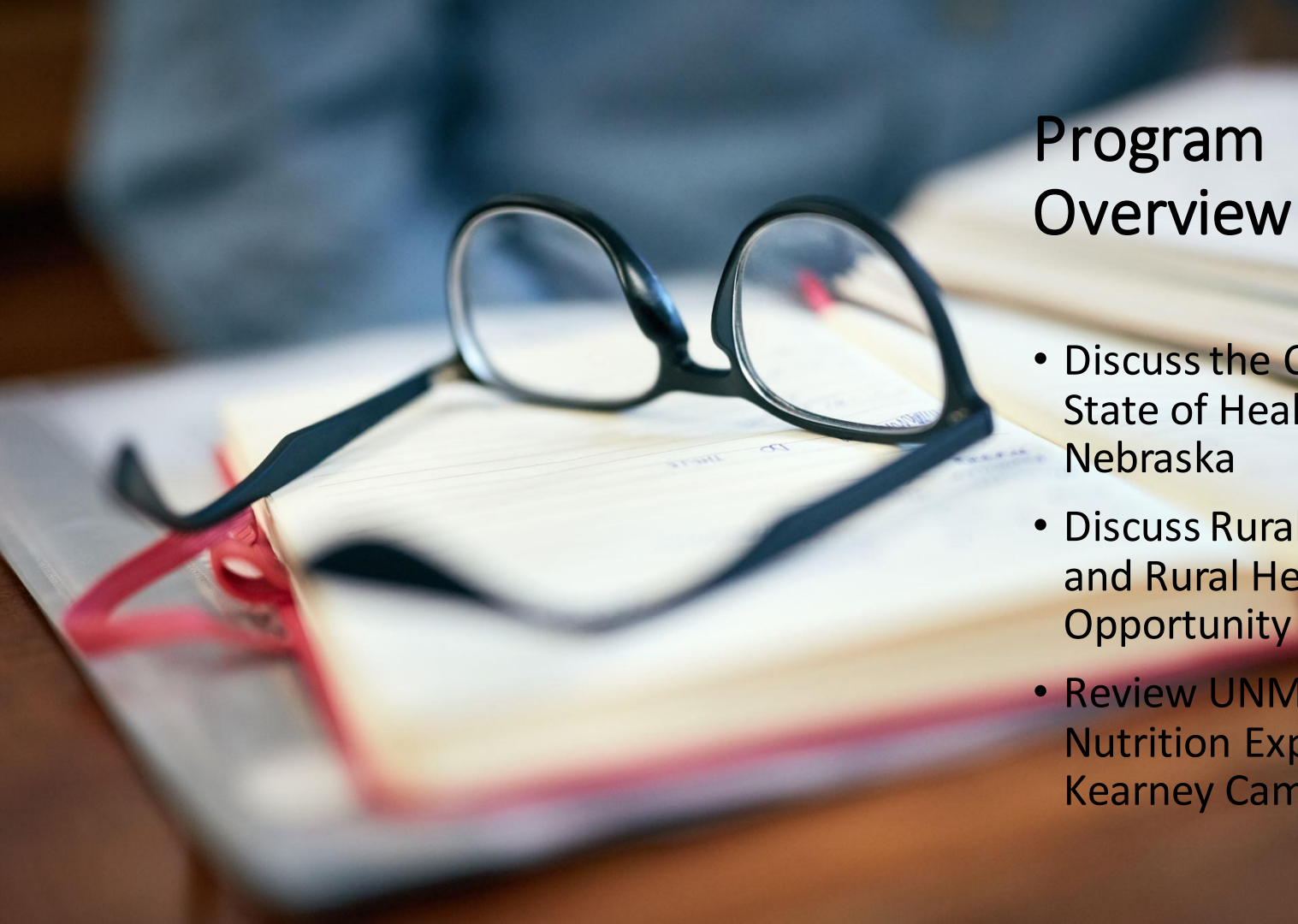


A group of five women are walking in a modern, brightly lit hallway. They are dressed in professional attire, including lab coats and face masks. The hallway features large windows on the right side and a carpeted floor. The text is overlaid on the image in a large, white, sans-serif font.

Looking West: UNMC Rural Health Initiatives and Expansion of Nutrition Education

Megan Timmerman, MPA, RDN, LMNT
Associate Program Director

A pair of black-rimmed glasses is resting on a stack of books. A red ribbon bookmark is visible in the foreground. The background is blurred, showing more books and a wooden surface.

Program Overview

- Discuss the Current State of Health Care in Nebraska
- Discuss Rural Pathways and Rural Health Opportunity Programs
- Review UNMC Medical Nutrition Expansion to Kearney Campus

At the End of the Presentation, the participant will:

- Understand the state of Nebraska's current and future health care needs and shortage of providers across all health care disciplines and solutions being created to maintain access to healthcare throughout Nebraska.
- Understand Rural Pathway and Rural Health Opportunity Programs in the state of Nebraska and the impact they have on rural communities in Nebraska.
- Discuss how UNMC Masters of Medical Nutrition seeks to address the Nutrition Therapist shortage in Central and Western Nebraska through our expansion to the University of Nebraska at Kearney Expansion Project.
- Describe changes in education methods to educate the next generation of Nutrition Therapists and advance the practice in a competency based learning environment.



