NNEdPro Global Centre for Nutrition and Health

The Nutrition Education Policy for Healthcare Practice (NEPHELP) Initiative

An implementation pathway for patient centered nutrition capacity building

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On behalf of the NEPHELP Team:

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info@nnedpro.org.uk www.nnedpro.org.uk
About Us: NNEdPro partners work together to form...
Anchored in Cambridge but working without borders both in the UK and GLOBALLY!

An award winning, international and interdisciplinary think-tank, training academy and knowledge network engaged in education, research and implementation

A strategic partnership between:
- Doctors
- Dietitians
- Nutritionists
- Nurses
- Allied Health Professionals
- Researchers
- Educators

Patients & Carers

>300 Academic Outputs
2018 Global Challenges Award
2017 Medical Nutrition Industry International Award

2016 Finalist
2017 Medical Nutrition Industry International Award

www.nnedpro.org.uk
NNEdPro is known for the Annual Cambridge Summer Events in July…

**NNEdPro**
Cambridge Summer School in Applied Human Nutrition
CPD accredited comprehensive Foundation Certificate Course in Applied Human Nutrition for professionals interested in nutrition and its health applications

**12 - 16 July 2020**

**Benefits**
- Learn from a world-class faculty with leading global nutrition experts in the heart of Cambridge.
- 40 contact hours, practical and/or interactive sessions, self-directed learning and small group work.
- Individual mentoring & case studies.
- Professional course accreditation* and associate membership of the NNEdPro International Academy of Nutrition Educators (IANE).
- Grow your multi-disciplinary knowledge network with dedicated mentors plus networking opportunities including a gala dinner and social programme.

**Homerton College, University of Cambridge**
*CPD accreditation for clinical and scientific candidates

For more information: Email: info@nnedpro.org.uk

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**6th International Summit**
On Medical and Public Health Nutrition Education and Research

**17th July 2020**
Homerton College
University of Cambridge

From 09:00 to 17:00
Followed by a mini-symposium and network reception

A 2020 evaluation of global knowledge networks in the UN Decade of Action on Nutrition (2016-2025)

Register interest at info@nnedpro.org.uk

**Scientific Poster Session**
Abstract submissions of original research are accepted by email to info@nnedpro.org.uk
Max. 250 words
Email Subject Heading: Summit 2020 Poster Abstract
Deadline: 30th June 2020

www.nnedpro.org.uk
NNEdPro with BMJ

Provides a hub for emerging nutrition Knowledge relevant to practice...

“The creation of BMJ Nutrition, Prevention and Health is timely as we seek to make key contributions to the UN decade of action on nutrition (2016-25) by strengthening the translation of nutrition science for disease prevention and best healthcare practice.”

Open access

Tackling a tidal wave: sound nutrition knowledge today for a better tomorrow...

Sumantra Ray
THE NUTRITION EDUCATION POLICY FOR HEALTHCARE PRACTICE (NEPHELP) INITIATIVE

September 2017 to February 2020

Seed funded by the MNI International Award (ESPEN 2017), followed by matched grant support
AIMS

- To explore trainee doctors’ observations and attitudes of current nutrition care in Addenbrooke’s Hospital
- To examine if their experiences reflect gaps in the management of hospital malnutrition and lack of training

METHODS

- The semi-qualitative survey of 20 trainee doctors
- Consisted of one-on-one interviews and visual analogue scale questionnaires.
- 5 written multiple-choice questions on nutrition knowledge were used to compare our cohort to previous groups studied.
Content analysis was conducted on interview responses, VAS responses converted to percentile scores. One-on-one interview content underwent content analysis, sub-groups to initially identify themes, before collating and combining common themes.

**MCQ on doctors’ responsibilities in nutrition care:**
- 15 (75%) mention a multidisciplinary approach
- 11 (55%) mention specific roles for doctors
- 8 (40%) identified written and spoken communication as key gaps
- 13 (65%) responded that further training is necessary/would be beneficial
- 8 (40%) identify consultants as those best placed to promote nutrition
KEY CONCLUSIONS
2018 CAMBRIDGE/EOE JUNIOR DOCTORS STUDY WITH PATIENTS & CARERS SUB-STUDY

- UK Medical Students’ & Doctors’ Views surrounding nutrition in medical education and practice
- The 1st time this has been reported in the UK, included 840 participants
- Agreement on the importance of nutrition in health (>90%)
- Appreciation of the doctor’s role in nutrition care (>95%)
- Nutrition training reported as being inadequate with >70% reporting less than 2 hours
- Only 26% of doctors were confident in their nutrition knowledge
- 74% gave nutrition advice less than once a month.
- Cited a lack of knowledge (75%), time (64%) and confidence (62%) as the main barriers
Visual analogue scale:
Responses show 3 (15%) respondents with less than 50% confidence in making nutrition referrals

Preferred tools:
41% for intensive weekend courses, 57% for nutrition awareness and 87% for introduction of nutrition protocols

Trainee doctors commented:
Nutrition training during their medical degree was minimal or implicit, then informal or absent during their career development (did not differ from expectations)

1. The majority of the doctors recognise the need for a multidisciplinary approach to nutrition care in hospitals.
2. For their part, doctors are likely to engage positively with increased nutrition training.
3. Further studies need to establish the ideal method for its provision.
4. Locally, an increased drive from consultants may be effective in raising the profile of nutrition care among trainee doctors.
5. Further needs assessments be carried out in other hospitals.
Understanding expectations

Navigating barriers

Harnessing facilitators

Education and training of doctors as a key

(N = 36; mixed group of East of England patients and carers)

Acknowledgment: www.reddit.com
50% have never spoken to a doctor about food or nutrition, as ‘what is the point!’

