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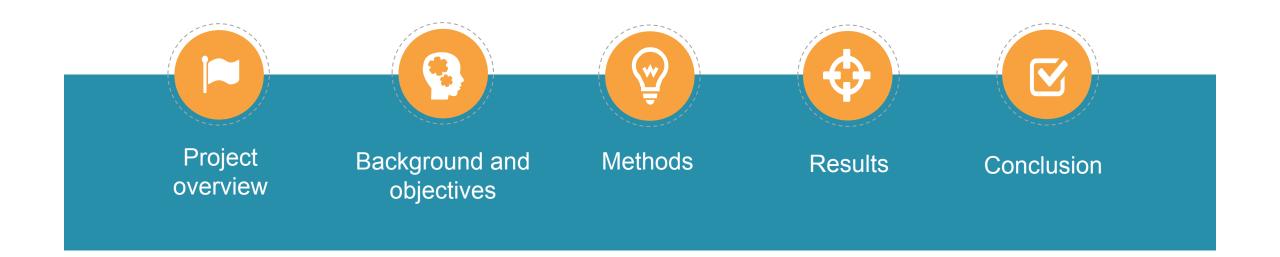








# **Outline of the presentation**





People with chronic diseases have difficulties in adhering to medication and beneficial lifestyle changes, leading to health complications and increased costs.

Train4Health

diseases is critical to achieve

better health outcomes. Self-

Health professionals are kpected to deliver behaviour hange support to people with chronic diseases. However, tudents present a skills gap h behaviour change support.

#### Train4Health: Project Overview

The **Train4Health project** responds to this need by developing a tested, coherent and innovative educational package on **behaviour change support**, aligned with the **European agenda on digital transformation** in education and training.

European competency framework on behaviour change support in the selfmanagement of chronic diseases



# Background



Interprofessional education (IPE), defined as students from "**two or more** health/social care professions" learning "with, from and about each other", has been shown to enhance learners' attitudes, knowledge, skills and behaviours for collaborative practice, and, to some extent, clinical outcomes

(Reeves et al., 2016)









# **Methods**





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**Eight online focus groups** with **39 students** and **four online focus groups** with **27 academic educators** from pharmacy, nursing and sport sciences, purposively selected across European countries



Each focus group was conducted in the **countries' national languages** and **recorded** 



