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Early Nutrition eAcademy Southeast Asia

eLearning for Healthcare Professionals



Frequently Asked Questions

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www.enea-sea.eu

Section 1: Southeast Asia's training needs in early nutrition

What does the Early Nutrition eAcademy Southeast Asia do?



The Early Nutrition eAcademy Southeast Asia (ENeA^{SEA}) develops innovative **e-Learning** primarily for **practicing doctors** (gynaecologist, obstetricians and pediatricians), **nutritionists and dieticians** in the field of **early nutrition in Southeast Asia**.

European Union, Thai and Malaysian partners are jointly developing science-based education, tailored to the needs of the Southeast Asian region. Our goal is to offer the latest recommendations for everyday practice, and in time to come maximise outreach to the wider healthcare community, including other Allied Health Professionals (AHPs) such as nurses and midwives.

ENeA^{SEA} offers:

- A curriculum modified to suit the specific public health concerns and professional requirements in Southeast Asia.
- e-Learning modules available in the English language.
- Individualized training packages to meet specific user's needs using a bespoke automated content matching processes (using "mass customization" software).

Who is the target audience of ENeA^{SEA}?

ENeA^{SEA} is designed for professional sub-specialisation and integration in pre- and post-graduate study programmes. The e-learning modules are primarily designed for practicing doctors (gynaecologist, obstetricians and pediatricians), nutritionists and dieticians working in the field of early nutrition.

What are the aims of the ENeA^{SEA}?

ENeA^{SEA} will address the burning need for development and implementation of a scientific evidence-based, unbiased and freely accessible e-Learning programme suitable for Continuing Medical Education (CME) and Continuing Professional Development (CPD) for practicing AHPs in South East Asia, with a focus on providing practical advice around early nutrition and lifestyle during the critical first 1000 days of development - pregnancy and the first two years of childhood.

ENeA^{SEA} thus contributes to the improving practical counselling competencies and clinical practice aimed at (pre-) pregnant women, and the parents of infants and young children. This fulfils the national and regional ambitions in reducing early nutrition and lifestyle related health problems and subsequently arising risks of suboptimal development, physical and cognitive abilities, and of diseases, particularly Non-Communicable Diseases (NCDs).



What are the first 1000 days of life?

The 1000 days include from conception to a child's second birthday and is a critical window with high receptibility for external influences such as nutrition and lifestyle. Those factors have a long term programming effect on an individual's risk for obesity and related Non-Communicable Diseases (NCDs).

What are Non-Communicable Diseases (NCDs)?

NCDs, also known as chronic diseases, are not passed from person to person. They are of long duration and generally slow progression. The four main types of non-communicable diseases are cardiovascular diseases (like heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructed pulmonary disease and asthma) and diabetes. The risk for NCDs can be markedly influenced by early nutrition and lifestyle in the first 1,000 days of life.

How could ENeA^{SEA} project help improve health problems in the Southeast Asia region?

There is an alarming increase in health problems related to early nutrition and lifestyle in the Southeast-Asian region. There are no effective and evidence-based education programmes for allied health professionals in the area of early nutrition and lifestyle, particularly for gynaecologists, obstetricians and paediatricians.

ENeA^{SEA} will address these problems through an innovative early nutrition and lifestyle e-learning programme, developed by EU, Thai and Malaysian partners to meet the local requirements of SEA AHPs for CME and CPD.

Why should Health Care Professionals choose e-Learning for continuing education?

e-Learning has been proven to be most convenient and cost-efficient for busy health care professionals who want to access lifelong learning. Some of the benefits of e-Learning include: ability to catch up with latest scientific evidence-based recommendations from most recent research while saving time and cost for travel, easy access from various places or devices and study at the user's own pace.



e-Learning: anytime, anywhere, anyone

Section 2: Consortium partners

Who are the research institutions that form the project consortium?

The consortium consists of leading experts in the field of early nutrition and e-Learning from 9 institutions from Southeast Asia and Europe:

Southeast Asia

Thailand

1. Chulalongkorn University
2. Mahidol University
3. Nutrition Association of Thailand

Malaysia

1. University of Malaya
2. Universiti Kebangsaan Malaysia
3. Nutrition Association of Malaysia



European Union

Germany

1. Ludwig-Maximilians-Universität München

United Kingdom

1. University of Southampton

Romania

1. University Politehnica of Bucharest

Partner 1 Coordinator: Ludwig-Maximilians-Universität München (LMU)

LMU takes a role of the ENeA^{SEA} project coordinator. The LMU team is led by Prof. Berthold Koletzko, Head of the department of Metabolic Diseases and Nutritional Medicine, Dr. von Hauner Children's Hospital and Dr. Brigitte Brands who has several years of experience in scientific management of international collaboration and EU-funded projects. The team comprises Rungrawee Loipimai (Project Manager), Rebecca Spörl and Ashley Haberman-Lawson (scientific writing and instructional design), Johannes Albert (e-Learning platform expert).

