

Course analysis (course evaluation)

Course code 4NT004	Course title Nutrition and disease – treatment and clinical aspects	Credits 10
Semester (VT/HT-yr) Spring 2024	Dates March 21 st – May 7 th , 2024	

Course Director Carla Maria Avesani	Examiner Magdalena Rossell
Teachers in charge of different parts of the course Carla Maria Avesani	Other participating teachers Ola Wallengren, Alice Sabatino, Kristoffer Sola, Liisa Tolvanen, Catarina Lindqvist, Robert Brummer, Elisabeth Jelleryd, Karin Windhal and others.

Number of registered students at the 3-week check 33	Number passed at final course day 33	Response frequency course valuation survey 39.39%
Other methods for student influence (in addition to the final course valuation/survey) Course discussion with the whole class in the middle and at the end of the course. The council of the three student representatives were consulted at the of the course.		
Feedback reporting of the course evaluation results to the students This was not done by me... Should we do it now?		

1. Description of any changes implemented since the previous course occasion based on the views of former students

Based on the feedback received from students, several areas of the course were enhanced. More detailed content was added on the pathophysiology of obesity, type 1 and type 2 diabetes, and hypertension. To support students who had limited prior experience with clinical case discussions, we included guidance on how to prepare and engage in these sessions. The module on the nutritional aspects of gut microbiota was expanded, and the format of the journal clubs was revised to encourage broader participation from all students. Finally, the program was updated to include a stronger connection between findings from nutrition and epidemiological research and their application in clinical nutrition.

2. Brief summary of the students' evaluation of the course

Overall, students were satisfied with the course. In the course evaluation, the overall opinion of the course was rated as very good (61.5%) and good (38.5%) and no one rated as ok, poor or very poor. In general, the questions in the course evaluation were rated relatively high, with some variations. From all evaluations (the electronic assessment and discussions), the course contains could improve by further discussing pathophysiology of some chronic diseases, by expanding the discussion in the field of nutrition and gut microbiota, by making the connection between nutrition epidemiology and clinical nutrition, by explaining how to prepare and discuss clinical cases, and by reformulating the seminars based on "journal club". Two activities much appreciated were: 1. the body composition workshop with visits to the hospital at radiology clinic and at the clinical nutrition department for doing on-site assessment body composition with imaging techniques and bioelectrical impedance; 2. A visit to an experimental kitchen for understanding better how to prepare plant-based meals. The workload seemed reasonable (most students between 25-45 hours per week). Of note is the impression that most students developed valuable expertise/skills during the course: to a very large extent, 46.2%; and to a large extent, 38.5%.

3. The Course Director's reflections on the implementation and results of the course

Strengths of the course:

The course in general worked well regarding the content and structure. Relevant and basics topics in medical nutrition therapy in the clinical context were covered. Most students appreciated the content and the workshops with on-site visit to the hospital and to the experimental kitchen. The course format fomented active participation from the students with daily discussion and brainstorming, even on days of formal lectures. Most of the students (84.6%) also appreciated that the teachers/supervisor were supportive and available to "a very large extent or to a large extent".

Weaknesses of the course:

This course has a syllabus including a wide variety of topics. This might lead to a demanding schedule in some weeks, which might influence the learning ability and make the course examination challenging for the students and course director.

4. Course Director's conclusions and any suggestions for changes

The course for the year in the spring of 2025 was revised according to the feedback and suggestion obtained from the students. This was of responsibility of course director, which got also the contribution from Director for the Master's Programme in Nutrition Science (Magdalena Rossel). We have met in December 2024, and the changes were implemented in the course programme in January 2025, before the course started in March 2025.