

Course analysis (course evaluation)

Course code 4NT004	Course title Nutrition and Disease – treatment and clinical aspects	Credits 10
Semester Spring - 23	Period 2023-03-27 to 2023-05-14	
Course coordinator Carla Maria Avesani		Examiner Magdalena Rosell
Teacher in charge of component Carla Maria Avesani		Other participating teachers Alison Steiber, Ola Wallengren, Tommy Cederholm, Kristoffer Sola, Anna Laurenus, Catarina Lindqvist and others.
Number of registered students during the three week check 33	Number approved on the last course date 33 – September 4 th 2023	Response frequency course valuation survey 48.5%
Other methods for student influence (in addition to concluding course valuation) Course discussion in the middle and at the end of the course. The council of the three student representatives were consulted in the middle of the course as well as a discussion with the whole class at the end of the course.		
Feedback reporting of the course valuation results to the students The students were informed via an announcement at Canvas on September 5 th 2023		

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

This is the first time this course is given. This course has no similarities with courses from the one-year programme and therefore it is a new proposal.

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

Overall, students were satisfied with the course. In the course evaluation, the overall opinion of the course was rated good (43.8%), very good (37.5%), ok (12.5%), poor (6.2%) by the responders. In general, the questions in the course evaluation were rated relatively high, with some variations. From all evaluations (the electronic and discussions), the course contains some overlap with a previous course that have also discussed the theme of body composition. Some students would like to have deeper discussion on the nutritional aspects beyond NCD (non-communicable diseases), with inclusion of mental health and more time dedicated to the gut microbiome. Some students suggested to decrease the number of group seminars and do more discussion as Journal clubs. One activity much appreciated was the workshops with visits to the hospital and to the experimental kitchen, which they suggested to have more of those. The workload seemed reasonable (most students had put 25-45 hours per week for the course and 25% 45-55h/week) in relation to the course's credits.

3. The course coordinator'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, with a highlight for the topics related to gut

microbiome, popular diets and precision nutrition. The workshops with on-site visit to the hospital and to the experimental kitchen were very appreciated. Similarly, the journal clubs with a format that allowed an open discussion (without a presentation) yielded interesting discussions and brainstorming, where the students raised the yet non-answered questions that requires research or confirmatory responses. Most of the students (81%) also appreciated that the teachers/supervisor were supportive available to “a very large extent or to a large extent”.

Weaknesses of the course: It is a challenge to find a good way to handle the fact that the students have different backgrounds and different pre-knowledge in nutrition. For some students, parts of the course are repetition and for some students it is new stuff. Also, there are too many different themes in the course, in the form it was given this time and students. The individual assignment was experienced to be too long.

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

Based on the comments, we have many ideas to consider for next year. Among other things, we will expand and include in the course nutrition and mental health, more content on the gut microbiota and its relationship with diet, health and diseases. We will try to promote one extra activity with workshop with another visit to the hospital for having an experience on planning and implementing nutrition care to patients with disease related malnutrition. For the seminars, we will decrease its number and replace some of them for structured discussion on a certain theme. With the grow of artificial intelligence (AI), we might change the individual assignment to an exam or other forms of evaluation that preclude the use of AI.