

Development of Teaching Materials for Nutrition and Dietary Support in Times of Disaster in a Registered Dietitian Training Course and Study of Their Potential Use

During disasters, registered dietitians are required to have the skills to manage the nutrition and dietary needs of affected populations. However, it is difficult for students in registered dietitian training programs to gain such experience-based learning.

This study aimed to develop an active learning card-based teaching material to help students learn about dilemmas and solutions related to decision-making and response in nutrition and dietary support during disasters, and to examine its usability among students in training programs.

Nine cases from the *Case Method-Based Exercise Materials Collection* were selected for analysis. From these, situations involving uncertainty in decision-making and response were extracted and consolidated into 38 questions.

Two possible response options were created for each question, forming the basis of a card game. A reflection sheet was also developed to facilitate discussion of the situations and responses after the game.

A trial of the card-based exercise was conducted with 24 fourth-year students. As a result, the participants reported outcomes such as “I learned about problems with meals provided at evacuation shelters” and “I learned about various possible responses.” These findings suggest the potential for students to learn about anticipated nutrition issues and response strategies during disasters through this approach.