

# Nutrition and Nutrition Communication Training Program for Internal Medicine Specialists

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For more information for Sabri Ülker Foundation visit:

<https://en.sabriulkerfoundation.org/>

<https://www.sabriulkerfoundation.org/tr>

## Introduction:

In order to ensure that the public has access to accurate and evidence-based nutrition information and to combat misinformation via health professionals, “Advanced Nutrition and Nutrition Communication” training programs for healthcare professionals were launched in cooperation with AHEF (Federation of Family Physicians in Türkiye). After successful implementation of the program for family physicians, as a second step, basic nutrition and nutrition communication training was provided for internal medicine specialists (IMs) in collaboration with TİHUD (Internal Medicine Specialists Association of Türkiye). This training aimed to guide internal medicine specialists on basic nutrition information, patient communication and evidence-based nutrition approaches.

## Design/Methods:

The scope of the training program was determined by a needs assessment questionnaire. This questionnaire included questions to understand the level of knowledge of physicians and the nutrition-related problems they encounter in their daily practice. Session titles were determined in the light of needs assessment, evidence-based information together with expert dietitians and internal medicine and public health academicians. The sessions were provided online with a user name and pw sent to the registered IMs. TİHUDUM platform, which is an online training platform for IMs, has more than 25 thousand members. Before each training session, 2 SMS messages and 2 e-mails are sent to the members. A total of 4364 attendees entered at least one session. The assessment of the training programme is carried out by an online evaluation questionnaire which is sent to the attendees between September 11-30, 2024 which took around 5 minutes to fill-in. A national congress free registration is also announced and provided as an incentive for providing feed-back via questionnaire.

## Training Topics:

Ten topics (Basic Principles and Importance of Nutrition, Vitamins and Minerals, Antioxidants and Immune System Support, Specific Nutritional Status, Nutrient and drug interactions, Food allergy and intolerance Management, Current Nutrition Research and Trends, Probiotics, Prebiotics, The role of food supplements in chronic disease Management, Nutrition and healthy aging)

## Connection to IHA’s Mission:

This project has made a significant contribution to increasing knowledge and skills in nutrition health and in nutrition literacy of internal medicine specialists who have a crucial role in chronic disease management such as Diabetes Mellitus, hypertension, gluten-sensitive enteropathy, etc. They declared that they have started to aid the adoption of good eating habits by their patients, especially those with chronic diseases like diabetes and hypertension, and other individuals in the community, making health services more equitable.

