



CAPSTONE

Non-Communicable Diseases
Collaboration in West Africa

CAPacity Strengthening of Transdisciplinary education for
nON-communicable disease care in WEst Africa

Challenge-Based Learning: Masterclass

Dr. Judith van de Kamp

ToT, University of Health and Allied Sciences, May 2025



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AND ALLIED SCIENCES
Health for Development

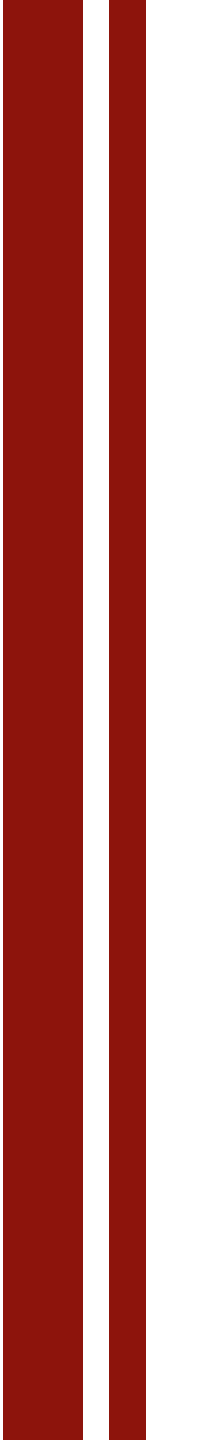


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The Group Assignment

Form groups of 3-4 people



The Group Assignment

Form groups of 3-4 people

Create a recipe to support patients to manage their NCD condition

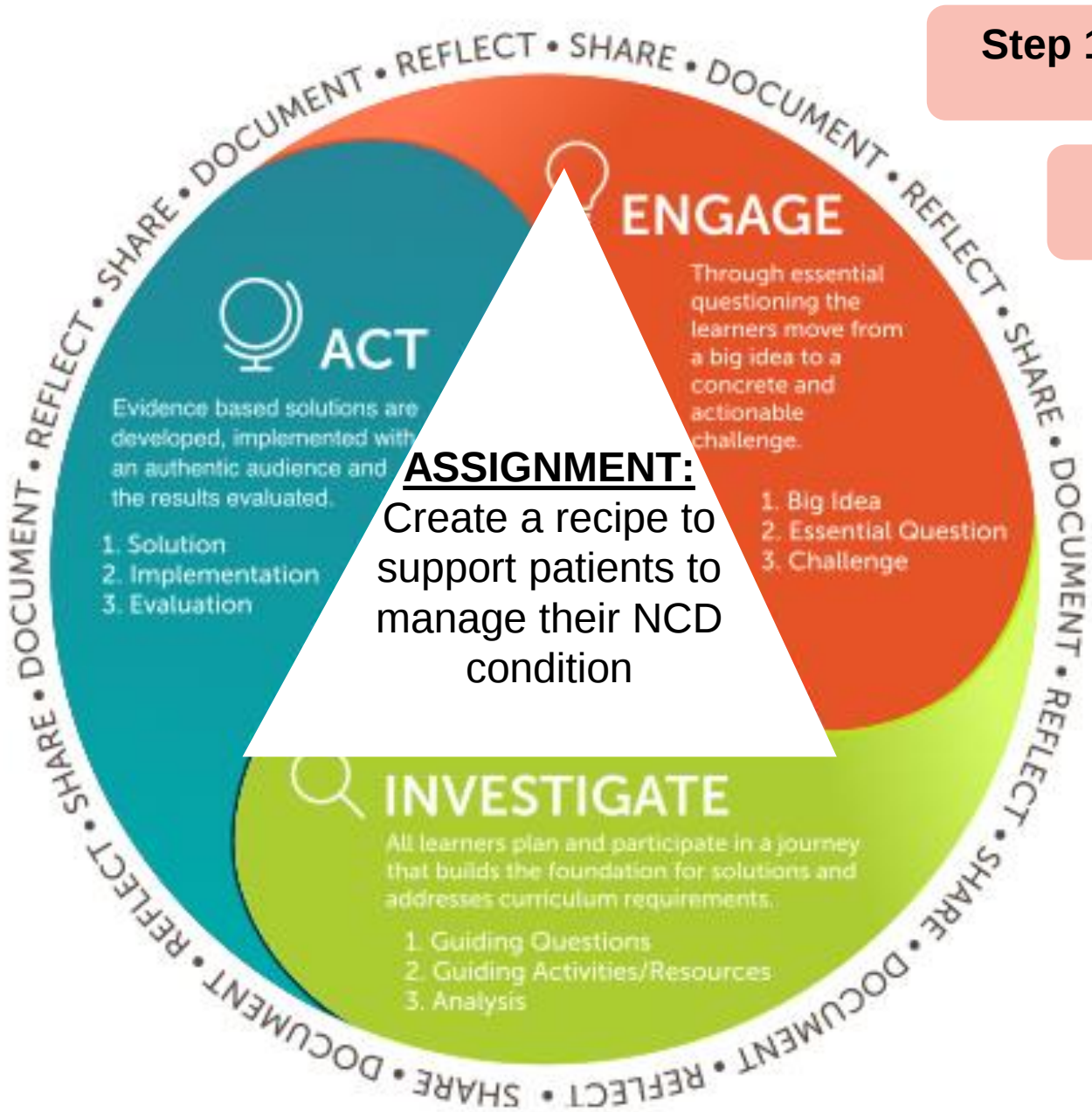