Status of the Nebraska Healthcare Workforce: Update 2020

- Available online at:
- www.unmc.edu/rural-health/_documents/Workforce_2020.pdf

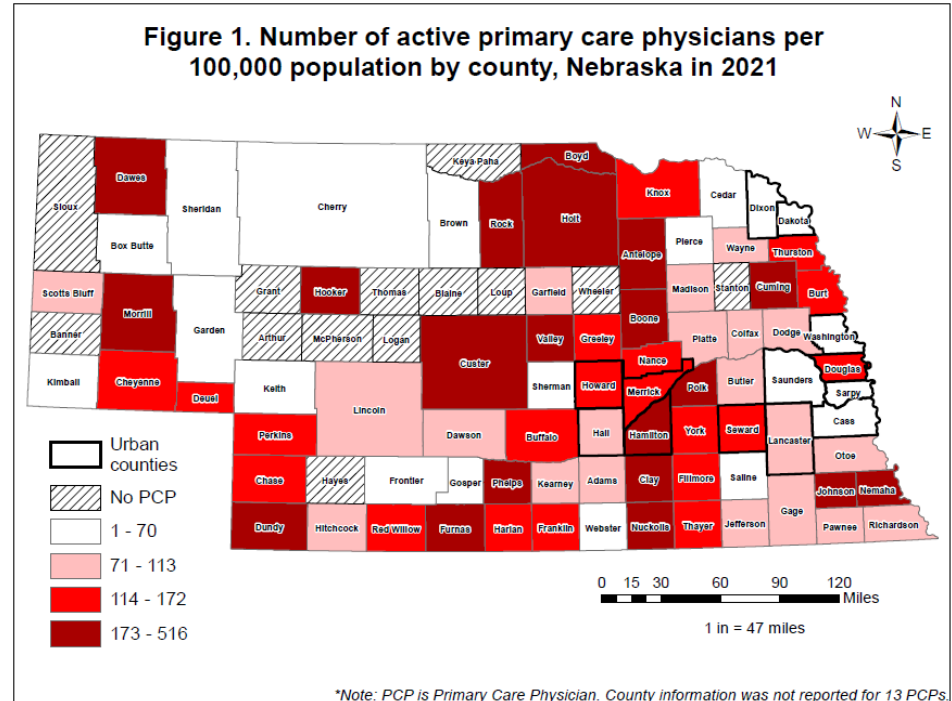


The Status of the Nebraska Healthcare Workforce: Update 2022



Primary Care Physicians

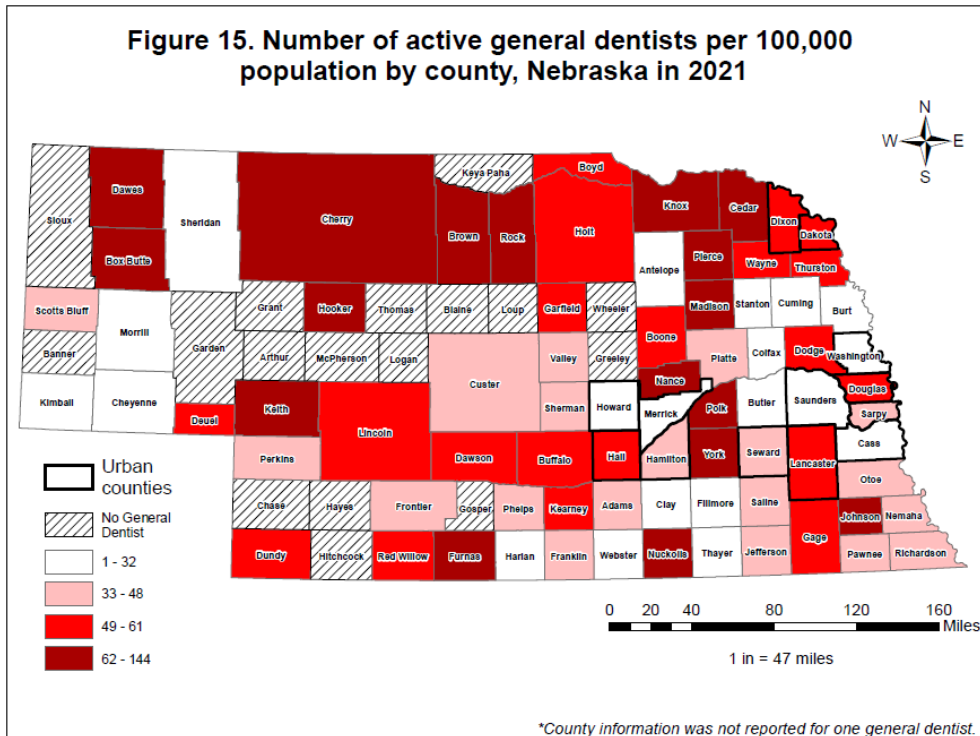
- 13 of the state's 93 counties do not have any active primary care physicians (family medicine, general practice, internal medicine, OB/GYN, pediatrics)
- The number of active physicians per 100,000 population decreased from 257.7 to 249.8 per 100,000 between 2019 and 2021.
- Since 2019, while the number of counties with any primary care physician increased by 1 to 80 out of 93, the number of primary care physicians per 100,000 population has continued its decline.
- Out of 93 counties, 49 counties had active OB/GYN physicians in 2021 compared to 39 counties in 2019; however, the number of physicians in this specialty has continued to decline.





Dental Professionals

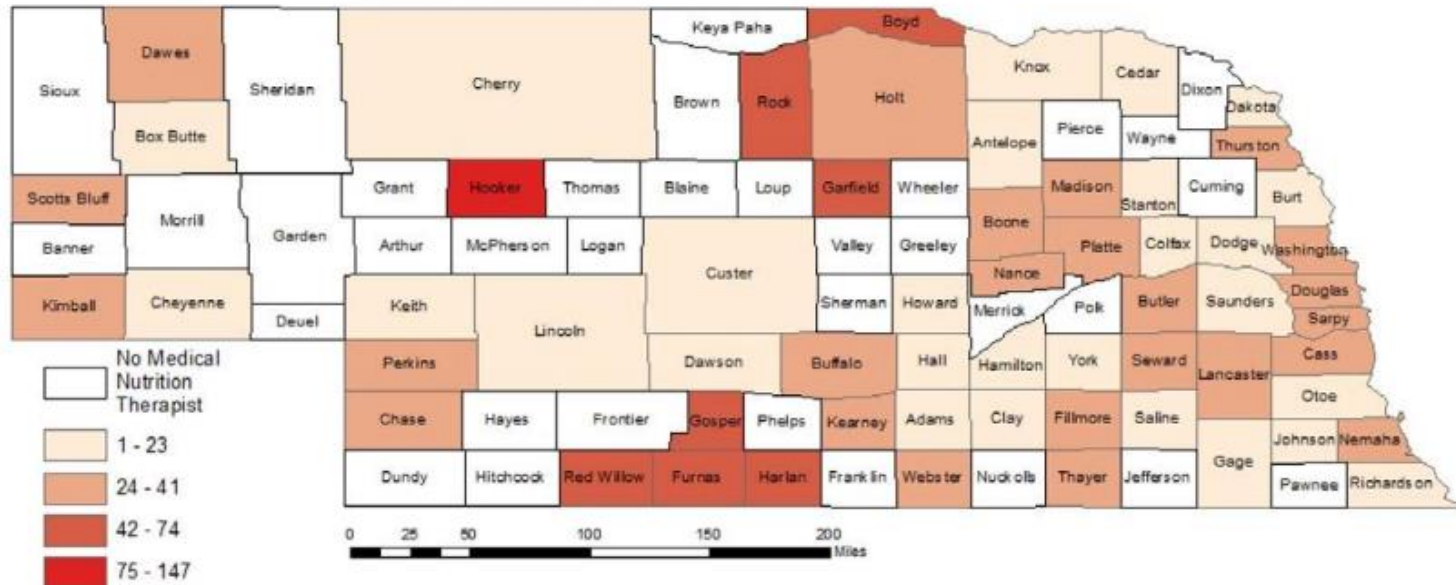
- The number of dental professionals decreased between 2019 and 2021. The number of dentists per 100,000 population fell from 56.2 to 53.6, while the number of dental hygienists decreased from 73.8 to 65.8 per 100,000 population.



