

NNEdPro at the World Congress on Public Health 2015

Establishing an Indo-UK Network

The Need for Nutrition Education/Innovation Programme (NNEdPro) is a strategic partnership between doctors, dietitians, nutritionists and other healthcare professionals working together to strengthen nutritional knowledge/education for health professionals. The NNEdPro group have an international interface entitled the NNEdPro Global Innovation Panel (GIP). The GIP aims to promote international initiatives and knowledge exchange in nutrition, relevant to clinical and public health practice for medical and health professionals.

One of NNEdPro's key themes is to promote research capacity in the nutrition workforce. In 2014, the NNEdPro Group conducted a needs assessment of almost 200 doctors and dietitians in relation to nutritional care entitled: 'Confidence and attitudes of doctors and Dietitians towards nutrition care and nutrition advocacy for hospital patients in Kolkata, India' *Journal of Biomedical Education 2015*. Amongst other things, this assessment highlighted the need for research training to enable the generation of local data. The exercise began to highlight how dependent people are on nutrition guidelines derived from Western world studies. Therefore, in February 2015, five members of the NNEdPro Group – **Dr Sumantra Ray** (NNEdPro Founder-Chairman/Programme Director), **Pauline Douglas** (NNEdPro Vice-

Chairman/Education Director), **Dr Minha Rajput-Ray** (NNEdPro Lead Medical Advisor), **Marietta Sayegh** (NNEdPro Coordinator) and **Laura Fitzpatrick** (NNEdPro Assistant Coordinator) – were invited to Kolkata in India to deliver workshops in and around the 14th World Congress on Public Health (WCPH), in order to facilitate the generation of local data to support initiatives in nutrition care.

A first short workshop was carried out by the NNEdPro Group during a satellite capacity building event of the WCPH. The aim of this primer was to begin to provide early-career public health and healthcare professionals with knowledge, resources and skills in order to equip them to become ambassadors for evidence-based practice as well as introduce the principles of change management. This event was followed by an interactive activity, where these early-career professionals were

divided into smaller groups and were given the opportunity to voice their opinions/ideas to suggest strategies to tackle nutritional problems relevant to clinical and public health importance. A focus on the importance of nutrition as part of healthcare responsibilities and empowering change through management and leadership techniques were provided during a second, more extensive, workshop that the NNEdPro Group held in Kolkata.

The main aims of this session were:

- To highlight the important role nutrition and hydration plays in population health and disease management
- To outline core principles of 'Food, Fluid and Nutritional Care'
- To contextualise nutrition and hydration in current policy guidelines, and clinical application.



A key focus of this workshop was the need for dynamic interaction between medical doctors, dietitians and nutritionists, and how the synergy from this can be utilised to help optimise population health at both preventative and therapeutic levels. This was achieved through two sessions. Session one looked at how change management techniques can be used practically to empower leadership of the participants. NNEdPro believe that simply providing technical training without change management tools is ineffective for translation to practice. Session one also incorporated a selection of rotational workshops, during which key aspects of nutrition, nutritional care and the importance of hydration were highlighted and, in some cases, used nutrition and hydration games as a novel learning tool. Presentations and practical case studies to help develop change management and leadership in relation to nutritional care outcomes were also included in one of these workshops.

Session two introduced some of the background work/research of the NNEdPro Group and the prevalence of malnutrition within the UK, including the NNEdPro Nutrition Education for Improved Clinical Outcomes (NELICO) project – more information available at: www.nnedpro.org.uk. Participants were placed in groups and then faced with the task of designing

a NELICO-type project to enhance nutrition education and leadership for improved clinical outcomes relevant to local priorities. Speakers from each group were then self-selected to present their project ideas.

Following the NNEdPro workshops, 'NELICO Champions' were then selected as 'high fliers' based on their contribution to the group work activities and their enthusiasm towards improving nutrition education. NELICO champions were then invited to a round table event where they could pitch their NELICO project ideas and, as a group, decide upon two ideas to take forward.

Two NELICO India projects were selected to raise nutritional awareness in the Indian population. Both NELICO India projects will be overseen by NNEdPro in partnership with *The Remedy Clinic Study Group, Kolkata* and *The Halo Medical Foundation based in Maharashtra*.

Following the NELICO workshop the Commonwealth Dietitian and Nutritionists Association (CDNA) was launched. This meeting was chaired by Pauline Douglas (Senior Lecturer and Course Director at the Northern Ireland Centre for Food and Health [NICHE] at Ulster University) as inaugural CDNA Chair, and included key speakers: Dr Sumantra Ray (NNEdPro Chair), Sheela Krishnaswamy (Board Member CDNA), Dr Fiona Sim (Chair, Royal Society of Public Health),

Dr Sagarika Mukherjee and Dr Sabyasachi Ray (Remedy Clinic Study Group). This inaugural meeting was held to engage with stakeholders and policy makers relevant to nutrition and public health in India. There was a great turnout for this event, with overwhelming enthusiasm from the audience, emphasising the demand for the development of such an Association. Audience members were asked for their views on what they would like CDNA to do for them. These comments will be considered in the development of CDNA's action plan.

This exciting India facing work adds another valuable facet to NNEdPro Global activities which, this year alone, spans from Boston and Ontario in North America to Seoul and Shanghai in the Far East.

