



Focus on Students: A Novel Approach to Fight against Malnutrition

Seeding a Fertile Land: A Little Effort before Graduation Can Open a Big Window to Awareness of Malnutrition

Sadık Kılıçturgay, Kubilay Demirağ, Derya Hopancı Bıçaklı, Hülya Sungurtekin, Zekeriya Ülger, Tülay Erkan, Kutay Demirkan, Osman Abbasoğlu



Keyword

“reaching students”



Başkan
Sadık KILIÇTURGAY



II. Başkan
Tülay ERKAN



Genel Sekreter
Kubilay DEMİRAĞ



Veznedar
Zekeriya ÜLGER



Üye
Hülya SUNGURTEKİN



Üye
Kutay DEMİRKAN



Üye
Derya HOPANCI BIÇAKLI

ESPEN Konsey Üyesi



Osman Abbasoğlu



Focus on Students: A Novel Approach to Fight against Malnutrition

Seeding a Fertile Land: A Little Effort before Graduation Can Open a Big Window to Awareness of Malnutrition

Sadık Kılıçturgay, Kubilay Demirağ, Derya Hopancı Bıçaklı, Hülya Sungurtekin, Zekeriya Ülger, Tülay Erkan, Kutay Demirkan, Osman Abbasoğlu



Rationale/Background of the initiative

Nutritional risk of hospitalized patients in Turkey

- ≈ 30.000 cases
- Risk of malnutrition → 15% (9%-54%)
- Nutritional risk (+) & receiving nutritional support → 51.8%

Korfali et al. "KEPAN study group", Clin Nutr. 2009;28:533-7

The ultimate goal ;

To increase the awareness of students in medical, nutrition and dietetics, nursing and pharmacy faculties, who will be the future health specialists, on malnutrition, importance of NS and multidisciplinary team approach.

“Workshop” 18.10.2015
Representatives from ‘Scientific Research Group’
of different Medical Faculties



**“Different view”
‘Different ideas’**



Focus on Students: A Novel Approach to Fight against Malnutrition

Seeding a Fertile Land: A Little Effort before Graduation Can Open a Big Window to Awareness of Malnutrition

Sadık Kılıçturgay, Kubilay Demirağ, Derya Hopancı Bıçaklı, Hülya Sungurtekin, Zekeriya Ülger, Tülay Erkan, Kutay Demirkan, Osman Abbasoğlu



- **Description of the initiative**

- To draw students' attention to the malnutrition & nutritional support
 - Organizing the Clinical Nutrition Congress for Students ; each and every year
 - Focus on the specific student congress. Implementation of nutrition sessions in student congresses organized by students and held with high participation;
 - Seeding a multidisciplinary approach among students who will be the part of a nutrition team;
- Encouraging the health authorities to add more lessons on “Pre Graduate Medical Training Curriculum” about clinical nutrition
 - To provide the preGLLL modules for students in the Medical Faculties with the cooperation of the Council of Higher Education of Turkey,
 - To work with stakeholders to integrate nutrition into the curriculum of the of relevant faculties (medical, nursing & pharmacy) with the cooperation of the Council of Higher Education of Turkey.

KONGRE PROGRAMI

18 Mart 2016 - Cuma

10:15 - 10:30	AÇILIŞ - Sadık KILIÇTURGAY - KEPAN Derneği Başkanı
10:30 - 12:15	PANEL 1 - NE KADAR FARKINDAYIZ? Oturum Başkanları: Cengiz Bekir DEMİREL - Sadık KILIÇTURGAY - Malnütrisyon ve önemi: Tıbbi ve mali boyutlar / Sadık KILIÇTURGAY - Malnütrisyonu nasıl tanırız? (Olgu sunumları eşliğinde - Erişkin) / Meltem HALİL - Malnütrisyonu nasıl tanırız? (Olgu sunumları eşliğinde - Pediatrik) / Tülay ERKAN
12:15 - 12:30	ÖĞRENCİ SUNUMLARI - 1 - Hastamda malnütrisyonu nasıl tanımlayabildim? / Tıp Öğr. Seçil İrem ARIK
12:30 - 13:30	ÖĞLE YEMEĞİ
13:30 - 14:00	KONFERANS Oturum Başkanı: Osman ABBASOĞLU - Nütrisyon Tedavisinde Temel Prensipler ve Ekip Çalışmasının Önemi / Haldun GÜNDOĞDU
14:00 - 15:30	PANEL 2 - ADIM ADIM KLİNİK NÜTRİSYON Oturum Başkanları: Kubilay DEMİRAĞ - Neslişah RAKICIOĞLU - Ağızdan Beslenme / Perim TÖRKER - Tüple Beslenme / Sedat BOYACIOĞLU - Damardan Beslenme / Hülya SUNGURTEKİN
15:30 - 16:00	KAHVE ARASI
16:00 - 17:30	ÖĞRENCİ SUNUMLARI - 2 (OLGU DİSEKSİYONU 1) Oturum Başkanları: Zekeriya ÜLGER - Pınar SARKUT - Yaşlı Hastada Klinik Nütrisyon Uygulamaları / Gazi Üniv. Tıp Öğr. Seçil İrem ARIK, Dyt. Öğr. L. Zeynep YOLCUOĞLU, Dyt. Öğr. Sevilay ÇAKMAK - Cerrahide Klinik Nütrisyon Uygulamaları / Uludağ Üniv. Tıp Öğr. Murat ŞEN, Tıp Öğr. Emran Sunay KERİM, Dyt. Zehra GEZER, Hesp. Adife KOÇ
17:30 - 18:00	SÖYLEŞİ - Örnek Hekim / Osman ABBASOĞLU
18:30 - 20:30	AKŞAM YEMEĞİ (Gazi Üniv. Kültür Merkezi)

