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

Growth in the Deakin University Medical School's Nutrition Interest Group (NutMed)

<http://www.deakin.edu.au/exercise-nutrition-sciences/research/web-based-nutrition-competency-implementation-toolkit-wncit>

The post graduate Bachelor of Medicine / Bachelor of Surgery (BMBS) at Deakin University has a growing number of burgeoning nutrition enthusiasts!

Nutmed

The Deakin University Medical Students Nutrition Interest Group (NutMed) was started in October 2014, after first year students attended a nutrition lecture given by Professor

Caryl Nowson. This generated a lot of enthusiasm, with year 1 and 2 students, voicing that they were keen to incorporate more nutrition into their own learning. The group nominated a student representative, who contacted all 272 first and second year students via social media asking them what topics on nutrition they would be keen to explore further. These were collated and staff in the school of Exercise and Nutrition reviewed the suggested topics, and then sourced experts who would be interested in presenting. Dates and times were suggested by the contact medical student representative and the initial session was held in October 2014, the topic being "Weight Loss and Social media" (presented by Dr Tim Crowe, Deakin University). The format was informal, with a loosely scripted question and answer session, light snacks provided and approximately 30 students in attendance. Currently coordinated by Robyn Perlstein (Research Fellow and Accredited Practicing Dietitian (APD)) from the Deakin School of Exercise and Nutrition Sciences, and Jess Pulley (Dietitian and second year Deakin medical student. Topics that have been covered in the 4 sessions included paediatric nutrition in the community, Nutrition issues in Type 1 and 2 Diabetes and pregnancy and maternal weight gain. Later this year planning is underway for a session based around clinical nutrition issues commonly seen in the acute setting. Numbers attending have increased to around 40 in the sessions this year, with social media being the easiest way to maintain contact instigated by our enthusiastic champion medical student meaning that the staff time required is minimal.

It is encouraging to see that so many medical students are keen to learn how and what to incorporate into their client consultations and improve their own and their future patient's nutritional status. It is a terrific way to interact in a relaxed setting with students, enabling them to practically consider the holistic role nutrition has to play in medicine.

Associate Professor Tim Crowe at Deakin University Medical School



General Practitioner and Primary Care Practitioners Further Education in Nutrition in New Zealand

The Goodfellow Unit is an independent, dedicated educational unit housed at the School of Population Health, University of Auckland. The unit is run by the Department of General Practice for, general practitioners and other primary healthcare professionals in New Zealand. It is an accredited medical education/ continuing professional development (CME/CPD) provider for the Royal New Zealand College of General Practitioners. Any interested health practitioners can join free of charge and members receive a newsletter fortnightly - designed to be practice changing and thought provoking. There are also assessable education opportunities including case studies and short courses, podcasts and video clips. Current nutrition related content includes a nutrition webinar, 4 podcasts and 1 nutrition module updating nutrition knowledge in macronutrients, selected micronutrients, type 2 diabetes, cardiovascular disease and vegetarianism. Also of interest is a one hour overview of the female athlete triad and a 1 hour update on constipation in children. For further information contact: <http://www.goodfellowunit.org/>

Deakin University Medical School: Patients and doctors – can they identify healthy foods?

A new Team Based Learning (TBL) activity has been developed by staff from the Deakin University School of Exercise and Nutrition. It aims to develop first year medical students understanding of the current Australian Health Star Rating system on food packages and incorporate this into their clinical practice. It was trialled on 20 first year medical students, and



their feedback was used to modify and improve the 1 hour session. Components include a slide

presentation with case studies, information sheets to assist with problem solving and video clips.

We will be running the updated TBL with 1st year students within the Public Health Medicine stream at Deakin University this month and will let you know how it went.

Deakin University Medical School 1st year curriculum: Multidisciplinary Cross Theme Panel Discussion – Cancer Cachexia



An interactive panel of primary care practitioners including a palliative care nurse, dietitian, physiotherapist who specializes in this area, and a medical ethicist came together to highlight the importance of a multidisciplinary team approach in managing this common medical scenario. This interactive teaching session provided the opportunity for local allied health staff to outline their important individual roles in treatment, in particular the nutritional needs for energy and protein which are above usual requirements and strategies to assist in improving quality of life. This teaching session reinforced subject matter discussed in lectures earlier in the week delivered within the Knowledge of Health and Illness stream on cancer cachexia. This multidisciplinary session highlighted how nutrition can impact on quality of life of not only the patient but also their carers. It clearly illustrated the importance of nutrition management in total patient care and similarly the importance of embedding nutrition education with the curriculum as an integral component of patient care rather than a stand-alone topic.

