



# CONTINUITY OF NUTRITION CARE

optimal  
nutritional care  
for all

## THE POWER OF CONCERTED EFFORTS AGAINST MALNUTRITION



# "The key to successful implementation of nutrition in education"

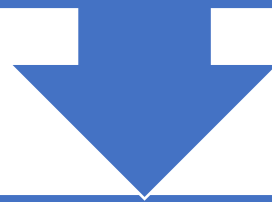
Cristina Cuerda

ESPEN General Secretary

NEMS Project Coordinator

# Goal

Improve nutrition education



Improve health  
(general population and patients)

# Key words

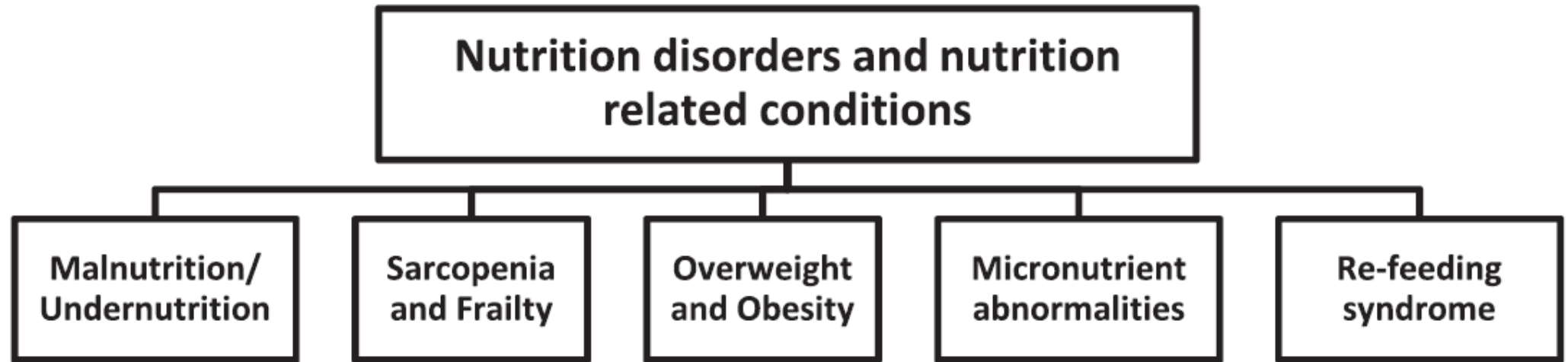
Why

Who

How

# Why

- Nutrition-related disorders are very prevalent in the general population and in the different healthcare settings
- Nutrition education is underrepresented in the medical (and HCPs') curriculum
- Improving nutrition education in HCPs is necessary to prevent, identify and correctly treat all the spectrum of nutrition-related disorders



**Fig. 1.** Overview of nutrition disorders and nutrition-related conditions.

# Who

- University faculty (but we can start much earlier from the kindergarten-primary-secondary school)
- Scientific societies → ESPEN NEMS Project
- Students → EMSA
- National governments → MoH, Ministry of Education
- European Union → European Commission

International Conference Amsterdam 15 & 16 June

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***ESPEN NEMS***



***ESPEN NEMS***



# Aims

1

Create awareness of the importance of Nutrition Education in Medical Schools and for all the health-care professionals

2

Promote the implementation of obligatory training on Nutrition Education during the pregraduate period

3

Provide tools and materials for the implementation of Nutrition Education in Medical Schools

# European Commission (EC)

- Collaboration with the EU in a project aimed to review the current education of health professionals with regard to health promotion and disease prevention.
  - The first workshop was held in Luxemburg 13th February 2020, with the attendance of Maurizio Muscaritoli representing ESPEN NEMS project.
  - International Conference 'Promoting Healthy Lifestyles in Europe - from education to practice' organised virtually at the 24th September 2020.
  - ESPEN is now a partner of this project.
- **Update:**
  - The European Commission eventually opened a website on the Health Policy Platform to facilitate the emergent network on health promotion, lifestyle medicine and professional education in the EU. The website is title “Health promotion and lifestyle medicine healthcare professional education in the EU”. <https://webgate.ec.europa.eu/hpf/>


