



Northeast Nutrition Education Summit

September 19, 2016
Boston, Massachusetts

Place: Harvard Club (main clubhouse)
374 Commonwealth Avenue
Boston, MA 02215
617-536-1260

Time:

Agenda

7:30 – 8:00AM

Arrive in the Harvard Club, Continental Breakfast

Estabrooks Room 3rd Floor

8:00 – 8:15AM

Introductions (Dr. Allan Walker)

8:15 – 10:15AM

Report on Nutrition Education in Medical Schools

Represented Schools: Brown, Boston University, Dartmouth, Harvard, University of Massachusetts, University of Vermont, Tufts

10:15 -10:45AM

Coffee Break

10:45 -11:00AM

Chris Murray, Galina Gheihman HMS MD'19 candidates
A student project, advocating for changes to the LCME accreditation requirements for medical schools and residency programs

11:00– 11:30AM

Dr. Michelle Hauser: Stanford Nutrition Education Project

11:30 – 12:00PM

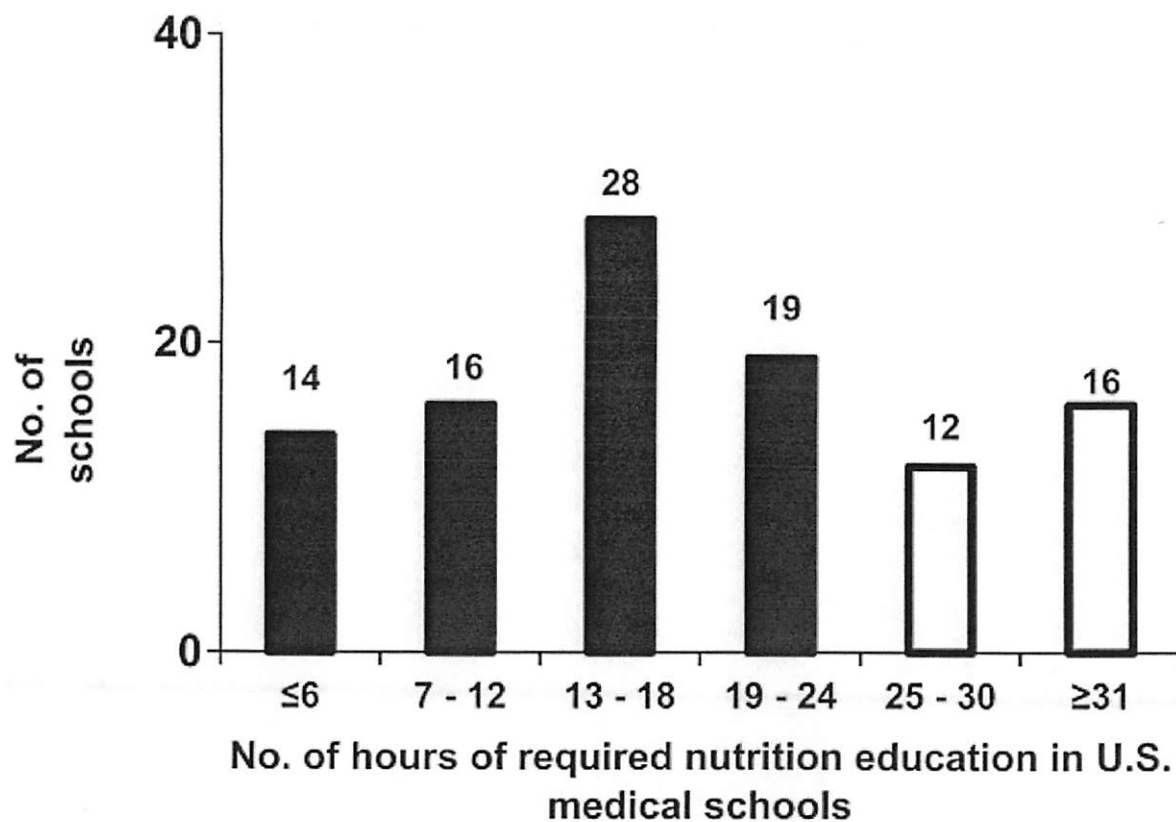
Q&A, Discussion on Innovation

12:00 – 1:00PM

Lunch

- 1:00- 1:15PM **Development of Core Nutrition Objectives for Undergraduate Medical Training (Dr. Marie-France Hivert)**
- 1:15 – 1:45PM **Dr. Lisa Hark - Update on National Initiatives to Develop Core Competencies in Nutrition**
- 1:45 – 2:15PM **Dr. Stephen Devries: The Arc of Nutrition Education in Medical Training: Medical School is Just the Start**
- 2:15 – 2:45PM **Panel Discussion: Competencies**
- 2:45 – 3:00PM **Coffee Break**
- 3:00 – 4:00PM **Discussion on Tasks for Working Groups**
Small Working Groups
- 4:00 – 5:00PM **Discussion on How We Can Coordinate our Efforts**
- 5:00 – 5:30PM **Conclusions**
- 5:30 – 6:30PM **Cocktails (Presidents room 1st Floor)**
- 6: 30 – 7:00PM: **DINNER and plans for follow-up (Presidents room 1st Floor)**

Hours of Required Nutrition Instruction in US Medical School



NUTRITION OBJECTIVES OVER 4-YEAR MEDICAL SCHOOL CURRICULUM

1. Describe the absorption and metabolism of the major nutrients- carbohydrates, proteins, and fats—in health and disease.
