

**Erasmus Plus
101082831**

Building Educational and Research Capacities in Nutrition and Dietetics in Central Asia

UPDATED NEEDS INVENTORY REPORT

(Semi-Annual Report 2024)

NEEDS INVENTORY/ANALYSIS QUESTIONNAIRE 1 (NA1)

The Needs Inventory questionnaires /survey was conducted on the partners to understand their expectations from the project. Prior to the initiation of the project, preliminary needs assessment showed that available courses in Nutrition and Dietetics (N&D) in Central Asian partner institutions were outdated and not interdisciplinary. Moreover, the needs analysis included activities as training of teachers in N&D in the field of research, innovative teaching techniques with the use of digital, support in preparing teaching materials in for blended teaching and learning, purchasing educational lab equipment.

After the project was accepted and before starting of the project the first needs inventory survey was conducted right after the Kick-Off meeting in Almaty in March 2023. The survey enquired topics as:

- Dietician profession – degree in respective countries
- Student Internships – Dieticians in Hospitals
- Multidiscipline research in Nutrition and related fields
- Nutrition background of instructors
- Laboratory infrastructure in Nutrition research
- Nutrition related topics in curriculum
- State policies related to Nutrition and Health
- Future investments in this area (personnel/funds)
- Nutrition topics of interest in the training program

Screen shots of the survey questions has been presented below

NEEDS ANALYSES (1) FOR PARTNER INSTITUTIONS

Dear Partners,

This short questionnaire is just to understand the infrastructure of nutrition related background in your department/institution. Your response will help us to understand your needs and plan the training courses accordingly. Thank you for participating in the questionnaire.

Assoc. Prof. Dr. Manuela Konrad (FH JOANNEUM)
Assoc. Prof. Dr. Indrani KALKAN (IMU)

Name of your institution and country _____

Please circle appropriate choice and provide information if applicable

1. Does the profession of a dietician exist in your country? Yes No

If yes, which education program do they pursue? _____

2. Are there instructors in your institution with any kind of Nutrition background? Yes No

If yes, please specify: _____

3. Does anybody conduct multidiscipline research in this area? Yes No

If yes, please specify: _____

4. Within the scope of a public health course have you collected anthropometric data using equipment, statistical software? Yes No

If yes, can you mention a list of what you have. _____

5. Is there any Nutrition related course or topic in Medicine curriculum? Yes No

If yes, please tick one or more boxes.

- Metabolism
- Gastroenterology
- Endocrinology
- Pediatrics
- Public Health
- Kidney Diseases/Hepatology
- Child and Maternal Health

6. Do you have a hospital connected to your university for your students/interns? Yes No

If yes, is there a dietician working there? Yes No

7. Is there nutrition and health research conducted by the Health Ministry? Yes No

If yes, what are the plans and policy regarding health and nutrition by your Health Ministry (You can mention one or two major policies e.g., lowering obesity, reducing salt, physical activity, sustainable nutrition etc.)

8. Do you plan to constitute a Nutrition Committee within the Faculty of Medicine? Yes No

If yes, how many personnel/s do you plan to have?

- One
- Two
- More

9. In context to this project what are your strongest and weakest aspects?

Strongest _____

Weakest _____

10. What are your expectations of this project? What topics would you like to be included in the online training program?

REPORT on NA1

Based on 7 responses (each representing an institution) from partners, it was reported that:

- 1) Presence of dieticians in hospitals were not common at all.
- 2) Nutrition was a part of post graduate curriculum in medical faculty.
- 3) Two out of seven partners had ongoing research regarding health and nutrition.
- 4) Three out of seven partners had a faculty member with some nutrition background.
- 5) All partners wanted to constitute a nutritional committee following the initiation of the project.
- 6) Strong points included support from management, financial aid and interest for being involved in the project.
- 7) Weak points included gaps in knowledge in N&D, insufficiency of equipment, outdated graduate programs in nutrition.
- 8) Topics of interest included: nutrition in diseased state, nutrition in special groups as obese, children, elderly, sports, nutritional epidemiology, sustainable nutrition, gut microbiome, menu planning etc (10th question).