Verbatim transcripts were thematically analysed



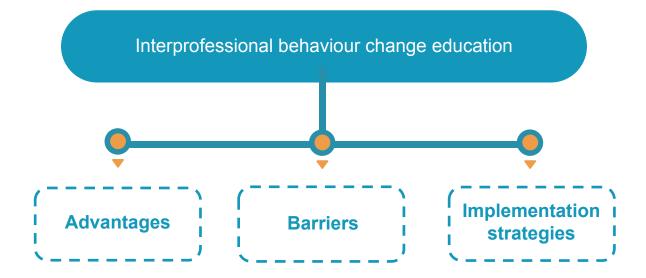
Ethical approval was granted by ESDRM



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#### **Results**

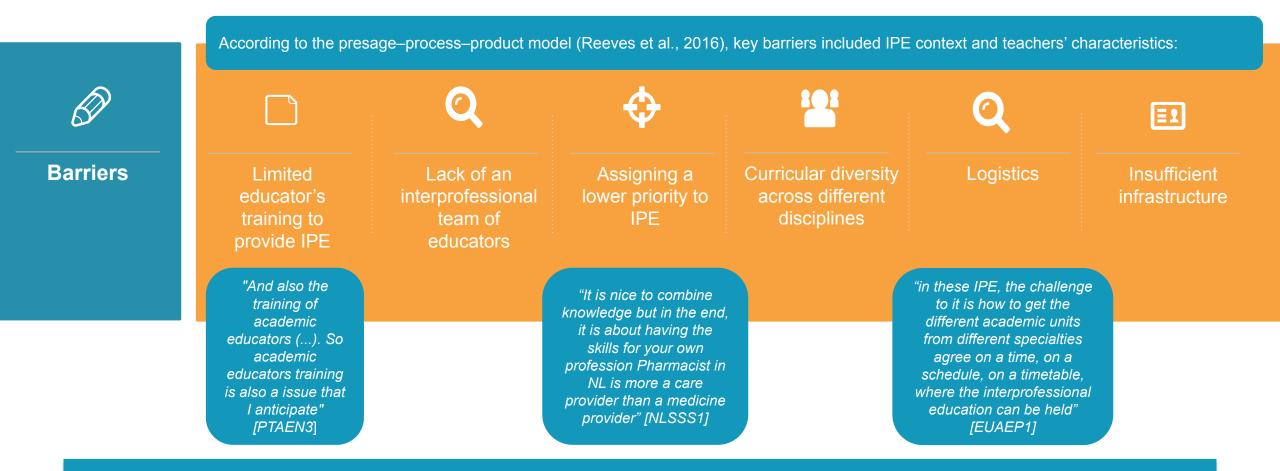
Data analysis suggests that, with few exceptions, involvement of participants in IPE was still limited



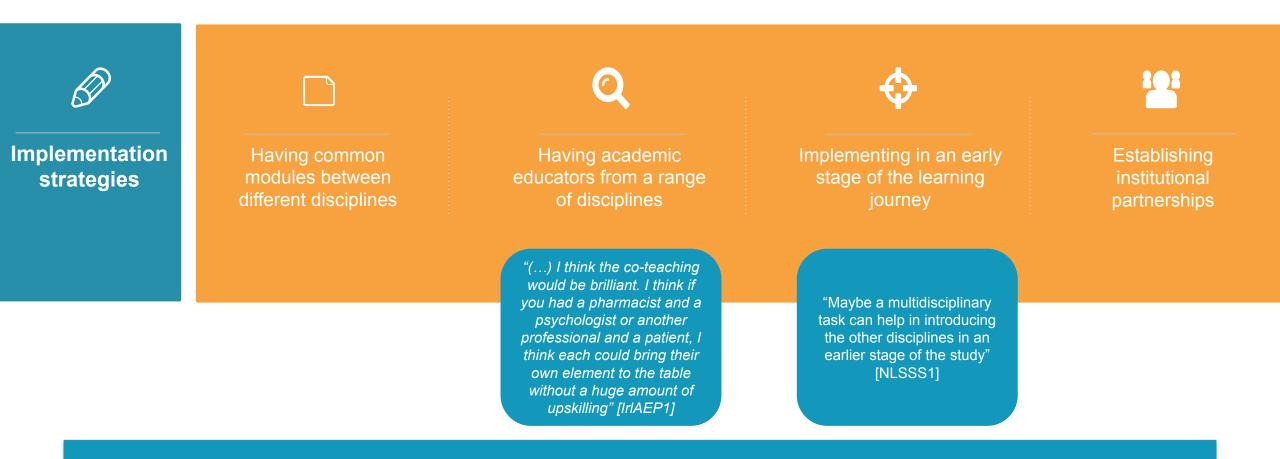














## Conclusion



Overall, **interprofessional behaviour change support education** was viewed positively by students and academic educators. Barriers may be mitigated by multimodal strategies, addressing the context (e.g. "top-down" support) and educators' characteristics (e.g. training and up-skilling).



# Thank you for your attention! Train4Health: digital innovation in behaviour change support education train4health@esel.pt train4health.eu



Ø		Fostering their own role	"Knowing the ranges of the tasks within your profession" [NLSSE2]
Advantages	Synergic collaboration	Gaining knowledge of each other's role	"() making decisions together, working in the multidisciplinary relationship. They also understand the field of action of each others. They can discuss it among themselves and see who is able to solve a specific problem" [PTAEN2]
		Envisaging future teamwork	<i>"I think that when you actually work together and you see the other perspective and the process from the other side that is actually the start of better interprofessional collaboration in the future" [EUSP8]</i>





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