

COMPETENCE -BASED PUBLIC HEALTH NUTRITION CURRICULA IMPROVEMEN

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Abstract

Albania is facing the double burden of malnutrition: an increasing trend of obesity prevalence since childhood; an increasing prevalence of diet related noncommunicable diseases (NCD); undernutrition and the challenge of micronutrient deficiencies in vulnerable groups such as children and women in the remote areas and with low social-economic status. Meeting need of the public for nutrition related services requires in service trainings and “production” from medical schools health professionals capable to face this need. The aim of this investigation was to highlight the relevance of the competence based public health nutrition curricula improvement in the education programs of medicine schools as a response to the need for improvement of Albanian population nutritional status and decreasing diet related NCD risk factors. This study was conducted through a critical review of existing curricula of Medicine Faculty and Nursing one of Tirana University; reviewing the health professionals competences regulatory framework, reviewing WHO and international experiences; updating the PHN related knowledge of academic staff and enabling them in development of competence based curricula; reviewing and better tuning of pre service education programs with those of continuous medical education programs. The life course approach was applied during the update and improvement of the PHN curricula addressing the impact of nutrition on health, development and welfare. Following the identified gaps and shortages between existing curricula and the required competences, the improvement of curricula and the use of them in lectures, seminars and practices was happened in the year 2012-2013 in Nursing Faculty and is going on at Medicine Faculty applying case based and interactive teaching techniques. This exercise indicated that competence based curricula was a real need to make possible educating students with knowledge, skills and attitudes in response to the need of the public for nutrition related services.

Key words: *nutrition, public health, curricula, competencies*