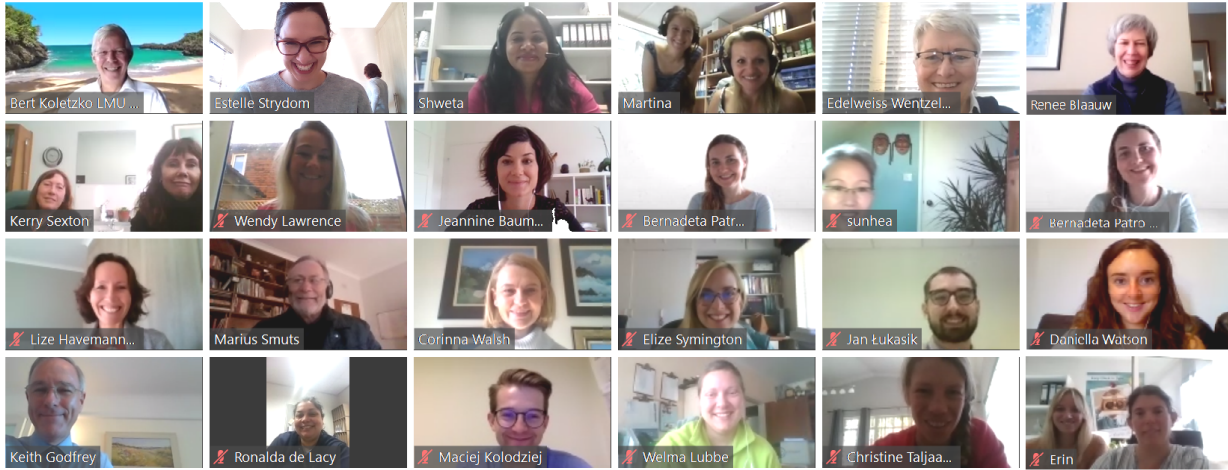


ImpENSA

Capacity Building to Improve Early Nutrition and Health in South Africa



LETTER FROM THE TEAM

Optimising micronutrient nutrition - Module 1 of the ImpENSA Training Programme

Jeannine Baumgartner and Lize Havemann-Nel (NWU - local SA coordinating partner)

The first e-learning module of the ImpENSA Training Programme will create an in-depth understanding of the importance of optimising micronutrient nutrition during the first 1000 days of life. It will equip the learner with evidence-based knowledge on how to best support mothers, families, and caregivers during this important stage of life.

Ensuring optimal intake of micronutrients during the first 1000 days – a period of rapid growth and brain development – is critical. Physiological requirements of certain key micronutrients increase markedly during this period but are often not met due to poor quality diets or poor micronutrient absorption. Not meeting micronutrient requirements can have detrimental short- and long-term health consequences for the mother and her child.

Module 1 consists of three units of approximately one hour learning time each:

- Unit 1: Importance of optimal micronutrient nutrition during the first 1000 days of life
- Unit 2: Optimisation of micronutrient nutrition during pregnancy
- Unit 3: Optimisation of micronutrient nutrition during lactation and complementary feeding

This module has been designed to facilitate learning through interactive learning activities, interactive media elements and videos demonstrating how knowledge gained can be applied in practice (see article on page 2 on the process of designing an e-learning module). The module will be accredited for CPD/CME points.

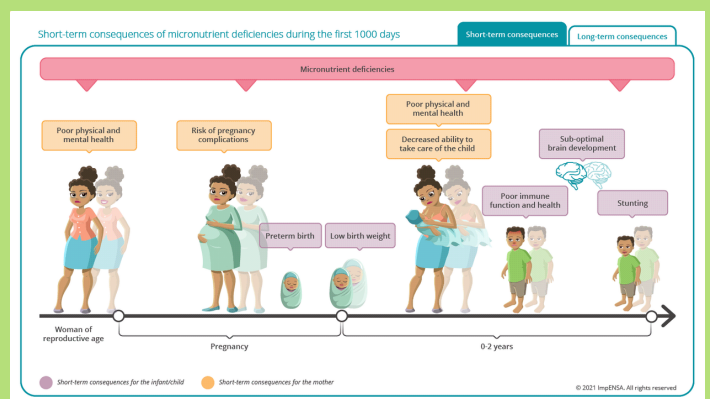
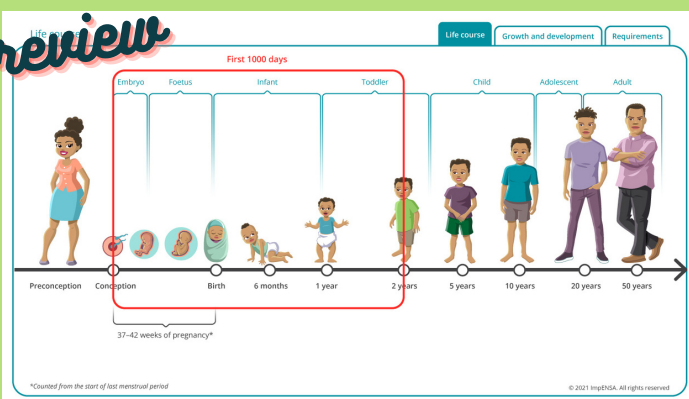
Module 1 is currently in the final development stage and is being implemented on the Moodle platform. The module will subsequently be beta-tested on various devices and browsers. A pilot and evaluation of the complete ImpENSA Training Programme will then provide the Module Development Team with feedback from potential target learners, after which the module will be finalised and rollout of the Training Programme can begin.