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### Practicalities:

- You will receive presentations and conclusions of the workshop by email
- Input and suggestions: [workshop.chafea@ecorys.com](mailto:workshop.chafea@ecorys.com)
- Questionnaire is open until 28 February 2020!
- Final report on research results: March
- Conference: 30 April



# How

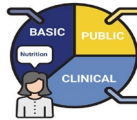
- Collaboration between ESPEN and European Medical Schools
- Prepare educational materials for the universities covering the minimum curriculum in the field of human nutrition
- Collaboration as experts in the field of nutrition in our respective medical schools



**Nutrition education** is necessary in the **training of healthcare professionals**, including medical students and it should be **MANDATORY** in all Medical Schools



Medical students need an **evidence - based nutrition education** to understand the importance of nutrition in health and disease



During the **medical training** at the University, students should receive **mandatory** information about **human nutrition** in its three different domains, including **basic nutrition, applied or public health nutrition and clinical nutrition**

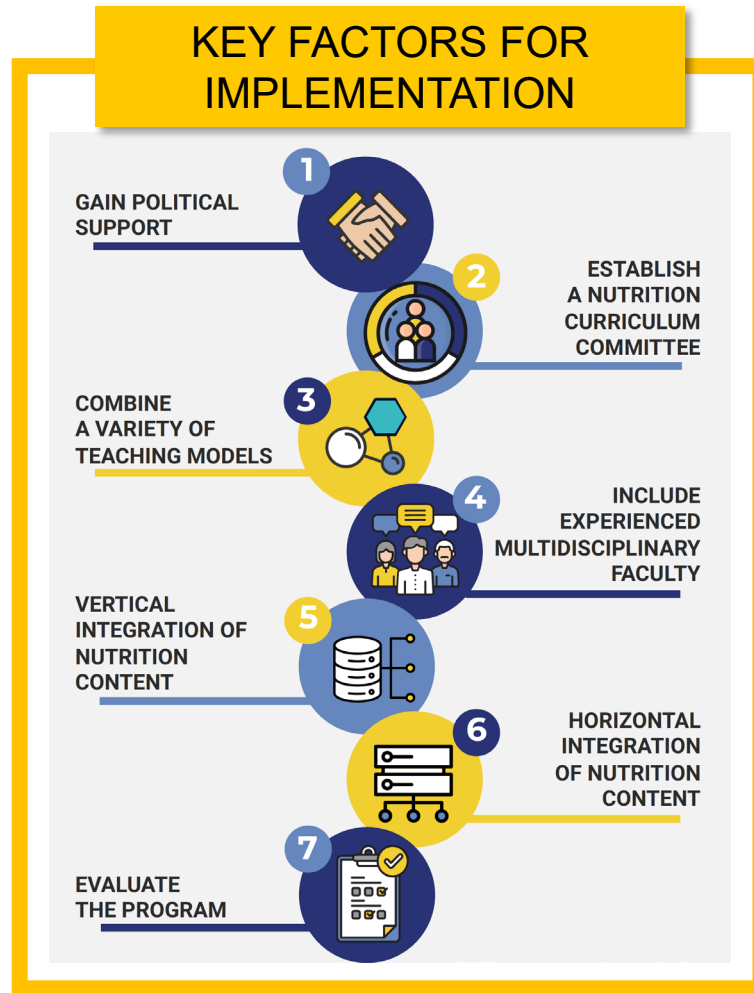


The way to organize these themes in the curriculum will depend on each University, taking into consideration individual center characteristics (**models of teaching, availability of teachers, time and credits**)

