

NUTRITION EDUCATION IN MEDICAL SCHOOLS (NEMS)

An ESPEN project for the Implementation of Nutrition Education in Medical Curriculum

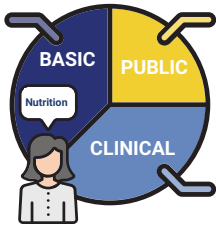
NEMS MANIFESTO



Nutrition education is necessary in the **training of healthcare professionals**, including medical students and it should be **MANDATORY** in all Medical Schools



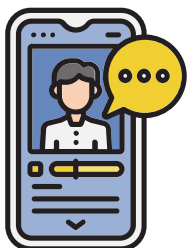
Medical students need an **evidence-based nutrition education** to understand the importance of nutrition in health and disease



During the **medical training** at the University, students should receive **mandatory** information about **human nutrition** in its three different domains, including **basic nutrition**, **applied or public health nutrition** and **clinical nutrition**

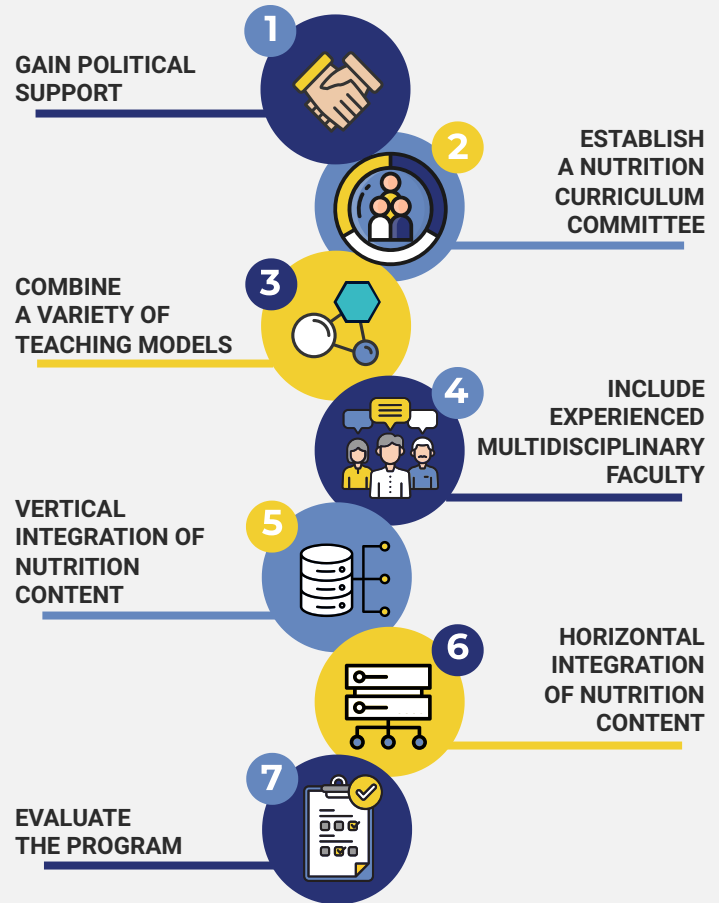


The way to organize these themes in the curriculum will depend on each University, taking into consideration individual center characteristics (**models of teaching**, **availability of teachers**, **time and credits**)



Combine **vertical or horizontal integration of traditional classes**, **seminars and/or clinical practice sessions** also including **novel teaching tools**, **internet resources** and **e-learning**

KEY FACTORS FOR IMPLEMENTATION



INTEGRATION OF NEMS BETWEEN UNIVERSITIES AND ESPEN

NEMS helps universities



- **provide human nutrition education** efficiently and more extensively
- **Include NEMS** in their different models of teaching (parallel, integrated, case-solving based)



Universities help NEMS

- **give** knowledge, solutions and innovation,
- **support** collaboration between curriculum key Faculty and ESPEN
- **Ensure** that future doctors achieve the proposed learning objectives