As a project coordinator, LMU is responsible for keeping the project organized and running smoothly. The roles of LMU are:

- coordination and management of the ENeA^{SEA} project by implementing its renowned expertise in early nutrition and lifestyle during pregnancy, metabolic programming of later health and diseases research which was portrayed in the previous global e-Learning EU-funded project (ENeA^{global});
- technically host and implement the e-learning platform on the LMU in collaboration with eUniversity LMU (based on Early Nutrition eAcademy - ENeA^{global});
- Strategic planning for dissemination, exploitation, and sustainability together with University of Malaya as well as establishing international network to serve the plans
- Leading e-platform and module development/ scientific writing based on ENeA^{global}
- Keeping track of work progress on timelines and controlling the budget

LMU also leads Work Package 1 (Current-state and to-be analysis) and Work Package 7 (Project Management) and works closely with the University of Malaya on dissemination and exploitation activities to increase awareness of the project results to relevant target groups and stakeholders in Southeast Asia.

Partner 2: University of Southampton (UoS)

The University of Southampton (UoS) is one of the EU consortium partners. The team at UoS comprises Prof Keith Godfrey and Prof Philip Calder (nutrition specialists) and Dr Sunhea Choi (eLearning/eHealth), from the NIHR Southampton Biomedical Research Centre, University of Southampton and University Hospital Southampton NHS Foundation Trust and the Human Development and Health Academic Unit, Faculty of Medicine.

The UoS' main roles are: contributing to the LMU led current-state and to-be-state analysis; curriculum development of SEA modules (adaptation and new), and review of the module contents and instructional design; development SOPs for module adaptation and development; leading the Malnutrition eLearning programme adaptation; leading the training WP (WP5) and facilitating the eLearning capacity building within the consortium; and contributing to the project dissemination and management activities (through chairing Distance Learning Expert Board (DLEB) and as members of Project Steering Committee and Scientific Content Panel).

Partner 3: University Politehnica of Bucharest (UPB)

University Politehnica of Bucharest (UPB) is the largest and the oldest technical university in Romania and one of the most prestigious universities in the country. The Natural Language Processing team at UPB involved in the ENeA project consists of professors, researchers and students lead by Prof. Stefan Trausan-Matu and Assoc. Prof. Mihai Dascalu. The team's activity consists of research and development of software products to support and analyse natural language communication, mainly in chat conversations, discussion forums, Massive Open Online Courses, and social networks.

The team has experience in Natural Language Processing, Discourse Analysis, Learning Analytics, Collaborative learning supported by Computer-Assisted Collaborative Learning, as well as interdisciplinary research in the following areas: knowledge and ontology-based systems, semantic web, formal semantic specifications of web services, text mining and social networks. All these areas of research involve a deeply interdisciplinary dimension. The laboratory's research activity has been materialized in over 400 publications (out of which more than 115 indexed in Thomson Reuter's Web of Knowledge) and over 3,000 citations. The team has been involved in multiple projects and collaborates with universities from France, USA, Germany and Netherlands. Our aim is to develop advanced software solutions, and amongst our latest products we announce the open-source advanced Natural Language Processing framework ReaderBench (<http://readerbench.com>), which encapsulates multiple computational linguistics based on discourse analysis.

Partner 4: Chulalongkorn University (CU)

With the initial collaboration from Associate Professor Sungkom Jongpiputvanich (Pediatric nutrition), Associate Professor Unnop Jaisamrarn (International affairs) and Assistant Professor Pokrath Hansasuta (Education Innovations and IT); Chulalongkorn University (CU) is one of the two consortium partners of the project from Thailand.