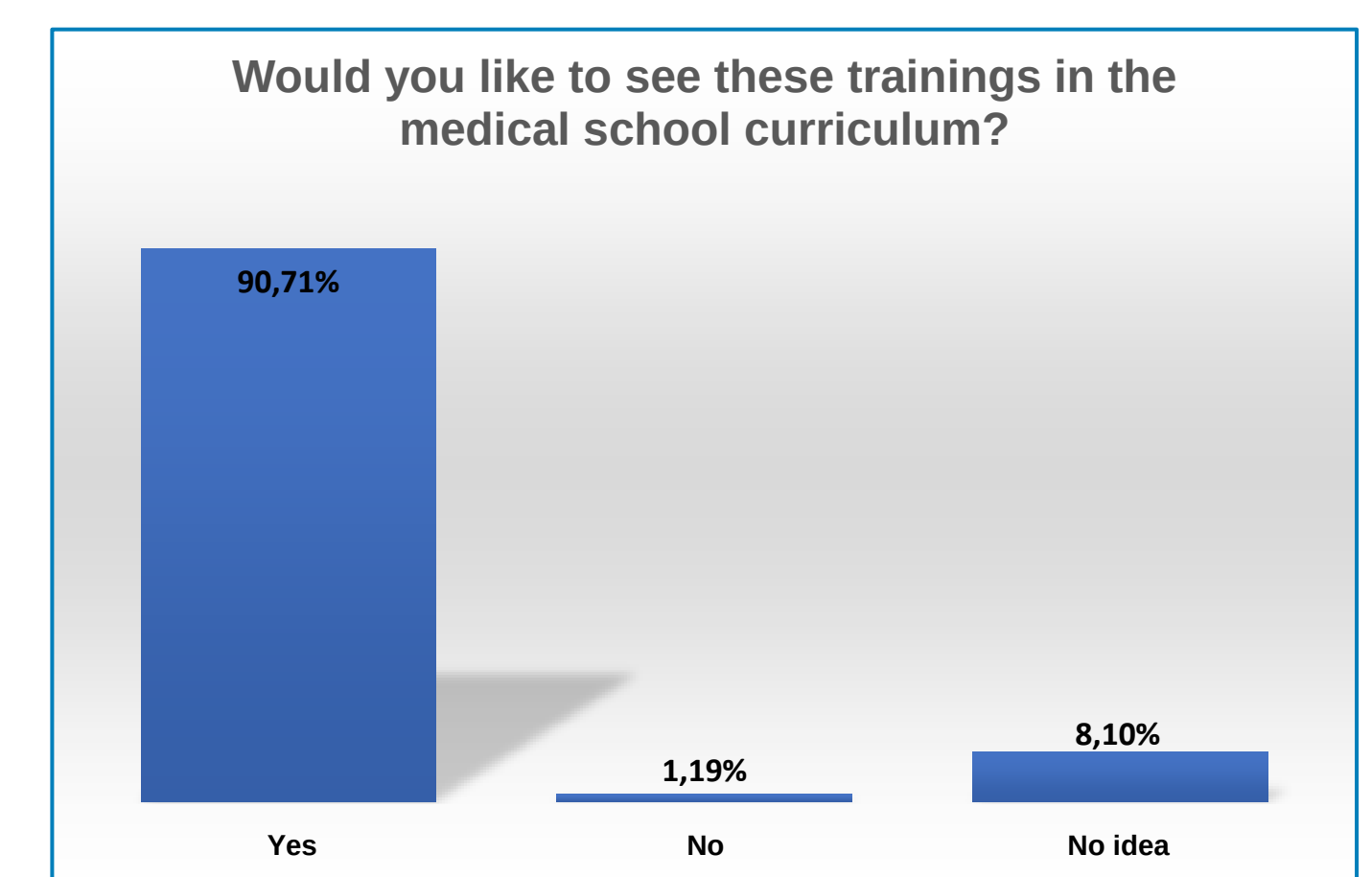