Medical Nutrition Therapists: 2020 Data

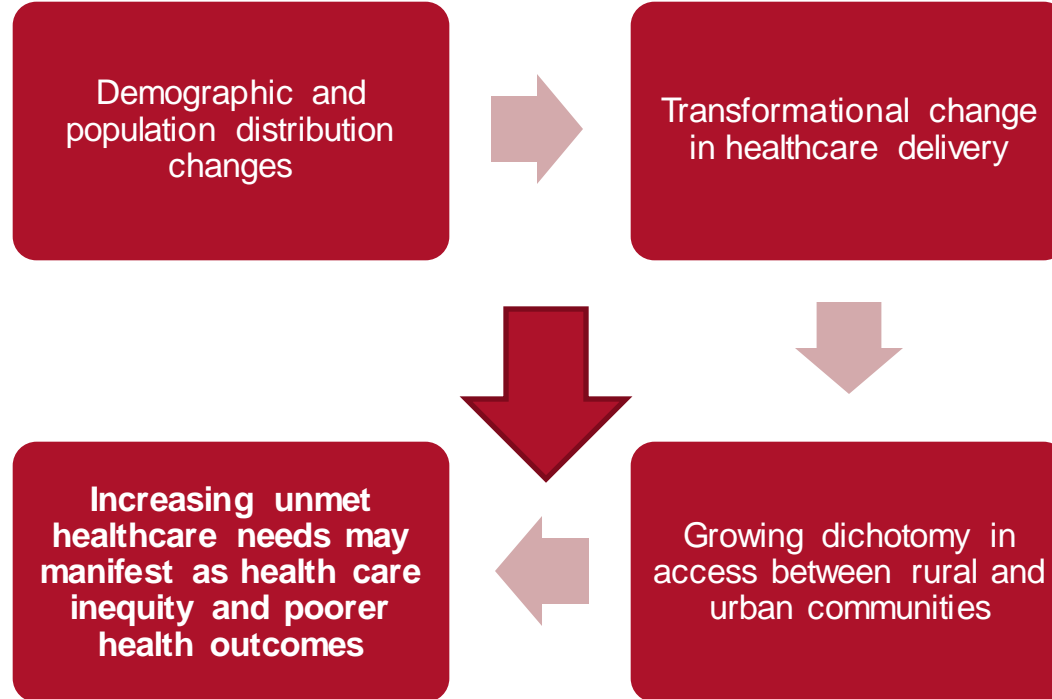


Figure 26. Number of licensed medical nutrition therapists per 100,000 population by county, Nebraska

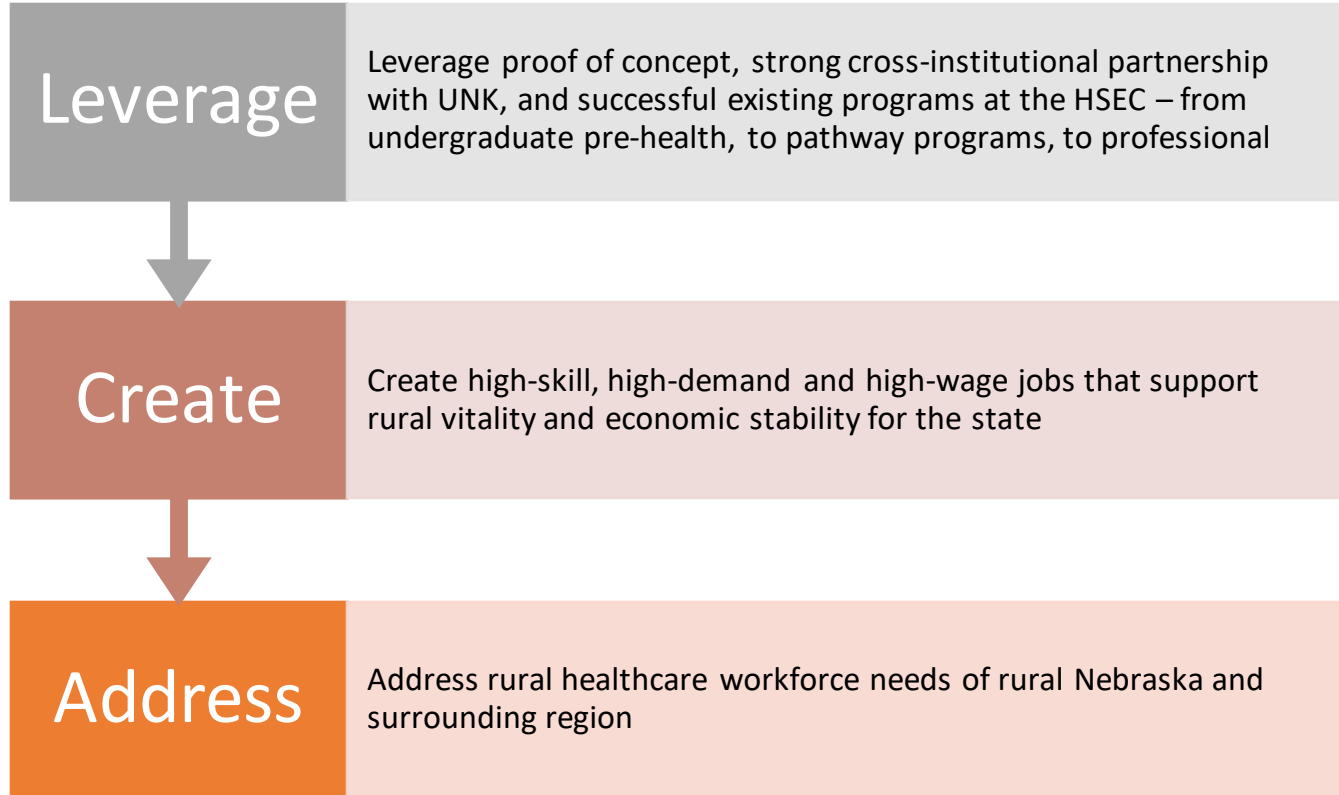




Nebraska's Health Care Workforce



Healthier Rural Nebraska



Key Components of Plan

Focus on **interprofessional education and training**

Enhanced rural community-based and clinical experiences for students

iEXCEL hub

Research

Expanded and enhanced programs to **support degree advancement**

Opportunities to **support rural practitioners in the region (i.e., through CE)**

