

## 9 SELF-PERCEIVED NUTRITION COMPETENCIES OF PHARMACISTS WORKING IN IRELAND: A SURVEY

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**Background** Community pharmacies provide an ideal setting to address diet and nutrition-related issues and promote positive eating habits among the public. However, there is limited evidence of the expertise among pharmacists to deliver evidence-based nutrition information. In Ireland, there is a lack of existing literature relating to self-perceived nutrition competencies of practising pharmacists.

**Objectives** The aim of this study was to assess registered Irish pharmacists' knowledge and confidence when delivering nutrition care to the public.

**Methods** Cross-sectional study using mixed methods design consisting of an anonymous online survey delivered to registered pharmacists with the Pharmaceutical Society of Ireland (PSI). The pharmacists' self-perceived confidence in knowledge, skills, communication and counselling, and attitudes in nutrition care were assessed using the validated NUTCOMP questionnaire. Qualitative responses to nutrition knowledge requirements of pharmacists were also gathered. Data in the free text narratives was coded into themes and subthemes. Responses were analysed using descriptive statistics. A p-value of <0.05 was considered statistically significant.

**Results** A total of n=557 (14.9% response rate; 74% (n=413) female; 1.6% (n=9) gender not stated) respondents completed the questionnaire. The mean number of years practising as a registered pharmacist was 18 ( $\pm$ 10.1). Most respondents (60.8%) had completed a programme with some nutrition content. Previous nutrition education was positively associated with greater score counts in knowledge, skills, communication/counselling and attitudes towards nutrition care ( $p=0\leq.001$ ). Over three-quarters of respondents (78.1%) agreed that they would require further nutrition education to support their roles as pharmacists. Thematic analysis identified barriers to providing nutritional care in practice as time constraints, a lack of nutrition knowledge in the pharmacy field and the need for continuing nutrition education.

**Conclusion** Irish pharmacists expressed a desire to incorporate nutrition education to support them in their role as confidence in competencies of nutrition care is currently lacking. Through their broad exposure to the general population of Ireland, pharmacists may prove valuable to deliver nutrition care to both healthy persons and those living with chronic diseases.

## 10 FOOD AND NUTRITION SECURITY IN KEY HEALTHCARE WORKERS DURING THE FIRST WAVE OF THE COVID-19 PANDEMIC: A CASE STUDY INFORMING EDUCATIONAL INTERVENTIONS

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**Background** The COVID-19 pandemic brought food and nutrition security to the fore in many sectors like never before. It altered purchasing behaviours in the United Kingdom, including that of food and other essential products. This survey sought to identify how the pandemic changed behaviours of specific populations. The primary targets were health-care professionals working in the National Health Service (NHS) while a secondary target were students training to work in the NHS.

**Objectives** To assess how the first wave of the COVID-19 pandemic affected food choices and eating behaviours of frontline healthcare staff and students.

**Methods** A semi-qualitative, online survey was conducted to gain an understanding of the challenges faced during the pandemic, in a manner that can inform a future blueprint on occupational nutrition education for healthcare professionals. As a semi-qualitative survey, it sought to describe subjective experiences and recognise patterns or recurring themes. The participants were either healthcare professionals in the NHS or students training to be healthcare professionals in the NHS.

**Results** Many in the survey commented on choosing quick options that would save them time while others made use of techniques such as batch cooking and freezing meals for later. They called for an end to stockpiling of materials, a trend seen frequently in the first wave of the pandemic. This survey indicated that overall, frontline workers and healthcare students have significantly changed their food choices and eating behaviours during the course of the first wave of the pandemic. Based on these insights, an educational intervention can be designed to educate such workers on the importance of good nutrition as well as practical tips to achieve this in times of pressure. This may be evaluated using a knowledge, attitudes and practices (KAP) before and after design.

**Conclusion** These members of the healthcare community would benefit from micro-training emphasizing how to make simple, nutritious meals quickly, for use when external circumstances alter their habits and access to food. Furthermore, they would benefit from a comprehensive governmental occupational health strategy to optimize nutrition and pandemic resilience.

## 11 CHEFS AS AGENTS IN NUTRITION AND TRANSFORMATION OF FOOD AND HEALTH SYSTEMS: GLOBAL FRAMEWORK OF ACTIONS ON PROMOTION AND IMPLEMENTATION OF SOLUTIONS IN COMMUNITIES

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**Background** The UN Food Systems Summit (UNFSS) was convened by UN Secretary-General António Guterres, and held in September 2021. The purpose was to shape global commitments and to raise global awareness of food systems, how they might be transformed to reduce diet-related diseases, resolve hunger, and restore planetary health.<sup>1</sup>

**Objectives** This international survey aimed to narrow the already existing Chefs' Manifesto Action Plan (2), formed from the UN SDGs, to a much more succinct, 8 point practical action pledge, which could begin to be immediately implemented by existing and future chefs (62%), cooks (7%),