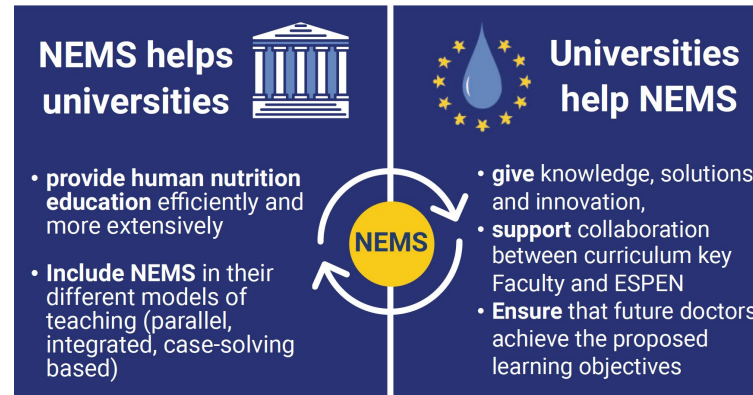


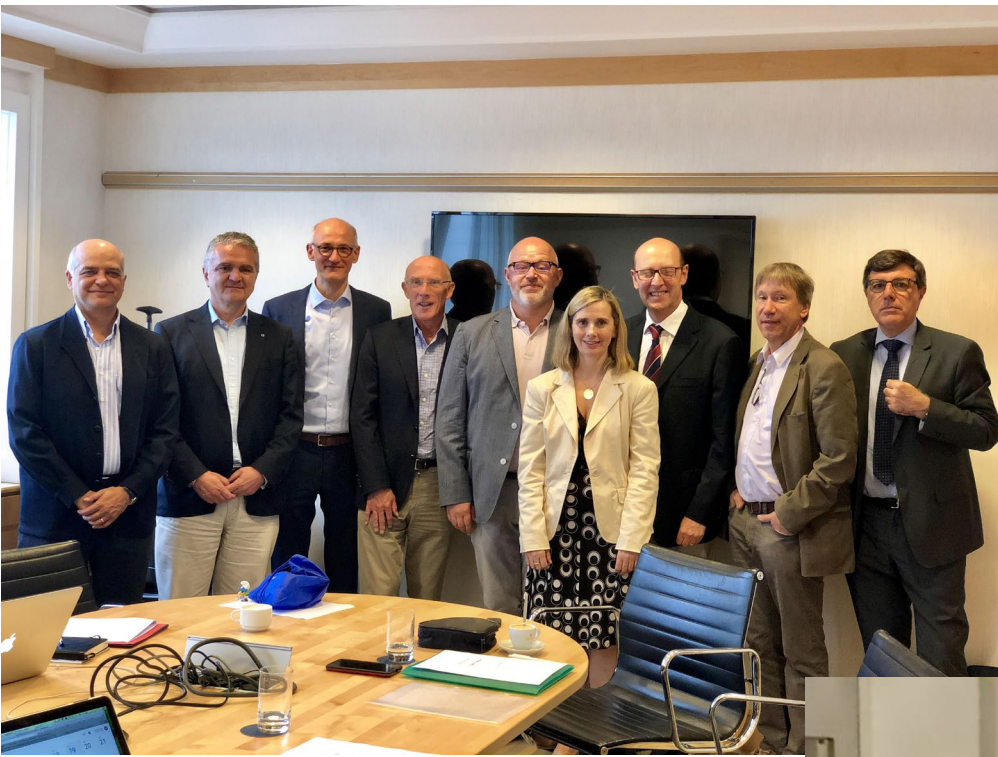
Combine **vertical or horizontal integration of traditional classes, seminars and/or clinical practice sessions** also including **novel teaching tools, internet resources and e-learning**





### INTEGRATION OF NEMS BETWEEN UNIVERSITIES AND ESPEN





## Meetings with presentatives of different European Medical Schools

Nice 2020

Brussels 2018



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Editorial

Clinical nutrition education in medical schools: Results of an ESPEN survey



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Original article

Nutrition education in medical schools (NEMS) project: Joining ESPEN and university point of view



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ESPEN Endorsed Recommendation

Nutrition education in medical schools (NEMS). An ESPEN position paper<sup>☆</sup>

Cristina Cuerda <sup>a,\*</sup>, Maurizio Muscaritoli <sup>b,1,2</sup>, Lorenzo Maria Donini <sup>c</sup>, Patrick Baqué <sup>d</sup>, Rocco Barazzoni <sup>e</sup>, Eugenio Gaudio <sup>f</sup>, Davor Jezek <sup>g</sup>, Zeljko Krznaric <sup>h</sup>, Matthias Pirlich <sup>i</sup>, Marco Schetgen <sup>j</sup>, Stephane Schneider <sup>k</sup>, Juan A. Vargas <sup>l</sup>, André Van Gossum <sup>m</sup>



