

Tutor Guide

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1. Introduction

This document is prepared for educators who are interested in using the ENeA SEA e-Learning platform as part of their teaching or curriculum delivery. It provides guidance and examples of effective utilization of ENeA SEA modules in medicine and other allied health science curricula and also introduces the features available for educators.

2. ENeA SEA platform

The ENeA SEA platform offers interactive learning modules and educator/tutor support materials; and they are as follows.

Standardised e-Learning modules

The ENeA SEA platform has 6 e-Learning modules offering a standardised curriculum:

- Nutrition & Lifestyle during Pregnancy
- Breastfeeding
- Breast Milk Substitutes
- Nutritional Care of Preterm Infants
- Malnutrition
- Complementary Feeding

Each module consists of 3-5 Units and each Unit has: self-assessment tests, lessons and supplementary learning materials.

Customized e-Learning module

In addition to the standardised eLearning modules, the platform enables the user to create a customized learning module that meets their individual learning needs.

Tutor Area

The platform has a Tutor Area set up to support educators. A set of toolkits, question bank, case studies and easy to use e-Learning tools, have been developed and made available to educators.

3. Preparation to benefit from the platform

If you are new to the platform, we recommend that you go through the following preparatory steps.

1) Create a user account

In order to access and use the e-Learning modules, you need to create an account. Afterwards you can choose the module(s) you would like to register on. This will also help you guide your students/trainees. Creating an account uses double authentication method for security. The user needs to confirm their registration through the verification link automatically generated and emailed to the user. Please remind your students/trainees about the completion of the authentication process in order for them to access the e-Learning modules.

2) Complete e-Learning module(s) yourself

It will be useful to familiarize yourself with the module or modules that you intend to use for your students/trainees. This will allow you to understand the scope of the modules and materials available at your disposal.

It is also a good idea to complete the module(s) to the CME certification point to understand how the lessons are structured so that you could design the learning appropriate to the level of learners and what the system could provide.

Within the lessons, there are assessment questions that the learners need to answer for them to be able to obtain the certificate. As a tutor, you will need to know the answer to those questions to inform your learning design.

3) Think about how you would like to integrate the module into your classes

Learning can only be effective (in any situation, not just here) if the educator properly defines the learning outcomes and how the students will be assessed based on the learning outcomes. Before you begin, ask these questions:

- What challenges/issues do you want to tackle/solve/improve?
- What do your students/trainees need to learn?
- How will you assess their learning?
- How would you like to integrate the modules into your teaching?

Often times educators can see areas of teaching and learning that can benefit from a technology-enhanced/enabled intervention. The educator may want to try

something new that could enrich student learning experience. Sometimes students want user-friendly technologies/tools that could support their learning on their mobile phones or other devices that they have at their disposal. They could be in the lookout for supplementary study materials that could help them with comprehension and understanding of a topic that they are interested in.

These needs can be met by the ENEA SEA e-Learning modules that are freely available. You, the educator, can benefit from the availability of teaching materials that have been developed and ready to use without having to spend much effort in creating and curating the resources.

As an educator, working on predefined curriculum, the learning outcome can normally be referred in the curriculum documentation at the program and course levels. This shall be the basis of any learning design the educator wishes to develop inclusive of the learning materials that will be used to support the learning design. Once the learning outcome has been established (the what-do-the-students-need-to-learn part) especially at the course level and the educator finds that the eLearning module supports the stated learning outcome, then the educator could start the process of integrating the materials into the learning design for the learners.

The next question the educators need to tackle is not what the content/materials for learning will be, but actually the assessment of the learning needed to be determined. This step needs to come before creating the content because unless the assessment is designed first, the content can't be effectively designed to align with the requirement of the learning outcome and the assessment.

The definition of success especially in an outcomes-based education is measured by whether the learners achieves the stated outcome. The measurement will come in the form of assessment, thus necessitating the design of assessment to come first before the content.

The content/materials and the learning experience the underpins the assessment is defined and chosen to achieve the learning outcome. Examples of the learning experience design can be found in the Application chapter.

