



NNEdPro Global Centre for Nutrition and Health

Improving health through medical nutrition knowledge

2017 Events:

- 2nd Summer School in Applied Human Nutrition - 28th-31st July
- 3rd International Summit in Medical Nutrition Education and Research - 1st & 2nd August

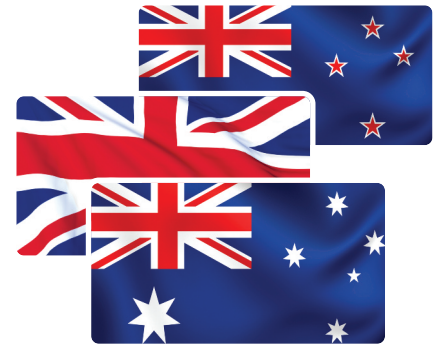
Authors: **Robyn Perlestein, Eleanor Beck** and **Caryl Nowson** on behalf of the ANZ NNEdPro Steering Committee (Members: Lauren Ball [Inaugural Co-Chair], Clare Wall, Jennifer Crowley, Rosalind Morland, Elizabeth Sturgiss, Nicola Campbell, Helen McCarthy)

Edited by: **Shivani Bhat** and **Sumantra Ray** on behalf of the NNEdPro Group

Three Strategies to integrate nutrition into existing medical curricula

Just over a year ago, the NNEdPro Global Centre for Nutrition and Health launched the 'NNEdPro ANZ Network' in Perth, Australia, at the 2016 ANZ Association for Health Professional Educators Conference and the 17th Ottawa Conference in the hope to strengthen nutrition competence of medical and healthcare professionals through research, workshops and networking.

We came up with three strategies that have been successful in our own universities in trying to integrate nutrition into medical education. The aim is *not to add nutrition content but to embed nutrition into the already existing medical curriculum.*



To engage and interest staff and students at all levels in the organisation

- Engage with representatives in strategic and critical positions of the organisation who have the potential to influence change in nutrition course content or are interested in this area
- Offer assistance to topic coordinators in reviewing current modes of teaching, such as problem-based learning tutorials, team-based learning sessions and lectures that may already have a nutrition focus or have the potential to incorporate nutrition
- Attend professional update seminars held by medical schools and seek a place on any relevant curriculum committees
- Identify supportive medical school staff who can act as 'champions' for nutrition
- Initiate and support student nutrition related **special interest** groups and organise guest speakers to present on current nutrition issues

To obtain a clear picture of the nutrition content, learning activities and assessment tasks already present in the curriculum

- Conduct a preliminary assessment of the current state of play in nutrition education and identify the areas for improvement for the staff who are directly involved in integrating nutrition

To trial already developed exemplars from other universities

- Browse nutrition teaching programmes that are already developed and are easily accessible on university websites. E.g. Deakin University website
- Implement programmes that are already developed and evaluate their impact before developing new material

Where to from here?

The NNEdPro ANZ Network aims to build on previous work done by the Steering Committee Members, including the Principal Advisors: Professor Caryl Nowson, Deakin University, and Associate Professor Clare Wall, University of Auckland. Specifically, there is a need for higher-level leadership in nutrition education to:

1. Widely promote awareness of the need to integrate nutrition into medical education
2. Thoroughly provide evidence of the skills required in providing nutrition advice

3. Ensure health practitioners are equipped to deal with both prevention and treatment of lifestyle related diseases relevant to nutrition.

Through interdisciplinary collaboration with stakeholders in the ANZ region, we aim to explore the areas where nutrition competencies may be met in current health academic programmes (starting with medicine) and then promote the use of existing exemplars to achieve our objective in integrating nutrition knowledge into the medical curriculum.

Keep in touch with NNEdPro:

Facebook: NNEdPro Twitter: @NNEdPro Email: info@nnedpro.org.uk

www.nnedpro.org.uk