The ImpENSA Training Programme will include:

- **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

Look out for our next newsletter which will feature Module 2.

Preview



RECENT MOVEMENTS

3rd Biannual Meeting

Corinna Walsh (NSSA)

One of the highlights of being part of the ImpENSA consortium is to visit our partners in the different countries. We were looking forward to visiting our Polish colleagues in the beautiful Warsaw summer. But due to the travel restrictions as a result of the Covid-19 pandemic, the third biannual meeting had to be moved to a virtual venue.

Despite the disappointment, LMU did an excellent job of coordinating the online meeting, with the help of MUW. Each Work Package (WP) task team had an opportunity to bring the partners up to speed on their progress. The focus of the meeting was on WPs 3 and 4. Based on the previous evaluation within the Consortium, this meeting introduced WP specific meetings, which was very helpful.

In addition to our academic achievements, we have been fortunate to be able to build networks and forge friendships that will last well beyond the lifetime of ImpENSA!

CEN Research Forum

Reneé Blaauw and Kerry Sexton (SUN)

The ImpENSA project partners were invited to present aspects of the ImpENSA Training Programme at the Research Forum, which was held virtually in October last year. This forum is a platform for researchers and postgraduate students to present their research to colleagues and students.

Prof Lize Havemann-Nel opened the session with an overview of the ImpENSA project, followed by an introduction to the e-learning modules by Dr Jeannine Baumgartner and to Healthy Conversation Skills by Dr Wendy Lawrence. Prof Ali Dhansay then emphasised the relevance of the Training Programme for paediatricians. Dr Hilary Goeman highlighted the benefit that the Training Programme may provide in strengthening the nutrition capacity of healthcare workers in critical areas of nutrition in the first 1000 days. The session was concluded with a presentation on the project's long-term sustainability by Dr Tertia van Zyl.

Mission of ImpENSA Training Programme
To address the «triple burden of malnutrition» that South African communities face with the co-existence of **micronutrient deficiencies**, undernutrition and obesity.

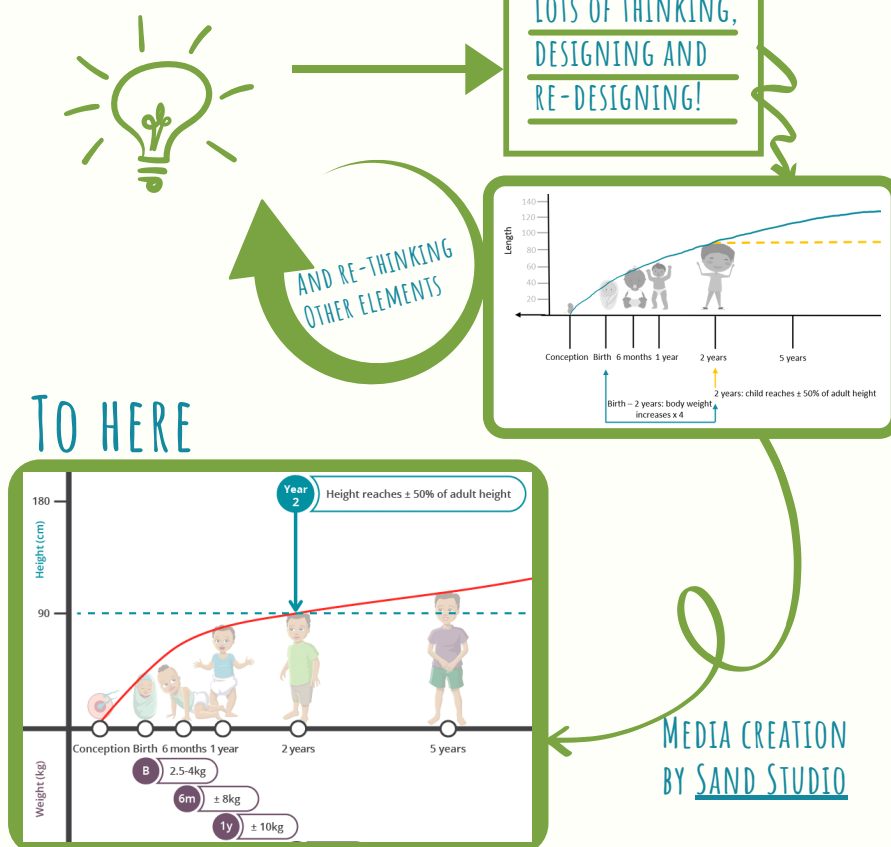
Healthy Conversation Skills: Competencies and Philosophy

