



# What is Wellness Rx?





## What is Wellness Rx?

 An interdisciplinary undergraduate health professional education program in nutrition and activity



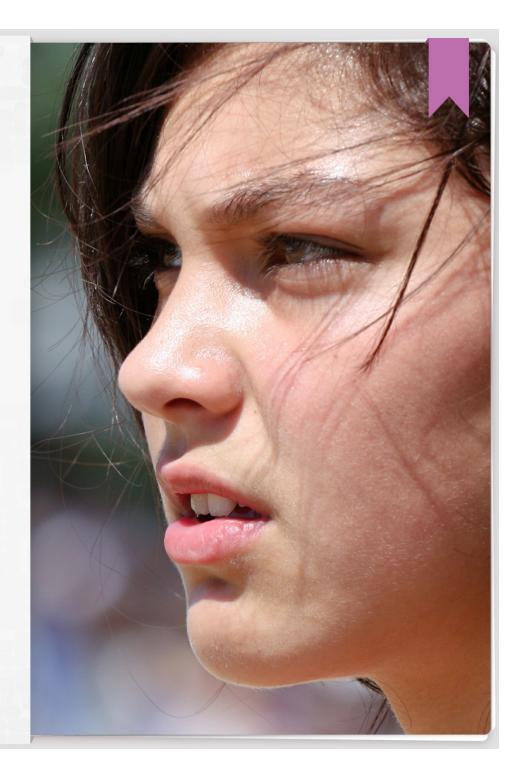
## The Problem...

- Dramatic increase in chronic disease
- Impacts mortality, morbidity, quality of life, healthcare costs
- Health professionals focus on management of acute and chronic disease
- Diet and activity are modifiable risk factors for disease
- Knowledge and skills of health professionals regarding diet and activity are inconsistent or lacking



## The Need





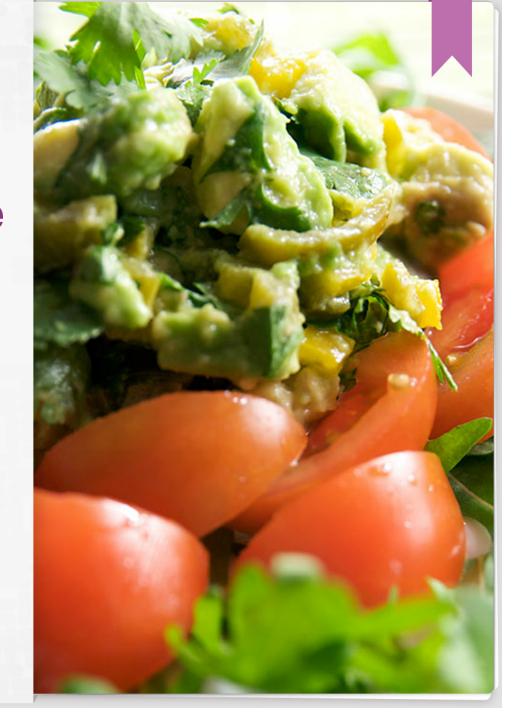
## The Need...

- Needs and gaps assessment at University of Alberta students and faculty, across Health Sciences Programs, identified a need for more knowledge and skills including counseling and behavior and lifestyle modification regarding nutrition and physical activity
- Canadian medical students identify similar concerns APNM 2010





# The Response





## The Response...

 Cross faculty representation – Medicine, Nursing, Pharmacy, Physical Education and Recreation, Agriculture Life and Environmental Sciences and Alberta Health Services partner to develop Wellness Rx for undergraduate health professional students





# **The Goal**





## The Goal...

- Create a program of studies to be integrated throughout undergraduate health sciences curricula
- Provide learners with KSA for nutrition and activity
- Actively engage learners with real world issues
- Provide practical tools and skills
- Support interprofessional function
- Guide learners on a path to improving their own health and that of their future clients (transformative)





# The Challenge



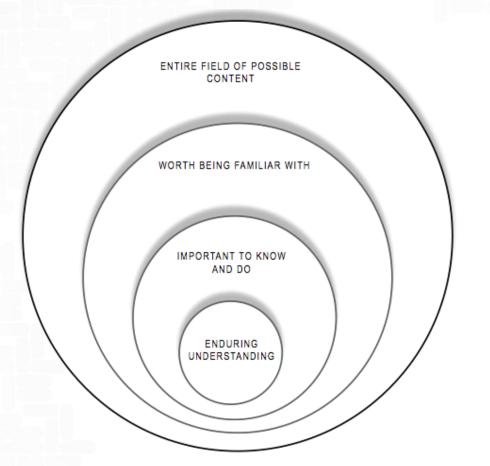


## The Challenge...

- How do you bring 8 faculty members from 4 distinct faculties to to build ONE program of studies?
- Guided by an expert in instructional design, a collaborative curriculum development process







#### WORTH BEING FAMILIAR WITH

Things we want student to "hear, read, view, encounter, research or otherwise encounter" (p. 9).

"Broad- brush knowledge" (p. 9).

#### IMPORTANT TO KNOW AND DO

"important knowledge (facts, concepts and principles) and skills (processes, strategies and methods)" (p.9).