15 mins



15 mins

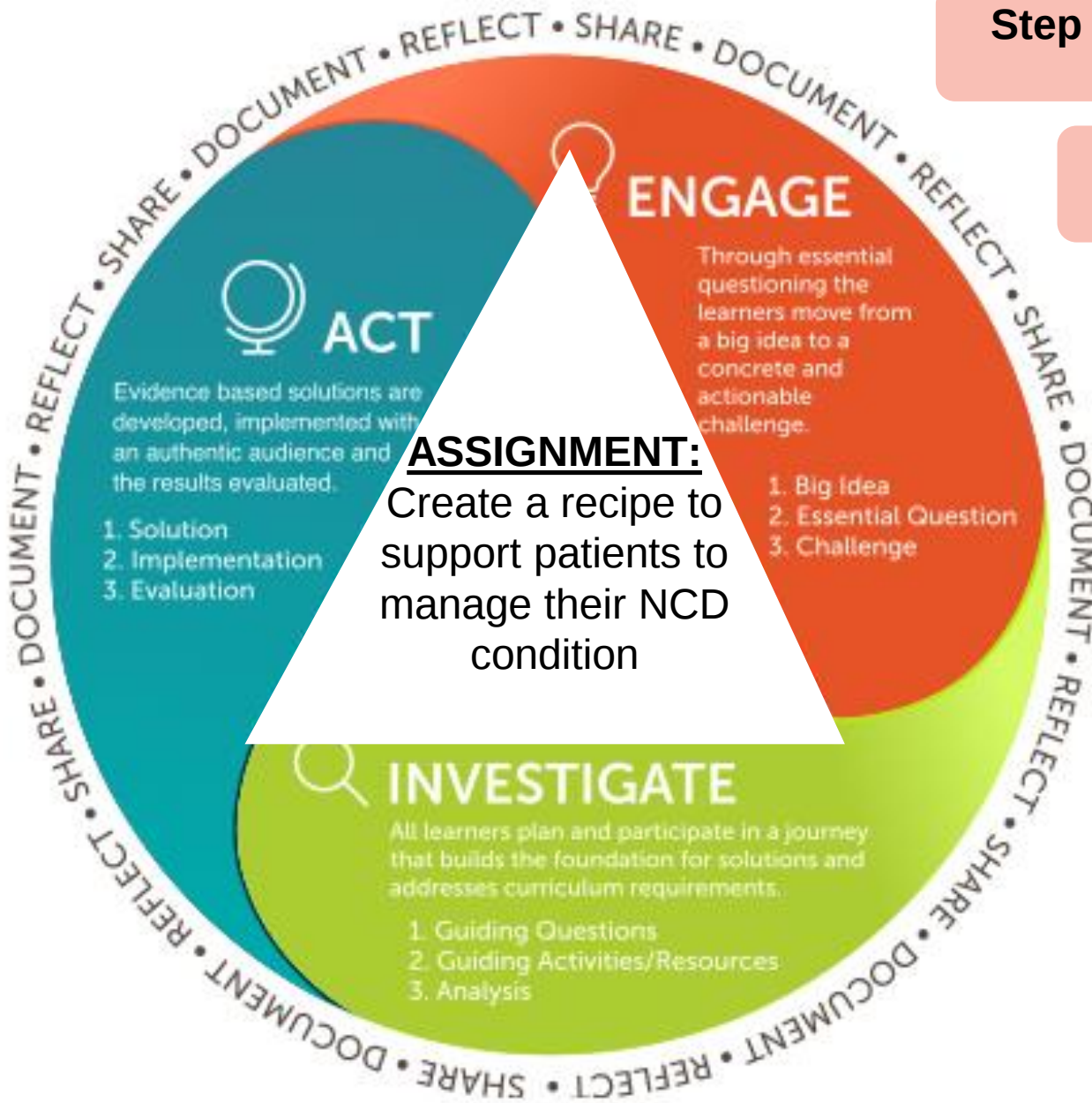
15 mins



Step 1: Know your team

Step 2: Connect to the Big Idea

Step 3: Choose your team challenge

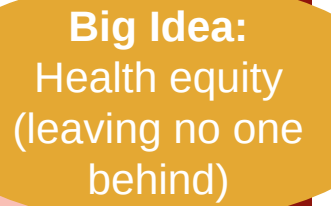


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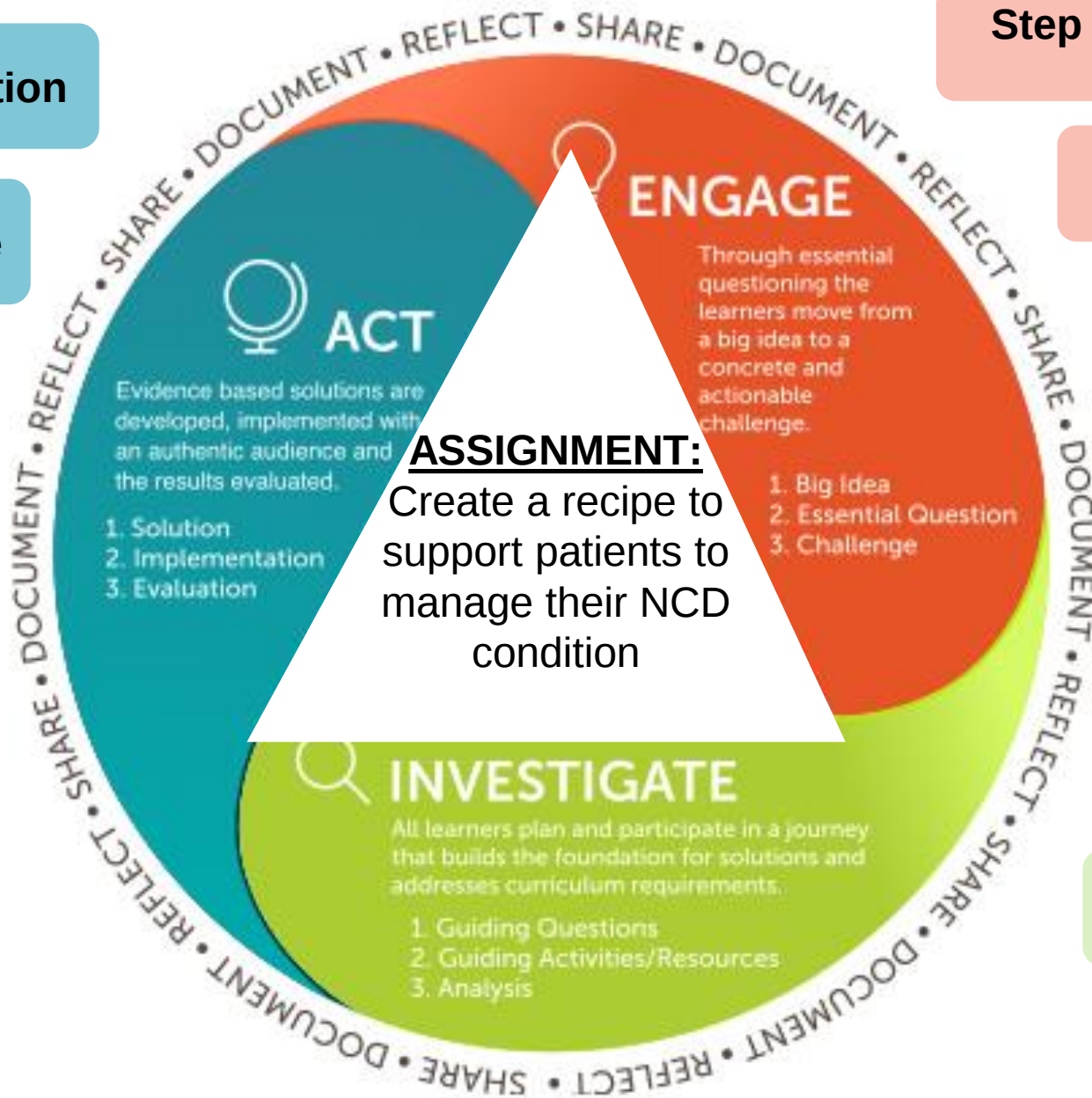
Big Idea:
Health equity
(leaving no one behind)