Developing new certificate and degree options for health professions students that **meet emerging needs in the clinical and community environment**

Programmatic Overview

New or expanded training programs in the following colleges:

- College of Allied Health Professions
- College of Medicine
- College of Nursing
- College of Pharmacy
- College of Public Health

- Rural Health Initiatives
- Behavioral Health Education Center of Nebraska (BHECN)

Building existing undergraduate provisional admittance programs like KHOP and RHOP.

At full implementation, total enrollment at UNMC-Kearney would be nearly 800 learners. Over 600 on-campus and 200 off-campus

UNMC Pathway Programs

- Developing a diverse workforce that reflects the communities we serve is an important part of the steps needed to reduce health disparities and advance health equity. Through historical programming and new initiatives, our pathway programs inspire K-12 and college students to choose careers in medicine and research.



**Pathway Program
Resources**



Nebraska Medicine/UNMC Job Shadow Program



Public Health Early Admissions Student Track (PHEAST)



Rural and Kearney Health Opportunities Programs



Summer Health Professions Education Program (SHPEP)



Summer Undergraduate Research Program (SURP)



Summer Undergraduate Research Program for the Study of Institutional and Structural Disparities in Healthcare and Academies of Higher Education



UNMC High School Alliance



Urban Health Opportunities Program
(UHOP)



YES! Youth Enjoy Science

Rural Health Education Building the Future



September 5, 2023

Design & Construction



Concept Rendering

Design | Updates



First Floor Lobby

Design | Updates



Third Floor Classroom

Considerations



Funding for ongoing programmatic development and sustainability.



Expansion will require thorough and thoughtful planning to ensure students in every program receive an **equitable training experience** to that of those based at the main campus AND **sufficient clinical and experiential training** partnerships



Short-term **housing and community capacity** for students



Enhanced **health career exploration and pathway programs, scholarships and student loan repayment programs**

UNMC Preceptor & Experiential Learning Excellence



Develop and maintain an integrated information management system for UNMC



Enhance preceptor and clinical training site recruitment, retention, training and support systems



Coordinate interprofessional experiential learning/training opportunities for UNMC students and partner communities



UNMC Masters of Medical Nutrition Program
1 Program, 2 Campuses



UNMC
COLLEGE OF ALLIED HEALTH PROFESSIONS
**Medical
Nutrition**
Nebraska

Professionalism | Altruism | Service & Team Oriented
Patient-centered & Evidence-based Practitioners