2. Recognize the functions, relationships and deficiency syndromes of the essential minerals and vitamins
3. Assess nutritional status by simple anthropometric (height, weight and BMI, waist circumference), dietary, clinical and laboratory means. This includes taking a diet history by recall, food record, or food frequency, and knowing some methods of determining body composition.
4. Discuss the epidemiology, prevention, diagnosis, and treatment of the major nutritional diseases in the world including obesity, protein-calorie malnutrition, atherosclerosis, cancer, diabetes, anemia, osteoporosis/osteomalacia, and eating disorders.
5. Determine energy and nutrient requirements for individuals including premature and term neonates, infants, children, adolescents, pregnant and lactating women, adult men and women, postmenopausal women, and the elderly.
6. Give general dietary guidelines for Americans and be able to counsel patients with specific nutritional recommendations, or be able to find appropriate nutritional resources for referral, such as dieticians, nutrition literature, and books.
7. Evaluate nutritional status and appropriately prescribe enteral and parenteral nutrition therapy for patients with various major diseases such as cancer, heart disease, renal disease, AIDS, neurologic, gastrointestinal and liver disease.
8. Monitor growth and diet of infants, children, and pregnant women, and provide counseling on nutritional issues including 1) breastfeeding and introduction of infant formulas, solids, and cow's milk, 2) iron, fluoride, calcium, and vitamin supplementation, 3) physical activity and exercise, 4) obesity, failure to thrive, and eating disorders
9. Recognize nutritional problems and provide basic nutrition counseling in patients seen for routine health maintenance and chronic medical problems, including those with obesity, hypertension, heart disease, alcoholism, diabetes and other metabolic disease.
10. Read critically and be able to discuss nutrition scientific literature.