Malnutrition

Essential points & Team approach

EN & PN

Case Discuss Geriatric/Cancer

19 Mart 2016, Cumartesi

09:00 - 10:00	PANEL 3 - BESLENME - HASTALIK İLİŞKİSİ: GENÇLİKTE NASIL BESLENELİM? Oturum Başkanları: Seher DEMİREK - Muhittin TAY - Beslenme - Kansere / Derya HOPANCI BIÇAKLI - Beslenme - Demans / Zekeriya ÜLGER - Beslenme - Kalp/damar hastalıkları / Hilal YILDIZ
10:00 - 11:20	ÖĞRENCİ SUNUMLARI - 3 (OLGU DİSEKSİYONU 2) Oturum Başkanları: Kubilay DEMİRAĞ - Osman ABBASOĞLU - Onkolojide ve Yoğun Bakımda Klinik Nütrisyon Uygulamaları / Ege Üniversitesi Tıp Öğr. Uğur MENGENCELİ Tıp Öğr. İlke KURTULMUŞ Dyt. Öğr. Can Su TEKE Dyt. Öğr. Özge HACIARİFOĞLU - (Pankreatit, İBH'da) Klinik Nütrisyon Uygulamaları / Hacettepe Üniversitesi Tıp Öğr. Süleyman YILDIZAL Tıp Öğr. Eda DÖLEK Dyt. Merve AYDIN Hesp. Kezban ARÇAY
11:20 - 11:40	KAHVE ARASI
11:40 - 13:00	PANEL 4 - BESLENMEDE KAFAMIZI KARIŞTIRANLAR Oturum Başkanları: Nevin ŞANUER - Kutay DEMİRKAN - Spor ve beslenme (Vitaminler, protein suplemaları, v.) / Pelin BİLGİÇ - Yeme alışkanlıkları ve sağlığa etkisi / Ömer ULUOĞLU - Popüler diyetler / Özge KÜÇÜKERDÖNMEZ - Nütrisyon ürünlerinin akala kullanımı? / Kutay DEMİRKAN
13:15	ÖĞLE YEMEĞİ VE SOSYAL PROGRAM - Anıtkabir ziyareti - Etnografya Müzesi - İlk Meclis - Ankara Kalesi - Anadolu Medeniyetleri Müzesi

Nutrition & Disease

Case Discuss ICU/Surgical

Confusing issues



Case studies on geriatric, oncological, surgical and ICU patients were presented by students and discussed with the participants interactively



Focus on Students: A Novel Approach to Fight against Malnutrition

Seeding a Fertile Land: A Little Effort before Graduation Can Open a Big Window to Awareness of Malnutrition

Sadık Kılıçturgay, Kubilay Demirağ, Derya Hopancı Bıçaklı, Hülya Sungurtekin, Zekeriya Ülger, Tülay Erkan, Kutay Demirkan, Osman Abbasoğlu



