

## Enhanced knowledge and skills of professional caregivers, cooks and ready meals suppliers to improve food and nutrition in healthcare

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### Background

A successful implementation of the first common European program of EIP/AHA, translating an integrated approach to nutritional frailty in terms of a multi-dimensional and transnational methodology, very highly depends on the interprofessional collaboration between care staff and kitchen staff.

This requires an increased awareness, an inter-professional training and an interdisciplinary life-long-learning approach. Transnational cooperation is needed to share knowledge and experience in cultural differences in food and cooking processes.

Furthermore, the aging population and current migration flows in Europe, stress the importance of transnational trained staff to implement this vision, including Primary Food Care, and to tackle malnutrition in health care.

### Aim

This project aims to prepare chefs and other healthcare workers to become experts and trainers in primary food care

### Methodology

The Karel de Grote University College (Antwerp, Belgium), in collaboration with the Center for Gastrology (Leuven, Belgium) is leading this initiative, with the support of the European Social Fund (ESF). Transnational active partner is Federico II University and Hospital, Health Campus & Endocare Network, Campania EIP-AHA Reference Site, Naples (Italy).

We are establishing a Trans-national University of Applied Sciences in Gastrology and Primary Food Care Program, comprising a cluster of flexible trainings for chefs, nurses, nurse aides and other healthcare professionals who are involved in the daily care for food.

We will offer a cluster of flexible training programs, including teasers (3 hours), workshops, one-day-trainings, short modules, shared care plans, summer courses and transnational transfers of knowledge and best practices. Most courses are offered in the train-the-trainer concept.



### Results and current status

The ultimate result is the international concrete application of the integrated vision on the nutritional approach to frailty in primary health care settings, with measurable effects in patients and elderly at risk for malnutrition.

Furthermore, these training programs might lead to better employability in the catering systems of future health care institutions where hospitality, freedom of choice and mealtime experience are key.

### Collaborations that are welcome/needed

Relevant national and transnational partners that are already involved in the design and implementation of the innovative practices outlined in this project are Odisee University College (Belgium), VTI Hotelschool Leuven, HungerNdThirst Foundation Amsterdam, Frankelandgroep Rotterdam and Brabantzorg Oss (The Netherlands).

We are currently consulting with Medical University of Graz (Austria) and the European Institute for Local Development (EILD), a Greek NGO.

### Affiliations

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