



CULINARY MEDICINE:

How does an 8-Week Nutrition Education Course Impact Student Physician's Confidence and Ability to Counsel Patients on Health Promoting Diet and Lifestyle Changes

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BACKGROUND

A need for improving education for student providers regarding counseling patient diet and lifestyle practices has been recently recognized and is being more emphasized in various programs across the country (Tan, et al., 2022).

PURPOSE

The Culinary Medicine team at UAMS is seeking ways to implement a Culinary Medicine curriculum, as well as evaluate students' personal nutrition choices, in the hopes of better training the next generation of providers. Evaluating the impact of an 8-week Culinary Medicine course on 4th year medical students personally and their knowledge and confidence/willingness to counsel patients on their nutrition.

METHODS

Setting

UAMS Fall 2023 - Fall 2024

Participants

Fourth year Medical students

Procedures

Students completed an 8-week Culinary Medicine course that utilized a flip classroom model. Students learned in the hands-on teaching kitchen, as well as through weekly class modules.

Measures

A post-course survey with quantitative and qualitative questions regarding their knowledge, confidence, and personal commitment to counseling and practice improved lifestyle practices. Students also completed pre- and post-Mediterranean diet surveys.

Analysis

Qualitative data was analyzed based on the Transtheoretical Model of change, and student responses were categorized by the phases.

Quantitative data was evaluated using statistical analysis.

RESULTS

FIGURE 1. Nutritional Counseling (N=38)

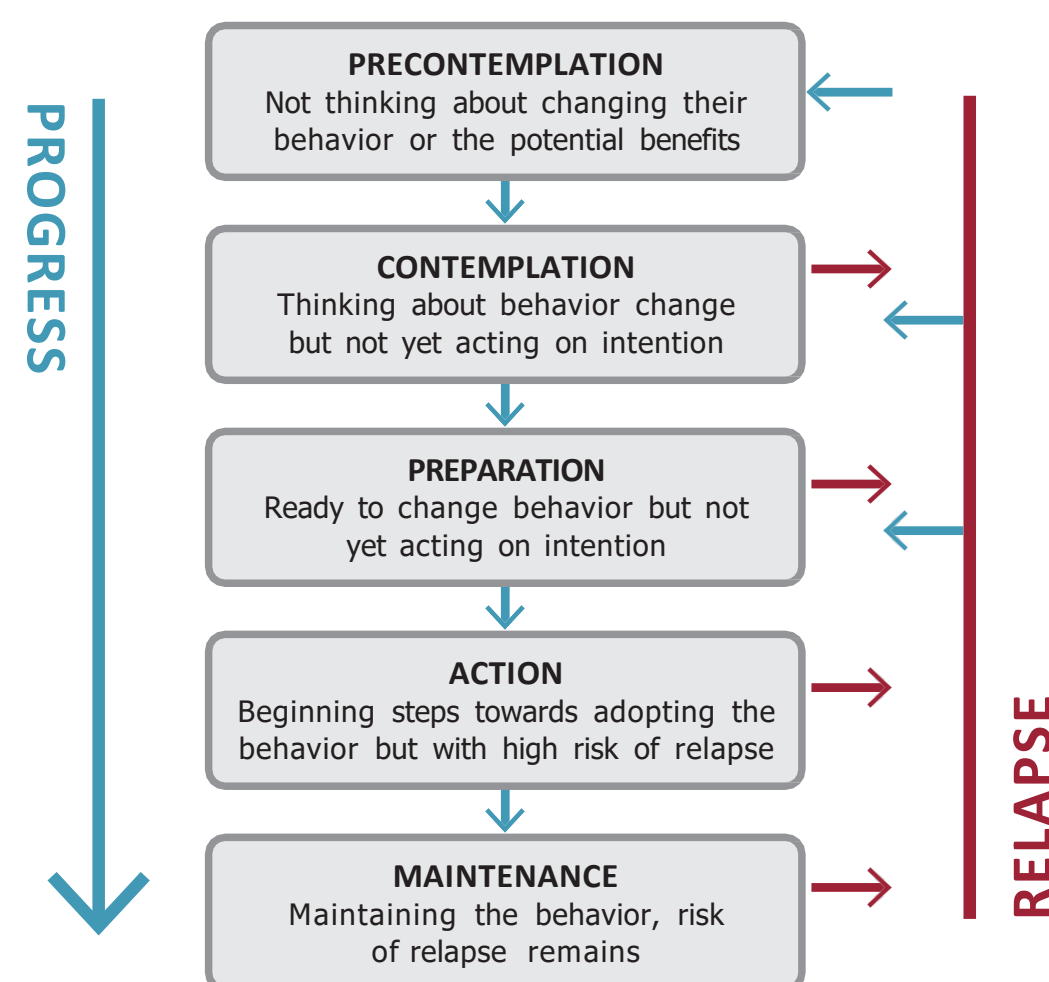
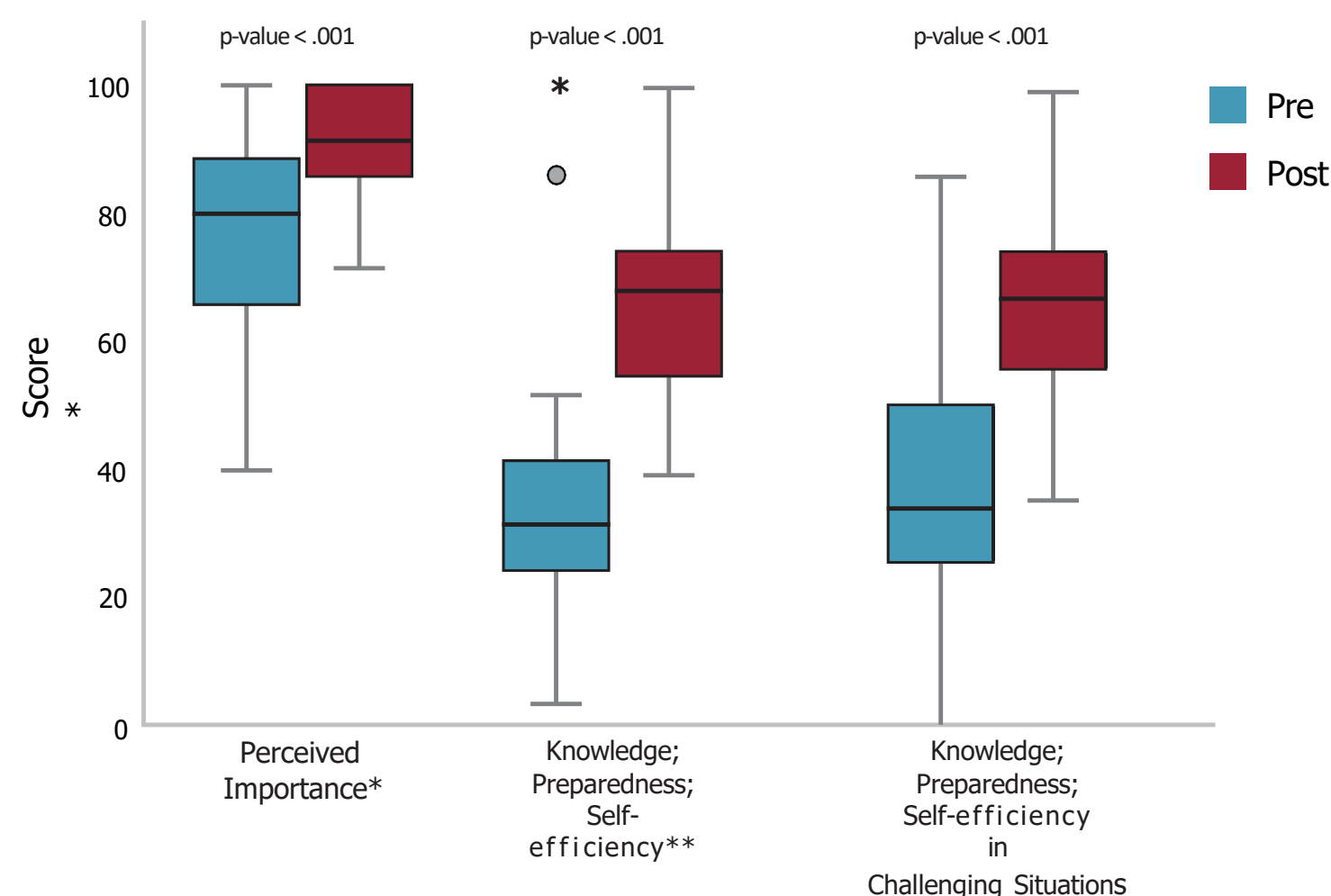


