**Results:** The survey included 208 Health professionals including, Dietitians (48%), Diabetes Educators (34%), General Practitioner (GPs) (11%) and Practice Nurses (7%). All Health Professionals reported a facilitator for MNT as their knowledge and skills related to nutrition. More than half of Dietitians (66%) felt that ‘Patients attitudes towards dietitian services’ and ‘Patient’s level of motivation for behaviour change’ were facilitators for MNT. Barrier themes for MNT reported by Dietitians were conflicting general nutrition provided to patients from other Health Professionals, patient’s low health literacy level and patient comorbidities. Barrier themes for MNT perceived by other Health Professionals were patient reluctance, Health Professionals limited understanding of importance of MNT, and limited Dietetic services available. A facilitator for Podiatry was foot assessments provided by many Diabetes Educators, GPs and Practice Nurses (>65%). Barriers identified by Health Professionals were appointment cost (48-53%) and patient’s lack of understanding of importance of a Podiatry foot assessment (48-93%).

**Conclusion:** Increasing general nutrition knowledge for Health Professionals has potential to address conflicting advice provided to patients by other Health Professionals that was identified by Dietitians. Increasing other Health Professionals awareness of the importance of MNT for diabetes mellitus will support streamlined provision of MNT and promote patient referrals. Strategies for improving the affordability of attending appointments with a Podiatrist are needed.