4. Utilizing ENeA SEA modules for teaching and learning

To help you picture how the modules may fit into your curriculum, we have prepared the following 3 use case scenarios: flipped classrooms (Scenario 1), customized curriculum for blended learning (Scenario 2), and problem-based or self-directed learning (Scenario 3).

SCENARIO 1	Selecting a module for student self-study and followed by facilitated face to face case-based discussion
Scenario elements:	<ul style="list-style-type: none"> - Course elements: ENeA SEA Module 2 Breastfeeding - Students: Practicing Nurses - Approach: Blended learning
Description	<p>Wan is a lecturer in pediatrics and wants to teach her students about lactation management. Previously, she taught the topic through face to face lectures. Now using the ENeA SEA platform, she assigns her students “Module 2: Breastfeeding” which they have to complete before the class by bringing the certificate of completion.</p> <p>In order to apply what students have learnt, she then breaks the students into groups to discuss case scenarios which they present to the class.</p>

SCENARIO 2	Using a customised module and integrate with blended learning in classroom discussion session.
Scenario elements:	<ul style="list-style-type: none"> - Course elements: ENeA SEA Customized Curricula - Students: Undergraduate medical students - Approach: Blended learning
Description	<p>Dr. Joyce is a lecturer in pediatrics who has been given a very specific topic to teach during the undergraduate pediatric posting. She wants to teach on the macro- and micronutrient requirements in pregnancy. However, she does not have time to scroll through each module to look the relevant sections.</p> <p>She uses the customized curriculum section of the website to search for lessons that relate to these topics.</p>

	Once she has identified the lessons, she informs the students to go through these specific lessons before the class.
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SCENARIO 3	Using case studies to facilitate problem-based-learning in the classroom.
Scenario elements:	<ul style="list-style-type: none"> - Course elements: Case scenarios available under the ENeA SEA Tutor Toolkit - Students: Postgraduate medical students - Approach: Problem-based-learning
Description	Prof Boey is a lecturer who is teaching problem-based learning sessions on early nutrition. In the classroom, using case scenarios available in the ENeA SEA Tutor Toolkit section, he gives each group of students a case to discuss. He provides discussion resources by letting the students know the relevant lessons in the ENeA SEA modules where they can access information that will help with the case. He also encourages them to search for information online in journals and evidence-based websites to strengthen their approach to the problem.

5. How to use/utilise Tutor Toolkits

In addition to the ENeA SEA eLearning modules, we have developed question bank, case studies and easy to use e-learning tools for tutors/educators. If you are a tutor/educator, please continue to read this section so that you can find out what they are and how you can use them.

With these resources we aim to support you to devise and implement an effective teaching and learning strategy appropriate for your context. Our expected outcomes include active learner centred learning through blended teaching and learning and enhanced student learning experience in early nutrition. We also anticipate these will help you increase the topics you teach in the same teaching time and/or reduce teaching time for the same number of topics that are currently taught face-to-face only.

1) Question bank

We have prepared a set of questions, consisting of multiple choice, true/false and open questions, for each module unit. We packaged the questions per unit separately in a Word document so that you can download what you need. Each question has the correct answer, explanation and information about related lesson(s).

Welcome to Question Bank

Choose the unit you would like to download questions for and click the "Download".

Question Bank Index

Module	Unit	Question type			
		MCQ	True/False	Open question	
Module 1: Nutrition and Lifestyle in Pregnancy	Unit 1: Maternal Metabolism and Fetal Growth & Development	4	2	-	Download
	Unit 2: Conceptual Nutritional Advice	3	2	-	Download
	Unit 3: Special Nutritional Considerations	3	2	-	Download
	Unit 4: Lifestyle in Pregnancy	3	2	-	Download
	Unit 5: Nutritional Aspects of Common Pregnancy Complications	4	1	-	Download
Module 2: Breastfeeding	Unit 1: The practice of breastfeeding	5	-	-	Download
	Unit 2: Current Knowledge of the Benefits of Breastfeeding	3	2	-	Download

The question bank requires login and password, and its access is strictly limited to tutors/educators only. You can download and use these questions in a face-to-face teaching before or after students take related SEA module(s). You can use the questions either as part of your teaching session or as a formative assessment. If you are using PowerPoint and prefer a low technology solution, you can incorporate the questions to your PowerPoint slides and ask your students to answer each question – either independently or as a group. If you are familiar with quiz tools or are keen to try our recommended easy-to-use eLearning tools, implement the questions in your chosen interactive quiz tool.

