

#9 Updates from the E+DIETing_LAB: Celebrating the Achievements and Future of the E+Dieting_Lab Project


As the E+Dieting_Lab project officially concludes, we are proud to reflect on the remarkable journey that has united partners across Europe to advance digital dietetics education through innovation, collaboration, and community engagement. Supported by Erasmus+ and SEPIE this project has developed transformative tools and resources that will continue to impact higher education and public health long after its conclusion.

Led by European University of the Atlantic the partners from St. Pölten University of Applied Sciences in Austria, the Universidade do Porto in Portugal, AP Hogeschool Antwerpen in Belgium, Jan Kochanowski University in Poland and University of Valladolid in Spain developed 3 key results: a world first virtual patient platform for dietetic education, a virtual clinic and a multiplier toolkit of resources and guidance to support the platforms boarder implementation.

Virtual Patient Chatbots: Interactive Self-Learning Tool for Dietetics Education

PATIENTS

Select one patient to start



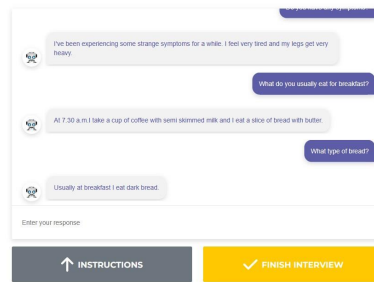
Karen Pérez Lore Janssens João Almeida Queenie Jenkins Maria Nowak

1. INTERVIEW

Consult a virtual patient.



João Almeida
Consult with me



The screenshot shows a chatbot interface with a white background and blue accents. At the top, there is a blue header with the text "I've been experiencing some strange symptoms for a while. I feel very tired and my legs get very heavy." Below this, a blue bubble asks "What do you usually eat for breakfast?". The chatbot responds with a grey bubble: "At 7:30 a.m. I take a cup of coffee with semi-skimmed milk and I eat a slice of bread with butter." Another blue bubble asks "What type of bread?". The chatbot responds with a grey bubble: "Usually at breakfast I eat dark bread." Below the chatbot's response is a text input field with the placeholder "Enter your response:". At the bottom of the interface are two buttons: a grey button with an upward arrow and the text "INSTRUCTIONS", and a yellow button with a checkmark and the text "FINISH INTERVIEW".

The virtual patient chatbot is a self-learning tool designed to simulate real-world dietetic consultations. Students interact with virtual patients through guided conversations, practicing key skills such as patient history-taking, food recalls and clinical reasoning—all within a low-pressure, risk-free environment. The platform features five distinct virtual patients representing diverse conditions, including obesity, diabetes, coeliac disease, renal disease, and cardiovascular issues and is available in English, Spanish, Dutch, Portuguese, German and Polish.

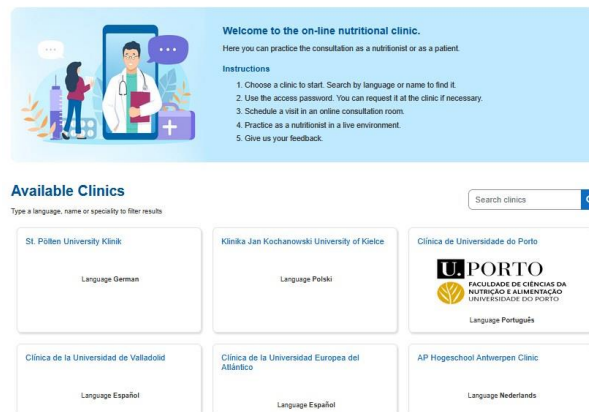
Key Achievements:

- **Pilot Success:** almost 700 students, educators, and practicing dietitians from partner institutions, associated partners and the wider online environment participated in the piloting phase through a variety of self-learning and in-class exercises.
- **Improved Learning Outcomes:** 79% of student participants reported gains in practical knowledge and skills, 74% increased capacity in interpersonal skills, 90% reported that it improved classroom practice.

The virtual patient platform has enormous potential for expansion, including expansion of available cases and integration with generative AI to enable more flexible and contextually adaptive consultations. It could also support continuing education for practicing dietitians and interdisciplinary learning with other healthcare professionals. We are excited to already have many interested higher education institutions from around Europe and Internationally who would like to implement the virtual patients within their own teaching settings.