The Need for Nutrition Education/Innovation Programme Network in Australia and New Zealand (NNEdPro ANZ) Regional Network

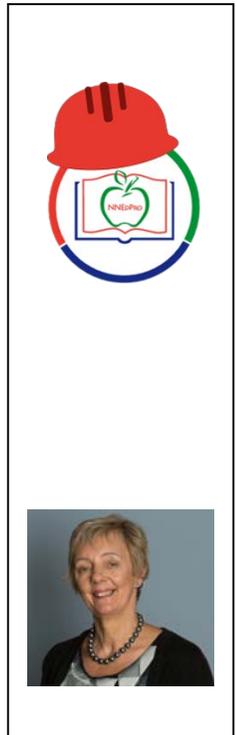
The formation of this region specific branch of the international organization The Need for Nutrition Education/Innovation Programme (NNEdPro) was launched in Perth, Australia in March 2016 at the Australian & New Zealand Association for Health Professional Educators (ANZAHPE) 2016 Conference and the 17th Ottawa Conference. The NNEdPro ANZ Network is a collaboration of dietitians, doctors, academics, medical and health care educators, researchers, students and professionals who want to strengthen the nutrition education and competence of medical and healthcare professionals in Australia and New Zealand through innovation in research, resource development and delivery.

Approximately 25 people from Australia and New Zealand attended the lively launch within one of the interactive workshop sessions, "Embedding Nutrition into Health Education: Strategies and Direction." A number of guests had travelled from the United Kingdom including the President of NNEdPro Dr Sumantra Ray and NNEdPro's Director of Education Pauline Douglas to launch the NNEdPro ANZ regional network. An oral presentation delivered jointly by Prof. Caryl Nowson and Dr Sumantra Ray outlined the achievements and progress around the world in nutrition related medical education innovations. The workshop facilitated the sharing of ideas and resources led to the confirmation of future priorities for the Australia and New Zealand network, and very exciting prospects for the year ahead.

<http://www.nnedpro.moonfruit.com/aus-nz-regional-netwrk/4592803426>

Overseas Travel will benefit Australian Nutrition in Medical Education Endeavors

Professor Caryl Nowson took study leave to visit the UK and spent about 31/2 weeks at Wolfson College, Cambridge working with others with passion and drive to see health practitioners incorporating more nutrition into patient care. She delivered a presentation related to one of her research interests: "Vitamin D: Sun, Food and Supplements": The Great Nutrient Debate at the 2nd International Summit on Medical Nutrition Education and Research, Wolfson College Cambridge June 2016. She also contributed to the teaching within the NNEdPro Cambridge Summer School in Applied Human Nutrition.



Special issue of "Public Health" Journal: Nutrition in Medical Education coming soon!

NNEdPro will be hosting a Special Issue in *Public Health!* *Public Health* is an international, multidisciplinary peer-reviewed journal. <https://www.rsph.org.uk/en/membership/public-health/index.cfm>. This Special Issue will take a life-course approach to nutrition education within the context of public health. The importance of nutrition education will be highlighted through examples from school-aged children, adults and older adults living in the community or care setting. The Special Issue will be unique due to the focus on medical nutrition education and will be published in October 2016, with many articles from Australia and New Zealand, including:

- Australian General Practitioners' views regarding providing nutrition care: results of a national survey
- Building research capacity in General Practitioners and Practice Nurses: Reflections on an initiative in nutrition
- How do General Practice registrars provide nutrition care? An investigation using patient scenarios
- Medical student perceptions regarding the importance of nutritional knowledge and their confidence in providing competent nutrition practice
- Personal trainers are confident in their ability to provide nutrition care: a cross-sectional investigation
- Promotion of nutrition care by Australian fitness businesses: A website analysis

International Visitor coming to Deakin University in 2016

Charlotte Pratt is a Program Director and a Health Scientist Administrator in the Prevention and Population Sciences Program, Division of Cardiovascular Sciences, National Heart, Lung, and Blood Institute (NHLBI), National Institutes of Health (NIH), USA. Her research portfolio includes childhood obesity prevention and treatment; worksite interventions; nutrition, physical activity and obesity; community trials of cardiovascular disease prevention; environmental influences on health behavior and health promotion; health disparities research; and global health.

Dr. Pratt has Master's and Doctoral degrees in Human Nutrition from the University of Minnesota–Twin Cities and an Undergraduate Degree in Nutrition and Food Science from the University of Ghana, Legon.

While in Victoria, the Deakin University Institute for Physical Activity and Nutrition (IPAN) will be holding a free seminar on **Wednesday 19th October, 3-5PM at the Deakin University Melbourne City Centre**. This presentation will be entitled "Nutrition and Physical Activity Trends in the U.S: Implications for Policy, Research and Practice."

Dr Charlotte Pratt



She will address current issues relevant to making a difference in nutrition and physical activity as well as:

- Trends in Nutrition and Physical Activity in the United States
- Challenges in measuring nutrition and physical activity
- Results of large-scale nutrition, physical activity & obesity research
- Ongoing childhood obesity prevention and treatment research
- Future research directions and opportunities for practice

This seminar is open to anyone interested. Places are limited so registration is essential. RSVP by Wednesday 12 October 2016.

The link to register for this seminar is

<https://www.eventbrite.com/e/nutrition-and-physical-activity-trends-in-the-us-tickets-27915002524>



Charlotte has also agreed to speak at the Deakin Medical School Staff Research seminar, on **Friday 21st of October, 12.00-1.00pm**. The title of her presentation is "Embedding Nutrition in Medical Schools in the United States – Opportunities and challenges."

Please visit our WNCIT website <http://www.deakin.edu.au/exercise-nutrition-sciences/research/web-based-nutrition-competency-implementation-toolkit-wncit>