UNMC Program Overview



12 Students
8 Omaha | 4 Kearney



Core Faculty
4 LMNT | 3 PhD



Adjunct Faculty
Inpatient | Outpatient | Pediatrics |
Community | Food Service

One Program – Two Campuses



Kearney



Omaha



One Program 2 Campuses

Omaha Campus

Kearney Campus

8 students on campus

Fall 2023: 2 Students on campus

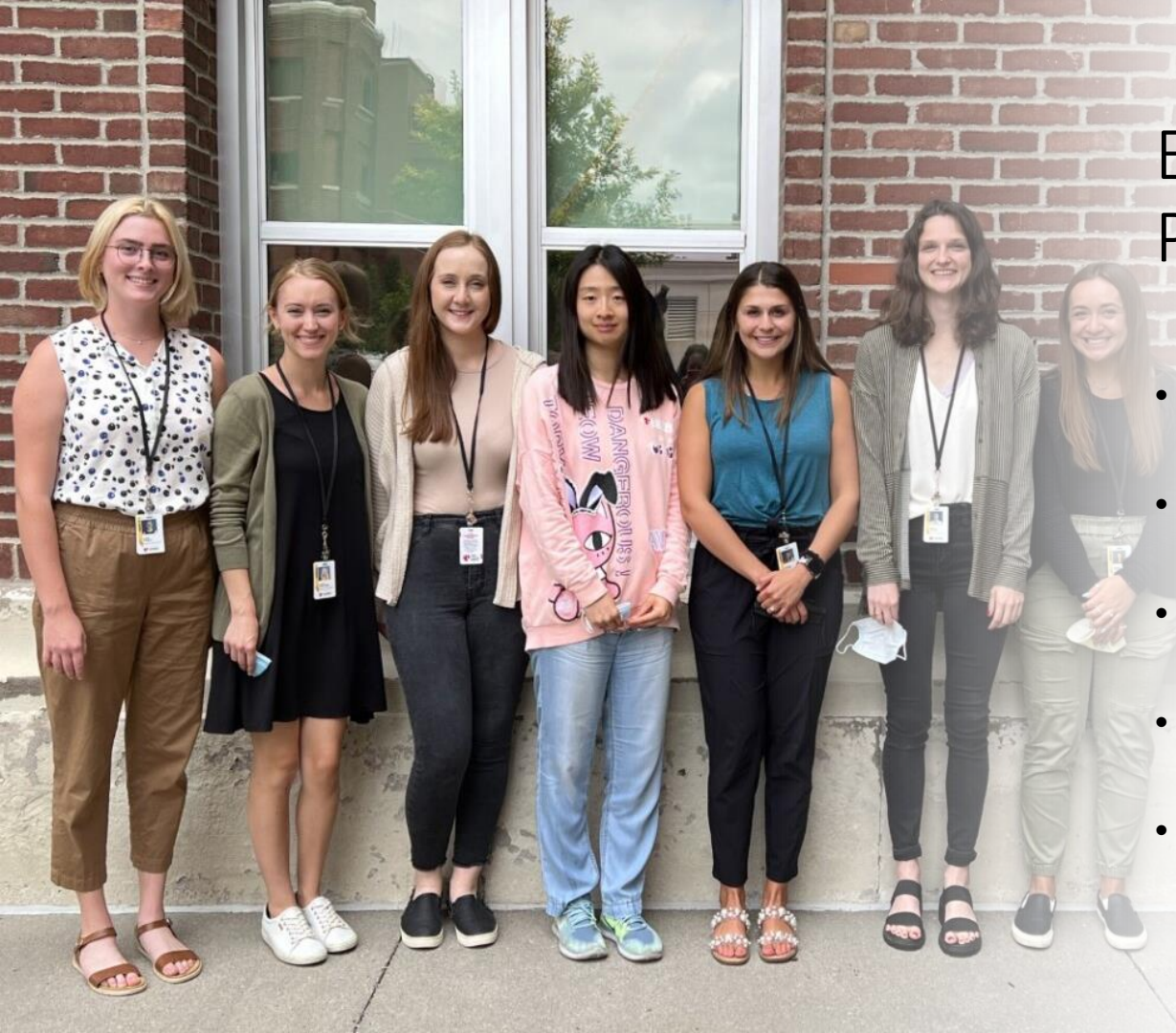
Future Target: 8-10 students

Fall 2024: 5 students on campus

Overall Program Capacity: 20 students

Overall Student target: 4/year

Evolution of our Program



- 2019 transitioned to Masters Required
- 2019 Futures Education Program
- October 2022: Full Accreditation under FEM
- Fall 2023: Expansion to Kearney Campus
- Fall 2024: Clinical Doctoral Program begins





Teaching the next generation with innovative approaches and varied learning settings



Clinical Simulation





Omaha

- Sorrel Clinical Simulation Center
- Davis Global Center

Kearney

- HSEC

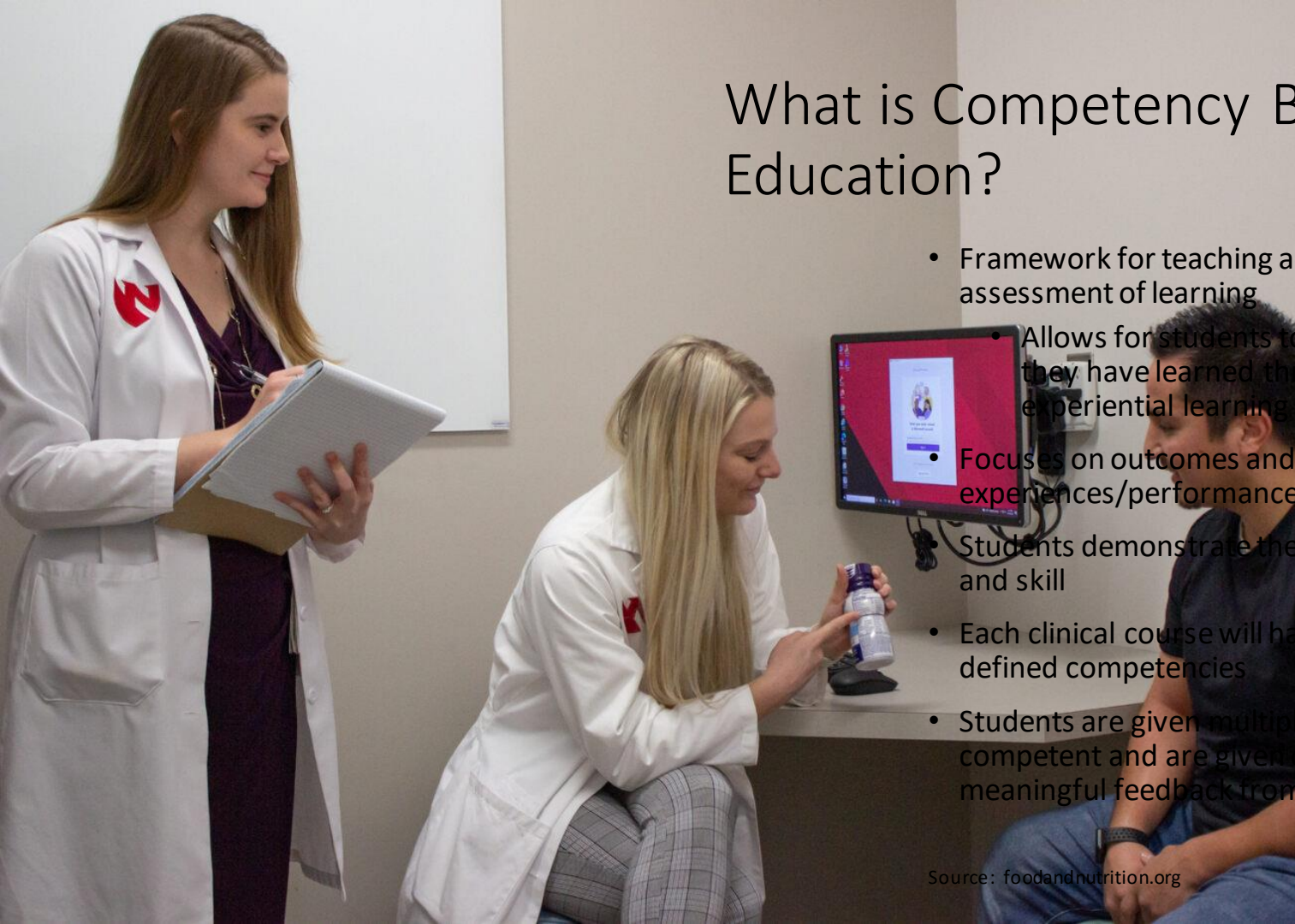




Clinical Education:
Competency Based Education

What is Competency Based Education?

- Framework for teaching and provides an assessment of learning
- Allows for students to demonstrate what they have learned through a variety of experiential learning activities
- Focuses on outcomes and real-world learning experiences/performance
- Students demonstrate their learned knowledge and skill
- Each clinical course will have it's own set of defined competencies
- Students are given multiple times to become competent and are given opportunities to receive meaningful feedback from preceptors



What is Experiential Learning?