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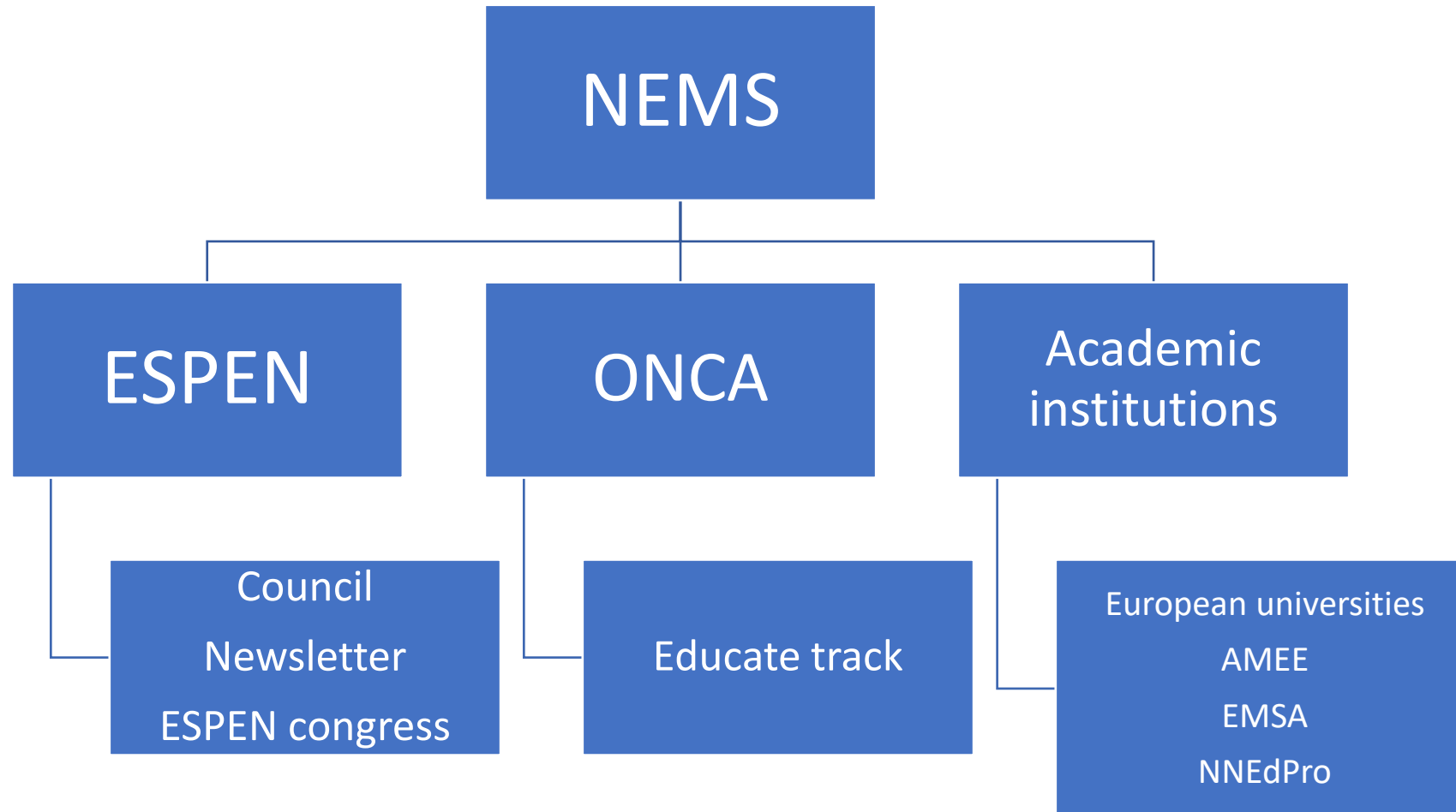


Editorial

Nutrition education in medical schools (NEMS) project: Promoting clinical nutrition in medical schools – Perspectives from different actors









