



November / December 2019

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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->

Melbourne University General Practice Students Network

GPSN is a Melbourne University medical student club that promotes General Practice as a specialty pathway for medical students. The students organized a panel discussion in October entitled: “Nuttled Out Nutrition” where four speakers were in a panel-like discussion about nutrition and weight loss management and approaches in the primary care setting. There was ample opportunity for participants



GENERAL
PRACTICE
STUDENTS
NETWORK
MELBOURNE

to ask plenty of their own questions to the panel members, including Dr Alyce Wilson from Melbourne University (doctor and dietitian), who is one of the key voices in Australia advocating the importance of nutrition in a healthy lifestyle; Dr Anita Bearzatto a general practitioner with specific interests in women’s health, post-natal issues and also works as a lactation consultant; Robyn Perlstein an Accredited Practising Dietitian

at Deakin University; and Gastroenterologist Professor David Russell from the University of Melbourne with a special interest in nutrition.

Questions were varied including subjects such as fad diets, malnutrition, sugar, Type 2 diabetes, weight loss, exercise, sports nutrition and treating irritable bowel disease. With approximately 40 students there the questions were endless. GPSN did a great job in organising this event!

<https://www.facebook.com/events/533517744125309/permalink/545592786251138/>



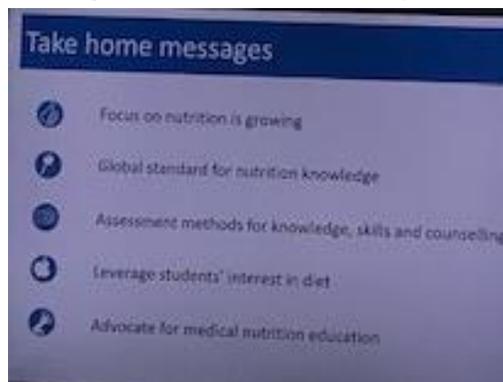
The Australia & New Zealand Need for Nutrition Education/ Innovation Programme (ANZNNEdPro)

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



Pre-Conference Workshop at Nutrition Society of Australia Scientific Meeting, Newcastle Monday 2nd Dec 2019

Hopefully some of you were able to attend the workshop that was held by ANZNNEdPro recently in Newcastle NSW. Approximately 35 people attended the 4 hour session which included presentations on current nutrition competency standards for Australian graduates in a number of professions including the Dietitians Association (DAA), Nutrition Scientists (NSA), and those developed at Deakin University for medical graduates. Prof Jane Conway gave everyone food for thought - she asked for all to ponder the question “what is truly realistic for nurses and other health professionals to know about nutrition AND implement this into their practice (with all of the other responsibilities they have)?” Prof Eleanor Beck, Wollongong University emphasized that consideration of a student's behavioral characteristics and communication skills cannot be separated from knowledge and skill based competencies, with general practitioner Dr Michelle Reiss also complementing the discussions with her presentation about nutrition after graduation in general practice. She highlighted that keeping the level of nutrition competency at a basic level is imperative – or risk no incorporation into practice.



Medical graduates, especially general practitioners (GPs) are an important group to be upskilling in nutrition – not just undergraduates. GP's are the first point of contact for most people seeking medical attention and hence are at the frontline to keep people well.

Dr Emma Beckett entertained us with a lively presentation on her work in the new area of nutrition and genetics. She highlighted the complexity of nutrition research and how difficult it is to keep information simple – so it is not misinterpreted or misused.

The session finished off with some brainstorming about the future, and specifically to discuss firstly, how to incorporate nutrition into health professional education and secondly, should we engage with the broad spectrum of possible stakeholders? This was an essential part of the session and some great ideas were generated – which we will hear about in 2020 with lots of work now being done behind the scenes to instigate more collaborations with some of those essential stakeholders.

If you are interested in joining the ANZNNEdPro network and being involved in this bigger picture please contact Eleanor Beck eleanor@uow.edu.au or Lauren Ball l.ball@griffith.edu.au and check out the website: <https://www.nnedpro.org.uk/aus-nz>

NNEdPro: 2020 Summer School in Applied Human Nutrition & International Summit on Medical Nutrition Education and Research 2020

5th NNEdPro Cambridge Summer School in Applied Human Nutrition

12th to 16th July 2020



6th International Summit on Medical Nutrition Education and Research

17th July 2020



The Cambridge Summer School in Applied Nutrition aims to upskill professionals in nutrition to ensure they can be that proficient in their work relevant to nutrition). The Summit 2020 will focus on the evaluation of global knowledge networks in the UN decade of Action on Nutrition.

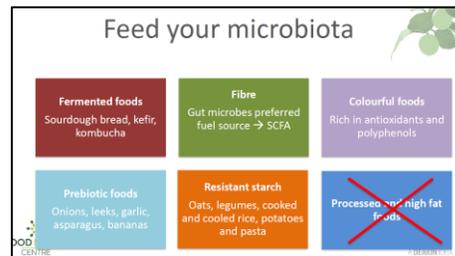
<https://www.nnedpro.org.uk/summit>

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

Deakin University Medical Students Interest Group



Our last presenter for this year was Madi West from the Food and Mood Centre (Deakin University). Students were enlightened about the gut- brain axis, the benefits of diet in the treatment of mental health issues and the influence the gut microbiome has on this and other health issues. Current eating habits of Australians were revealed as well as what we should be aiming to ideally eat.



For your interest the Deakin Food and Mood Centre are running a free 3 week online course, so here are the details:

We have 3 second year medical student reps for 2020 and two dietetic students already who are keen to assist next with NUTMED next year, so things will still keep moving ahead!

Please let me know if you know of any similar types of nutrition groups in other health related courses or have any suggestions to strengthen our group. Contact Robyn Perlstein robyn.perlstein@deakin.edu.au for further information.

OTHER SNIPPETS

New paper: Nutrition in medical education: a systematic review

Jennifer Crowley, Lauren Ball, Gerrit Jan Hiddink

The Lancet VOLUME 3, ISSUE 9, PE379-E389, SEPTEMBER 01, 2019

[https://doi.org/10.1016/S2542-5196\(19\)30171-8](https://doi.org/10.1016/S2542-5196(19)30171-8)

THE LANCET

Food as Medicine: Free open online course

Monash University 3
week free online course

<https://www.monash.edu/medicine/scs/nutrition/short-courses/food-as-med>

Email: nutrition.dietetics@monash.edu



Conference in 2020: Lifestyle Medicine Australasian Society of Lifestyle Medicine (ASLM)

15-17 May Melbourne

www.lifestylemedicine.org.au



Clinical Nutrition Education of Doctors and Medical

Students: Solving the Catch 22

Stavia B Blunt and Anthony Kafatos

Adv Nutr. 2019 Mar 1;10(2):345-350.
[doi: 10.1093/advances/nmy082.](https://doi.org/10.1093/advances/nmy082)



American Society for Nutrition
Excellence in Nutrition Research and Practice