



Volume 2, Issue 2, August 2017

Enquiries / submissions to: robyn.perlstein@deakin.edu.au

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>

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 NSA Annual Scientific Meeting is the pre-eminent nutrition science conference in Australia. The location of the meeting rotates around Australia and New Zealand – every second meeting is a joint meeting of the Nutrition Society of Australia and the Nutrition Society of New Zealand. The purpose of the ASM is to present the latest nutrition science research and discuss its implications and its applications. They are an excellent opportunity to network with peers and other scientists

who have an interest in nutrition – from Australia, New Zealand and around the world. The Australia and New Zealand Network Need for Nutrition Education / Innovation Programme (ANZ NNEdPro) has been fortunate to be able to facilitate a three hour pre conference workshop (<http://www.nnedpro.org.uk>), entitled “Nutrition in Health Professional Education”

Date: Sunday 26 November 2017

Cost: no charge

Location: SAHMRI – South Australian Health & Medical Research Institute, Nth Terrace, Adelaide (next to the new Royal Adelaide Hospital & 5min walk from the Adelaide Convention Centre)

Time: 9.30AM – 12.30AM (Registration from 9AM)

Aim: to share experiences and current nutrition teaching activities in medicine, dentistry, nursing and allied health training and their feeder courses

Target audience: Educators involved with teaching nutrition in Universities at undergraduate and postgraduate levels with particular reference to those teaching students who may study medicine, dentistry, nursing and allied health.

Dr Sumantra Ray, The Chairman and Programme Director of the UK Need for Nutrition Education/ Innovation Programme Group (NNEdPro) will be addressing the group, as well as Associate Professor Eleanor Beck who is leading the Australia and New Zealand arm of this group. She will present the plans ahead for this group and detail how as educators together we can embed nutrition in health professional education. This will be followed by five short & sharp presentations by innovative educators presenting their work in this exciting area. Ideas and thoughts will be shared and ways to move forward will be formulated. **RSVP:** robyn.perlstein@deakin.edu.au

Presentations and Research in Nutrition in Medical Education at Deakin University

The School of Exercise and Nutrition at Deakin University (Waurn Ponds campus) have been continuing collaborations with the University's Medical School and the following exciting work has resulted:

Australian & New Zealand Association for Health Professional Educators (ANZAHPE) 2017 Conference *Adelaide, South Australia 11 - 14 July 2017*. Oral presentation (Janet McLeod): The Impact of Increasing Nutrition in a Medical Curriculum on Summative Exam Assessment (2013-16). Authors: R Perlstein, J McCleod, N Stupka, C Bell, S McCoombe, C Nowson. An examination of Deakin's Medical School's exam assessments in year 1-4 medical students was undertaken, identifying assessment questions relating to nutrition (multi choice and short answer questions) and collating the numbers and trends over a four year period (2013- 2016). The proportion of questions relating to nutrition increased from 6% in 2013 to 10% of questions in 2016. In Y1 and 2, MCQ and SAQ are utilized in assessments whilst in Y3 and 4 the format is predominantly MCQ. The number of MCQ's including nutrition dropped slightly over the 4 years while the proportion of SAQ's increased and remained steady at around 15-20% of all of the nutrition related questions. In years 3 and 4 the number of nutrition related questions increased to 7% of the total number of written questions in 2016.

Paper in print: Perlstein R, McCoombe, S, Macfarlane S, Bell C, Nowson C. Nutrition practice and knowledge of first year medical students. *Journal of Biomedical Education 2017* An assessment of the nutrition knowledge and practices of first-year post graduate medical students was undertaken over a 5-year period. Our key findings were that there is discrepancy between their nutrition knowledge and behavior. Specifically, that students had a reasonable knowledge of the health recommendations for daily fruit and vegetable intake, but not dietary sodium intake. Their reported fruit and vegetable consumption was not consistent with these recommendations; most followed recommendations to not use salt at the table, but many added salt to cooking.