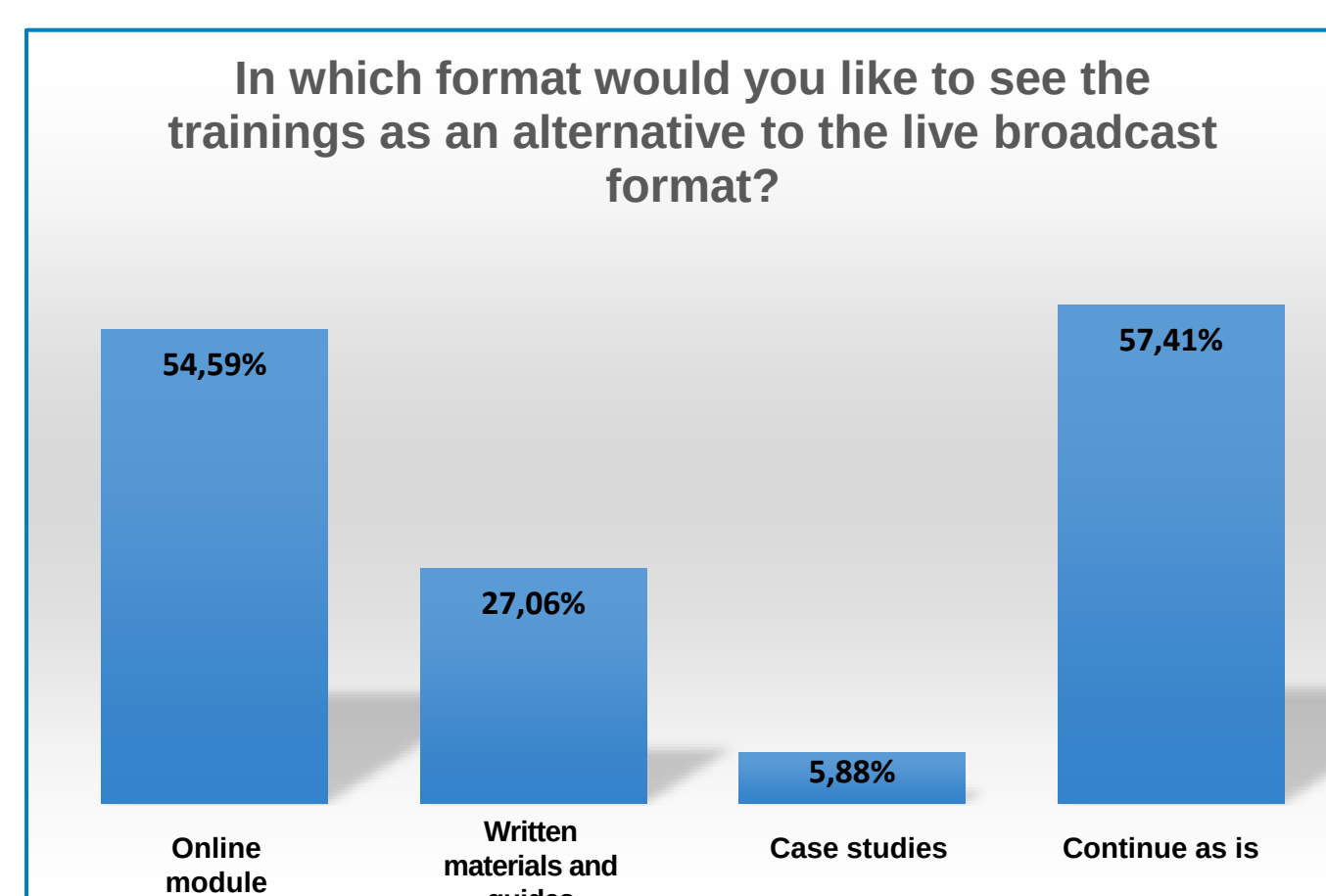
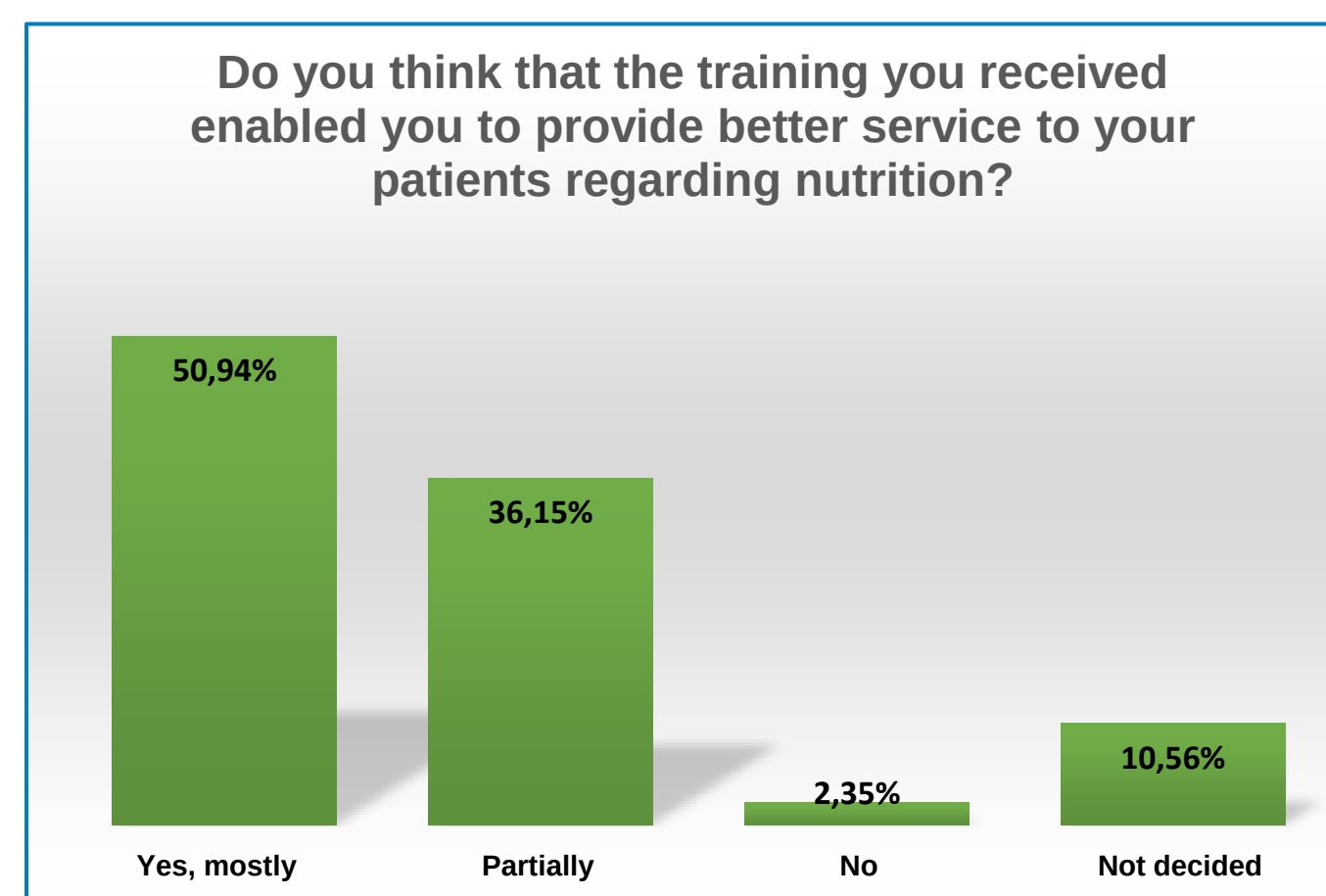
