

“Of course, nutrition education is important, but...”

The ambivalence of Bachelor of Nursing lecturers

BACKGROUND

MULTIFACTORIAL ORIGIN & TRANSDISCIPLINARY PREVENTION

The deeper older adults fall into the valley of malnutrition, the harder it is for them to regain their peak of vitality, physically, mentally, and socially. The causes and consequences of malnutrition are sometimes difficult to distinguish. What follows is a negative vicious circle.

 10.4%

of Nursing education covers nutrition

“Why I’m reluctant?
I have... cold feet.”

“I don’t feel equipped to teach
about malnutrition properly.”

AIM & METHOD

INTERVIEWING NINE BACHELOR OF NURSING LECTURERS

VITALIS aims, through transdisciplinary education, for an improvement in the attitude, knowledge and skills regarding the prevention of malnutrition in seniors, of Bachelors students in Dietetics, Physiotherapy, Social Work, Sports Science and Nursing.

We started our exploration by interviewing 9 Bachelor of Nursing lecturers in 4 different institutes in the Netherlands.

“Nutritional care belongs
to everyone...”

... so, in the end, it
belongs to no one.

CONCLUSION

DISCREPANCY BETWEEN ATTITUDE AND BEHAVIOUR

The results point towards a contradiction in the attitude of Bachelor of Nursing lecturers and their actual behaviour. They find (mal)nutrition education important but cannot act accordingly. This contradiction implies difficulties in embedding malnutrition education in a monodisciplinary curriculum, let alone in a transdisciplinary one.

FUTURE PERSPECTIVE

MIX + MATCH = MUST

The hurdle of time and space is prevalent everywhere, so an efficient integration of (mal)nutrition education is necessary, while a transdisciplinary approach is a must.

1. Link malnutrition to overarching topics like communication and clinical reasoning.
2. Start with relatively low effort, high yield options for integration: e-learnings, case reports, workshops, minors, guest lectures.
3. Use this transdisciplinary infrastructure for the many more wicked problems we face.

This study was funded by *Kenniscentrum Ondervoeding* and was part of the thesis of Iris van den Boomgaard, and the start of the ZonMw-funded VITALIS consortium of five applied universities. In this specific study, Canan Ziylan, Debbie ten Cate, Jeroen Dikken, Gwendell Foendoe Aubèl, Jellie Zuidema and Marian de van der Schueren were involved. **We’re always happy to exchange ideas, so let us know!**



GET IN TOUCH WITH
THE VITALIS CONSORTIUM



SCAN ME