

ImpENSA

Capacity Building to Improve Early Nutrition and Health in South Africa



LETTER FROM THE TEAM

Estelle Strydom, Lize Havemann-Nel, Jeannine Baumgartner (NWU - local SA coordinating partner)

ImpENSA is a capacity building project that aims to strengthen relations between higher education and the wider economic and social environment through exchange of state of the art practices for co-creation of an innovative training programme for Health Care Professionals (HCP) in South Africa. The scope of the training content is the First 1000 days of life. The four modules of the ImpENSA Training Programme are:

- Module 1 (e-learning): Optimising micronutrient nutrition during the first 1000 days of life.
- Module 2 (e-learning): Communication to support behaviour change.
- Module 3 (face-to-face): Healthy Conversation Skills to support behaviour change.
- Train-the-trainer module (face-to-face): Training of trainers to deliver the ImpENSA Programme.



The ImpENSA consortium consists of experts in the fields of nutrition, behaviour change and education, with different partners leading different work packages (WPs) and tasks therein. The first WP established an overview of the existing training landscape of HCP and to identify gaps and training needs in South Africa. The second WP determined the Training Programme overview and the content for the two online modules. The WP 3 team has finalised the content for the online modules and is busy with instructional design and the development of media elements and scenarios to support learning. As with many projects and institutions all over the world, the Covid-19 pandemic and the resulting lockdown restrictions have slightly delayed some aspects of the project, but the team is now working hard to catch up on lost time.

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- Medical University of Warsaw (Poland)
- Association for Dietetics South Africa (ADSA)
- North-West University (NWU)
- University of Cape Town (UCT)
- Stellenbosch University (SUN)
- Nutrition Society of South Africa (NSSA)

Newsletter designed and edited by Estelle Strydom (NWU)



RECENT MOVEMENTS

2nd Biannual Meeting

Elize Symington (NSSA)

The second biannual ImpENSA meeting brought consortium members together in a sunny Cape Town. Many started with pre-meetings on Monday 24 February, and the rest of the members joined on Wednesday 26 February 2020 at the Red Cross Children's Hospital.



UCT hosted the meeting and Dr Andrew Argent (medical Director of Paediatric Intensive Care at UCT) welcomed the team to South Africa. He emphasized the importance of improving the level of competencies and skills of healthcare professionals for the improvement of health of children in South Africa.

The project co-ordinator, Berthold Koletzko, officially opened the meeting and provided feedback on the interactions from the previous two days (including a hike up Table Mountain). During the three-day meeting various members presented and facilitated discussions on the project. Work Packages (WP) 1 and 2 provided feedback and insight on the work conducted. Feedback, discussions and planning for WP 3 to 6 were conducted in groups and presentations. Dr Hilary Goeiman from the Western Cape Department of Health also attended the meeting. She reminded members of the importance of continuous stakeholder communication and different strategies that may be necessary to ensure this.

Cape Town is well known for its beauty and good wine and provided the perfect setting to further grow as a team. Pleasant weather on the Wednesday afternoon made the visit to the Oranjezicht City Farm Market most enjoyable. On Thursday evening, everyone enjoyed dinner at Jonkershuis restaurant, situated in Groot Constantia (oldest wine-producing wine farm in South Africa), with good conversations, food and wine. "Enjoy your work so that others may enjoy the results." ~ Ron Kaufman

CURRENT ACTIVITIES

Implementation of the ImpENSA Training Programme

Marina Sánchez García and Ngoc Nhan Tran (Coordinator)

Moodle is a widely used online learning management system worldwide. It provides a platform with learner-centric tools, which facilitate collaborative educational environments enhancing teaching and learning. The LMU team has several years of experience in developing, implementing and maintaining online learning in a Moodle hosted platform, the Early Nutrition eAcademy (ENeA).

ENeA Global is an open access e-learning platform which offers modules covering the latest evidence-based knowledge in the area of early nutrition and lifestyle for healthcare professionals. ENeA Modules are incentivised by Continuing Medical Education accreditation, leading to a rapidly increasing outreach, currently of over 10 000 users throughout the world. The ImpENSA learning programme will be hosted on the ENeA Global platform.

During the 2nd Biannual Meeting the writing teams and the e-learning team had the chance to get together and successfully carry out the *Moodle Implementation Workshop*. Marina and Nhan introduced the ENeA Global Moodle platform to the rest of the ImpENSA team. In this session, scientific writers learned how to implement their own content on to the platform, and got an overview of different attractive, interactive and didactic tools available to apply to their modules. The upcoming ImpENSA online modules are likely to include interactive images with clickable hot spots, self-assessment activities, downloadable handouts and even videos. Don't miss out on that!



This experience reflected once again ImpENSA's inspirational capacity building and multidisciplinary spirit. This empowering exchange will enrich ENeA Global with specialised content from top health experts, and at the same time, equip partners with the necessary skills to independently implement and edit content on Moodle.

