



October 2018

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Web Based Nutrition Competency Implementation Toolkit (WNCIT) Newsletter

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

DEAKIN UNIVERSITY NEWS...

It has been a busy few months at Deakin Uni with a lot more still to come. Read about the upcoming workshop in Canberra in November and let us know what you are trying to achieve at your University so we can let others know via this newsletter.

Professor Caryl Nowson will be retiring from her position at Deakin at the end of the year as the Chair

of Nutrition and Ageing. I am certain she will still be working in the “nutrition in medical education space” in the years to come and she will continue to inspire and motivate us to keep moving forward. *Robyn Perlstein*

Recent Student Research:

The Lifestyle Practices and Knowledge in Deakin University Medical and Dietetic students

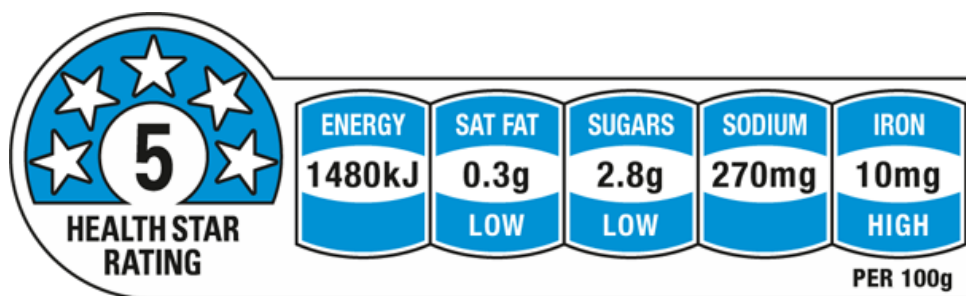
CARYL NOWSON

We were fortunate to have Gabrielle Covino complete an honour's research project this year: Dietary Practices, Nutrition Knowledge and Physical Activity Habits of Medical and Dietetic Students. First-year post graduate university medical and dietetic students completed two online questionnaires between March and July 2018. One survey assessed the nutrition knowledge and physical activity practices of students (online survey) and the other assessed food intake and diet quality via a semi-quantitative validated questionnaire. Her research identified discrepancies between nutrition knowledge and dietary practices and provided useful information which will help to inform curriculum development and promote healthy lifestyle behaviours among medical students.

A Full Morning of Nutrition for First Year Medical Students at Deakin University

Two lectures and one team based learning activity filled up a morning for Deakin medical students who attended the non-compulsory Public Health Medicine theme session. The first lecture was on “Nutrition and Population Health in Australia” which covered how nutrition contributes to the burden of chronic disease; the impact of food fortification on nutritional status; the systemic factors that work against an individual’s capacity to follow a healthy diet; and the recommended dietary approaches to reduce CVD risk. This was followed by an overview of “Global Nutrition” which highlighted the global nutrition situation; nutrition reference standards, guidelines, and selection guides; identification of the causes and consequences of poor nutrition; and policy and programme identification to promote and maintain the populations’ nutritional health.

Then to finish off, a novel “Team Based Learning Activity” focused on the “Health Star Rating (HSR) Food Labelling System” was rolled out. Our aim was to evaluate if there was an improvement in understanding and interpretation of the Health Star Rating (HSR) by the first year medical students participating. We have run this session over the last four years, but it has been revised, retested and now refined to give a comprehensive practical insight into this food labelling system.



Students were asked prior to the session to view online short videos in preparation for the session. Then students estimated the HSR of 6 popular food products, doing this using an online system (Socrative; MasteryConnect) to record their responses. An example was then worked through by the facilitator as to how to calculate the HSR of a product, and then students worked in small groups to calculate the HSR of two of the popular food products. Then they answered the same initial questions (post test) online. Lively discussion followed in the group of the positives and negatives of the system.

The development and implementation of these types of nutrition learning activities can help medical students increase their practical skills to assist patients in making healthy food choices.



Deakin University Medical Students Interest Group

WOW! - 2018 has been an action packed year at NUTMED, with between 30-60 year 1 and 2 medical students each attending of the five sessions organized. Topics included:

- Self-care: Nutrition and Medical students
- Health at Every Size
- Fad Diets
- Eating Disorders – the Role of the GP
- Nutrition Support in the Hospital Setting

All of the topics were suggested by students themselves and speakers organized jointly by the students and the School of Exercise and Nutrition staff facilitator. Huge thanks go to the amazing NUTMED student representatives Mais Hussein, Johanna Mousley and Chantelle Valente and for the financial support from the School of Exercise and Nutrition.

