

## CASE STUDY: INCORPORATING NUTRITION INTO THE CORE MEDICAL CURRICULUM

This case study details example of activities within the Medical School to embed nutrition training into the core UG MBChB curriculum. Note, this has been developed over a period of years.

- A qualitative review of undergraduate nutrition teaching and learning in the medical curriculum which involved a cross-sectional observational study design as a service evaluation of the educational programme. The medical curriculum for years 1 to 5 delivered at the University of Aberdeen was evaluated. The mapping process involved three phases,
  - (i) outcome mapping of learning material,
  - (ii) discussion with stakeholders; teaching staff of the medical students were identified as being mainly academics and medical staff working within NHS Grampian. In addition, other health professionals such as Dietitians also play a role in the teaching throughout the curriculum.
  - (iii) a student survey, including F1 and F2 doctors

This project did not consider the hours of nutrition teaching and the evidence-based content of the material was not evaluated. All lecture slides, tutorial information and learning guides served as the data sources and were reviewed and mapped to the ICGN outcomes.

MyMBChB is a learning portal for students studying medicine at the University of Aberdeen. It was launched in 2009 when the curriculum was redeveloped. The site is designed around the timetable and directs students to the lectures and practical sessions which they must attend as well as providing learning guides for each year. It allows access to all the learning resources such as PowerPoint slides, weblinks and audio and video recordings that have been uploaded. The learning guides make links to the lectures that are delivered and provides the student with learning objectives for each year. They also link to tutorial content and encourage the student to undertake reflection.

- Intercalating UG medical students with the face-to-face teaching from MSc Human Nutrition programme.
- Including nutrition academic (non-clinical) staff to join the MBChB Healthcare Programmes Away Day and MBChB Early Years' Away Day (Years 1-3). For example, recent topics have included 'Inclusivity'.
- Including nutrition topics and tutors for the Student Select Component (SSC) – The SSC is conducted over 4 weeks and is problem based and student led in groups of 5-6 students where the students get to employ their skills of critical appraisal to draw conclusions about the effectiveness of a treatment or intervention.
- Delivery of nutrition tutorials as part of the biochemistry problem solving.
- Delivery of nutrition lectures, from nutrition academics. For example, 'Antibiotic resistance influence on gut microbiota' as part of GI block; 'Lifestyle medicine approaches' as part of the Endocrinology and Diabetes block.
- Including nutrition academics as Year 5 elective tutors, which gives opportunity to develop personal and professional skills linked to nutrition within an 8week project block.
- Students are surveyed for feedback via our Course Feedback Surveys at the end of each module. In addition, we hold a Staff Student Liaison Committee At the end of each semester.