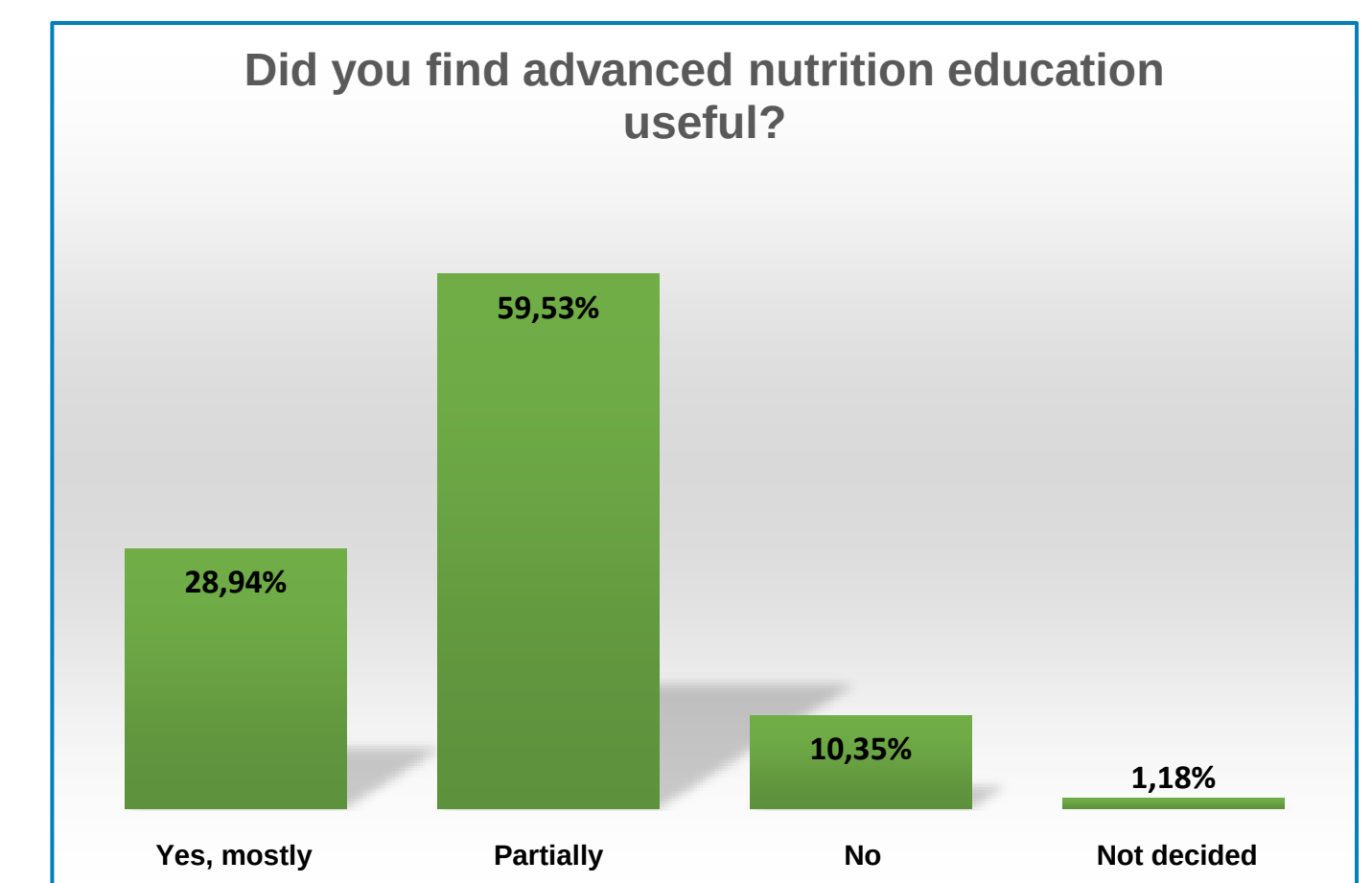