Table 1. METHODS OF ASSESSMENT AND EVALUATION OF NEEDS ANALYSIS 1 (CA Partners indicated more than 1 topic)

No. of Questionnaires	No. Of Topics	Topics	Frequency	ACTIONS TAKEN	
7	1	Nutrition in Obesity	6	Topic 1,2,3 was chosen for CPT 1	
	2	Nutrition in Cancer	5		
	3	Nutrition in Diabetes/Kidney diseases	5		
	4	Nutritional Assessment	5	Topic 4 was chosen for CPT 2	
	5	Research Methods in Nutrition & Dietetics	4	Several topics were included in Bishkek Summer School. (See Training Contents and Training Programs)	
	6	Mother & Child Nutrition, Elderly Nutrition	3		
	7	Sustainable Nutrition	4		
	8	Gut Microbiome	3		
		9	Menu Planning	2	Topic 5 was chosen for Istanbul Study Tour
		10	Sports Nutrition	2	Other Topics were to be considered for future Trainings, Study Tours and International days
In addition Training topics were also discussed in Partner meetings and and decided accordingly.					

ACTIONS TAKEN BASED ON NA1

Two CPD Online trainings (one in 2023, and the other in 2024) , a summer school in 2023, two study tours (Istanbul in November 2023 and Graz in April 2024) was conducted details of which have been provided in Trainers Training document in details and abridged below. The methods of assesment of NA1 and topics to be included in each training session (based on feedback from participants) have been provided in Table 1.

Updated Needs Analysis 2 (NA2)

This survey was conducted to understand whether the expectations from the project have been met, to provide guidance and support, and to clarify any other expectations to strengthen the project results. 23 individuals from 7 universities 4 countries participated in the survey.

Screenshots of items of NA2 has been given below.

SECOND NEEDS ANALYSIS (FEEDBACK) QUESTIONNAIRE FOR PARTNER INSTITUTIONS

Dear Partners,

We have nearly reached halfway of the BERNICA project. So far, you have participated in training sessions, study tours and created course modules for nutrition and dietetics curriculum development for your university. This short questionnaire is just to understand whether your expectations from this project has been fulfilled so far and elucidate further expectations that you may have so that we can provide guidance and support and thus strengthen the project outcomes.

Thank you for participating in the questionnaire.

Assoc. Prof. Dr. Indrani KALKAN (IMU)
Assoc. Prof. Dr. Manuela Konrad (FH JOANNEUM)

Name of your institution and country _____

Please circle appropriate choice and provide information if applicable

1. Which faculty do you represent?

- A) Medicine
- B) Public Health
- C) Other _____

2. Did you take part in the Continuous Professional Trainings? A) Yes B) No

If yes, which of the session was more useful from your perspective?

- A) CPT I
- B) CPT II
- C) Both

3. Would you want a 3rd session of CPT? A) Yes B) No

If yes, then which topic would you prefer? Please specify.

4. Have you participated in creating course module? A) Yes B) No

If yes, then which one, please specify: _____

5. Was the training sufficient for preparing the modules? A) Yes B) No

6. Will the online course modules be helpful to your students? A) Yes B) No

7. What was your major challenge in creating a course module for you? You can explain briefly?

8. Did you participate in the Study Tours? A) Yes B) No

- A) Istanbul
- B) Graz
- C) Both

9. How did the study tour/s contribute to your expertise? (you can mark more than one choice)

- A) theoretical knowledge
- B) hands on experience
- C) networking
- D) socialization & cultural
- E) other _____

10. Which positive changes have occurred after enrolling in the project? (you can mark more than one choice)

- A) increased knowledge in the field of nutrition and dietetics
- B) improved english language skills of trainers
- C) purchase of laboratory equipments
- D) research collaboration possibilites
- E) learning of online module development

