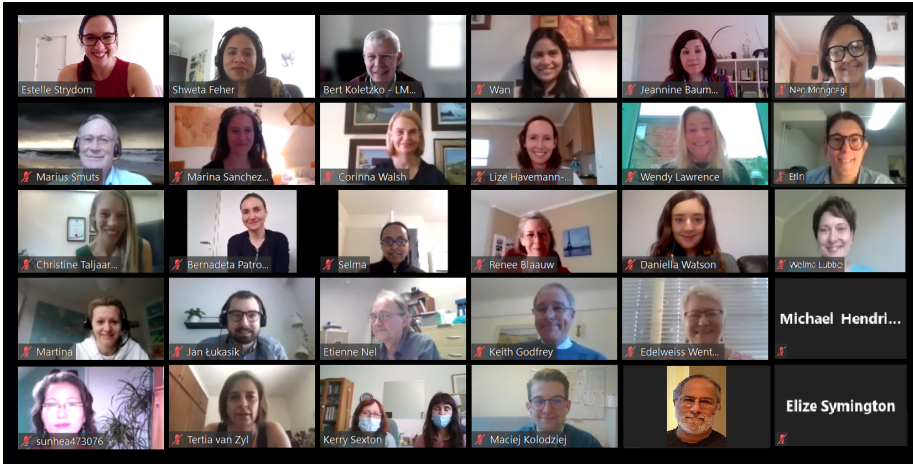


ImpENSA

Capacity Building to Improve Early Nutrition and Health in South Africa



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 (virtual): Healthy Conversation Skills to support behaviour change

Look out for our next newsletter which will feature Module 3.

LETTER FROM THE TEAM

Communication to support behaviour change - Module 2 of the ImpENSA Training Programme

Selma Omer and Sunhea Choi (UoS), Lize Havemann-Nel (NWU)

Our ambition for the ImpENSA Training Programme is to train healthcare professionals in SA with the necessary knowledge and skills to effectively support pregnant women, mothers and family to optimise intake of key micronutrients during the first 1000 days of life. With the second e-learning module, we aim to equip the learner, healthcare professionals, with knowledge about the theories and guiding frameworks that underpin effective communication to support behaviour change.

Behaviour plays an important role in the health and well-being of people. Research shows that peoples' behaviour patterns are influenced by individual, social, economic and environmental factors. When supporting a patient to change health behaviour, a good understanding of these factors is important, as they explain the context to the patient's current behaviour practice and possible resistance to change. It is equally important for healthcare professionals to understand what underpins behaviour and how best to support individuals to change.

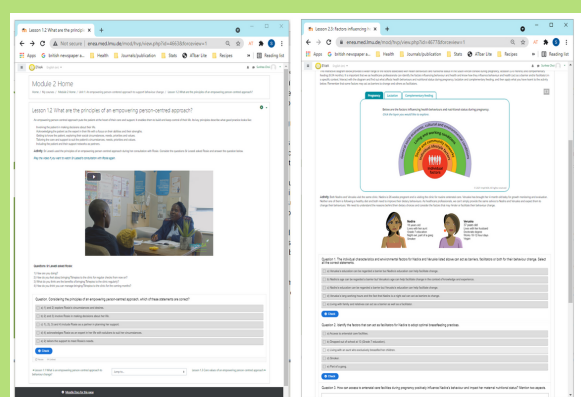
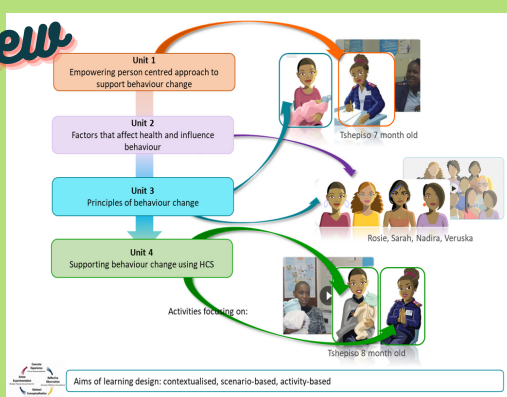
Module 2 consists of four units of approximately 20 to 40 minute learning time each:

- Unit 1: An empowering person-centred approach to behaviour change
- Unit 2: Factors that affect health and influence change
- Unit 3: Principles of behaviour change
- Unit 4: Supporting behaviour change using Healthy Conversation Skills

This module is designed to facilitate contextualised learning through interactive scenario-based activities. The scenarios, presented in videos, are about supporting micronutrient nutrition behaviour change during the first 1000 days of life, and illustrate patient-centred care, communication to support behaviour change and useful behaviour techniques. The module will be accredited for CPD points.

