

Dietary sugar and oil are those important nutrients to all of us, especially to those patients who are pre-diabetes or chronic diabetes. It is important to provide clear concepts about the relationship between diabetes and dietary nutrients intake to the medical/non-medical students. While studying about those areas, students may feel frustrated as the mechanisms are not easy to understand.

Our project created total 3 videos describing the relationship between diabetes and dietary nutrients intake and how we can monitor the diabetic index in patients. In each video, the contents were covering the basic knowledge and necessary information to equip year 2 medical students with their preclinical studies.

The orders of each video were aligned with the lecture contents of corresponding course (MEDU2600 – Molecular Medicine and Genetics) and the students were encouraged to review the videos before and after face-to-face lectures.

The videos were accessible all the time at CUHK blackboard and feedbacks from students via e-survey would be accumulated for completed data analysis. The main areas of e-survey were reflecting the (i) usefulness, (ii) impact and (iii) effectiveness of all 3 videos from the year 2 medical students during the study of dietary nutrients intake and development of diabetes mellitus at MEDU2600 – Molecular Medicine and Genetics.

We expected that the data collected for analysis would indicate the strengths and weaknesses of this project so we could improve our future e-learning projects based on the student's recommendations.