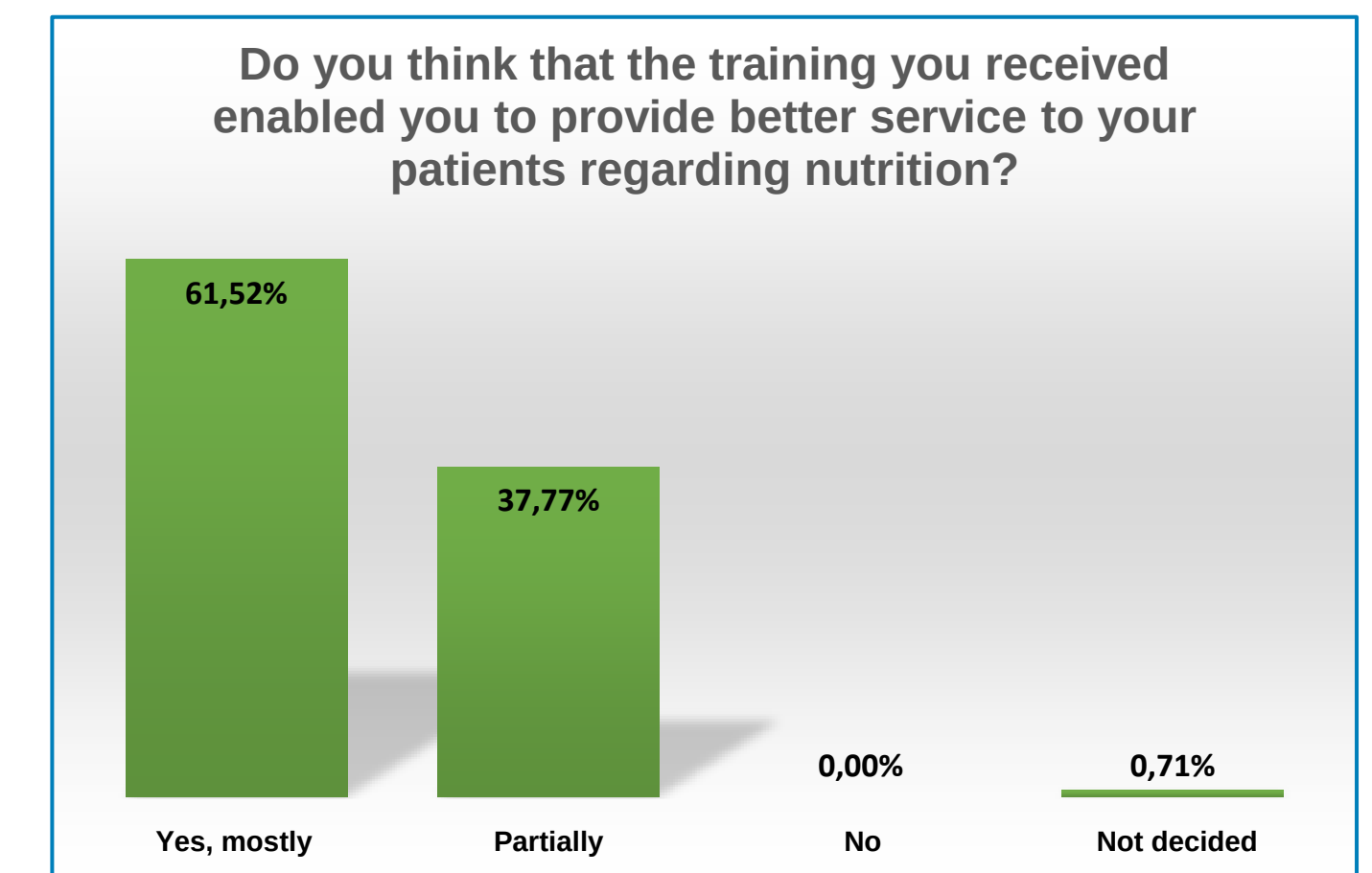
