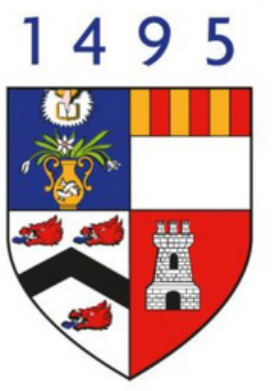


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Embedding Nutritional teaching in the MBChB curriculum; A win for patients, healthcare and the environment?

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Aim - This project aimed to investigate the impact of nutrition in pregnancy and the crucial role in child health outcomes by, making disease prevention through proper diet essential for maternal and child well being. With a focus on how sustainable medicine aids in preventing health problems before birth, helping reduce NHS strain and the environmental impact of preventable hospital stays. It was found that a Mediterranean diet was the most economical in terms of finances, health and the environment

Methods - A literature search was carried out using multiple databases including PubMed and Science Direct. Key words used were 'diet guidelines' 'child health outcomes' and 'maternal diet'. Twenty-three papers were studied from 2007 to 2024. An audit of nutrition teaching in the Y3 reproductive block at Aberdeen Medical School was carried out.

Results;

- Eating a western diet increases risk of delivering a small for gestational age baby (Knudsen 2007).
- Women eating a Mediterranean diet had lower risk of gestational diabetes, urinary tract infections, prematurity and low weight new-borns (Zaragoza-Martí et al. 2022).
- Women who gained insufficient weight during pregnancy had a higher risk of neonatal death (Chen et al 2009).
- Social deprivation is associated with reduced awareness of, and access to, healthy dietary choices.

Audit findings - Aberdeen Medical School's limited teaching included mention of 'optimising body weight, healthy lifestyle and exercise' as management for infertility and outlining the risks of alcohol, smoking and drugs to foetal development.

Outcomes and recommendations;

- Aim to increase staff and student awareness of the impact of diet on maternal and child health by adding this to the medical school curriculum.
- To Introduce turas teaching modules for clinical staff on the benefits of the Mediterranean diet for maternal health.
- Place poster displays in antenatal clinics, GP surgeries and mothers groups.



Figure 1; Home. (2023). The Mediterranean Diet: Good for your health and your hip pocket.

Conclusions - Adherence to the Mediterranean diet is linked with a reduction in adverse outcomes for Mother and baby such as decreased neonatal fatalities, gestational diabetes and UTI's. Figure one also shows the vast financial benefits of the Mediterranean diet. It is imperative that we teach and update information for medical students and Doctors on nutrition in pregnancy

References

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