



Newsletter PEN-3S

Have you ever heard about World Café?

Last November 19th the PEN-3S team hosted a World Café that aimed at developing a nutrition status surveillance system called SEVEN-I.

World Café is the designation of a process for leading collaborative dialogue and knowledge-sharing, particularly for larger groups. It focuses on a certain subject and is a resource of "shared knowledge"¹. The participants are seated around a table where they find questions that prop them into a conversation. The small groups move between tables and each table provides them with a fresh round of questions. Beyond the collaborative dialogue, World Café is a process for collaborative learning that ignites the discovery of shared lines of action.

¹ Tan S, Brown J. The World Cafe in Singapore: Creating a Learning Culture Through Dialogue. The Journal of Applied Behavioral Science. 2005 Mar; 41(1): 83-90.



The PEN 3S-hosted **World Café** was attended by several experts in fields such as **family medicine, nutrition, geriatrics, health management and nursing homes management**. This discussion tried to **shed light on some of the challenges of developing an electronic nutrition status surveillance system for the elderly (SEVEN-I)**. This system is intended to general practitioners in case of malnutrition or malnutrition risk and expedite the referral process as well as the diagnosis and management of malnutrition in the elderly population. SEVEN-I is intended to be an **easy-to-use system** available at primary health care units as well as nursing homes. The experts shared ideas regarding the major challenges regarding the implementation of SEVEN-I and created synergies on the following subjects: "Clinical and non-clinical indicators for malnutrition", "System access and safety criteria", "Optimization of the alerts and referrals process for the malnourished elderly person or for the person at risk for malnutrition."

Training sessions for the PEN-3S project interviewers

Interviewer skills training sessions were held 7th-9th September in the Preventive Medicine and Public Health Institute

Seven new elements have joined the PEN-3S research project team. These nutritionists and dietitians, among other shared responsibilities, will be conducting face-to-face computer-assisted interviews throughout the country in the North, Centre, Lisbon, Alentejo and Algarve regions as well as in the Azores and Madeira (as defined by NUTS II regions).

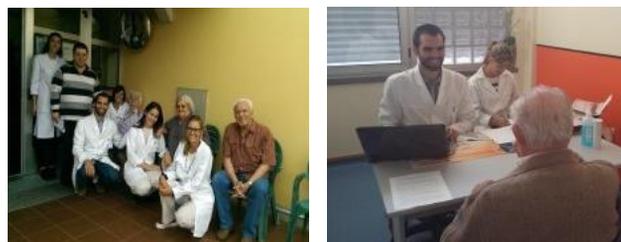
Through 7th-9th September the whole PEN-3S team gathered for training in the Preventive Medicine and Public Health Institute. The schedule for the first day included Welcoming and Greeting the newest team members as well as officially introducing the research team, the project and the institute itself. Training followed with literature revision techniques, best practices for conducting interviews and collecting anthropometric data, as well as intensive training regarding general data collection and the use of the project's software. In the last afternoon there was also time for sharing experiences and defining strategies for the months to come.



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A pilot study for the PEN-3S project took place between September 24th and October 8th

Between September 24th and October 8th at “Centro Social e Paroquial de Santo André do Sobrado” and “AIDP - Casa do Penedo” PEN-3S completed two pilot studies. These studies were an excellent opportunity to train and improve our interview performance and test our methods. The PEN-3S team would like to thank very much to these institutions, including staff and all the attendees, for your availability and collaboration.



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The PEN-3S project welcomes members of the Public Health Initiatives Programme Cooperation Committee

Last November 9th the PEN-3S project welcomed the Public Health Initiatives Programme Cooperation Committee in the Institute for Preventive Medicine and Public Health. Members of the Committee included representatives from the Central Administration of Health (the Programme Operator), the National Focal Point, the Embassy of Norway and the Donor Programme Partner, which is the Norwegian Institute for Public Health.



The purpose of this visit included evaluating the programme’s execution on the ground as well as deciding upon the course of action to be adopted in the upcoming months.

From the 27 ongoing projects in areas such as nutrition, mental health, information systems and communicable diseases, the PEN-3S project was one of the selected hosts. This visit was integrated in the afternoon session. It began with a tour of the Institute of Preventive Medicine and Public Health where the project’s development was discussed and afterwards a visit to one of Lisbon’s nursing homes where data was being collected.



**PEN-3S WISHES YOU A
MERRY CHRISTMAS AND A
PROSPEROUS NEW YEAR**