

The Nutrition Society Launches a Monthly Journal Club

The Nutrition Society is pleased to announce the launch of a new Journal Club (NSJC), aiming to promote discussion and engagement with the latest research.

Critical appraisal skills, keeping up-to-date with the latest evidence-based research, and the interpretation and communication of research findings are key skills for nutrition professionals. With nutrition receiving an increasing amount of interest from policy-makers, the press, and the public, there is a need to advance nutrition science through evidence-based practice and research that meets rigorous scientific standards.

The need for informed practice of nutritional science and skills has perhaps never been greater. The increasing burden of non-communicable diseases is placing the spotlight firmly on diet and lifestyle interventions. In addition, inflammatory headlines and the misrepresentation of nutritional science in the media generates public confusion, with some 61% of adults citing changing advice from so-called 'experts', as one of their biggest causes of confusion.¹

Dietitians and other nutrition professionals play a key role in helping to translate and disseminate nutritional science among healthcare peers and the public. Nutrition research is constantly evolving, which can lead to a lack of confidence in the science surrounding new or evolving topics and provide a barrier to integrating knowledge into practice. Emerging scientific evidence appears particularly vulnerable to misinterpretation, with a recent review on the

integration of nutritional genomics into dietetic practice finding that low awareness and a lack of confidence in the science were two key factors hindering dietetic engagement with the topic.² Continuing Professional Development (CPD) is therefore key, and plays an important role in the Nutrition Society's central aim of advancing nutritional science.

The Journal Club, launched on 26th February 2019, is open to all Society members and will cover a range of different topics over the coming months. Each month, one recent paper is selected for discussion during the course of a one-hour webinar session facilitated by a nutrition professional with expertise in the topic area. The papers will typically be the most recent Paper of the Month selected from one of the Society's journals, or an open access paper from another relevant journal.

With over 100 members from around the world registering for the first session, we were delighted to receive positive feedback from attendees, including:

"Really enjoyed the session and found it very useful in terms of critically reviewing a journal article."

"Thank you, this was extremely enlightening as part of my.... studies."

Dr Bernard Corfe, Honorary Programmes Officer, who is leading on this new initiative said: *"The Journal Club aims both to support*

the process of keeping up-to-date with the latest research in nutrition, and at the same time fostering and developing the critical appraisal skills that are central to understanding the strengths and limitations of statements and claims in published research. Reading in this critical way also improves the quality of science that we undertake ourselves, enriching the design and interpretation of our own work."

The Journal Club is endorsed for CPD by the Association for Nutrition (AfN). In addition to the Journal Club, the Society offers a rolling programme of lunchtime webinar sessions available for both members and non-members.

The Training Committee are always looking for feedback and ideas. Contact Jade Mitchell at: training@nutritionandsociety.org with your ideas or visit the events and training section on the Society's website for details of upcoming CPD opportunities.

References: 1. British Nutrition Foundation (2018). Mixed messages from health and news sources leave UK adults confused about nutrition. Accessed online: www.nutrition.org.uk/press-office/press-releases/1156-mixed-messages.html (Mar 2019); 2. Abrahams M, et al. (2016). Factors determining the integration of nutritional genomics into clinical practice by registered dietitians. Trends in Food Science and Technology; 59: 139-147.

2019 Events Calendar

- May:**
- **2 May**, 09:00 – 17:00: Advanced statistics for Nutrition Research, London
 - **10 May**, 12.30 – 13.30: NSTA, 'The optimal diet – so many pieces to that pie!' with Professor Eric Rimm
- June:**
- **4 June**, 13:00 – 14:00: NSTA, 'Nutrient type and timing for optimal output', with Dr Javier Gonzalez
- July:**
- **18 July**, 13:00 – 14:00: NSTA, 'Personalised nutrition: facilitating healthier dietary choices', with Professor John Mathers
- October:**
- **15-18 October**, FENS 2019, Dublin: 'Malnutrition in an obese world.'
- Super early bird registration for the 13th European Nutrition Conference is now open, available until 8 May 2019.**

All registration fees and early bird deadlines can be found at:

www.nutritionandsociety.org/events/training

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www.nutritionandsociety.org

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