



Feed for Health

The Nutrition Education Policy for Healthcare Practice Training Package (NEPHELP). Facilitating the provision of nutrition education, focussing on the secondary care setting.

The prevalence of malnutrition is rising globally and increasingly presents as a triple burden of undernutrition, overnutrition and micronutrient deficiencies. This relatively invisible emergency has vast implications for associated non-communicable disease morbidity and mortality, as well as issues regarding time and cost. Quality nutrition is key to sustainable development and underpins all of the 2015 Sustainable Development Goals (SDGs), which are critical contributors to what has been categorised as a Decade of Action on Nutrition (2016-25). Enhanced nutrition education has been perceived as paramount to help achieve these goals, and research by the NNEdPro Global Centre for Nutrition and Health has established a large gap in nutrition understanding of medical practitioners. Promisingly, however, it has also identified a desire for more nutrition within medical education as well as greater clarity of a doctor's role in nutrition care.



As a result, NNEdPro, who are committed to eradicating world hunger and motivated to achieving the SDGs, have compiled a workshop aimed to educate Junior Doctors on what they believe to be the fundamentals of

nutrition. The innovative programme comprises of education regarding the history, science and future of nutrition, the relevance in healthcare, screening, assessment and management, as well as a focus on specific aspects of nutrition such as gastrointestinal health, micronutrient deficiencies and refeeding syndrome, in conjunction with overall application to a variety of clinical case examples. The programme can be suitably applied to other healthcare professionals in attempt to adequately establish and implement the nutritional basics prior to referral to a dietitian or nutritionist.

The workshop aims to equip participants to:

- Describe the common problems of nutritional care in hospitals and public health
- Have an orientation to the use of appropriate screening tools to detect clinical malnutrition
- Begin to discuss basic nutrition interventions, before appropriate onward referral to specialists where necessary
- Understand the broader pathways of referral for nutrition services between primary and secondary care.

NNEdPro launched the workshop at the BMJ International Forum on Quality and Safety in Healthcare conference in Glasgow on Wednesday 27th March. With a mixed international audience of approximately 40 GPs, nurses and other allied health professionals, the team successfully equipped participants with adequate knowledge, contextual awareness and skills to promote the importance of nutrition in their respective work environments. This was evidenced in a multitude of engaging group discussions, quizzes and very positive workshop feedback. At the end of the workshop, participants were

able to make recommendations on how to implement a hospital nutrition intervention. They recognised the importance of wide collaboration with other staff including dietitians, nutritionists and dietetic assistants, promoting nutrition as 'everyone's business' and were mindful of the importance of accurate screening and how this differs to assessment. They also acknowledged the limitations of common practice and how understanding the fundamentals of nutrition can assist with these processes, such as assessing physical features for potential micronutrient deficiencies. Participants also encouragingly addressed the importance of prioritising nutrition training and education as mandatory for HCPs in a linear fashion and establishing improved links between primary and secondary care to ensure thorough and enduring patient care.



After a successful launch, the workshop will now be presented to Junior Doctors in a UK roadshow at between 3-5 different locations throughout from May to September 2019. NNEdPro are very grateful to the BMJ conference for enabling insights into how people can and do make change, specifically to make good nutrition a priority for everyone, in every setting.