

NSAMRT

Lunch & Learn

~Everything You Need to Know~

Updated: March 2019



Outline

- What is a Lunch & Learn?
- A lunch and learn is not...
- What Topics are Appropriate?
- How do I Host a Lunch & Learn?
 - How do I Apply for Funding?

What is a Lunch & Learn?

Lunch & Learn = education session at lunch

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

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

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

For the purposes of the NSAMRT, a Lunch & Learn is

NOT:

- ★ Training Education for New Equipment
- ★ CPR Recertification
- ★ WHIMIS or other workplace certification

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
- If possible provide webinar option to other MRTs in the province. NSAMRT can provide the platform

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, 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 about Lunch & Learns, feel free to contact Rebecca Jessome, Education Committee Chair, via e-mail: rebeccajessome@nsamrt.ca or info@nsamrt.ca

Happy Lunch & Learning!