Module 2 development is complete and ready to be piloted as part of the ImpENSA Training Programme. The module evaluation is currently being prepared (see the article on page 2 describing the process from design to evaluation/launch).

Preview



RECENT MOVEMENTS

4th Biannual Meeting

Rungrawee Loipimai (LMU)

The 4th biannual meeting was once again held virtually due to the travel restriction posed by the Covid-19 pandemic, this time successfully hosted by NWU.

It is less likely that the travel restrictions will be lifted any time soon, therefore, intensive discussions on how to convert the delivery of module 3 and 4 from face-to-face training to the new Virtual ImpENSA Training Programme was the main focus of the meeting. After outlining the new programme, the teams of Work Packages (WPs) 3 – 6 had task specific meetings and synchronised the timelines for the project extension. The dissemination and sustainability team also shared good progress on the sustainability plan.

At the end of the first day, NWU had the great idea of bringing project partners together with a virtual social game "Two Truths and A Lie". The fun lies within guessing secrets of partners ranging from professional dancing, acting on stage theatre, to driving straight into a barn. Let's hope that our next meeting and fun activities will be in person soon!

Marketing meeting

Tertia van Zyl (NWU)

The South African partners of the dissemination and sustainability (DES) team met in a cold and rainy Cape Town at Stellenbosch University from 20 to 21 May 2021. The aim of the meeting was to discuss the future marketing aspects of the ImpENSA Training Programme.

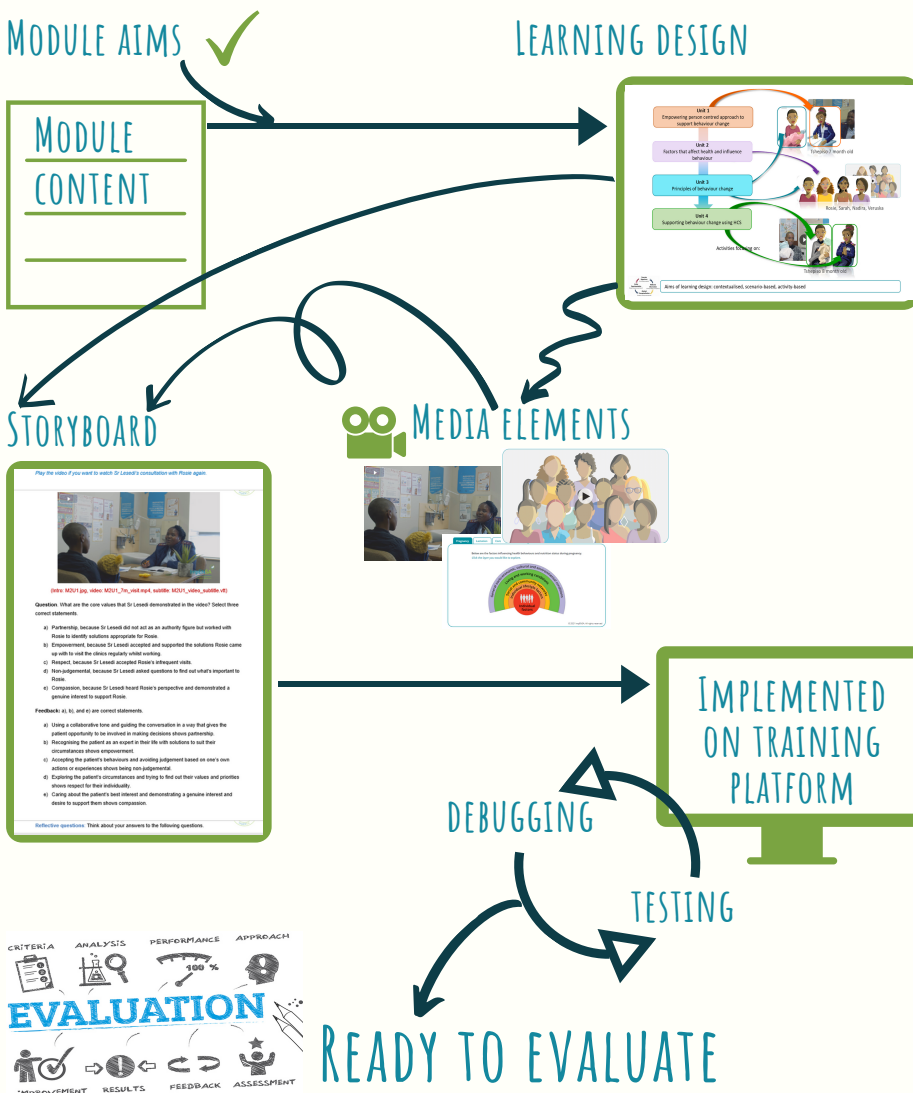
Discussions started off with identifying stakeholders we would approach for future funding to ensure the sustainability of the project. The list of stakeholders will assist to develop marketing strategies to approach each of the different stakeholder sectors. A budget for all potential project costs were discussed, such as a project manager, operational costs, sustaining the Moodle platform, development of new modules as well as the hosting the virtual sessions of the ImpENSA training programme.

