



ESPEN Congress Glasgow 2002

What Price Education?

**The Impact of Short Courses on Daily
Practice**

Luiza Kent-Smith



The Impact of Short Courses on Daily Practice

Education - knowledge

Luiza Kent-Smith, PhD
Faculty of Nutrition
University of Porto

LKS@fcna.up.pt

In Today's Competitive Workplace...

Health care professionals are expected not only to maintain their skills, but to take them to new levels

Continuing Education

Mandatory



Voluntary

Objectives of Short Courses

Enhanced Performance

- Knowledge
- Specific Skills

UPGRADE

Critical Mass

Trained Human Resources

FACILITATE

Work Towards

Specified Improvements

Methods



Prior to initiating short-term training participants backgrounds and expectations should be identified:

- Brief job description
- Identify critical knowledge, skills and techniques to be learned

Methods



When designing short courses:

- Participatory techniques
- Simulation
- Information technology
- Sharing of experiences
- Learn by doing

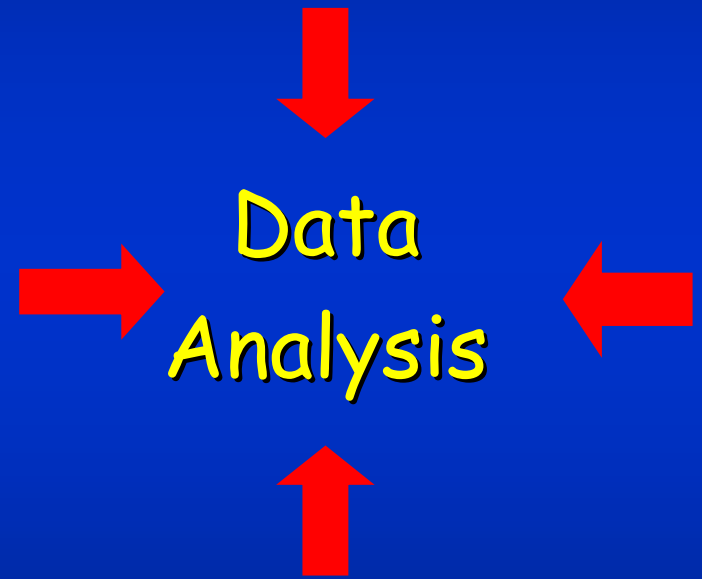
Hands on approach



Ways to Measure the Impact

Gathering Information

- Questionnaires
- Follow up questionnaires
- Pre-test/post-test
- Follow up surveys
- Interviews
- Self efficacy questionnaires
- Commitment to change



The Evidence....



- O'Brien et al. (2001), reviewed 32 studies on effect of CE on clinical practice:
 - interactive workshops - changes in prof. practice
 - didactic sessions alone unlikely to change practice
- Bowles et al. (2001), evaluated the impact of a short course on solution focused therapy skills in nurses:
 - significant and cost-effective change in nurses' attitudes

The Evidence....



- The effect of education on increasing clinical intervention by community Pharmacists:
 - The proactive clinical intervention, in the group that received intensive training, translated into very significant savings
 - Extrapolation predicted this group of pharmacists could save the Australian Healthcare system \$15 million per year

(Benrimoj et al., Pharmacoeconomics, 2000)

The Evidence....



- The effect of training on dieticians' knowledge and problem solving abilities:
 - Pre/post tests showed significant impact on knowledge and problem solving activities following a training program designed on a needs-assessment basis (1);
 - Post training Self-efficacy scale increased significantly after training (2);

(1. Lorenz, et al. JADA 2000) (2. Lorenz, et al. Eval Health Prof 2000)