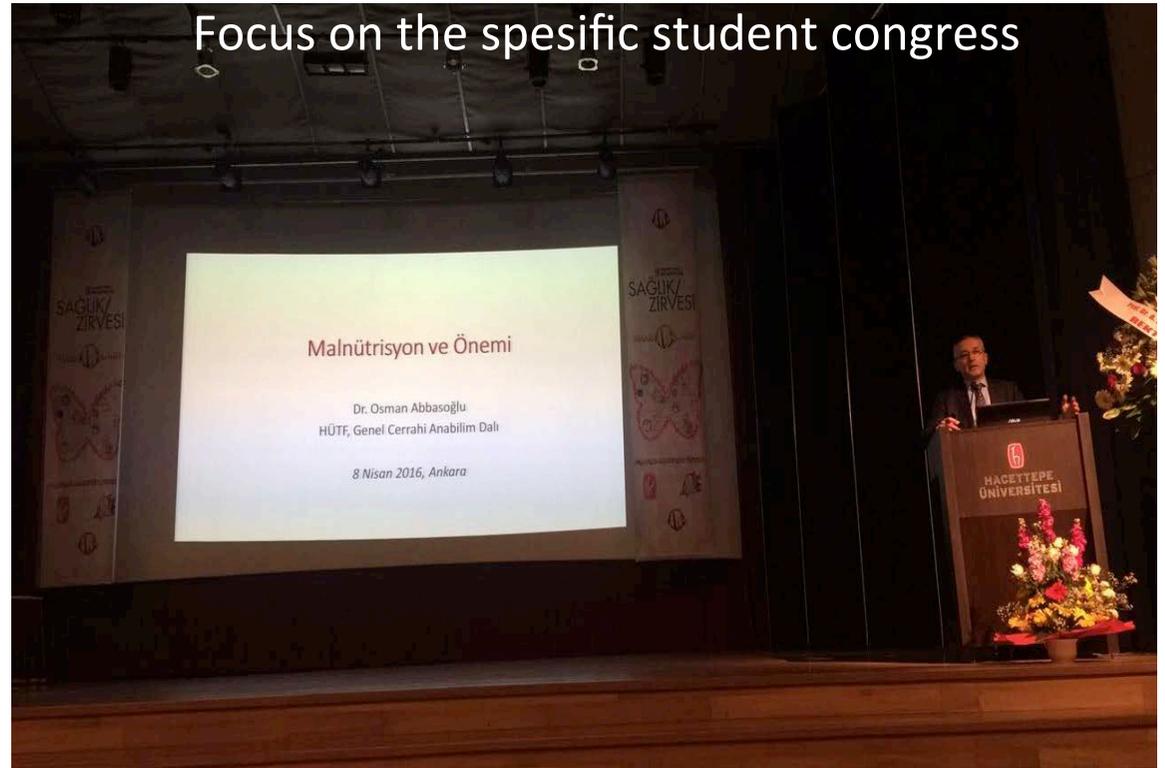
• Outcomes:

- A total of 407 students participated from 13 different provinces of Turkey
 - 60.1% students were aware of KEPAN
 - 56.3% students believe that their knowledge on CN was intermediate.
 - They said that, they learn so much thing.
 - Multidisciplinary approach
 - Awareness of the malnutrition
 - Updated information of clinical nutrition
 - Emphasis of topics with case studies discussions led by students. → Top rated sessions
 - They were satisfied with the content but advanced topics were also required for the further congresses.
- A questionnaire was applied both at the beginning & at the end of the Congress.
 - Wrongly answered questions, before & after the Congress
 - In general → 20.4% and 8.3% Decrease by = 60%
 - Only medical faculty students → 30.9% and 8.3% Decrease by = 73%
- Conclusion: Reach them → Change them

As a second purpose ;

Focus on the spesific student congress

Implementation of clinical nutrition sessions in student congresses organized by students with high participation



- We reached more than 500 students in a Clinical Nutrition Panel which was implemented into the Hacettepe University Student Congress held on April 08, 2016 in Ankara, Turkey
- Topic title was ‘Malnutrition and it’s importance’



Focus on Students: A Novel Approach to Fight against Malnutrition

Seeding a Fertile Land: A Little Effort before Graduation Can Open a Big Window to Awareness of Malnutrition

Sadık Kılıçturgay, Kubilay Demirağ, Derya Hopancı Bıçaklı, Hülya Sungurtekin, Zekeriya Ülger, Tülay Erkan, Kutay Demirkan, Osman Abbasoğlu



- **Our future goals:**

- To reach more than 5000 students with the “CNC for students”
- To integrate nutrition sessions into at least 20 medical student congresses organized by students
- To re-evaluate the awareness of students participated in the congresses on clinical nutrition in a 3-year period
- To start to encourage the health authorities to add more lessons on “Pre Graduate Medical Training Curriculum” about clinical nutrition
 - To provide the preGLLL modules for students in the universities with the cooperation of the Council of Higher Education of Turkey
 - To work with stakeholders to integrate nutrition into the curriculum of relevant faculties with the cooperation of the Council of Higher Education of Turkey