11. What percent of your expectations from the project has been fulfilled so far?

- A) less than 25%
- B) 25-50%
- C) 50-75%
- D) more than 75%

12. What are your expectations from the remaining part of the project? (Please feel free to express your opinion)

REPORT ON NA2

1. Most participants (90%) participated in the online module creation process and the topics they participated in consisted of Nutrition in Diseases (Kidney Diseases, COPD, Mental Health, Metabolic syndrome) Nutrition in the Elderly, Sports Nutrition, Nutrition in school-aged children, sustainable nutrition.
2. All participants evaluated the training provided to prepare the modules as sufficient and they think that the online course modules will be useful for their students.
3. Major challenges in creating a course module varied by country. Some of the challenges were:
 - Uploading courses into the university's system,
 - unstable internet conditions in some countries,
 - sometimes difficult to contact participants,
 - incomparable levels of education between different countries of Central Asia,
 - coordinating hours and types of education, coordinating hours and types of training,
 - contribution and efforts put for developing the course was not equal for all responsible participant.
 - lack of knowledge and experience in relevant field,
 - difficulties of using the Moodle program for the first time,
 - finding evidence-based materials for creating curriculum.
4. **For majority of participants stated that 75% or more of their expectations from the project were fulfilled.**

Their expectations from the rest of the Project are classified as below;

- increase the number of students willing to take our modules and practical application in the clinic,
- Practical usefulness of the developed modules for trainers: implement the modules/courses developed. Plan to and conduct a training (of what we learned and obtained) for their university colleagues.
- active implementation of these modules in training programs in the bachelor's degree system and at the level of all institutes of their country for teaching nutrition and dietetics
- The incorporation of more interactive and hands-on elements, such as case studies, lab work, and practical exercises, to enhance student engagement and practical learning. Monitoring student progress and making adjustments as needed to improve the course

INFORMATION ABOUT TRAINERS FROM FHJ & IMU

Manuela Konrad	(FHJ, Nutrition and Dietetics, PhD)
Anna Auer	(FHJ, Nutrition and Dietetics, Msc.)
Daniela Grach	(FHJ, Nutrition and Dietetics, Msc.)
Theresa Draxler	(FHJ, Nutrition and Dietetics, Msc.)
Anastasia Sfiri	(FHJ, Project management, R&D, Msc.)
Bianca Fuchs-Neuhold	(FHJ, Nutrition and Dietetics, Msc.)
Indrani Kalkan	(IMU, Nutrition and Dietetics, PhD)
Hande Bakirhan	(IMU, Nutrition and Dietetics, PhD)
EDA Keskin	(IMU, Nutrition and Dietetics, PhD)
Fatmanur Ozyurek Arpa	(IMU, Nutrition and Dietetics, Msc.)
Merve Guney Coskun	(IMU, Nutrition and Dietetics, Msc.)
Gokhan Baysoy	(IMU, Medicine, Prof Dr.)
Abdulbari Bener	(IMU, Medicine, Prof Dr.)
Mehmet Kocak	(IMU, Medicine, Prof Dr.)

CONTENT OF TRAININGS (SUMMARY)

CPT 1 – Nutrition in Obesity, Cancer, Diabetes and Kidney Diseases

CPT – Topics related to Principles in Nutritional Assesment & Innovative Techniques

SUMMER SCHOOL – Moodle and E-Learning Training Courses, Nutrition and Dietetics Module 1 (Nutrition in Diseases,) Module 2 (Nutrition in Special groups), Module 3 (Nutrition and Dietetics for Future generation) for Syllabus development.

STUDY TOUR ISTANBUL – Research Methods in Nutrition and Dietetics (also see Goals of Summer School)

STUDY TOUR GRAZ - Workshops on Innovative Learning, Intercultural and Interdisciplinary Collaboration was conducted. Preparing videos for promoting BERNICA and further hand on traing regarding Module development.

MOODLE BASIC & ADVANCED COURSES ONLINE – (3 MODULES)

TRAINING OUTPUTS





























TRAINING MATERIALS





















TRAINING MATERIALS

All Training Materials (24 PDF documents) have been uploaded in the following drive open to all with the link below.

https://drive.google.com/drive/folders/1wh8f2VWz7TjEaFsH6vt4hNE4mPoo7UNh?usp=drive_link

A screenshot of the uploaded training documents can be seen below.