Healthy Conversation Skills	Healthy Conversation Skills Philosophy
1. Use Open Discovery Questions to help someone explore an issue.	• I am not responsible for the choices people make
2. Reflect on your practice and conversations.	• Being given information alone does not make people change
3. Spend more time listening than giving information or making suggestions.	• People come to us with solutions
4. Use Open Discovery Questions to support someone to make a SMARTER plan.	• It is not possible to persuade people to change their habits

CURRENT ACTIVITIES - Developing e-learning modules

Lize Havemann-Nel and Estelle Strydom (NWU)

HOW DID WE GET FROM HERE



“It takes a village to raise a child”. We couldn’t help to think of this African proverb when reflecting back on the process of developing eLearning modules. It is one thing to have module content in place (and developing up-to-date and evidence-based content is not a small task either). However, to prepare and package the content for an online platform in order to successfully facilitate learning (learning design) is another ball game. The development of *effective* visual media (e.g. static graphics, animations, interactive elements and video scenarios) and learner activities to complement text, requires a dedicated core team with content and learning design expertise. To further create and/or transform ordinary-looking graphics into professional-looking visual media, requires a big budget to commission a creative graphics designer, an artistic illustrator and a patient media developer. To get from point A to point B was an iterative and time-consuming process – but hopefully well worth the journey.

The ImpENSA Training Programme e-learning modules are being implemented on the ENeA Global Moodle site.

Filming the ImpENSA Training Videos

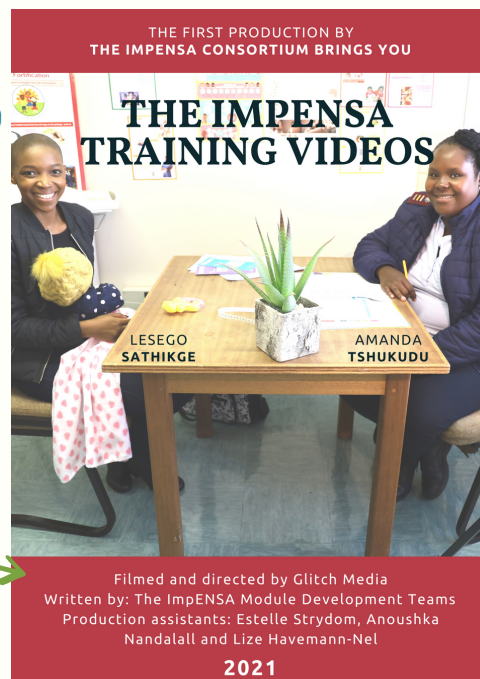
Estelle Strydom (NWU)

Both e-learning modules of the ImpENSA Training Programme will contain videos to demonstrate how the knowledge gained can be applied by health care professionals in practice. The videos demonstrate the conversations of a nurse with a patient throughout her baby's first 1000 days of life. For Module 1 the videos will focus on the nutrition advice during the different stages (pregnancy, breastfeeding and complementary feeding) while the Module 2 videos will demonstrate the conversation style and communication skills that the nurse is using.

Sr Amanda Tshuduku from Potch Town Clinic, who played the role of the nurse in the videos, commented on her experience:

"I find the content very informative, especially to us nurses, on how we can educate our patients better on nutrition. I think it is going to be very helpful because it also encourages women to continue breastfeeding and give a healthy diet to babies, as well as themselves while breastfeeding. I'm glad to be part of this project and I'm so excited about it."

VIDEOS WERE
FILMED, DIRECTED
AND EDITED BY
GLITCH MEDIA



UPCOMING EVENTS

ImpENSA 4th biannual meeting

Shweta Feher (LMU - coordinating partner)

The COVID-19 travel restrictions are still in place, therefore, the IV biannual meeting will also be held virtually. Partner North-West University will host the fourth biannual meeting from 1 to 3 March 2021. The focus of the meeting will be to discuss impact of COVID 19 pandemic on the project plan and to monitor project progress and implementation of upcoming project activities related to WP3 – Implementation and launch of e-learning modules 1 and 2, WP4 – Training course and delivery of training course and WP5 – Evaluation of training courses. A dedicated workshop will be held on 26th February 2021, to establish the Social Enterprise at NWU within the framework of Development and Sustainability (DES) of ImpENSA project.

Farewell to

Brigitte Brands and Janina Hanuschik. Brigitte has been appointed the Task Force Lead at the National Network of the University Medicine for Covid-19, LMU Klinikum. Janina recently started her new job as a marketing expert at BSH Home Appliances Corporation. Although we are sorry that they will no longer be actively involved in the project, they will always remain friends of ImpENSA and we wish them all the best!

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

**The International
Congress of Dietetics
South Africa
(communication from
LOC will follow soon)**

FAQs

Who will benefit from the Training Programme?

The ImpENSA Training Programme is aimed at healthcare professionals with an interest in nutrition during early life and behaviour change, such as dietitians, nutritionists, nurses, midwives, pharmacists and doctors. In the end, we hope that all pregnant women, young mothers and their children will benefit from improved nutrition.

CONNECT WITH US

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- Ludwig-Maximilians University of Munich (LMU)
- University of Southampton (UoS)
- 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)