If you choose to implement the downloaded questions as an interactive quiz using a freely available quiz tool such as Kahoot, please consider sharing the quiz with other tutors/educators. Visit the e-learning tools section to find out freely available, easy-to-use tools. We shared a small sample of useful web 2.0 tools such as Socrative and Kahoot, as well as Google Forms and Microsoft Forms for polling and surveys.

2) Case studies

Scenario-based case studies are available for 4 ENeA SEA modules: nutrition and lifestyle in pregnancy, breastfeeding, breastmilk substitute and nutritional care of preterm infants. The complementary feeding and management of malnutrition modules have been developed as being scenario-based, and you can choose case scenarios that you would like to use in your teaching from the modules.

Each module has a case scenario and a case has multiple scenes. The same characters in one case may appear in other module case scenarios; for example,

Mariam in the pregnancy module appears in the breastfeeding module with her son, Chris.

Each scene has questions that could be posed together with the case scenario and related unit/lesson and key topics.

There are various ways you can utilise the case scenarios, such as face-to-face case-based teaching, or self-directed supportive learning for assignment.

For face-to-face case-based teaching, you can ask students to complete the ENeA SEA module/unit relevant to the teaching session prior to the teaching. Then you can divide students into groups and ask them to come up with group answers for each question and their reasons. Alternatively, you can recommend that students complete the module/unit after your face-to-face case-based teaching and test their knowledge briefly using the module/unit questions available in the Question Bank section.

In addition, you can use a case scenario as a formative assignment before your face-to-face teaching. You can ask students to answer full or part of case scenario questions before the teaching session and they can use related SEA module/units to prepare their answers.

As the case study questions are open-ended, if you are using PowerPoint slides you can embed selected scenarios and questions into these for your teaching session.

3) E-learning tools

We have selected easy-to-use e-learning tools that may be helpful to you. The e-learning tools section introduces Socrative, Kahoot and Google Form and describes what you can use them for. You can use these tools to facilitate interactive learning in a face-to-face teaching session or self-directed learning. First consider what activities you would like to engage your students with and then choose a tool that will enable you to implement and facilitate the activities easily and effectively. Please let us and other tutors/educators know what you used the tools for and whether they were helpful. And if you know other easy-to-use tools useful for

Welcome to Case Scenarios

Choose the module case scenarios you would like to download and click on "Download".

Module	Case	Scenarios and questions for:	Documents
Module 1: Nutrition and Lifestyle in Pregnancy	Case: Mariam, healthy 28-year-old, primigravid, normal pregnancy.	<ul style="list-style-type: none"> • Maternal influences on fetal development • Gestational weight gain • Nutrition in pregnancy • Micronutrients in pregnancy • Foodborne infections 	Download
Module 2: Breastfeeding	Mariam, healthy 28-year-old, new mother, normal delivery, first child.	<ul style="list-style-type: none"> • Nutrition in lactation • Composition of human milk • Initiating and establishing breastfeeding • Infant feeding cues • Adequate feeding • Contraindications / barriers to breastfeeding • Expressing and storing breast milk • Workplace factors in breastfeeding • Health benefits of breastfeeding • Commencing complementary feeding 	Download
Module 3: Breast Milk Substitute	Kanya, healthy 26-year-old, breastfeeding her 2-week-old baby.	<ul style="list-style-type: none"> • Medical indications for use of BMS • Formula preparation and bottle hygiene 	Download
Module 4: Nutritional Care of Preterm Infants	Adam, born premature at 27 weeks, birth weight	<ul style="list-style-type: none"> • Special nutritional needs of the preterm infant and extrauterine growth restriction (EUGR) • Complications of enteral feeding, NEC, 	Download



teaching, share the information with us and other tutors/educators. Visit the e-learning tools page and try out the recommended tools.