TABLE 1. 8-week Course Student Responses

Deductive Themes	Illustrative Quotes
Precontemplation	<i>I just got home from a 12 hour shift and I still have to study before I go to bed in 3 hours, don't really have time to spend 30-45 mins cooking .</i>
Contemplation	<i>It's a little soon for me to make major changes since taking the course but I have been consciously thinking about what I am putting in my body more since the course. I think it was a great way of learning how to incorporate more vegetables and healthy foods into my diet.</i>
Preparation	<i>Knowledge of recipes/ingredient to avoid that may not have been as obvious as before, Along with actual math/ numbers behind a healthy diet.</i>
Action	<i>It was good to learn to prepare the food that was healthy and see how a diet of that type of food can have broader health implications. I loved this course and think it was very helpful and a great experience. I have already used a recipe from it and feel inspired to eat healthier, more nutritionally dense foods. Great experience. 10/10</i>
Maintenance	<i>Not much has personally changed, because I do like to be health conscious, but I am grateful for the recipes, substitutions, and techniques I have learned! Honestly, not all that much changed - because I take pride in watching what I eat, but I will say that the education and recipe variety is invaluable and something I foresee myself using for many years to come!</i>

Areas for Improvement:

Taking student feedback into account when developing the lecture material.

WHAT'S NEXT?

Results displayed that the course had significant impacts on student knowledge about recommendations that benefit patients, as well as significantly impacting student's personal lifestyle habits, Our goal is to continue to implement this course and improve it based on student evaluation.