There are eight working members from CU team, led by Associate Professor Sungkom Jongpiputvanich and Associate Professor Sirinuch Chomtho (CU Special Task Force for Activating Research) who are responsible for the project management and scientific content direction. From the Department of Paediatrics, there are three scientific writers (Dr. Chonnikant Visuthranukul, Dr. Jaraspong Uaariyapanichkul and Dr. Orapa Suteerojtrakool) and one DLEB member (Ms. Naipapohn Chuenmeechow). From the e-Learning Unit, Division of Education Innovations and IT; there are two DLEB members (Ms. Naiyana Nujankaew and Ms. Janya Sukhapan) who are responsible for the instructional design and distance learning components.

The team's roles in the project are:

- To survey and assess Thai HCPs needs concerning education within the field of early nutrition and lifestyle.

- To review and adapt the ENeA^{Global} existing modules to specific needs and settings in Thailand (Module 1: Nutrition and lifestyle during pregnancy) as well as the University of Southampton Malnutrition programme.
- To lead the WP3: Curriculum development and creation of the new e-learning module about complementary feeding
- To establish and expand ENeA^{SEA} community in Thailand and Southeast Asian region.

They also hosted the 1st Biannual Meeting and Training Week 1 at the Faculty of Medicine from 13th-19th November 2017.

Partner 5: Mahidol University (MU)

Mahidol University is one of the two Thai partners in this project. The team consists of 7 persons as follows: Assoc. Prof. Umaporn Suthutvoravut (as PI), Assoc. Prof. Nalinee Chongviriphan (as Deputy PI), 2 writers (Asst. Prof. Chatchay Prempunpong and Asst. Prof. Oraporn Dumrongwongsiri), 2 DLEBs (Boonpraserd Treerayapiwat, Sujitraporn Ratanarom), and Suthida Chatvutinun.

The team has been involved in analysis of the situation and assess the needs for Thai health professionals, adaptation of the existing e-learning modules including the University of Souththampton malnutrition program for healthcare professionals, implementation of e-learning modules of ENeA-SEA into the medical education and CME/CPD training at universities and hospitals in Thailand.

The team leads the Work Package 2 (Adaptation of existing e-learning contents and formats for ENeA-SEA). The team is responsible for adapting one of the existing e-learning modules, which is the module entitled Breast Milk Substitute (the original title is Infant Formula Feeding). The team has been involved in the creation of new e-learning contents and features led by the team from Chulalongkorn University; the new e-learning module is entitled Complementary feeding.

The team has also been involved in the platform design in collaboration with the partners from Malaysia and Thailand.

Partner 6: University of Malaya (UM)

The University of Malaya (UM) is one of two consortium partners from Malaysia. The team at UM comprises eight persons, led by Prof Christopher Boey and Prof Ng Chirk Jenn. There are five members from the Department of Paediatrics (Prof Dato' Dr Christopher Boey, Prof Lucy Lum, A/Prof Choo Yao Mun, Dr Ng Ruey Terng and Dr Azanna Ahmad Kamar), two from the Department of Primary Care Medicine (Prof Dr Ng Chirk Jenn, Dr Lee Yew Kong) and one from the Academic Enhancement and Leadership Development Centre (ADeC) (Dr Zahiruddin Fitri Abu Hassan).

The team's roles can be divided into three areas. The first is content adaptation and development where UM leads one of the module adaptations (Module 4: Preterm Nutrition)

and are writing content for a brand-new module. Secondly, they co-lead the Dissemination Workpackage with LMU and work to promote the ENEA^{SEA} project at national and international levels. Lastly, they work on platform design where to develop the ENEA^{SEA} Moodle platform with the Thai partners; servers for ENEA^{SEA} will be hosted on UM's campus in Kuala Lumpur.

They also hosted the 2nd Biannual Meeting and Training Week 2 at the Faculty of Medicine from 19-24 March 2018.

Partner 7: Universiti Kebangsaan Malaysia (UKM)

Universiti Kebangsaan Malaysia (UKM) is one of the consortium partners from Malaysia. The team at UKM comprise 7 persons. Led by A/Prof Dr Tang Swee Fong and Prof Dr Cheah Fook Choe (from the Department of Paediatrics), the other team members are Dr Joyce Hong (Department of Paediatrics), Prof Dr Poh Bee Koon (Faculty of Allied Health Sciences), Prof Mohamed Amin Embi (Centre for Teaching and Learning Technologies), A/Prof Dr Azmi Mohd Tamil (Department of Community Medicine) and Dr Muhammad Helmi Norman (Faculty of Education).

