

Title: Western MCH Partners Journal Club Project

People Involved: Yvette Fierce, MCH Trainee; Donna Johnson, Mentor; Western MCH Partners, Members, Trainees; Other Invited MCH Nutrition Professionals

Background/ Intro:

The purpose of the MCH Journal Club is to promote active collaborative learning among MCH Nutrition Professionals so that they can gain and apply knowledge and share experiences about emerging nutritional topics using an informal yet professional setting and ultimately to disseminate the knowledge gained here back to the MCH population in their area. The Journal Club is an online experience with forum boards available to discuss the articles and share thoughts and experiences related to the topic. By signing up and participating in the Journal Club, members become eligible for continuing education credits and are able to interact with other members across the country.

Project Goal:

The goal of this journal club project was to promote collaborative learning for MCH partners and to highlight the website's collection of information on the topic of Nutrition and Autism Spectrum Disorders (ASD).

Methods:

The first topic was proposed by the partners. Invitations to participate were sent using an email list from the Western MCH Partners of 80 trainees, members, partners and friends of members. A total of 27 journal club members participated in this first topic. This first Journal Club was focused on Nutrition and ASD and was available on line from September 1st to November 30th, 2010 on the Western MCH Partners Website, <http://www.mchnutritionpartners.ucla.edu/western-nln/journal-club-topic-1-autism-spectrum-disorders> .

Discussion:

The overall feedback on this first Journal Club was very positive and many members expressed an interest in continuing to participate in the future. One suggestion for future Journal Clubs is to chose only one or two papers and cut the time to only one month to participate. By reading only one or two articles per month the participation time will be shortened and more topics can be covered per year. The majority of participating members chose the new IOM guidelines for Vitamin D and Calcium for the topic of the next Journal Club.