

# NSAMRT

## Lunch & Learn

~Everything You Need to Know~



Updated September 2010

# Outline

- What is a Lunch & Learn?
- What Topics are Appropriate?
- How do I Host a Lunch & Learn?
- How do I Apply for Funding?

# What is a Lunch & Learn?

Simply put, a “Lunch & Learn” is an education session that takes place during the lunch break of any work day.

# What is a Lunch & Learn?

Lunch & Learn = education session at lunch

A variety of teaching tools can be used during a Lunch & Learn:

- ▶ Paper Handouts
- ▶ Video
- ▶ Images
- ▶ Interaction
- ▶ Quiz
- ▶ Guest Speaker

# What is a Lunch & Learn?

Lunch & Learn = education session at lunch

For the purposes of the NSAMRT, a Lunch & Learn is NOT:

- ▶ Training Education for New Equipment

# What Topics are Appropriate?

- Professional Development
  - Sessions Directly Relating to Clinical Practice
  - i.e. Benefits of Thyroid Shielding for Teenagers
- Personal Development
  - Sessions Relating to the Improvement of Personal and Professional Conduct
  - i.e. Cultural Competence in the Workplace
- Life Skills
  - Sessions Relating to an Understanding of Broader Topics Beyond the MRT Scope
  - i.e. Fear of the Unknown: Patient Experience Through MVC Recovery in Hospital

# How do I Host a Lunch & Learn?

- Decide on a Topic
- Develop your Session
- Ensure you leave open **at least** 5 minutes at the start and end of the lunch break
- Book a Room within your Hospital to Host the Session
- Promote your Lunch & Learn Session with Posters and/or e-mail
- Provide 5-7 Business Days Notice

# How do I Apply for Funding?

- The NSAMRT Education Committee has funding to support Lunch & Learn sessions across the province
- To apply, go to [www.nsamrt.ca](http://www.nsamrt.ca), click Educational Opportunities, then click Lunch & Learn
- Download the application form, fill it out, and fax, e-mail, or mail it back to the NSAMRT

# Questions

- If you have any questions regarding Lunch & Learn, feel free to contact Ryan Duggan, Education Committee Chair, via e-mail:

[Ryan.Duggan@dal.ca](mailto:Ryan.Duggan@dal.ca)

# Happy Lunch & Learning!

