Study of the Feasibility of an Elective in Clinical Nutrition with Culinary Medicine Workshops

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Abstract

OBJECTIVES

1. Using the survey results as a needs assessment, to determine the best method of teaching an elective of clinical nutrition supplemented by Culinary Medicine workshops
2. Determine whether the limited hours of theoretical teaching of nutrition for the third and fourth year students was enough to give them confidence regarding patients’ education about the fundamentals of healthy eating
3. Offer a pilot session of clinical nutrition supplemented by culinary medicine workshops targeting a specific nutrition linked disease such as cardiovascular disease to the first 16 responders, conducted by a local chef, in order to determine the feasibility and effectiveness of this method of teaching the basics of food selection and preparation.

RESULTS

All physicians, regardless of specialty, should counsel high-risk patients about dietary change.

Figure 1: The vast majority (88%) of students surveyed agreed or strongly agreed that dietary counseling should be a component of patient-physician interaction, regardless of specialty.

I do not feel prepared to counsel patients regarding nutrition linked diseases

Figure 2: 47% of students surveyed either agreed or strongly agreed that they do not feel prepared to counsel future patients on nutrition.

METHODS

Needs Assessment Survey:
• A previously validated survey instrument was used to create two survey questionnaires, one for the first and second year students (n=310) and another for the third and fourth year students (n=240).
• The first and second year cohort survey focused on perceived relevance of nutrition in disease prevention, interest in the proposed elective and content delivery preferences of the elective.
• The third and fourth year cohort survey also addressed interest in the elective as well as their feelings of preparedness to counsel future patients regarding lifestyle changes.
• Survey was sent to all TUNCOM students via SurveyMonkey. Responses were collected and deidentified. Statistical analyses were performed in Rv3.5.1.

Pilot Elective Sessions:
• The first 16 student responders, with equal representation among cohorts, participated in a pilot comprised of an online unit on coronary vascular disease and two culinary medicine sessions.
• The didactic portion consisted of 1. PPT on coronary artery disease causes and risk factors can impact wellbeing. The vast majority (88%) of students surveyed agreed or strongly agreed that the proposed elective.

CONCLUSIONS:
The results of the surveys demonstrated that students view nutrition counseling as an important component of patient care, but currently feel unprepared and are not satisfied with the nutrition curriculum offered at TUNCOM. Students are very interested in a clinical nutrition with culinary medicine workshops elective. The overall results of the surveys and the success of the pilot sessions strongly demonstrate the need for the proposed elective.

DISCUSSION/CONCLUSIONS

• The first and second year students both strongly agreed that preventative health, in particular nutrition counseling, is an important aspect of the patient-physician encounter.
• Third and fourth year students felt equally unprepared to counsel future patients regarding nutrition and lifestyle changes due to very little nutrition training in the prior curriculum.
• As planned, an elective of Clinical Nutrition complemented with Culinary Medicine workshops is deemed necessary by medical students and more than 80% of students who experience the pilot sessions would complete it if it is offered by the school.

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CONTACT & REFERENCES

References available upon request.