The Virtual Clinic: Real-World Consultations in a Digital Space

Nutritional on-line clinics



Welcome to the on-line nutritional clinic.
Here you can practice the consultation as a nutritionist or as a patient.

Instructions

1. Choose a clinic to start. Search by language or name to find it.
2. Use the access password. You can request it at the clinic if necessary.
3. Schedule a visit in an online consultation room.
4. Practice as a nutritionist in a live environment.
5. Give us your feedback.

Available Clinics
Type a language, name or specialty to filter results

Search clinics

St. Pölten University Klinik Language German	Klinika Jan Kochanowski University of Kielce Language Polski	Clinica de Universidade do Porto FACULDADE DE CIÊNCIAS DA NUTRIÇÃO E ALIMENTAÇÃO UNIVERSIDADE DO PORTO Language Português
Clinica de la Universidad de Valladolid Language Español	Clinica de la Universidad Europea del Atlántico Language Español	AP Hogeschool Antwerpen Clinic Language Nederlands

The virtual clinic is a service-learning platform where students conduct supervised consultations with real or role-played patients via telehealth. This interactive, experiential learning tool bridges the gap between classroom education and clinical practice, providing students with hands-on experience in applying the dietetic care process. The platform also includes functionalities for scheduling, conducting consultations, and converting case data into future virtual patient scenarios.

Key Achievements:

- **Community Impact:** There were 270 participants, including students, dietitians, teachers and community members, engaged in pilot telehealth consultations. Over 75% of community participants reported that they could adopt new healthy habits after consultations with the students.
- **Flexible Educational Integration:** The virtual clinic was used in diverse formats, including role-playing exercises, real consultations, and community outreach programs

With its versatility and potential for customization, the virtual clinic can be further adapted for use in clinical training programs and public health initiatives. Its ability to reach underserved populations through telehealth highlights its value as a tool for addressing health inequalities.

The Multiplier Toolkit: Extending impact



The multiplier toolkit is designed to ensure the sustainability and dissemination of the project's results. It includes practical guidance, materials, and templates for integrating the virtual patient chatbots and virtual clinic into different educational and public health contexts.

Toolkit Contents:

- Reports and Recommendations for Education: Guidance on incorporating the self-learning and service-learning tools into curricula and training programs in dietetic education programs.
- Syllabus and Curriculum Guide: Resources for educators to align the tools with their local curriculum needs.
- Professionalism Recommendations: Policy recommendations to support the use of digital tools in dietetics training and community health programs.

Higher education institutions, dietetic associations, and public health organizations can use the toolkit to integrate the E+Dieting_Lab innovations into their existing programs or aid in creating new learning opportunities.

A Partnership Built on European Values



This project exemplifies the power of European collaboration, bringing together partners from Austria, Spain, Belgium, Portugal, and Poland. By working together, we have fostered an environment of shared knowledge and innovation in dietetics education.

- **Wide Reach:** Over 1,000 users engaged directly and many thousands more indirectly in project activities, including students, educators, dietitians, and community members.
- **Collaborative Development:** Multilingual platforms, co-created learning materials, and joint pilot programs ensured that the tools met diverse educational needs.
- **Award Recognition:** The project received first place in the People's Choice category of the European and African Triple E Awards for excellence in community engagement.

While the project officially concludes in February 2025, its impact will continue through ongoing collaborations, new research, and innovative applications of the virtual patient and virtual clinic platforms. Partners have committed to maintaining the project's tools and fostering their further development for at least three more years.

We invite universities, dietetic associations, and public health organizations to join us in leveraging these tools to improve dietetics education and public health outcomes

The E+DIETing_Lab project is jointly funded by the [Spanish Service for the Internationalisation of Education \(SEPIE\)](#) and [Erasmus+](#) through to the end of February 2025.

Your feedback is appreciated!



Are you a higher education manager, board member, policy maker or representative of a nutrition and dietetic association? We would value your feedback to the E+Dieting_Lab platform and project:

<https://forms.gle/NpD8tWcW3Hn1EbLd9>

You want to know more about the E+DIETing_LAB project?

Get more information and updates on the E+DIETing_LAB project through our [website](#), [Facebook](#) or [Twitter](#)

[#Newsletter 1](#), [#Newsletter 2](#), [#Newsletter 3](#), [#Newsletter4](#), [#Newsletter5](#), [#Newsletter6](#), [#Newsletter7](#), [#Newsletter8](#)

E+DIETing_LAB



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