NNEdPro Third Annual International Summit on Medical Nutrition Education and Research: 1 - 2 Aug 2017 *Cambridge UK*. Two posters were presented at the Summit based on the nutrition content of summative assessment tasks in Yr 1-4 medical students and the other on the Deakin Medical Student Nutrition interest group, NUTMED. For more information see <http://www.nnedpro.org.uk/abstracts-and-presentations/4592621811>

NUTMED: Deakin University Medical Nutrition Student Interest Group
Robyn Perlstein¹, Janet McCleod², Nicole Stupka², Colin Bell¹, Scott McCoombe¹, Caryl Nowson¹
¹School of Exercise and Nutrition, ²School of Medicine, Deakin University, Australia

Background

- Staff from the School of Exercise and Nutrition Sciences, responded to medical students voicing a need for additional practically based nutrition information.
- Medical students can act as advocates for increasing the nutrition content of their medical courses.

Aims

- To facilitate a student led nutrition special interest group to co-ordinate informal extracurricular education sessions on topics of the medical students' choice.

Methods

- Staff and student co-ordinators together sourced reputable nutrition speakers, with an emphasis on practical issues.
- Free refreshments were provided.
- Events were publicized by volunteer "Nutrition Student Leaders" from 1st and 2nd year medical student cohorts.
- Nutrition Leaders timetabled events to ensure no clashes with scheduled lectures (breakfast/junctures/end of day)
- Nutrition Leaders assessed student demand for topics and promoted the events within 1st/2nd year student cohorts (combined 250 students/yr) via social media.



Breakfast session 2017

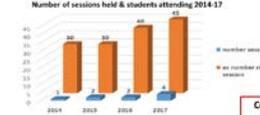


Exercise and Nutrition staff with student leaders 2017



Refreshments provided at sessions

Number of sessions held & students attending 2014-17



Topics covered

Weight loss and fiction in the media
Pregnancy and nutrition
Mood and Food
Nutrition issues in hospitals today
Practical strategies for fussy eaters
Food as Medicine



Publicity for NUTMED sessions

Conclusions:

- Average number of students attending sessions has increased from an average of 30 to 45.
- Minimal staff involvement required.
- There appears to have been an increase in student awareness of nutrition and a genuine interest in learning about practical nutritional strategies to address health issue of patients.
- Students are great advocates for integration of nutrition into medical courses.

Nutrition Content of Assessment Tasks at Deakin University Medical School, Geelong (Victoria, Australia): 2013- 2016
Robyn Perlstein¹, Janet McCleod², Nicole Stupka², Colin Bell¹, Scott McCoombe¹, Caryl Nowson¹
¹School of Exercise and Nutrition, ²School of Medicine, Deakin University, Australia

1. Background

A key driver of learning is assessment. Nutrition content of medical courses need to be represented in summative assessment tasks.

2. Aim

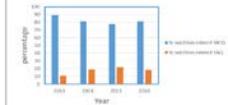
The aim of this study was to assess the proportion of nutrition questions included in the summative exams administered within the Bachelor of Medicine Bachelor of Surgery at Deakin University.

3. Methods

In year 1 and 2, exams constitute between 63% (2013)-68%(2016) of total assessment while in year 3 and 4 they make up 38% (2013-2016). The exams contain Multi choice (MCQs) and short answer questions (SAQs) which were reviewed for nutrition content. The questions that included some nutrition content were further dichotomised as: wholly related to nutrition (WN) and those where nutrition was a component (PN).

4. Results

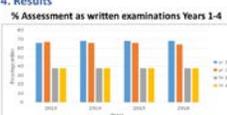
% Nutrition Related MCQ & SAQ



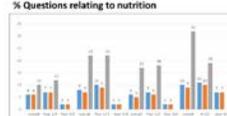
% Whole(W) & Part Nutrition(PN) Related MCQ and SAQ



% Assessment as written examinations Years 1-4



% Questions relating to nutrition



5. Conclusions

Nutrition was represented in both multiple choice and short answer questions with an overall increase in the nutrition content between 2013 and 2016. This is likely to be due to the increased collaboration and involvement by nutrition teaching staff with medical educators since 2010.