UPCOMING EVENTS

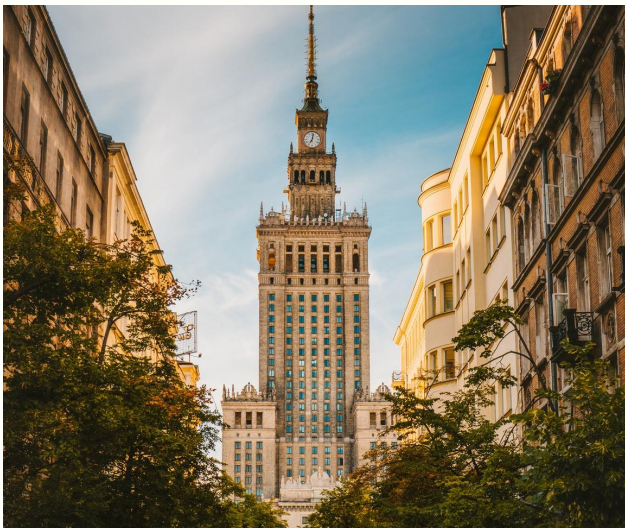
ImpENSA 3rd biannual meeting

Jan Łukasik and Bernadeta Patro-Gołąb (MUW)

Summer in Warsaw can be beautiful. Slightly chaotic mixture of good and not-so-good architectonic ideas from different time periods is merged together with green of trees and shrubs. This patchiness of style, reflecting the city's turbulent history, forms the core of Warsaw's spirit. For this reason, according to many, the best way to embrace Warsaw is to roam through its streets and parks with no strict plan. In these surroundings, a couple of months ago, the MUW team started preparations for the third biannual ImpENSA meeting, which was supposed to take place in Warsaw between the 27th and 31st of July. Then, a pandemic caused by a certain peculiar virus has begun, forcing a big change of plans.

Because of the ongoing COVID-19 pandemic, a virtual interim ImpENSA meeting will be held during the last week of July, instead of a traditional face-to-face meeting. The main agenda topics will include finalisation of the e-learning and face-to-face modules content, planning for the pilot trainings, as well as discussion on the ImpENSA Programme evaluation.

With the training content and evaluation plan entering their final stages, the launch of the ImpENSA Programme is getting close. Still there will be a lot to discuss during future project meetings. Warsaw will be ready to provide a stage for these face-to-face discussions and welcome consortium partners to experience its unique atmosphere.



Congratulations to



Elize Symington who obtained her PhD in Human Nutrition from the North-West University at the end of 2019. She investigated the intake and status of iron and fatty acids during pregnancy in association with birth outcomes in women residing in urban South Africa.



WHAT CAN WE LEARN ABOUT WORKING TOGETHER FOR CHANGE? THE ROLE OF COLLECTIVE EFFICACY

Daniella Watson and Wendy Lawrence (UoS)

The year 2020 has taught us that tackling our problems collectively is the only way to beat the pandemic. Many of us have been working together on Covid-19; providing clinical services, undertaking research and supporting our communities. Everyone has played their part and limited their freedom by staying at home. What can we learn from this example of collective rather than individual action?

An eminent psychologist, Albert Bandura coined the term 'collective efficacy' – a group's shared belief in its ability to undertake actions required to achieve a common goal (Bandura, 2000). Whilst individuals undertake a behaviour, building a group's collective efficacy to generate collective action is how we solve the world's big issues.

There is evidence that collective efficacy is more prevalent in collectivist cultures, such as South Africa, where shared problems are discussed and resolved together for the good of the group (Roos et al., 2013). We have seen many examples of communities working together in collectivist cultures in Africa such as with the HIV pandemic in South Africa (Cain et al., 2013), Ebola virus in West Africa (Gillespie et al., 2016), and particularly now during the Covid-19 pandemic (Marston et al., 2020).

What is interesting is that collective efficacy may have become more relevant during the pandemic in individualist cultures, such as for ImpENSA's European partners in the UK, Germany and Poland. The pandemic is a shared experience of collective vulnerability and our risk can only be reduced by a collective and consistent response across society. Drawing on behavioural science literature, this represents an opportunity for individual and collective interests to align (Van Bavel et al., 2020). The British Psychological Society recommends that all communications about managing the pandemic take a collective stance, encouraging people to minimise the "I" and focus on the "We" (British Psychological Society, 2020); thus adopting values from international counterparts in countries like South Africa. There is much we can learn from collectivist cultures about working together in the future.

A final thought: how can we, working in the healthcare sector, use the lessons learnt from the pandemic to build collective efficacy to improve maternal and child nutrition in South Africa?

**WHERE YOU
WILL ALSO
SEE US NEXT:**

**The International
Congress of Dietetics
South Africa
(postponed to 2021)**