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Web Based Nutrition Competency Implementation Toolkit (WNCIT) website

<http://www.deakin.edu.au/students/faculties/faculty-of-health/school-of-exercise-and-nutrition-sciences/research/wncit>

Summary of Workshop at 10th Asia Pacific Conference on Clinical Nutrition

Incorporating the Joint Annual Scientific Meeting of the NSA and the NSNZ 26-29 November 2017 <http://apccn2017.com/>

The Australia and New Zealand Network Need for Nutrition Education / Innovation Programme (ANZ NNEdPro) was very fortunate to be able to facilitate a three hour (pre conference) workshop (<http://www.nnedpro.org.uk>), entitled “Nutrition in Health Professional Education” on Sunday 27 November, which aimed to share experiences and current nutrition teaching activities in medicine, dentistry, nursing and

allied health training and their feeder courses. Around 30 educators involved with teaching nutrition in Universities at undergraduate and postgraduate levels attended the workshop.

Prof Caryl Nowson introduced the workshop, explaining the development of nutrition competencies for medical students in Australia, followed by Dr Sumantra Ray, The Chairman and Programme Director of the UK Need for Nutrition Education/ Innovation Programme Group (NNEdPro) who discussed the importance of Implementation Science and detailed the history of how Cambridge University’s medical course embraced nutrition. Shumone and Assoc Prof Eleanor Beck (ANZ NNEdPro network leader) then discussed the importance for everyone to work together to embed nutrition in medical and related courses, and that the attendance of so many at the workshop illustrated the enthusiasm and energy at this point in time.

Presenters from medical courses at the University of Tasmania and Australian National University medical schools outlined the approaches taken in incorporating nutrition into their curriculum, plus what current medical students think of the possibility of having more nutrition in future medical courses.



Some of the trials and tribulations of health educators in embedding nutrition were illustrated by dietitians utilising Massive Open Online Courses (MOOCs) for nutrition education at Monash University, as well as staff working with nurses and midwives from the University of Wollongong.

Participants then worked together to look at how awareness and a sense of urgency could be created to push for the incorporation of more nutrition into health education, and how best to attract interest and action from student groups and those who dictate curriculum content and design.

At present the future looks bright with plans to engage key stakeholders, advocate for the acceptance of nutrition competencies for all health professionals (not just in medical courses) as part of course accreditation, and more research looking at the impact of nutrition in health professional education on chronic disease, patient wellbeing and healthcare costs. A preconference workshop is already being planned for 2018 at the next NSA meeting.

Nutrition & Physical Activity in Medical schools around the world: an update.

Changing the conversations about childhood obesity between doctors and patients.

Change Talk: Childhood Obesity™ (Change Talk) is an online and mobile app designed to help health professionals learn to manage challenging family and patient conversations regarding childhood obesity and its attendant risk factors. “Kognito” is a US based leader in immersive learning experiences with virtual humans and in partnership with the American Academy of Pediatrics (AAP) they have developed this tool for pediatricians and other health professionals, which utilizes motivational interviewing (MI) techniques. This is a freely available 12 minute web based module and mobile app.



It is built as a virtual practice environment in which healthcare providers assume the role of a physician and engage in a conversation where they decide what to say to a mother and her son - virtual humans who possess individual personalities, emotions and memories. Their goal is to apply Motivational Interviewing (MI) tactics to address the family's resistance and create actionable opportunities for behavior change. See more at https://www.youtube.com/watch?v=mdn-9F-z_gM

The Global Fruit and Veg newsletter



“5 a Day” is an internationally successful health promotion campaign, with the goal of increasing vegetable and fruit consumption. It was launched in Switzerland in 2001 by the Swiss Cancer League. They produce a regular newsletter (The Global Fruit & Veg Newsletter) which contains summaries of recent research relevant to our work. It recently (Sept 2017) featured data on the increasing frequency of US physicians giving dietary advice since 2000: https://www.5amtag.ch/wp-content/uploads/2017/11/09_Physicians_Facing_the_Challenge_of_Nutrition_09_2017.pdf.

Researchers from Florida International University, USA, looked at the National Health Interview Surveys (a cross-sectional study based on a wide representative sample of the American population). The receipt of dietary counseling was measured by asking over 23,000 subjects if they had talked to a doctor or healthcare professional during the previous 12 months and if they had received information on nutrition at that time. Only 23.7% subjects in the year 2000 had received nutritional counselling from their physician, but the figure rose to 32.6% for 2011. Have a look at the past issues for other interesting articles.