"student learning is incomplete if the unit or course completed without the mastery of these essentials" (p.9)

#### ENDURING UNDERSTANDINGS

"understandings that will anchor the unit or course" (p.10).

"refers to big ideas, the important understandings, that we want students to "get inside of" and retain after they've forgotten many of the details" (p. 10).



# **Guiding Principles**

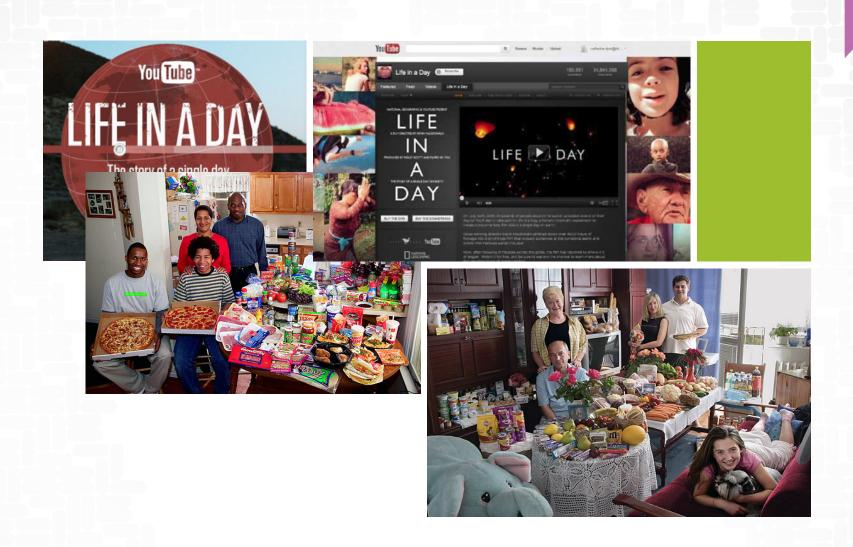




## **Guiding Principles...**

- Transformative
- Practical
- Relevant, real-world, problem based
- Active and authentic learning
- Accessible and flexible



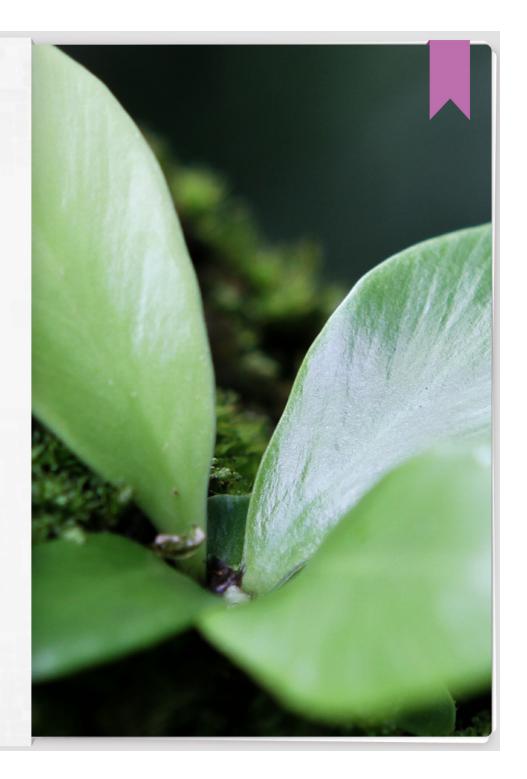


Deciding on an Approach to Educational Design:
Transformative Learning to Support Lifestyle Change



What is your story?





## What is your story?

- Using Narrative Inquiry to support Wellness learning
- Learning from the experience of others
- Narrative database
- Food for thought-guiding questions
- Being relevant to the student



## The Program Plan

#### WELLNESS Rx - a taste of wellness - program plan

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### Poland:

The Sobczynscy family of Konstancin-Jeziorna Food expenditure for one week: 582.48 Zlotys or \$151.27





### **United States:**

The Revis family of North Carolina (Sure hope most American families eat more fresh fruits and vegetables and less junk food than this family.)Food expenditure for one week \$341.98



# **Key Ingredients of Wellness Rx**

- A program: A targeted, interdisciplinary "education to practice" program. The program will be validated through ongoing and hardwired evaluation strategies across faculties and research will be undertaken relative to the educational intervention
- A center for knowledge transfer: support and develop a health focused and wellness filled community linking education (University of Alberta) and practice (Alberta Health Services). This virtual centerwill be the "go-to place" for relevant, timely, and credible nutrition information. It will be used by students, healthcare professionals and Albertans at large, supporting knowledge exchange and the knowledge user
- A community movement: Capacity generation and expertise amongst health professionals, with a center for knowledge transfer will provide the requisite focus to stimulate a community movement and effect a paradigm shift from illness to wellness



# **Next Steps**





## **Next Steps**

- Pilot in Medicine, Nursing, Dentistry and Pharmacy fall 2012
- Evaluation of the learning/teaching tool
- Educational research platform
- Build Center for Knowledge Transfer
- Community engagement



A Prescription for Good Health