- Hands on approach to learning
- Learning that moves beyond the classroom and allows for a learned experience
 - Simulation
 - Case Studies
 - Practice in actual clinical setting
- In this setting, we can teach all 12 students concepts at one time, with real time assessment
- This learning model allows for multiple assessments throughout the program and feedback to the student in real time

Source: [foodandnutrition.org](https://www.foodandnutrition.org)

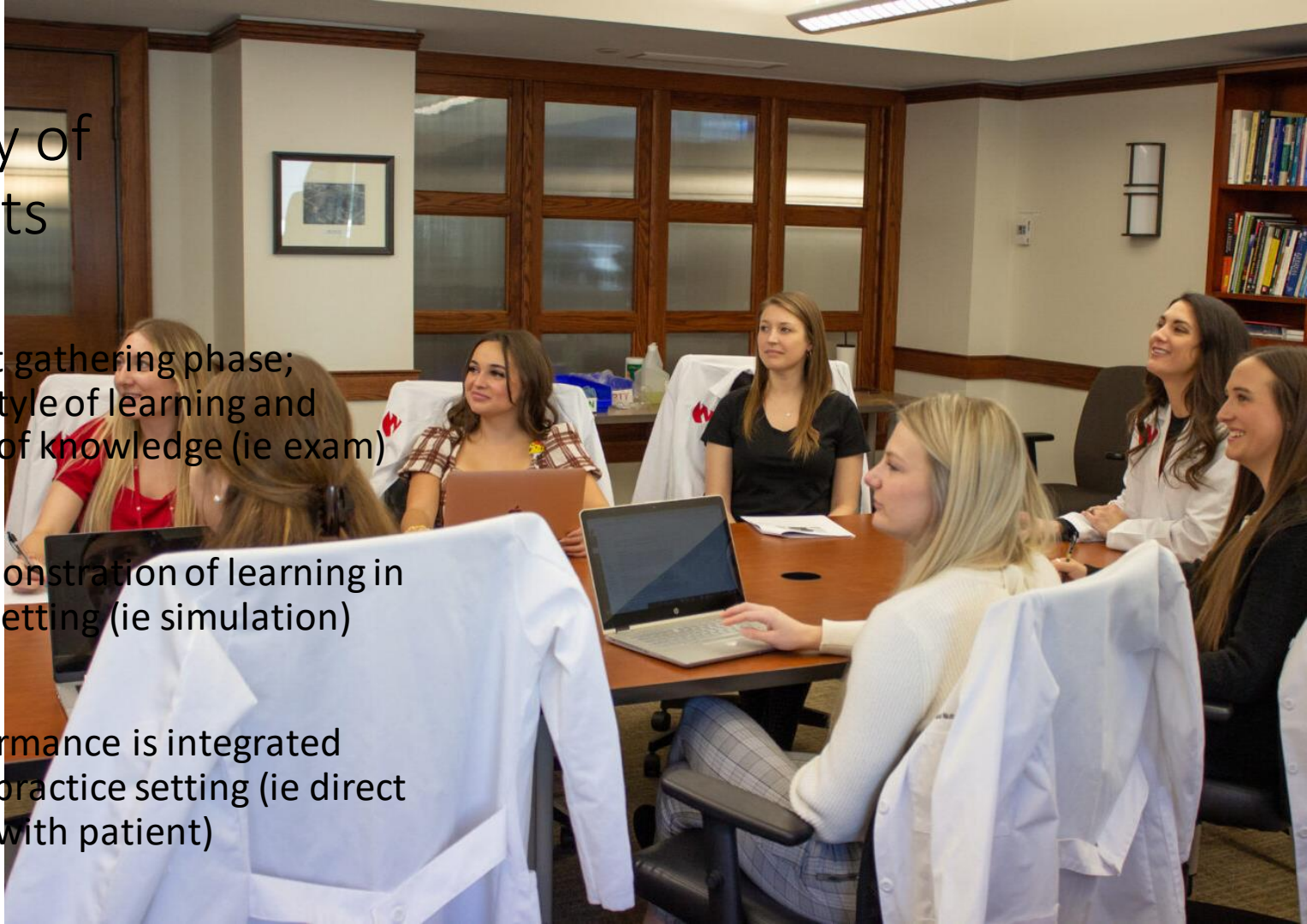


Mastery of Concepts

Knows: Fact gathering phase; traditional style of learning and assessment of knowledge (ie exam)

Shows: Demonstration of learning in a hands on setting (ie simulation)

Does: Performance is integrated into clinical practice setting (ie direct 1:1 student with patient)



UNMC: Futures Education Model of Education



2018: Applied to be the first group of ACEND Futures Education Model Cohort



Transitioned from Masters Optional Program to Masters Required



2019: Admitted first class of FEM Graduate students

15 month program

2023 was our 5th class of FEM students

UNMC Master of Medical Nutrition Curriculum



FALL 1

COURSE	CR HRS ¹	LEC HRS ²	SEL HRS ³ (Prof/Alt ⁴)	Instructor
MNED 720: Interprofessional Learning and Leadership I	1	0	50 (0/50)	Timmerman
MNED 710: Nutrition Services Scope	2	0	120 (120/0)	Timmerman
MNED 730: Pediatric Nutrition Care	2	0	90 (60/30)	Timmerman
MNED 732: Nutrition Therapy-Adult & Geriatric Patient Care	3	0	180 (120/60)	Timmerman
MNED 775: Research Methods in Medical Sciences	3	45	0	Hanson
MNED 777: Medical Nutrition and Diagnosis Related Care	3	30	60 (0/60)	Ponce
Semester Total:	14	75	500 (300/200)	

SPRING 1

COURSE	CR HRS ¹	LEC HRS ²	SEL HRS ³ (Prof/Alt ⁴)	Instructor
MNED 734: Nutrition Therapy-Education & Counseling	2	0	120 (120/0)	Timmerman
MNED 736: Nutrition Therapy-Complex Issues & Continuum of Care	2	0	120 (120/0)	Timmerman
MNED 738: Nutrition Therapy-Critical Care & Nutrition Support	2	0	120 (120/0)	Timmerman
MNED 750: Advanced Practice Selective	2	0	60 (60/0)	Timmerman
BIOS 806: Biostatistics	3	45	0	COPH
MNED 787: Medical Nutrition and the Nutrition Care Process	3	45	30 (0/30)	Ponce
Semester Total:	14	90	450 (420/30)	

SUMMER 1

COURSE	CR HRS ¹	LEC HRS ²	SEL HRS ³ (Prof/Alt ⁴)	Instructor
MNED 773: Clinical Nutrition Management	2	0	100 (100/0)	Timmerman
MNED 779: Nutrition Therapy Practicum	3	0	160 (160/0)	Timmerman
MNED 785: Applied Medical Nutrition Research	3	45	0	Hanson
MNED 790: Capstone	2	0	0 (0/0)	Hanson
Semester Total:	10	45	260 (260/0)	