The main roles of the team members include:

1. Development of the curriculum for ENEA^{SEA}
2. Content adaptation and development of the modules where UKM was the lead for Module 2 on Breastfeeding
3. Development of a new module on complementary feeding
4. Planning the instructional design for the modules
5. Participating in the platform design
6. Dissemination of the final modules at a national and international level
7. Training of trainers on the use of the modules designed

Partner 8: Nutrition Society of Malaysia (NSM)

Nutrition Society of Malaysia (NSM) is a non-profit professional organisation of Nutrition in Malaysia and has a broad membership comprising more than 500 professional members. NSM is one of the two partners representing the professional body in this project. The NSM team is led by Dr Tee-E Siong together with Dr Roseline Yap Wai Kuan and Dr Wong Jyh Eiin.

As a consortium partner of ENEA-SEA representing the professional body, NSM has two major roles:

1. To review the developed e-Learning module content so that the recommendations are in line with the existing national and international policies and guidelines; and
2. To support the dissemination and networking activities of the project in order to make the developed resources available to and are easily accessible by all members and associated members.

In addition, NSM is also committed to contribute in providing input on the strategic plans for sustainability and exploitation measures during the lifetime and beyond the project's duration.

Partner 9: Nutrition Association of Thailand (NAT)

Nutrition Association of Thailand Under the Patronage of Her Royal Highness Princess Maha Chakri Sirindhorn (NAT) was established in 1965. It is a non-profit professional organisation having around 2,500 members who work or are interested in the field of nutrition. Its objectives include to contribute for better nutritional and food status of the country as well as to support and publicize the science of nutrition.

The principal roles of NAT in the ENeA^{SEA} project are:

- 1) To comment on the contents of learning modules as a part of the Scientific Content Panel (SCP); and
- 2) To disseminate the modules to Thailand's healthcare professionals and public.



Consortium partners at the Munich Summer School, August 2018

Section 3: Project duration, history and funding body

What is the project duration?

The ENeA^{SEA} project started on October 15th, 2016. The project will last 36 months and is anticipated to end on October 14th, 2019.

What is ENeA^{SEA} built upon?

The ENeA^{SEA} project benefits greatly from the outcomes/networks (scientific/clinical experts, dissemination, exploitation) established through previous EU-funded projects (Horizon 2020 Dynahealth, FP7 Nutrimenthe, FP6 Tornado, FP6 Eurreca), and two other projects coordinated by LMU Munich and on work established in the context of the Early Nutrition eAcademy (ENeA; www.early-nutrition.org).

- EARNEST (FP6, 38 partners, 13,4 Mio EUR): investigated how early nutrition programmes later metabolic health and disease risk.

- EarlyNutrition (FP7, 35 partners from EU, USA and Australia, 9 Mio EUR): this project investigated long term effects of early nutrition on obesity and related disorders and ended Jan 2017. Evidence- based recommendations for (pre)pregnant women, infants and young children) were the key outcomes that were fed directly into ENeA^{SEA} module development. In the context of EarlyNutrition, the Early Nutrition eAcademy Global (ENeAGlobal) was established to develop new e-Learning modules and review their content. Existing ENeA^{Global} modules and basic technical infrastructure serve as a secure basis to implement the ENeA^{SEA} platform. <http://www.project-earlynutrition.eu>

Who funds ENeA^{SEA} project and how much is the budget?

The ENeA^{SEA} project receives grant in total of 930,204.8 € from the European Union Erasmus+ Programme as a Capacity-Building for Higher Education project.

What is the Erasmus+ Capacity-Building for Higher Education Programme?

Capacity-building projects are transnational cooperation projects based on multilateral partnerships, primarily between Higher Education Institutions (HEIs) from Programme and eligible Partner Countries. They can also involve non-academic partners to strengthen the links with society and business and to reinforce the systemic impact of the projects.

Through structured cooperation, exchange of experience and good practices and individual mobility, capacity-building projects aim to:

- support the modernisation, accessibility and internationalisation of higher education in the eligible Partner Countries;
- support eligible Partner Countries to address the challenges facing their higher education institutions and systems, including those of quality, relevance, equity of access, planning, delivery, management and governance;

- contribute to cooperation between the EU and the eligible Partner Countries (and amongst the eligible Partner Countries);
- promote voluntary convergence with EU developments in higher education;
- promote people-to-people contacts, intercultural awareness and understanding.

To know more about the **Erasmus+ Capacity-Building for Higher Education Programme**, please click [here](#).

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