



NNEdPro Global Centre for Nutrition and Health

Advancing and implementing nutrition knowledge to improve health, wellbeing and society

Save the dates for NNEdPro's 10th Anniversary Week

- NNEdPro Cambridge Summer School in Applied Human Nutrition: 14th-17th July 2018
- International Summit on Medical Nutrition Education and Research in Cambridge: 19th & 20th July 2018

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Turning a Terrific Two

The NNEdPro Australia and New Zealand (ANZ) Network

Launched in Perth, Australia, in March 2016, the NNEdPro ANZ Network is a collaboration between dietitians, doctors, academics, medical and healthcare educators, researchers, students and professional associations in the region, linked with the NNEdPro Global Centre in Cambridge, UK. One key aim of the network is to strengthen nutrition education and competence of medical/healthcare professionals through innovation in research, resource development and delivery. NNEdPro ANZ held its second regional workshop in Adelaide, Australia, prior to 10th Asia Pacific Conference on Clinical Nutrition (incorporating the joint annual scientific meeting of the nutrition societies of Australia and New Zealand) coordinated by Robyn Perlstein. The integration of nutrition into medical/health professional education was reviewed. Speakers active in this field progressed these discussions through sharing of their own work and agreement on key next steps. Three main talks and four exemplars of successful nutrition education were presented.

Caryl Nowson outlined the Nutrition Competency Framework (NCF) and its origins. The NCF is a collaborative initiative led by Deakin University in partnership with the University of Queensland, Monash University, University of Tasmania and the Dietitian's Association Australia (DAA). Caryl noted as it is more than six years since the completion of the NCF, it should be updated and revised in line with current multidisciplinary approaches to health professional education. Advocacy is required for a common base from which to develop nutrition competencies for all health professionals, that can be implemented by course accreditation agencies and training institutions across the range of health professions.

Shumone Ray addressed the primary focus of the ANZ network, to connect medical education and research. Drawing approximate proportions from healthcare improvement data, it is known that about 33% of patients in care do not receive care of proven effectiveness; 25% of patients receive care that is not needed or can be harmful; 75% of patients have not been provided with the information for decision making; and 50% doctors do not have to hand the evidence they need for decision making. To address these quality gaps, evidence-based interventions are essential. It was suggested that these connections can be achieved through an implementation science-led approach.

Eleanor Beck highlighted the importance of those teaching nutrition into medical courses to move from teaching nutritional subject matter that has been mandated by non-expert coordinators in health

education programmes to thinking about "What do students need to know and what is important?". Critically, knowledge is always evolving and available on demand in a technology driven world. However, skills to apply ever changing knowledge, when taught effectively ensure life-long learning. Dietitians and nutrition scientists are the nutrition experts and should be directing teaching content. As knowledge in nutrition will always be evolving, ensuring that the basic nutrition training of all health practitioners includes skills in assessing science and knowing where to seek assistance when required is paramount.

Melanie Blackburn (School of Medicine University of Tasmania) outlined how moving from a traditional stand-alone nutrition lecture series to a nutrition lifecycle approach using questioning and reasoning increased engagement and left students requesting more nutrition teaching.

Stephen Martin (ANU Medical School, Canberra) presented 'Figuring out what medical school students know about nutrition – the value of qualitative research'. Other contributors to this project included Liz Sturgess, Lauren Ball and Kirsty Douglas. The project investigated how the medical school can impact on students' attitudes towards nutrition using a social constructivism perspective. Findings included recent graduates concern for professional boundaries and reluctance to engage in activities outside their speciality.

Tracy McCaffrey (Monash University) presented 'Food as Medicine: Using MOOCs for nutrition education' on behalf of the Monash group. This group

have presented Massive Open Online Courses (MOOCs) to more than 110,000 students. These programs are free, online, interactive courses that explore the role of food as medicine. In September this year, fee paying, flexible learning courses were launched for non-nutritionist health professionals.

Karen Charlton (University of Wollongong) presented on 'Upskilling nurses and midwives about antenatal nutrition'. Unfortunately, there was insufficient interest to warrant running a workshop though this prompted the development of a self-directed online education resources which was pilot tested in a group of midwives and student midwives.

The ANZ Network, as part of the NNEdPro Group, is well positioned to support nutrition medical educationists and researchers in Australia and New Zealand to build capacity, research, deliver and translate medical/healthcare nutrition education. Increasing awareness amongst key stakeholders with wide public reach, provides a platform to combat misinformation and also aligns with the United Nations Decade of Action on Nutrition 2016-2025. The ANZ Network now has its base at the University of Wollongong Australia, overseen by Associate Professor Eleanor Beck (along with Wollongong Honorary Professorial Fellow, Shumone Ray). There will be ANZ round-table discussions at the NNEdPro Global Centre in Cambridge during the 10th Anniversary Proceedings in July 2018 and the ANZ Network aims to hold its third regional workshop at the Nutrition Society of Australia in Canberra, in November 2018.

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