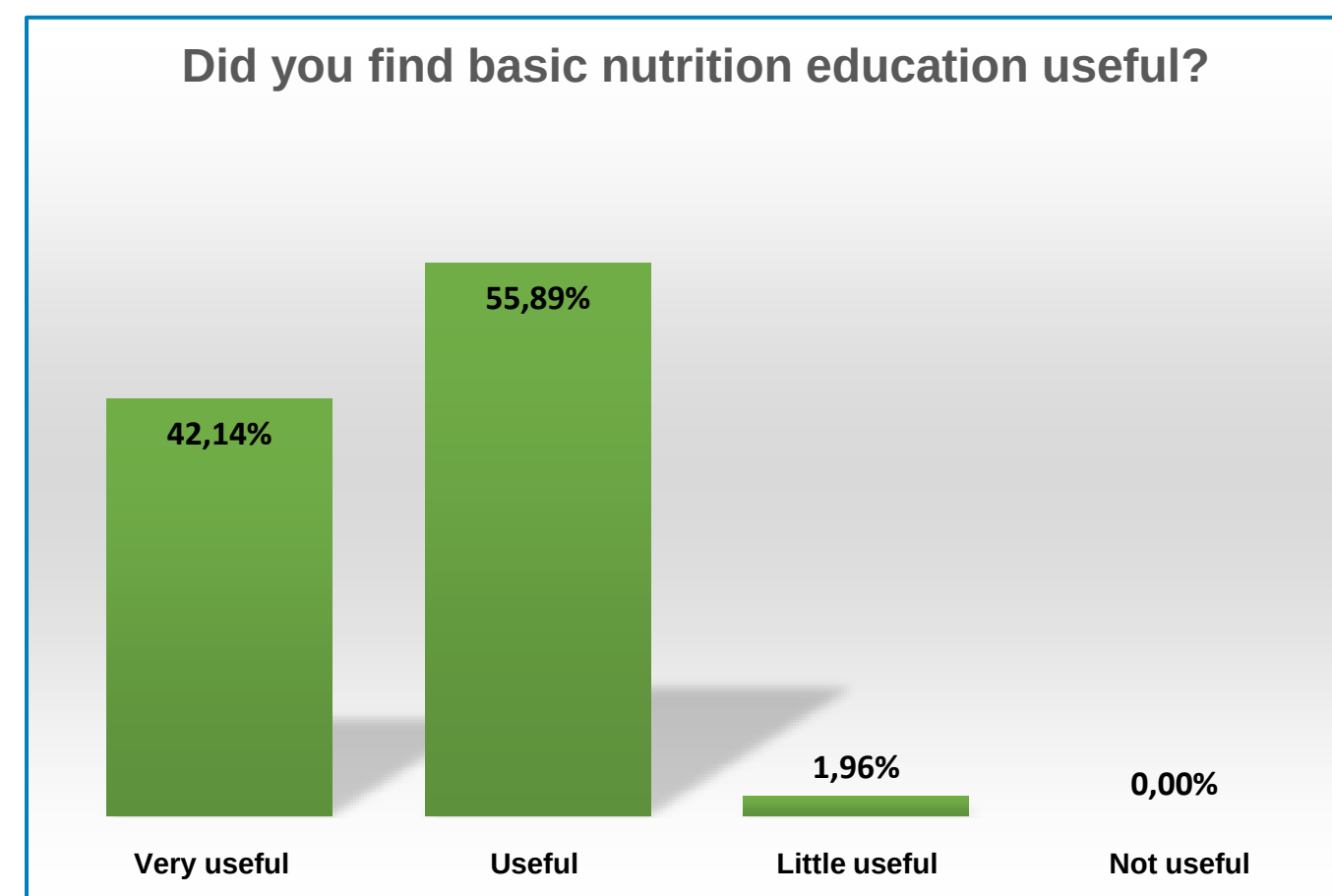
## Results:

