A feasibility study to evaluate participant experience and perceived impact of a Culinary Medicine pilot course for doctors.

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Background
A growing body of evidence underpins dietary factors as a key determinant of chronic disease. Culinary Medicine (CM) education aims to equip doctors with tools and knowledge to integrate nutrition into clinical practice.

Aim
To establish whether CM meets learning expectations and can improve doctors’ self-perceived knowledge and confidence in addressing nutrition.

Methods
16 doctors registered for CM pilot modules. Utilising a flipped classroom approach, participants complete pre-course, online learning materials and a questionnaire assessing self-perceived nutrition knowledge and self-efficacy. On the day, participants prepare goal-specific nutritious alternatives to traditional meals under the guidance of professional chefs and dietitians. Facilitated group discussions explore application to clinical cases. 12 participants completed a post-course questionnaire to evaluate perceived impact of attending.

Figure 1: Clustered graph summarising subjective evaluation of 2 CM modules

Conclusion
CM meets participant learning expectations for those responding. Participants perceive improvements in knowledge and confidence in addressing nutrition. Conclusions are limited by small sample size and warrant further investigation.

Scope
CM provides opportunity for collaboration across culinary, nutrition and medical professions.

Using affordable, nutritious ingredients to cook and share with colleagues fits with recent nutritional guidelines highlighting the importance of food and its preparation rather than nutrient based recommendations.

CM offers a fun and practical addition to traditional nutrition education for health professionals, students and potentially for the public.