

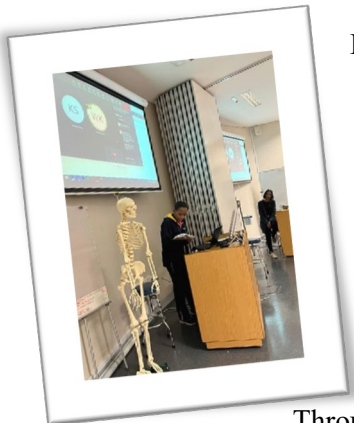
IPE ENGAGEMENT ACTIVITY

REPORT ON IPE ENGAGEMENT ACTIVITY (HMS AND HND)

On the 28th of May, an interprofessional education (IPE) engagement activity was conducted between third-year students from the Biokinetics and Human Nutrition and Dietetic departments. The objective of the activity was to provide students with an opportunity to interact with Shazneen, a professional adolescent tennis player, and explore the bio-psycho-social determinants of health, nutrition, and performance enhancement. The event was organized to promote collaboration and develop comprehensive patient/client-centered plans for optimal recovery and performance.



The activity commenced with an engaging session where the students had the privilege to ask Shazneen questions related to the factors that influence health, nutrition, and performance in her field. The discussions delved into various aspects, including physical training, psychological well-being, social support, and the role of proper nutrition in enhancing performance. Shazneen's insights provided valuable perspectives on the challenges faced by professional athletes and the importance of a multidisciplinary approach to their care.



Following the interactive session, the students were divided into groups comprising a mixture of biokinetic and dietetic students. The purpose of this grouping was to encourage interdisciplinary collaboration and enable students to draw upon their respective knowledge and skills. Each group was tasked with developing a comprehensive patient/client-centered plan tailored to facilitate optimal recovery and performance for a hypothetical athlete.

Throughout the planning process, the students utilized the principles of interprofessional collaboration, incorporating inputs from both disciplines to create well-rounded plans. The biokinetic students contributed expertise in exercise prescription, injury prevention, and rehabilitation, while the dietetic students offered insights into personalized nutrition planning, dietary requirements, and performance enhancement through proper fuelling. The resultant plans showcased the students' ability to work together and address the holistic needs for performance and health enhancements.

In the concluding phase of the activity, the groups presented their patient/client-centered plans to the class. This provided an opportunity for students to share their ideas, learn from their peers, and receive feedback from the facilitators. The presentations demonstrated the significance of a multidisciplinary approach in formulating well-rounded and comprehensive plans that encompassed the bio-psycho-social determinants of health, nutrition, and performance. The IPEC core competencies for IPE framework was used to evaluate engagement.



It is important to note that the event took place amidst a sombre atmosphere, as the participants observed a moment of silence to honour the tragic passing of Mrs. Michelle Butler, the IPE chairperson. Her absence was deeply felt, as she had been an instrumental figure in fostering interdisciplinary collaboration and promoting patient/client-centred care. Her dedication and motivation were greatly missed during the engagement activity.

The successful execution of this IPE engagement activity would not have been possible without the efforts of the facilitators: Ms Tracey Hutton, Mr Mteteleli Biko, and Dr Aayesha Kholvadia. Their guidance, knowledge, and support contributed to the smooth flow of the event, ensuring an enriching experience for all the students involved.



Additionally, special appreciation goes to the colleagues from the Human Nutrition and Dietetics department for generously providing catering services. Their contributions added a delightful touch to the event and facilitated a conducive environment for networking and collaboration among the students.

To summarise, this IPE engagement activity between the Biokinetics and Human Nutrition and Dietetic departments served as a platform for students to interact with a professional athlete, develop interdisciplinary collaboration skills, and create comprehensive patient/client-centred plans. The engagement underscored the importance of a multidisciplinary approach in promoting the best patient or client-centred care. As the saying goes, "Teamwork makes the dream work," and in the context of healthcare, embracing a multidisciplinary approach ensures the holistic well-being and optimal outcomes for patients and clients.