Plans for next year.... Already we have identified four students keen to be NUTMED representatives. They are full of ideas and it looks like another great year in 2019 – NUTMED continuing to generate interest in evidence based nutrition in medical students.....



Johanna Mousley



Chantelle Valente



Mais Hussein

We are also pleased to report that Johanna Mousley (NUTMED student rep) has been invited to present at the **ANZNNEdPro Pre-Conference Workshop at the Nutrition Society of Australia Scientific Meeting November 2018** where she will give her perspective on NUTMED and the impact it has had on herself and other medical students. She will talk about what has motivated her to be involved with NUTMED and what she has learnt along the way.

NNEdPro Australia New Zealand Essay Competition 2018



NNEdPro Australia New Zealand is proud to announce an essay competition to stimulate interest and ideas in nutrition in health professional education.

Essays are 1200 words and encourage both health professional students (excluding nutrition students) and educators to:

- Think about situations where increased nutrition content/knowledge would have improved their engagement with a patient/group/class.

-Discuss a clinical experience with a patient/ group where having knowledge and skills in nutrition could have improved your overall management plan for the patient/group and their outcomes.

-Reflect on why you felt your knowledge wasn't adequate and how it could be improved.



There are two prizes of \$250 each - one for students and one for educators. Winners will be announced at our annual update on Nov 27 in Canberra (<https://tas.currinda.com/register/event/1827>)

DEADLINE: Monday Nov 12, 2018

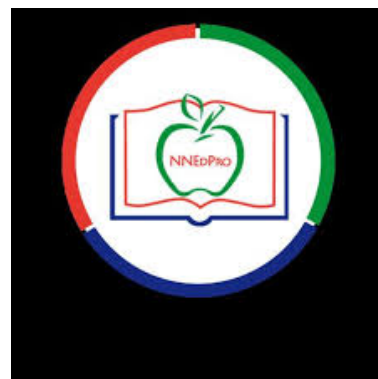
The Australia & New Zealand Need for Nutrition Education / Innovation Programme (ANZNNEdPro)

Pre-Conference Workshop at Nutrition Society of Australia Scientific Meeting November 2018

ADVOCACY, IMPLEMENTATION & APPLICATION: PROMOTING NUTRITION EDUCATION IN HEALTH PROFESSIONALS



THE NUTRITION SOCIETY
OF AUSTRALIA (INC.)



Tues 27 November 2018; Time- 9.30AM-12.30PM. Register at

<https://tas.currinda.com/register/event/1827>

Hosted by the Nutrition Society of Australia Canberra Group, in Collaboration with the 42nd Annual Scientific Meeting

<http://nsameeting.asn.au>

Aim: To share experiences and ideas in improving nutrition education in health profession education

Target Audience: Educators involved with teaching nutrition in Universities at undergraduate and postgraduate levels with particular reference to those teaching students within the health professions

PLEASE SEE PROGRAM DETAILS AS ATTACHED TO THIS EMAIL



Nutrition Society of Australia
42nd Annual Scientific Meeting
QT Canberra 🍷 27–30 November 2018

NNEdPro

Fourth International Summit on Medical Nutrition Education and Research, Cambridge, 19th/20th July & Four day Summer School, 14/17th July 2018

CARYL NOWSON



I travelled to Cambridge in July and spent a week enjoying the unseasonably hot weather, although it was rather sad to see all of the lawns suffering from the lack of rain. I attended the summit and gave a joint presentation with Eleanor Beck on Nutrition down under – Policy, Education and Research approaches to Australian & New Zealand (ANZ) challenges on the second day of the conference with the Overall Theme: "Nutrition as a Hard Science to International Knowledge Application Networks". Every year the number of participants to this International Summit increases with more than 100 registrants attending. It was exciting to hear the perspective of the Editor-in-Chief of BMJ, Fiona Godlee present on her vision for the new journal - BMJ Nutrition, Prevention and Health (<https://nutrition.bmj.com/>). I had the pleasure of meeting, for the first time, one of the associate editors Bryndís Eva Birgisdóttir, who had come along from Iceland to participate in the event. It is wonderful to now have a BMJ journal with a focus on nutrition and medical education.

I also, for the third year in a row, contributed to the NNEdPro summer school in Cambridge with the course places having filled very quickly. It was a very rewarding experience to interact with this group of very smart enthusiastic students. 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 School 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/>