 Bernica_Summer School_Advisory Documents_Konrad.pdf	 me	Nov 29, 2024	me	561 KB
 Bernica_Summer School_Moodle_1.pdf	 me	Nov 29, 2024	me	834 KB
 Bernica_Summer School_Moodle_2.pdf	 me	Nov 29, 2024	me	302 KB
 CPD1_Diabetes Mellitus_FHJ.pdf	 me	Nov 5, 2024	me	1.5 MB
 CPD1_Nephrology Kidney diseases_FHJ_11.04.2023.pdf	 me	Nov 5, 2024	me	2.2 MB
 CPD1_Nutrition in Cancer_IMU.pdf	 me	May 22, 2023	me	7.1 MB
 CPD1_Nutrition in Obesity_IMU.pdf	 me	Nov 5, 2024	me	5.4 MB
 CPD2_Dietetic Process_FHJ_26.03.2024.pdf	 me	Mar 26, 2024	me	1.3 MB
 CPD2_New Tools and Innovations_IMU_26.03.2024.pdf	 me	Jul 8, 2024	me	2.4 MB
 CPD2_Nutritional Assessment_IMU_26.03.2024.pdf	 me	Jul 8, 2024	me	8 MB
 Easy Language_Factsheet.pdf	 me	Nov 29, 2024	me	323 KB
 Good Health Information_Checklist.pdf	 me	Nov 29, 2024	me	274 KB
 Good Health Information_Criteria.pdf	 me	Nov 29, 2024	me	351 KB
 Istanbul Study Tour Presentation1_Scientific Reserach Methodol...	 me	Nov 5, 2024	me	1.4 MB

 Istanbul Study Tour Presentation2_Research Methods.pdf	 me	Nov 5, 2024 me	810 KB
 Study Tour_FuchsNeuhold Key note.pdf	 me	Nov 29, 2024 me	1 MB
 StudyTour_15-16_17_2024_Sfiri.pdf	 B me	Nov 29, 2024 me	21.8 MB
 Summer School Presentation_Module 3_Part1.pdf	 me	Nov 5, 2024 me	1.2 MB
 Summer School Presentation_Module 3_Part2.pdf	 me	Nov 5, 2024 me	1.7 MB
 Summer School Presentation_Module 3_Part3.pdf	 me	Nov 5, 2024 me	2.3 MB
 Summer School Presentation_Module1_Nutrition in Diseases.pdf	 me	Nov 5, 2024 me	3.7 MB
 Summer School Presentation_Module2.pdf	 me	Nov 5, 2024 me	2.8 MB
 Time-Schedule-Bernica-September23_until_April24 version2.pdf	 me	Nov 5, 2024 me	60 KB
 WHO_Practice for Easy Language.pdf	 me	Nov 29, 2024 me	5.3 MB

RESEARCH GUIDE BOOK

The Research Guide book is another output, that has been prepared within the framework of the project

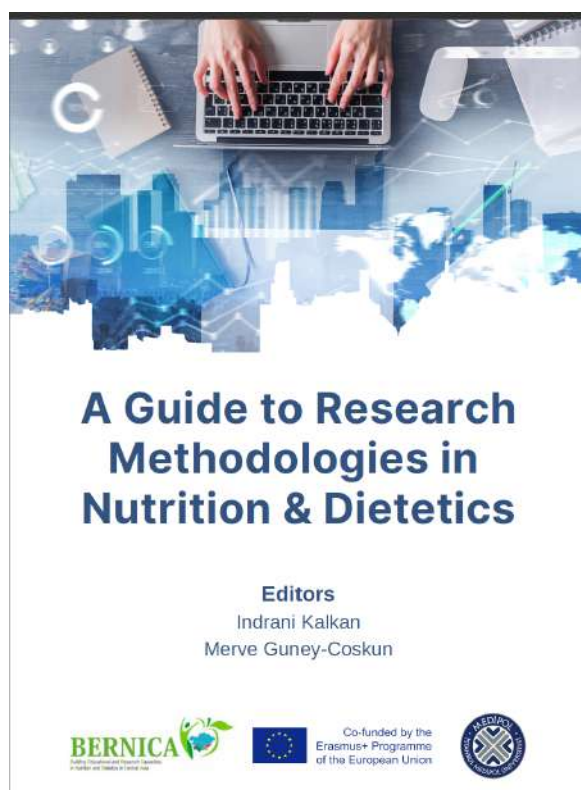


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