- *It is approved that doing something at the pregraduated level has got crucial importance to understand clinical nutrition*
- *We got great support and fund to use for students' training*
- *By this project, it may be possible to provide industrial and governmental support for our next activities*
- *On the other hand, this project can form another wide international projects which involves all the European countries*



Focus on Students: A Novel Approach to Fight against Malnutrition

Seeding a Fertile Land: A Little Effort before Graduation Can Open a Big Window to Awareness of Malnutrition

Sadık Kılıçturgay, Kubilay Demirağ, Derya Hopancı Bıçaklı, Hülya Sungurtekin, Zekeriya Ülger, Tülay Erkan, Kutay Demirkan, Osman Abbasoğlu



Description of the initiative

KEPAN, in Turkey, has developed a highly focused strategy to increase the awareness of students in medical, nutrition and dietetics, nursing, and pharmacy faculties, who will be the future health specialists, on malnutrition with the following target plans: 1) organizing the Clinical Nutrition Congress for Students; 2) Implementation of nutrition sessions in student congresses organized by students and held with high participation; 3) seeding a multidisciplinary approach among students who will be the part of a nutrition team; 4) provision of the preGLLL programme in Clinical Nutrition and Metabolism of ESPEN in these faculties as an additional education module; and 5) integration of nutrition into the curriculum of medical, nursing, and pharmacy faculties as well as increasing the number of clinical nutrition lectures in nutrition and dietetics faculties with the cooperation of the Council of Higher Education of Turkey.

Rationale/Background of the initiative

Since 1993, KEPAN has conducted training activities on clinical nutrition. Despite these efforts, the awareness of health specialists on malnutrition could not be improved sufficiently. According to a comprehensive malnutrition study in Turkey, the rate of patients with nutritional risk receiving nutritional support was 51.8% [Kartal et al., *Clin Nutr.* 2009;28:533-7]. If the importance of malnutrition is not understood sufficiently and not involved in practice during formal learning, attempts to increase awareness of malnutrition thereafter would remain unsatisfactory. In addition to their heavy educational program, it is decided to build a strong approach for students to increase the awareness of nutrition. Accordingly, with the plans that will be put into practice within this initiative, the ultimate goal is to increase the awareness of students on malnutrition and importance of nutritional support and multidisciplinary team approach.

Scope of project, activities, implementation

Within this scope, KEPAN conducted the first Clinical Nutrition Congress for Students, which was held between 18-19 March, 2016 in Ankara, Turkey, for the awareness of malnutrition and the importance of nutritional support. Malnutrition, team approach, basics of parenteral and enteral nutrition were presented by the medical doctors, dietitians, nurses, and pharmacists. Case studies on geriatric, oncological, surgical, and intensive care unit patients were presented by students and discussed with the participants interactively. In order to assess the knowledge and approach of students as well as their awareness about clinical nutrition, a questionnaire was applied both at the beginning and at the end of the Congress. As a second purpose of implementing clinical nutrition sessions in student congresses organized by students, we reached more than 500 students in a Clinical Nutrition Panel which was implemented into the Hacettepe University Student Congress held on April 08, 2016 in Ankara, Turkey.



Results/Outcomes, Conclusions

A total of 407 students participated in the Clinical Nutrition Congress for Students from 13 different provinces of Turkey. Data analysis was performed on 143 students (females, 87.9%) completing the Congress. More than half of the students (56.3%) were in the opinion that their knowledge on clinical nutrition was intermediate. While the rate of wrongly answered questions was 20.4% before the Congress, it was reduced to 8.3% after the Congress, which accounts for a decrease by approximately 60% in the rate of wrongly answered questions. Considering only medical faculty students, while the rate of wrongly answered questions was 30.9% before the Congress, it was reduced to 8.4% after the Congress, which accounts for a decrease by approximately 73% in the rate of wrongly answered questions. Achieving such improvements in the wrongly answered questions led us to propose that this initiative would provide higher achievements particularly for those (i.e. medical, nursing school, and pharmacy students) not receiving clinical nutrition lectures during their formal learning.

Accordingly, this encourages us to achieve our future goals:

- To reach more than 5000 students from relevant faculties through the Clinical Nutrition Congress for Students that will be organized across Turkey in the next 3 years,
- To integrate nutrition sessions into at least 20 medical student congresses organized by students,
- To re-evaluate the awareness of students participated in the congresses on clinical nutrition in a 3-year period,
- To provide the preGLLL modules for students in the universities with the cooperation of the Council of Higher Education of Turkey,
- To work with stakeholders to integrate nutrition into the curriculum of relevant faculties with the cooperation of the Council of Higher Education of Turkey.



Thankyou