COMMUNICATION

- Assess patients' readiness, personal motivators, and barriers for nutritional change
- Coordinate inter-professional communication
- Provide culturally-competent care
- Use effective and compassionate verbal and non-verbal communication

PRACTICE-BASED LEARNING

- Recognize personal gaps in nutrition knowledge and practice
- Identify, access, and interpret credible, evidence-based information and resources
- Understand the physician's role for promoting nutrition in public health

KNOWLEDGE FOR PRACTICE

- Translate landmark studies into clinical practice
- Develop the analytic skill set to evaluate nutrition intervention studies
- Use nutritional nomenclature and translate into dietary recommendations for patient care
- Identify nutrition contributions and interactions with disease pathophysiology and management

PATIENT CARE

- Describe a healthy diet throughout the lifespan
- Perform a nutritional assessment
- Provide lifestyle counseling (e.g. Motivational Interviewing) and assess barriers
- Explain the impact of nutrition on health and disease
- Recognize appropriate nutritional supplementation and support

PROFESSIONALISM

- Use compassionate and non-judgmental language
- Foster supportive and inclusive teams
- Recognize stigma, conscious and unconscious bias
- Apply ethical principles to nutrition practice

SYSTEMS-BASED PRACTICE

- Knowing own limitations and who is on care team and how to access
- Recognizing/integrating recommendations into care plan

INTERPROFESSIONAL COLLABORATION

- Collaborate with RDNs and other healthcare providers, in an interdisciplinary team-based environment, in different healthcare settings
- Refer patients in an effective, appropriate, and timely manner

PERSONAL AND PROFESSIONAL DEVELOPMENT

- Practice healthy lifestyle behaviors
- Advocate for environments that promote healthy lifestyles
- Stay updated on nutrition science research

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Name	School	Role	Dinner	Lunch
Allan Walker	HMS	Director, DON	Cod	Y
Scott Butsch	HMS	Chairperson	Chicken	Y
Bruce Bistran	HMS	Chair, Nut Curr Comm	Chicken	Y
George Blackburn	HMS	Assoc Director, DON	No	Y
Helen Delichatsios	HMS	Organizing Committee	Tofu	Y
Marie-France Hivert	HMS	Organizing Committee	No	Y
Cliff Lo	HMS	Member Nut Curr	cod	Y
David Eisenberg	HMS	Member Nut Curr	Cod	Y
Edwin Taff	HMS	Member Nut Curr	Chicken	Y
Darshan Mehta	HMS	Member Nut Curr	Tofu	Tofu
Susanna Huh	HMS	Member Nut Curr	cod	Y
McGreggor Crowley	HMS	GI Childrens Hosp	No	y
Rani Polak	HMS	Member Nut Curr	Cod	y
Lauren Fiechtner	HMS	Member Nut Curr	Cod	n
Elizabeth Lemoine	HMS Student	Member Nut Curr	Tofu	Y Tofu
Christopher Murray	HMS Student		cod	Y
Galina Gheinman	HMS Student		No	Y Tofu
Dan Kamin (not sure)	HMS	GI Childrens Hosp	?	N
Nirav Desai	HMS	GI Child Hosp/Nut	?	?
Carine Lenders	BU	Organizing Committee	Chicken	N
Aaron Manders	BU	Member Nut Curr	No	Y Tofu
Kate Donovan MS, RD, LDN	BU	Works with Carine	No	Y
Michelle Hauser	Stanford	Speaker	Tofu	Y Tofu
Stephen Devries	Northwestern	Speaker	Tofu	Y Tofu
Lisa Hark, PhD, RD	Wills Eye Institute	Speaker	No	Y GF
Philip A. Gruppuso	Brown	School Rep	Chicken	Y
Rebecca Wilcox	UVM	School Rep	Tofu	Y
Cathy Mclsaac	UVM	School Rep	cod	Y
Christopher Marshall	Umass Memorial	School Rep	Chicken	Y
Sydney Greenberg	Umass Memorial	School Rep	cod	Y
Jeffrey Larnard	Umass Memorial	School Rep	Chicken	Y
Rima Itani Al Nimr	Dartmouth	School Rep	Chicken	Y
?	Tufts	School Rep	?	?
Nancy Edwards	Mead Johnson	Sponsor	cod	Y
Christina J. Valentine MD, MSc	Mead Johnson	Sponsor	?	Y
Barbara Ainsley	BIDMC/HMS	Admin	No	Y