# ESPEN ACTION PLAN

## ESPEN commitments in implementing nutritional care after Vienna Declaration

### 5 PRINCIPLES

- 1** Public health policy must make the fulfillment of the right to nutritional care a fundamental axis in the fight against disease-related malnutrition (DRM)
- 2** Clinical nutrition education and research is a fundamental axis of the respect and the fulfillment of the right to nutritional care
- 3** Ethical principles and values in clinical nutrition including justice and equity in nutritional care access are the basis for the right to nutritional care.
- 4** Nutritional care requires an institutional culture that follows ethical principles and values and an interdisciplinary approach.
- 5** Patient empowerment is a key enabler to necessary action to optimize nutritional care.

### ESPEN ACTIONS

- Preparation of a ESPEN Policy brief
- Research promotion and new NEMS educational material
- Update of ESPEN ethics guidance material
- Promotion of DRM screening and diagnosis, new interdisciplinary nDay activities
- Nutritional care inclusion in patient Charter and bill of Rights



Read the full document at [www.espen.org](http://www.espen.org)



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# NEMS

## Educational slide kit

### Standard Operating Procedures

**Maurizio Muscaritoli<sup>1</sup>, MD**  
**Cristina Cuerda<sup>2</sup>, MD, PhD**

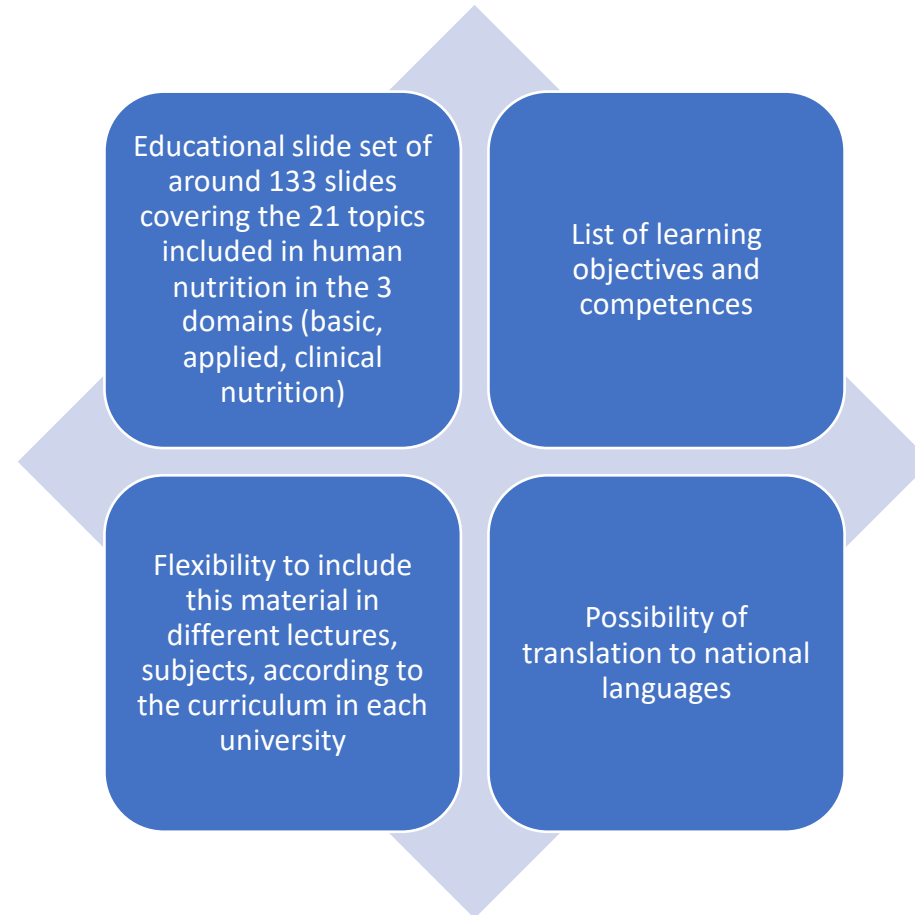
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# NEMS educational material

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Your ideas are  
welcome !

Thank you