At the end of the Project, 566 participants responded to the evaluation questionnaires. 53.4% were female.

The results obtained are shown in the below graphs.



SABRİ ÜLKER  
GIDA ARAŞTIRMALARI ENSTİTÜSÜ  
VAKFI



## Conclusion:

Most of the participants stated that their confidence in answering nutrition-related questions increased and their patient communication skills improved.

After the training, it was observed that the participants were able to effectively transfer their knowledge to their patients.

Health professionals showed a high level of interest in nutrition education and requested more information.

The increase in nutrition knowledge and communication skills of physicians had a positive impact on public health.

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**Başkan**  
Dr. Gökhan ERDOĞAN  
AHEF Genel Sekreteri  
Gaziantep Nispetiye Mehmet Özcan  
Aile Sağlığı Merkezi

**Konuşmacı**  
Prof. Dr. Aslihan GÜRBÜZ BOLKAN  
Ankara Üniversitesi Tıp Fakültesi  
Tıbbi Biyokimya Anabilim Dalı

**12.15-13.15**  
7 Mayıs 2024, Salı

**CANLI KONSEY**  
[www.ahefakademi.org](http://www.ahefakademi.org)

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Hacettepe Üniversitesi Tıp Fakültesi  
İnönü Tıp Fakültesi  
İnönü Tıp Fakültesi

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Hacettepe Üniversitesi Tıp Fakültesi  
Endokrinoloji ve Diyabet Anabilim Dalı

**30 Ocak 2024, Salı**  
12:15 - 13:15

**CANLI KONSEY**  
[www.tihudum.org](http://www.tihudum.org)

**“BESLENME ve BESLENME İLETİŞİMİ-10”**  
VİTAMİNLER ve MİNERALLER

**Başkan**  
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**Konuşmacı**  
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Bakırköy Dr. Sadi Konuk Eğitim ve Araştırma Hastanesi,  
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**11 Haziran 2024, Salı**  
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**CANLI KONSEY**  
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**İLERİ BESLENME ve BESLENME İLETİŞİMİ-8**  
« Pediatrik Obezite Yönetiminde Beslenmenin Önemi »

**Başkan**  
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Ordu Korgan Merkez  
Aile Sağlığı Merkezi

**Konuşmacılar**  
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Hacettepe Üniversitesi Tıp Fakültesi  
Çocuk Sağlığı ve Hastalıkları  
Anabilim Dalı

Prof. Dr. Nurgün YABANCI AYHAN  
Ankara Üniversitesi  
Sağlık Bilimleri Fakültesi,  
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