Create a recipe to support patients to manage their NCD condition

Step 7: Reflection

Step 6: The recipe



Step 1: Know your team

Step 2: Connect to the Big Idea

Step 3: Choose your team challenge

Step 4: In-depth research

Step 5: Transdisciplinarity

Big Idea:
Health equity
(leaving no one behind)

CBL Masterclass: A recipe for NCD management

Phase 1: ENGAGE

Step 1: Know your team

Exchange information about yourselves. Consider: disciplinary backgrounds, professional experience, cultural backgrounds, culinary skills, nutrition knowledge. How can you use this to strengthen your group work?

Step 2: Connect to the Big Idea

Discuss what the challenge can look like in connection to the Big Idea on equity and 'leaving no one behind'. Is there a specific group of people you would like to focus on (e.g. with a specific condition, living in a specific area, adolescents or elderly)?



Step 3: Choose your group challenge

Linked to the team strength and the Big Idea, choose your challenge:

Our challenge is how to support NCD management by creating a recipe specifically for.....

Phase 2: INVESTIGATE

Step 4: In-depth research

What information do you need in order to better understand your challenge? Look that up online.

Step 5: ~~Transdisciplinarity~~

Think of ways to reach out to the community members targeting in your challenge. What could be a good way to engage them, and how can this strengthen your solution?



Phase 3: ACT

Step 6: The recipe

Create a one-page recipe using the format. 'Assessment' is based on the recipe's potential benefits and execution of all steps. Bonus points for creativity!

Step 7: Reflection

Write down ONE insight that you gained from this CBL assignment. This can be:

- * What you learnt on NCDs
- * What you learnt from others
- * What you learnt about yourself

Name of the dish:

Names of group members:

1. _____
2. _____
3. _____

Our challenge is how to support NCD management by creating a recipe specifically for.....

The recipe

Extra information

CBL Masterclass: A recipe for NCD management

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Our challenge is how to support NCD management by creating a recipe specifically for.....

The recipe

Good Luck!

Extra information

Create a recipe to support patients to manage their NCD condition

We are now in:

Phase 1 – ENGAGE (15 mins)

Create a recipe to support patients to manage their NCD condition

We are now in:

Phase 2 – INVESTIGATE (15 mins)

Create a recipe to support patients to manage their NCD condition

We are now in:

Phase 3 – ACT (15 mins)

Masterclass assignment: Reflection



As learners individually:

- What you learnt on NCDs
- What you learnt from others
- What you learnt about yourself



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Thank you

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