

A feasibility study to evaluate participant experience and perceived impact of a Culinary Medicine pilot course for doctors.

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Background

A growing body of evidence underpins dietary factors as a key determinant of chronic disease. Culinary Medicine (CM) education aims to equip doctors with tools and knowledge to integrate nutrition into clinical practice.

Aim

To establish whether CM meets learning expectations and can improve doctors' self-perceived knowledge and confidence in addressing nutrition.

Methods

16 doctors registered for CM pilot modules. Utilising a flipped classroom approach, participants complete pre-course, online learning materials and a questionnaire assessing self-perceived nutrition knowledge and self-efficacy. On the day, participants prepare goal-specific nutritious alternatives to traditional meals under the guidance of professional chefs and dietitians. Facilitated group discussions explore application to clinical cases. 12 participants completed a post-course questionnaire to evaluate perceived impact of attending.



Images A - D depict the flipped classroom approach used in CM

Discussion

75% of 16 participants had no prior education in nutrition yet all agreed that diet is very important to health and hoped to gain a better understanding. 31% agreed that lack of knowledge is a crucial barrier to eating healthily. 50% reported confidence in their nutrition knowledge pre attendance, which increased to 75% (9 of 12) post attendance. 62.5% reported discussing nutrition regularly with their patients' pre attendance while all 12 respondents were willing to regularly discuss nutrition post attendance, 92% were confident having these discussions and all 12 would register for further modules.



Images E - G illustrate the culinary process

Conclusion

CM meets participant learning expectations for those responding. Participants perceive improvements in knowledge and confidence in addressing nutrition. Conclusions are limited by small sample size and warrants further investigation.



Image H shows our first group of CM students

Scope

CM provides opportunity for collaboration across culinary, nutrition and medical professions.

Using affordable, nutritious ingredients to cook and share with colleagues fits with recent nutritional guidelines highlighting the importance of food and its preparation rather than nutrient based recommendations.

CM offers a fun and practical addition to traditional nutrition education for health professionals, students and potentially for the public.

SUBJECTIVE IMPACT AFTER 2 MODULES IN CULINARY MEDICINE (N=16)

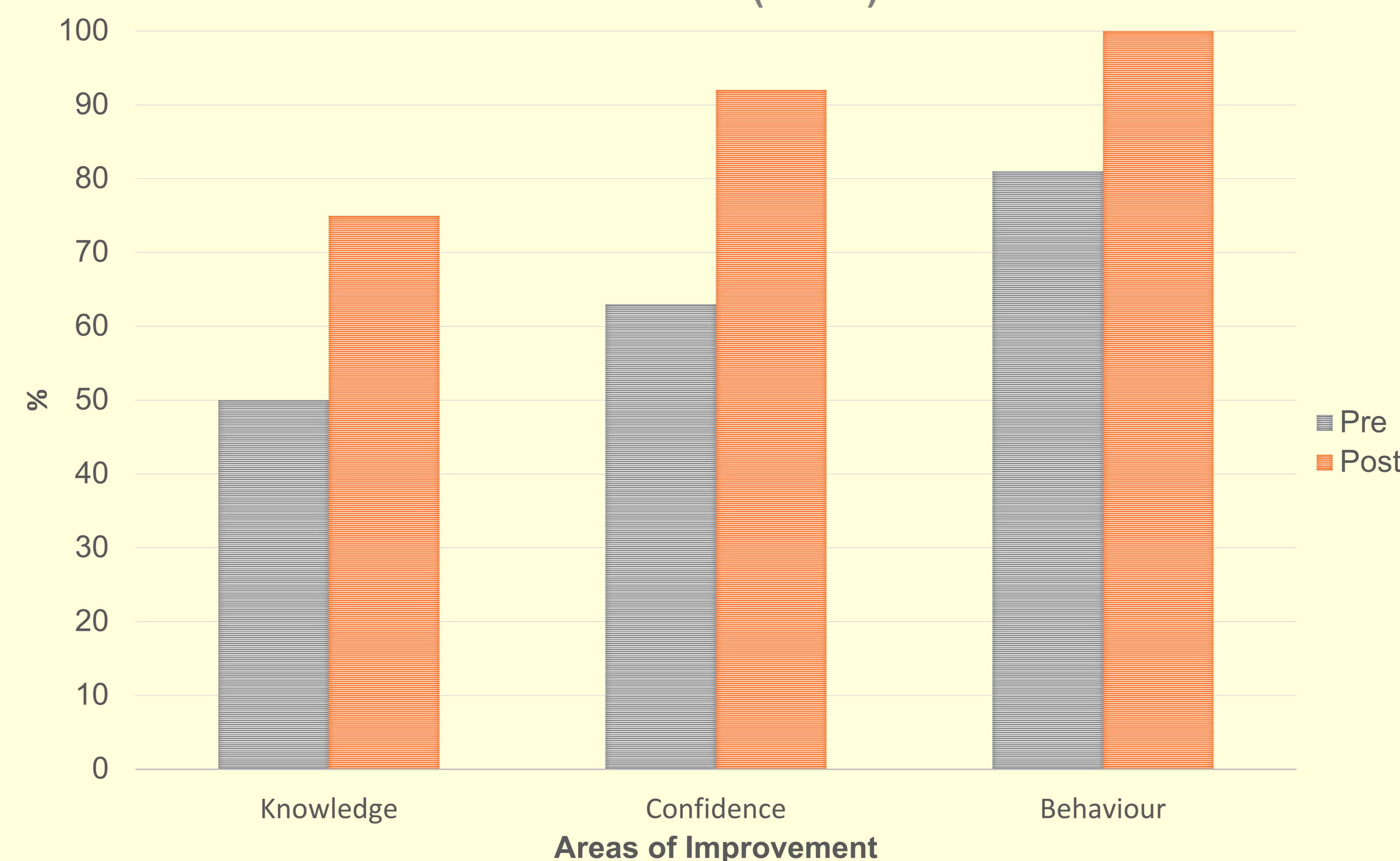


Figure 1: Clustered graph summarising subjective evaluation of 2 CM modules