



Improving healthcare students' competences to support behaviour change in chronic diseases: the Train4Health project overview

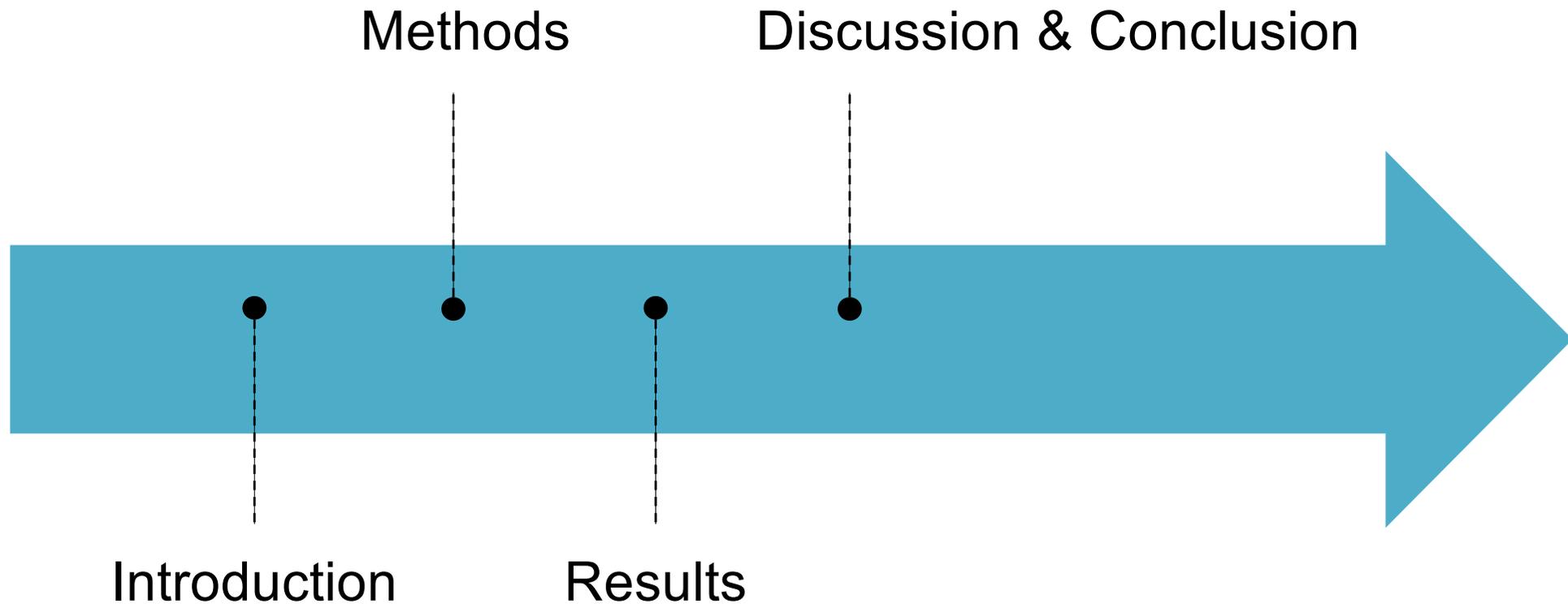
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on behalf of the Train4Health Consortium


5
Countries


7
Institutions



Outline of the presentation



Introduction

Rationale

- Adherence to medication and beneficial lifestyle changes in prevalent chronic diseases is often unsatisfactory, leading to health complications and increased costs for the health system
- Behaviour change is key to achieve better self-management in people with chronic diseases
- Health professionals are expected to support behaviour change in people with chronic diseases
- The scientific literature and our needs assessment indicate that students present a skills gap in behaviour change support, resulting from curricular insufficiencies and limited training opportunities

Introduction

The project aim

Improve health care students' competences for behaviour change to effectively support self-care in chronic diseases through an innovative educational package

Case studies

MOOC

Simulation software

Introduction

Towards interprofessional education

Nursing
students

Pharmacy
students

Sports sciences
students



Community nurses and pharmacists have a pivotal role in supporting self-care of people with chronic diseases



Increasingly important role in promoting physical activity and healthy lifestyles in people with chronic diseases

Methods

Overall design

Phase 1

Paving the way to the development of key educational products

Phase 2

Key educational products development

Phase 3

Piloting the key educational products & learning outcomes evaluation

Phase 1: Paving the way to the development of key educational products

Overall timeline (pre COVID-19 pandemic)

September 2019 – October 2020

	Key methods	Leader
Consensualising a European competency framework on behaviour change support in chronic diseases*	Two-round e-Delphi panel	Cathal Cadogan, Judith Strawbridge & Afonso Cavaco
Defining a learning outcomes-based curriculum	Expert discussion	Afke Kerkstra & Cristina Baixinho
Outlining unmet needs and requirements of case studies, MOOC & simulation software*	12 multidisciplinary focus groups with students and educators across consortium sites	Isa Félix, Nuno Pimenta & Afke Kerkstra

* Ethics approval granted

Key interim results

Consensualising a European competency framework on behaviour change support in chronic diseases (e-Delphi)

- Panel comprised by 40 European experts
- 26 statements, organized in two domains, approved by consensus
- Additional resources produced: glossary, core lists of behaviour change techniques (BCT Taxonomy v.1)

Defining a learning outcomes-based curriculum (Expert discussion)

- Final draft to be subjected to discussion within the consortium

Outlining unmet needs and requirements of case studies, MOOC & simulation software (focus groups with students and educators)

- 2 multidisciplinary pilot focus groups conducted, transcribed *verbatim* and thematically analysed to inform a common framework of analysis; recruitment is on-going

Discussion & Conclusion

- Taken together, Phase 1 activities provide a sound basis for the coherent development of an innovative educational package on behaviour change support in chronic diseases, drawing on behaviour change science
- Educational products are developed with users and aligned with the European agenda on digital transformation in education and training

Thank you for your attention!



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