Believe doctors do not have enough knowledge or time and will not advise them on food

For nutrition care in hospital, that these are often doctor led.

Hence, if the doctor doesn’t mention nutrition, the patient and/or carer doesn’t either

Also felt that doctors couldn’t do anything about the quality of hospital food

Patients and Carers who were provided with nutrition advice often could not follow due to:
- lack of understanding of technical terms
- lack of guidance on actual food choices especially in disease conditions affecting intake
What medical students should know:

- The effect of nutrition on specific disease
- Communication skills and tips on how to make inroads or start conversations
- Deep understanding on what a good meal/diet looks like
- Education about food could be delivered in childhood and/or to new parents
- Understand nutritional needs change through the lifecycle
- Dietary advice should be given as part of a treatment regime
- Understand each patient needs different advice
- Always try to establish why a hospitalised person may be undergoing weight changes
- That the above should be applicable to all Health Care Practitioners
LAUNCH OF NNEDPRO UK AND IRELAND REGIONAL NETWORK

- English & Welsh Section (c/o Dr Kathy Martyn)
- Irish Section (c/o Pauline Douglas RD)
- Scottish Section (c/o Dr Minha Rajput-Ray)
Purpose

- Broadening the conversation about nutrition in health for patient benefit;
- Increasing the education around food competence in health professionals’ curricula;
- Designing and implementing, educational resources for health professionals;
- Implementation research and evaluation around nutrition and diet; and
- Sustainable nutrition focus to support healthcare
FURTHER KEY OUTPUTS-I

- 2018 Cambridge/EoE Junior Doctors Study with Patients and Carers Sub-study
- 2018 NNEdPro 10th Anniversary Summit and Summer School Presentations
- 2018 ESPEN Conference Abstract and Poster Presentation
- 2019 BMJ International Forum on Safety and Quality in Healthcare Glasgow
  - Workshop to pilot the NEPHELP Multidisciplinary Education and Training Package and launch e-Learning course in Nutrition and Healthcare
- 2019 Poster abstract on the ‘Time for Nutrition’
Time For Nutrition in Medical Education

A collaborative approach across professional boundaries

Now a full peer reviewed paper under final review in BMJ Nutrition, Prevention and Health) and launch of BMJ Nutrition Special Collection of Education/Implementation
FURTHER KEY OUTPUTS-II

- **ACTIVITIES**
- **SUCCESSES**
- **CHALLENGES**
- **LEARNING**

- **(May 2019 to Feb 2020) NEPHELP Education and Training Roadshow/Evaluation**
  - **Foundation Doctors** in Brighton (May), London (Dec) and York (Jan)
  - **GPs** in Kent/Surrey/Sussex (Jul), Basildon/GPING (Oct), Brighton (Nov) and Cambridge (Dec)
  - **Focus group work** with Patients/Carers (Oct), Nurses (Dec/Jan) and Pharmacists (Jan/Feb)
  - **Full peer reviewed paper** on roadshow/evaluation including landscape analysis (Feb 2020)
  - **FINAL Education and Training Package/Toolkit** (Feb 2020)
(May 2019 to Jan 2020) Elsevier Essentials of Nutrition in Medicine [Kumar and Clark companion]

(Jul 2019) Sessions at NNEdPro Summer Events and linkage with WHO Capacity Building Strategy

(Aug 2019) Launch of International Academy of Nutrition Educators Mentoring Scheme/Website

(Oct 2019) Completion of Vitamin D Knowledge, Attitudes and Practices (D-KAP) GPs/HCPs Survey
  - Award winning University of Surrey MSc Dissertation with abstract accepted at Nutrition Society Winter Meeting and full peer reviewed paper under review
FURTHER KEY OUTPUTS-IV

- (Dec 2019) Comparative evaluation of nutrition curriculum interventions between 3 medical schools
- (Dec 2019/Jan 2020) Case study series on RDs in Medical/Healthcare Education and Innovation
- (Dec 2019 to Feb 2020) Leading the INSIDE GOVERNMENT FORUM on Raising NHS Food/Nutrition Standards with parliamentary policy dialogue
- Patient centered educational standards should be formulated across undergraduate and postgraduate curricula and form part of mandatory training in the NHS

- Clear accountability pathways should be created starting at the patient and ending at the secretary of state for health and social care – make the government responsible for nutrition screening

- An assessment of the resource gap should be undertaken recognising that a small investment to increase screening would be a cost saving exercise given current high costs of diseases

- A review should be undertaken to look at what actor is expected to do what at each level and multi-disciplinary and multi-agency networks

- Increased knowledge of the care pathway should be increased amongst practitioners
With Thanks & Appreciation

Patients, Carers and Collaborators (BDA, BAPEN, MNI)

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