IPAN
INTERNATIONAL
PRACTICE AND
RESEARCH ASSOCIATION



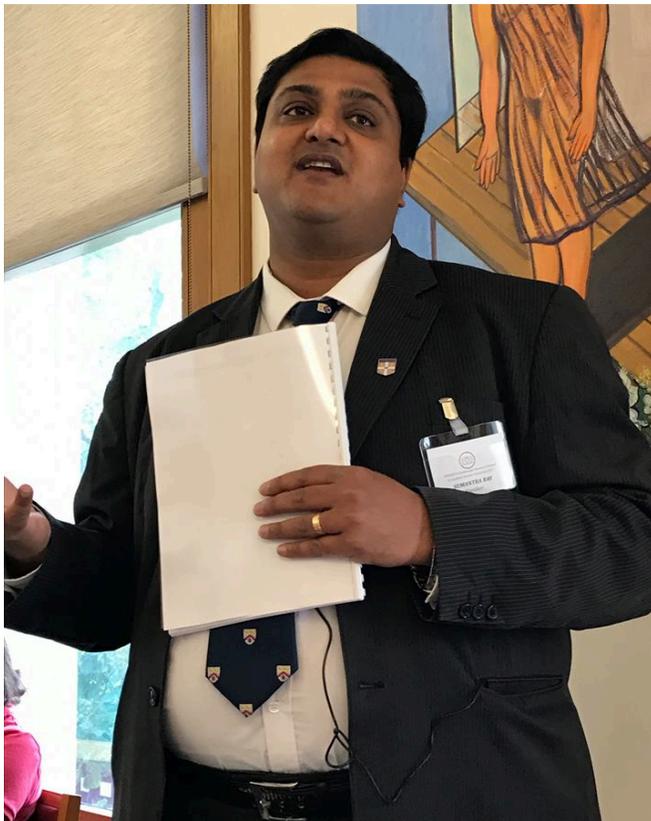
DEAKIN
UNIVERSITY



The Need for Nutrition Education / Innovation Programme (NNEdPro) Third Annual International Summit on Medical Nutrition Education and Research 1 – 2 August 2017 Cambridge

The 1st NNEdPro Summit was held in August 2015, bringing together experts from across the globe to promote international initiatives and exchange knowledge on nutrition education in health professionals and research. The early work focused on medical curricula and the message was that there was little nutrition in medical curricula across the globe. Following the success of this first Summit a second and just recently a third has been held in Cambridge, U.K. on August 1-2, 2017. The theme of the conference was “The Importance of Nutrition in Public Health and Healthcare” with Day 1 focusing on the importance of nutrition in healthcare education and Day 2 focusing on the implementation of science in nutrition education.

Day 1 speakers highlighted the many opportunities for capacity building in the workforce, pharmacists being one profession with significant reach to the general public. In the United Kingdom, there are far more pharmacies than medical practices (by a factor of 10). The conference also highlighted the importance of ensuring all sectors are involved in nutrition research from farm to fork, across and between all aspects of the food chain. Agricultural nutrition and education of farmers is just as critical as public health nutrition initiatives. It was stressed that working for the benefit of the public is the overarching priority and so implementing science to improve health care is paramount. Professionals should all ask the community what is and is not effective to provide a feedback loop at all levels of research.



Day 2 highlighted the importance of getting all of healthcare involved in the provision of nutrition care and education and hence it was very relevant to have Professor Caryl Nowson invited to speak. Her presentation was entitled “Promoting Healthy Ageing – bringing together Medical, Nursing, Nutrition & physical activity professionals” and naturally was well received.

NNEdPro is achieving greater recognition of the potential impact of improving health through international education initiatives. Nutrition is key in the majority of non-communicable diseases, especially under and over nutrition. Improving nutrition knowledge through education can underpin a broad base of informed professionals who can assist individuals, groups and populations to improve their nutrition outcomes. NNEdPro’s growing reputation is reflected in the increased number of attendees at the 2017 Summit – 2.5 times the previous year’s attendance, all engaged in presentations with many questions. These presentations and discussions will help to plan collaborative projects for the future.



The Need for Nutrition Education / Innovation Programme (NNEdPro)

Four day Cambridge Summer School 28 – 31 July 2017

The summer school 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. Using all the teaching material above to collate and consolidate all course materials developed to date, 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 will lead 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.



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

Professor Caryl Nowson has been invited to speak in the USA at a planning workshop in September 2017 that will look at how to incorporate nutrition competencies within the currently shifting models of medical education in the USA.

Caryl will be illustrating how the Australian nutrition competencies were developed and the difficulties that currently are being faced here in Australia in having these adopted by governing bodies. Other areas that will be discussed at this NIS workshop include research needs in nutrition in medical education and a showcasing of current innovative educational approaches.