Monash University online course: Food as Medicine- Talking about Weight

This 2 week online course is designed for healthcare professionals by an international team of experts in nutrition and weight management from Monash University and Portsmouth Hospital (NHS Trust UK). It details the latest weight management strategies, and answers common nutrition and weight management related questions. It provides medical practitioners and nurses with the confidence to have those difficult conversations regarding weight with clients. This course is recognized by the Royal Australian College of General Practitioners (RACGP) and the APNA (Australian Primary Health Care Nurses Association) <https://www.futurelearn.com/courses/fam-weight>



The Australasian Society of Lifestyle Medicine (ASLM) conference

<https://www.lifestylemedicine.org.au/about>

ASLM is a multidisciplinary society working towards improved prevention, management, and treatment of chronic, complex and lifestyle-related conditions, including environmental, societal, behavioural and other lifestyle factors. ASLM members include GPs and medical specialists, allied health practitioners, public health physicians, educators, and researchers. The Lifestyle Medicine conference in November 2017 in Sydney had 480 people attending over three days and Prof Caryl Nowson was fortunate to be invited to speak to the attendees. Her presentation “The Nutrition Content of Assessment Tasks at Deakin University Medical School, Geelong (Victoria, Australia): 2013-2016” was well received as was the poster: “Deakin University Medical Students Nutrition Special Interest Group: NUTMED”. Most of the audience were very receptive and supportive of embedding more nutrition into all health professional curricula and many new contacts were made by Caryl. The next Lifestyle Medicine conference will be held 17-19 August 2018 in Brisbane.

Medical School first to introduce Lifestyle Medicine in the USA



The University of South Carolina School of Medicine, Greenville is the first medical school in the USA to fully incorporate education in nutrition, physical activity, behavior change, and self-care including resiliency into all four years of its undergraduate medical school curriculum. The purpose of the implementation of lifestyle medicine into the curriculum is two-fold: to promote self-care among the student body as they persevere through school, and for students to impart this knowledge to their future patients https://sc.edu/study/colleges_schools/medicine_greenville/curriculum/lifestylemed.php

The Need for Nutrition Education / Innovation Programme (NNEdPro)

*Fourth International Summit on Medical Nutrition Education and Research, 19th/20th July 2018
Cambridge (and NNEdPro tenth anniversary!)*

This summit brings together experts from across the globe to promote international initiatives and exchange knowledge on nutrition education in health professionals and research. The theme of this conference is ‘Nutrition as a Hard Science’ with stakeholders from over 20 countries, including medical student associations, medical education associations, patient representative groups and nutrition societies to developing a thought provoking and educational programme.

Four day Cambridge Summer School, 14-17th July 2018

The summer school was developed due to the collaboration that NNEdPro has had with the Nutrition Education Review/Research Interests Group (NERG) in the Department of Public Health and Primary Care, at the University of Cambridge, School of Clinical Medicine. Modelled on the success of NERG, NNEdPro developed the Public Health Nutrition Forum to deliver courses for postgraduate students and staff in Cambridge. NNEdPro introduced the first Cambridge Summer in June 2016. Material taught in this week-long course is based on core materials endorsed by Cambridge University Health Partners and leads to a certificate in Applied Human Nutrition after completion. Further development is underway to launch a suite of online training courses endorsed by Cambridge University Health Partners over the coming year.

<https://meetings.nnedpro.org.uk/international-summit/>

<https://meetings.nnedpro.org.uk/summer-school/>



National Institutes of Health
Turning Discovery Into Health

NIH WORKSHOP: Advancing Nutrition Training and Research for Medical Students, Residents, & Fellows. September 7-8, 2017 Bethesda, Maryland

In 1998-2005 in the USA, the Nutrition Academic Award Program (NAA) was introduced among 21 medical schools to incorporate nutrition into their curricula. The purpose of this workshop was to update the NAA objectives with an interdisciplinary team consisting of experts in nutrition, metabolism, medicine, and lifestyle. The workshop participants consisted of clinical and academic health professionals in fields such as paediatrics, family medicine, nursing, nutrition and dental school faculty. Also medical school deans and course directors and representatives from medical organizations such as the National Board of Medical Examiners (NBME®) were involved. Professor Caryl Nowson was invited to the workshop to participate and share her experiences as to how Australia developed nutrition competencies for the Australian medical curriculum.



Recommendations from the workshop included:

- Future research should examine: student assessment methods used for nutrition curriculum; student attitudes regarding nutrition education; physicians who are trained in nutrition versus those with limited nutrition training; physicians' personal health; effectiveness of medical nutrition education by, for example, a physician alone versus physician and dietitian.
- Clinical studies should examine: the effect of nutrition education of physicians on patient health outcomes; comparison of personal health of physicians trained with and without nutrition in their curriculum; how to address uncomfortable topics with patients and how to effectively enable patients to change lifestyle behaviours.
- Within medical school curricula consider: integrating established learning objectives as a discreet course or an integrated thread; identifying nutrition champions in medical schools; funding support for nutrition specialists within medical schools; develop a nutrition subspecialty for paediatricians; development of more interactive education programs; increasing appeal of nutrition curricula at the undergraduate level to sustain nutrition education in Graduate Programs; introducing "board level" testing of nutrition knowledge and counselling skills.

Workshop participants will develop a plan to update the comprehensive list of curricula objectives and develop a peer-reviewed manuscript that describes the workshop discussions and curriculum development framework.

AND FINALLY.....

Caryl Nowson and Robyn Perlstein were invited to write a nutrition related case study for "check" - an independent learning program produced 11 times a year by The Royal Australian College of General Practitioners (RACGP). It is a peer-reviewed QI&CPD activity. Each unit includes four to six clinical cases with answers, followed by 10 multiple choice questions (MCQs), as well as references and resources. The case they developed related to detection of malnutrition in the elderly at home. <https://www.racgp.org.au/education/courses/check/>