The final discussion was on marketing to the end-user: health care professionals who work with pregnant women or mothers/care givers of infants or young children. Flyers, the newsletter, a marketing video and the website will be used for this purpose.

Overall, the marketing meeting was a success and important decisions were made to ensure that the DES team can move forward with planning the marketing aspects of the business plan.

CURRENT ACTIVITIES - Developing e-learning modules

Sunhea Choi, Selma Omer, Lize Havemann-Nel, Corinna Walsh and Bernadeta Patro-Golab



"It takes a village to raise a child". The African proverb is indeed very apt to describe e-learning development and implementation.

e-learning is a multi-disciplinary domain. The development and implementation of an effective e-learning require a multi-disciplinary team. Subject expertise is essential, but it also requires expertise in education (learning theories, pedagogies, etc.), interactive learning design, media creation, digital technologies, educational research, implementation science (i.e. curriculum integration of the e-learning) and so on.

Due to this multi-disciplinary nature of e-learning, good collaboration and communication in the team and documentation for next steps are very important. It has been a long journey for all who have been involved in the conception of the modules to making them ready for the evaluation.

We are currently preparing the module evaluation as part of ImpENSA Training Programme. It has been a long journey with many partners making contributions to reach this point. Through the module we sincerely hope that healthcare professionals can gain the knowledge to better support health behaviour change in the first 1000 days of life.

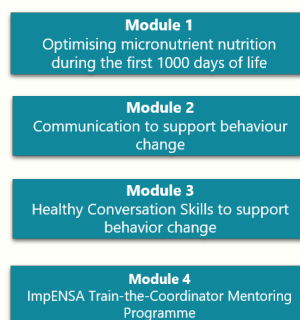
UPCOMING EVENTS

ImpENSA Train-the-Coordinator Mentoring Programme and pilot study

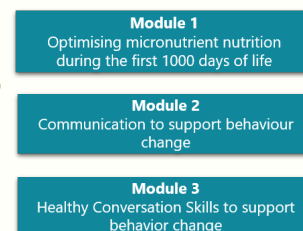
Kerry Sexton (UCT) and Estelle Strydom (NWU)

The development of the two online modules has been completed and the two face-to-face modules have been modified for virtual delivery. It is now time to train coordinators to deliver the virtual skills-based Module 3 (WP 4 task team). These coordinators will complete Modules 1 to 3, the "ImpENSA Training Programme", and then participate in Module 4, the ImpENSA Train-the-Coordinator Mentoring Programme, facilitated by Wendy Lawrence (UoS). After a period of mentorship, they will pilot the delivery of the ImpENSA Training Programme to targeted health care professionals. An evaluation of the effectiveness of the initial training and pilot sessions will be implemented simultaneously by a separate task team of the ImpENSA Consortium (WP5).

Coordinators of the ImpENSA Training Programme will undertake:



The ImpENSA Training Programme piloted by the newly trained coordinators



ImpENSA 5th biannual meeting

Estelle Strydom (NWU)

The next biannual meeting is planned for 19 - 20 October 2021 and might be held virtually or partially face-to-face depending on the prevailing circumstances. For a detailed overview of how the ImpENSA consortium has adjusted to the pandemic, especially with regards to conducting virtual meetings, have a look at [this article](#) published in the African Nutrition Leadership Programme newsletter.

A warm welcome to



the youngest ImpENSA team member, Jędrzej, who joined us on the 1st of June! Dad (Maciek Kołodziej, MUW) is super proud of him and Mum for being able to exclusively breastfeed.

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

**The International
Congress of Dietetics
South Africa
1 - 3 Sept 2021
Virtual congress**

FAQs

How will ImpENSA help to improve nutrition and health during the first 1000 days of life?

ImpENSA is developing a training programme for healthcare professionals in South Africa. The purpose of the programme is to improve the knowledge and skills of healthcare professionals regarding the nutrition and health of mothers and infants during the first 1 000 days of life. This will enable them to support families during this crucial time period.

The ImpENSA project lifetime has officially been extended by 12 months (until January 2023) due to implications of the pandemic.

CONNECT WITH US

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 Twitter: [@EarlyNutrition](https://twitter.com/EarlyNutrition) #ImpENSA
 YouTube: [ImpENSA](https://www.youtube.com/ImpENSA)

- 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)