UNIVERSITY OF NEBRASKA MEDICAL CENTER™

**MEDICAL NUTRITION
EDUCATION**



UNIVERSITY OF NEBRASKA MEDICAL CENTER™

MEDICAL NUTRITION EDUCATION

	Week	MMN 2023-2024	Class Day ¹	1	2
		Aug 15-18 (T-F)		Orientation	Orientation
Fall Semester (16 weeks)	1	Aug 21-25 (M-F)	M	MNED 710-PFS/TF/MGT	MNED 710-PFS/TF/MGT
	2	Aug 28-Sep 1 (M_F)	M	Block 1	Block 1
		Monday-Holiday		Holiday	Holiday
	3	Sep 5-8(Tu-F)		MNED 730/732: Simulation Week 1 (T-F)	
	4	Sep 11-15 (M-F)	M	MNED 710-PFS/TF/MGT	MNED 710-PFS/TF/MGT
	5	Sep 18-22 (M-F)	M	Block 2	Block 2
	6	Sep 25-29 (M-F)	M	MNED 730/732: Simulation Week 2 (T-F)	
	7	Oct 2-Oct 6 (M-F)	M	MNED 732	MNED 732
	8	Oct 9-Oct 13 (M-F)	M	Good Sam	KRMC
	9	Oct 16-17 (M-Tu)		Fall Break	Fall Break
	9	Oct 18-20(W-F)	M	MNED 732	MNED 732
	10	Oct 23-27 (M-F)	M	Good Sam	KRMC
	11	Oct 30-Nov 3 (M-F)		MNED 730/732: Simulation Week 3 (T-F)	
	12	Nov 6-10 (M-F)	M	MNED 730 Pediatrics--WIC	MNED 730 Pediatrics--WIC
	13	Nov 13-17 (M-F)	M		
	14	Nov 20-21(M-Tu)	M	MNED 775 (Tues)	MNED 775 (Tues)
	14	Nov 22-26 (W-Sun)		HOLIDAY	HOLIDAY
15	Nov 27-Dec 1(M-F)	M	MNED 732--EZ Nutrition	MNED 720	
16	Dec 4-8 (M-F)	M	MNED 720	MNED 732--EZ Nutrition	
17	Dec 11-15(M-F)	M	MNED 775-Final; MNED 777-Case Study Presentations; MNED 777-Final Exam		

Spring Semester (16 weeks)	1	Jan 8-12 (M-F)	M	MNED 787: Simulation Week (Tues-Fri)	
	2	Jan 15 (M-Hol.)		<i>MLK HOLIDAY</i>	<i>MLK HOLIDAY</i>
	2	Jan 16-19 (Tu-F)		MNED 738 KRCM	MNED 734 VA
	3	Jan 22-26 (M-F)	M		
	4	Jan 29-Feb 2 (M-F)	M	MNED 738 KRCM	MNED 734 VA
	5	Feb 5-9 (M-F)	M		
	6	Feb 12-16 (M-F)	M	MNED 736: Block 1	MNED 736: Block 1
	7	Feb 19-23 (M-F)	M		
	8	Feb 26- March 1 (M-F)	M	MNED 750-Selective	MNED 750-Selective
	9	Mar 4-8 (M-F)	M		
		Mar 11-17		<i>Spring Break</i>	<i>Spring Break</i>
	10	Mar 18-22 (M-F)	M	MNED 785: Applied Medical Nutrition Research (Tu-Fri)	
	11	Mar 25-Mar 29 (M-F)	M	MNED 734 EZ Nutrition	MNED 738 Good Sam
	12	Apr 1-5 (M-F)	M		
	13	Apr 8-12 (M-F)	M	MNED 734 EZ Nutrition	MNED 738 Good Sam
	14	Apr 15-19 (M-F)	M		
15	Apr 22-26 (M-F)	M	MNED 773: Clinical Management (Tu-Fri)		
16	Apr 29-May 3(M-F)	M	MNED 785: Applied Medical Nutrition Research; Case Study Presentations; Finals		
	May 5-12 (Su-Su)		<i>Spring-Summer Break</i>	<i>Spring-Summer Break</i>	



UNIVERSITY OF NEBRASKA MEDICAL CENTER

**MEDICAL NUTRITION
EDUCATION**

May 13-17 (M-F)	M-773	MNED 750-Selective	
May 20-24 (M-F)	M-773		
May 27 (M-Hol.)		Holiday	
May 28-31(T-F)		MNED 736: Block 2	
Jun 3-7 (M-F)	M-773		
Jun 10-14 (M-F)		MNED 779 - Staff Experience	
Jun 17-21 (M-F)			
Jun 24-28 (M-F)			
Jul 4 (Thurs-Hol)		HOLIDAY	
Jul 1- 3, 5 (M-W, F)		MNED 779 - Staff Experience	
Jul 8-12 (M-F)		MNED 773: Clinical Manag	
Jul 15-19 (M-F)	M-773	MNED 785; 790	
Jul 22-26 (M-F)	M-773		
Jul 29-Aug 2 (M-F)	M-773		
Aug 5-9 (M-F)			
Aug10-18 (S-Su)		Summer-Fall Break	



