

PUSHING THE BOUNDARIES OF BEHAVIOUR CHANGE SUPPORT EDUCATION IN CHRONIC DISEASE

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

Health professionals are expected to deliver behaviour change support to people with chronic diseases. However, students present a skills gap in behaviour change support.

Supporting the self-management of chronic diseases is critical to achieve better health outcomes. Self-management involves tasks that are intrinsically linked to behaviour change.



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 self-management of chronic diseases

Learning outcomes based curriculum

Simulation software

MOOC

Case studies