

Virtual 2020

EUROPEAN ASSOCIATION OF FACULTIES OF PHARMACY

INTRODUCTION

It has been recognised since the 1600s that students tend to learn more if teachers spend less time teaching and the students spent less time passively listening¹. 1st year MPharm students are expected to have an understanding of both scientific and social factors that impact on nutrition and how this relates to health, disease and medicines use. Pharmacy students have typically found nutrition a challenging topic to engage with as they do not always perceive the relevance to future practice or the significance of social influences on health behaviours.

AIM

To develop a range of different active learning strategies to increase student engagement in teaching and learning on nutrition and provide diverse opportunities for learning within and outside the classroom.

HEA Definition of Active Learning¹:

"Almost any learning activity that involves the active participation of the student"

Active learning:

- encourages deep rather than surface learning
- encourages students to take ownership of their own learning
- can reduce the number of lectures, releasing staff time for more active engagement with students



Utilising multiple active learning strategies to maximise student engagement

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ent challenges in managing obesity and malnutrition in the UK	•	vs articles- which do you thi		
	of a problem in the Uk	K: Obesity or Malnutrition? \	Why?	
	Obesity, since "people are spending more of their later years in poor health, due largely to increases in diseases linked to obesity,	obesity	I think that obesity is the bigger problem, as fast food and other unhealthy forms of food are widely available at a relatively low	
Dr Nicola Ward n.ward@dmu.ac.uk	including type II diabetes." Our brains have been wired to encourage the consumption of calorie-rich foods.	Obesity: more likely to cause conditions such as hypertension, diabetes and stroke. It is also	price.The increase of fast food chains opening it leads to obesity, also the stationary lifestyle adds on to that.	
troduction and	I believe Obesity is more of a problem in the	responsible for a significant number of pre- mature deaths in children.	obesity is a larger problem in the UK, as	
verview of key	UK. the obesity population is rising in the UK. Malnutrition is rarer due to the availability of food in the UK. The UK is growing in fast food places, therefore, unhealthier options are available to eat.	If obesity is due to diet not genes then both are big problems but equal. As an unbalanced diet	reading articles on the BBC i found very few articles relating to malnutrition in the UK. Also, UK is one of the most developed countries in the world with a lot of disposable income spent on food	
oics. Discussion	available to eat.	with more fats/carbohydrates can lead to obesity, subsequently the lack of other essential nutrients in the diet can lead to malnutrition.	disposable income spent on food.	
themes arising	Obesityas the rate of obesity is higher than malnutrition	v	From what I have seen on the BBC website, I can say that obesity is presented as a far	
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		BBC O sign in A N obesity Filter All News Programmes 7 Ad 2019	Q X Sport Newsround About the BBC (Wonder More Filters V Health boards get £1.7m to cut child obesity	
			childhood ebenity levels. The Scottish government cash is part of a plan to halve in the levels of ebenity between children in the wealthest and poorest areas of Scottand to develop ambitions and effective plans to prevent and reduce childhood ebenity . Weight News Scottand	
		Desity 'causes more cases of some cancers' models than smoking Bobsity how causes more cases of four common cancers in the UK than smoking Bobsity now causes more cases of four common cancers in the UK than smoking Bobsity how causes more cases of four common cancers in the UK than smoking The divertise than some cases of four common cancers in the UK than smoking The divertise than some cases of four common cancers in the UK than smoking The divertise than some cases of four common cancers in the UK than some billboard campaign moders to to one. But it is new billboard campaign moders to be abuty There y leads The divertise that child ebesting than stalled by Brexit' The divertise that child ebesting the stalled with a raft of measures stack by ministers when they launched the resumption desity strategy. But a year on none the steps being highlighting than a year on none the steps being highlighting that points.		
		malnutrition and of a problem	C News articles on d obesity: which is in the UK and wh s on a Mentimeter	mo y?

RESULTS

All students positively evaluated the workshop, with the two most popular workstations being:

Oral Nutritional Supplements: trying supplements gave them "an insight into the patient's perspective"

Naso-gastric (NG) feeding: observing a drug-feed interaction "made me think about the thought that must go into safely administering medicines through the NG tube"



Overall, student engagement and feedback was positive, with students being able to actively contribute to discussions and debates on both scientific and social factors relating to nutrition. The use of these strategies is ongoing.

REFERENCES

1. UK Centre for Materials Education (2012) *Active Learning*. Higher Education Academy [Available at: https://www.heacademy.ac.uk/system/files/active-learning.pdf]



Module learning outcome: Identify the scientific and social factors that impact on nutrition and how this relates to health, disease and medicines usage.

Speed research what can you found out about a popular diet in 3mins on Google

Debate: Bariatric surgery is just for lazy people who can't be bothered to diet

Debate: The food and drink industry are to blame for the obesity crisis. They need to be more responsible

Debate: Too much money is wasted on treating obesity- we should focus on prevention