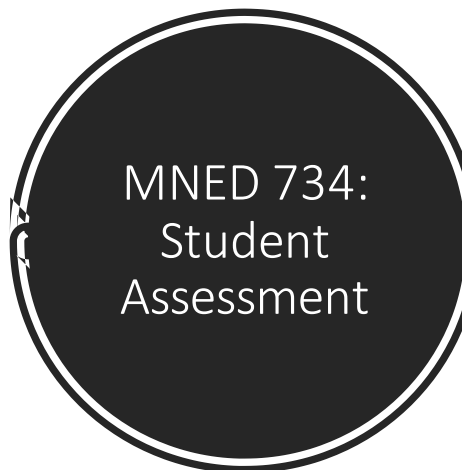
UNIVERSITY OF NEBRASKA MEDICAL CENTER™

**MEDICAL NUTRITION
EDUCATION**

Student Name: _____

Rotation: **MNED 734: Nutrition Therapy—Education & Counseling** _____

Rotation Date(s): _____

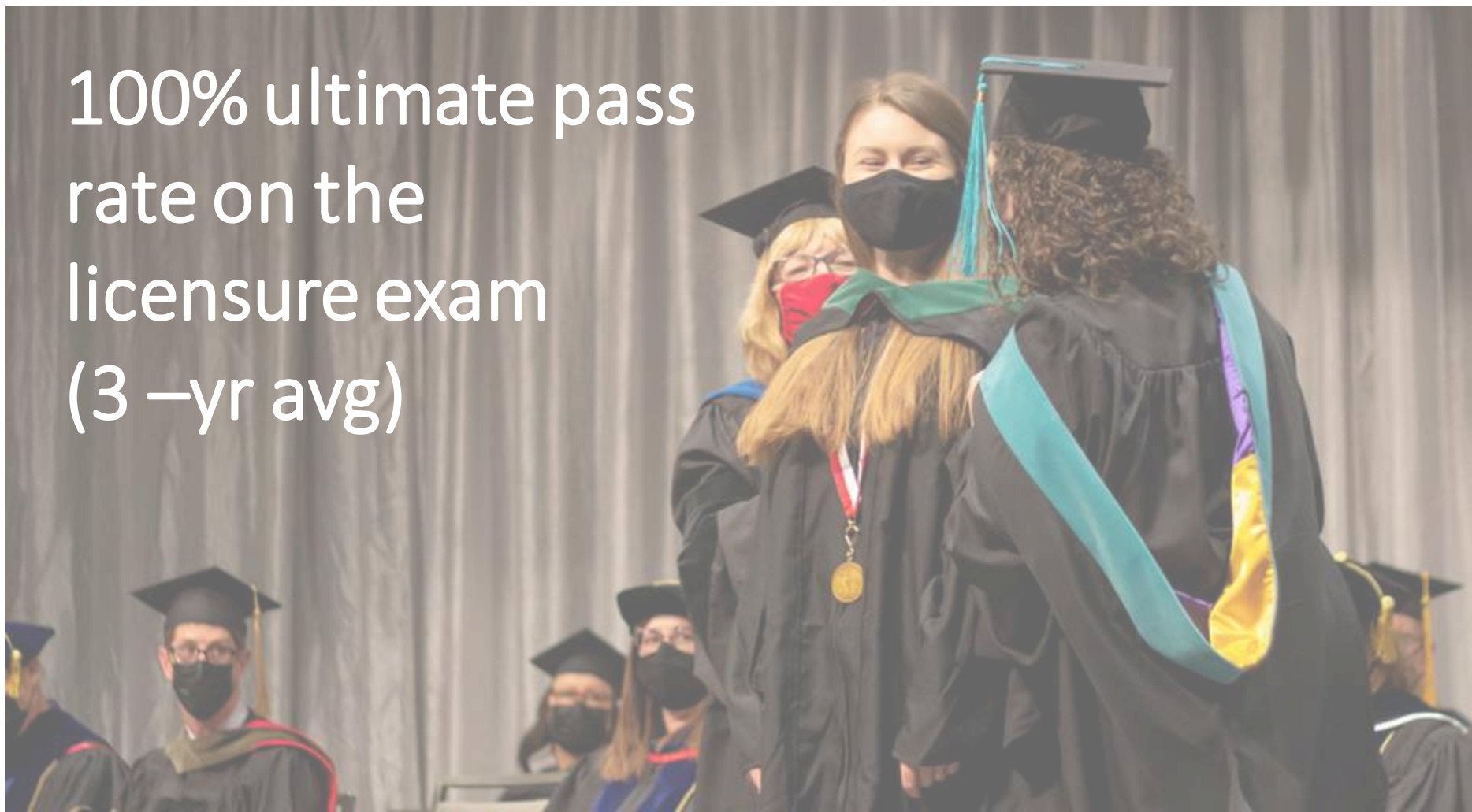


Performance Indicator	Not Addressed	Not Met	Progressing	Met	Date Notes from Preceptor
Analyzes the impact of food and nutrition on physiological processes. (1.2.1-S)					
Integrates knowledge of anatomy, physiology, and biochemistry to make decisions related to nutrition care. (1.2.2-S)					
Integrates nutritional biochemistry knowledge to make informed food and nutrition decisions for optimal health. (1.4.2-S)					
Examines nutritional biochemical indicators specific to the disease process. (1.5.1-S)					
Interprets and analyzes the effects of disease, clinical condition and treatment on nutritional health status. (1.5.3-S)					
Formulates food and nutrition services considering psychological and social factors to meet the needs of individuals, communities and populations. (1.6.1-S)					
Analyzes the environmental factors affecting access to services and/or adequate nutrition. (1.6.4-S)					
Applies culturally sensitive approaches and communication skills. (1.7.5-D)					
Develops awareness of one's own personal beliefs, values and biases to better serve clients/patients of different cultures and backgrounds. (1.7.6-S)					
Demonstrates understanding of pharmacokinetics, absorption, clearance, drug metabolism, latency period, drug and supplement metabolism, accumulation, half-life, and routes of administration. (1.8.2-S)					
Identifies indications, use and contraindications of complementary and integrative nutrition. (1.9.3-K)					
Interprets and communicates medical terminology to non-health professional audiences. (1.11.1-D)					
Uses acceptable medical abbreviations and appropriate medical terminology in all forms of communication. (1.11.2-D)					
Analyzes appropriate data in electronic format to make best decisions related to nutrition and diet. (1.13.1-S)					
Proficiently uses technology and informatics skills to aggregate data, enhance practice and patient care. (1.13.5-D)					
Identifies nutritional risk factors across the life cycle. (1.14.2-D)					
Teaches the benefits of physical activity across the life cycle to individuals, groups and populations. (1.14.3-D)					
Explains and takes into consideration how nutrients, nutritional supplements and hydration influence physical activity. (1.14.4-K)					
Selects and implements nutrition assessment tools for individuals, groups or populations. (2.3.1-D)					
Takes a food and nutrition related medical history. (2.3.4-D)					
Assesses physical activity and history of physical activity. (2.3.5-D)					



100% employment
within six months of
passing the exam

100% ultimate pass
rate on the
licensure exam
(3 -yr avg)



The image shows three graduates in black gowns and black face masks, looking down at documents they are holding. The documents have the LINMC logo on them. The background is a blurred indoor setting.

100% of employers say they
would hire another of our
graduates



HDR © 2017 Dan Schwalm

UNIVERSITY OF
Nebraska
Medical Center

