

Joint International Project (JIP) on Health Promotion and Self-Management: Bridging education, practice, and research through international projects by and with students



Project phase II

Final Report of the ENOTHE JIP-Project Group

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Table of Content

Introduction.....	3
Members and contact persons of OT-part of the JIP	3
The aims of OT-part of the JIP	3
Project group activities in 2015 and done or planned activities in 2016	4
Working activities and process in 2015 and 2016.....	4
Expenses OT-project members in 2015	7
Estimation of expenses OT-project members in 2016.....	8
Outcomes of the ENOTHE funding of the JIP.....	9
Summary and reflections	9
Future activities	111
Appendix:	12

Introduction

The JIP was initiated in 2012 and officially started in November 2012 at an international meeting hosted by the University of Applied Sciences in Nijmegen (HAN) in the Netherlands. In 2013, the occupational therapy departments of the University of Applied Sciences Tyrol (fhg gesundheit) in Innsbruck, Austria, the Zurich University of Applied Sciences (ZHAW) in Winterthur, Switzerland, and the University of Applied Sciences in Nijmegen (HAN), the Netherlands, started a pilot where students from all three institutions worked together in a joint project, and met in person in Innsbruck in December 2013. In May 2014, a second meeting for lecturers and researchers as part of the JIP was organized at the HAN University of Applied Sciences in Nijmegen. Ten institutions involved in allied health care higher education (multi-professional) were present at this meeting. All participating institutions expressed a need for more international activities and possibilities for working together, particularly as far as students' involvement is concerned. In January 2015, a meeting for students involved in the JIP was hosted at the Zurich University of Applied Sciences (ZHAW) in Winterthur, Switzerland. During the meeting in May 2014, the partner institutions agreed upon the further development of a 'Joint International Project' (JIP). Moreover, the OT-departments decided to apply for funding of the ENOTHE for further development of the OT-part of the JIP. In February 2015 we received the approval of ENOTHE for the funding of the JIP. This report represents the final report of the project, covering activities in 2015 and 2016.

Members and contact persons of OT-part of the JIP

- *Austria:* BSc and MSc programmes in Ergotherapie (Occupational Therapy), fh gesundheit - University of Applied Science Tyrol, Innsbruck – Ursula Costa and Pier Paolo Pasqualoni;
- *Belgium:* Opleiding Bachelor in de Ergotherapie, Arteveldehogeschool, Gent – Patricia De Vriendt;
- *Great Britain:* Occupational Therapy department, Brunel University, London – Debbie Kramer-Roy and Kee Hean Lim;
- *Switzerland:* Bachelor programme in Ergotherapie (Occupational Therapy), Zurich University of Applied Sciences, Winterthur – Daniela Senn;
- *The Netherlands:* Hogeschool van Arnhem en Nijmegen, opleiding Ergotherapie, Nijmegen – Ton Satink.

The aims of OT-part of the JIP

- Developing an international research project/module, suitable for student exchange.
 - to give students the opportunity to relate their BSc thesis, MSc project work or MSc thesis to get in contact and exchange knowledge with students from other international institutions.
- To develop collaboration between educational programmes, research institutions and the clinical field ((answering questions of clinical field);
- To facilitate collaboration and exchange of Occupational Therapy students, lecturers, and researchers in a European context;

- To develop knowledge and skills in competence areas as related to Research and Development in OT/OS and Management and Promotion of OT;
- To contribute to and participate in the body of knowledge related to self-management and health promotion from an Occupational Therapy/Occupational Science perspective.

Project group activities in 2015 and done or planned activities in 2016

May 2015	Porto, Portugal	Meeting for 2 working days Develop educational material Evaluate first pilots
October 2015	Ruse, Bulgaria	ENOTHE Meeting 2015 Workshop Meeting of JIP partners
December 2015	Innsbruck, Austria	Meeting of students and lecturers engaged in the JIP phase 2015-16 (intra- and interdisciplinary meetings)
June 2016	Galway, Ireland	COTEC-ENOTHE meeting in Ireland Workshop Presentation of final report and additional material
October 2016	Nijmegen, Netherlands	Meeting for 2 working days: intra- and interdisciplinary meetings for students and staff (lecturers and researchers)

Working activities and process in 2015 and 2016

Two-days meeting in May 2015, Porto

- Mono-disciplinary meeting (OT):
 - Identifying research themes;
 - Identifying time lines and timeframes in different institutions for bachelor and master students who like to join the JIP;
 - Discussing refinements of 'description of JIP', leading to a future study guide.
- Multi-disciplinary meeting:
 - Identifying research theme;
 - Further developing Moodle platform to be used by new member institutions and students;
 - Reflection upon and refinement of the aim of the JIP;
 - Discussing refinements of 'description of JIP', leading to a future study guide;
 - Discussing the need for a 'JIP project proposal form'.

June-September 2015

- Refinements of a 'description of the JIP', leading to a future study guide;
- Further develop a 'JIP project proposal form';
- Preparation of the JIP meeting in Innsbruck at the fhg;

- Preparation of the workshop for ENOTHE 2015 by staff of the HAN and the fhg in cooperation with others;
- Preparation of the presentation for ENOTHE 2015 by a Master student from Brunel University, UK;
- Start of Dutch and Belgium (Ghent University and Artevelde University College) OT-students in new JIP projects;
- Finishing JIP projects of:
 - 1 Master student from Brunel University, UK;
 - 4 Bachelor students from HAN University, the Netherlands;
 - 2 Master students from the fhg, Austria;
 - 2 Bachelor students from the fhg, Austria;
 - 1 Bachelor student from the ZHAW, Switzerland.

October 2015

- Writing up report first phase;
- ENOTHE meeting in Ruse, Bulgaria:
 - Workshop about JIP by staff;
 - Presentation of JIP project of student from Brunel University;
- Preparing abstract for ENOTHE/COTEC meeting in Galway 2016.

Two-days meeting in December 2015, Innsbruck

Main outcomes of the meeting:

- Meeting at fhg with 18 lecturers and 110 students;
- Share outcomes of the ENOTHE workshop in Ruse, October 2015;
- Supervision of students project;
- Announcing and setting up new projects of students;
- Formalizing structures for the JIP: to respond to the need for a JIP-Coordinator, 1-2 coordinators with different responsibilities have been agreed upon:
 - one coordinator for overall purposes and contents of the JIP, i.e. a kind of spokesperson and coordinator and also responsible for the organization of the JIP meetings, together with the inviting institution; the 'general coordinator' is for the current period now a colleague from the HAN in Nijmegen.
 - one for funding, and an Erasmus+ application to be prepared next year in the first place; the 'funding coordinator' is currently a colleague from the University College Sjaeland.
- Frequency of the JIP meeting: at least one meeting, two meetings would be nice, per year, but in practice one might be reasonable and doable (strongly encouraging all partners to join at least one of them);
- Moodle platform: we will continue working with it until there is another better solution for organizing shared information and facilitating student and teacher communication;
- lessons learnt: experiences, ideas for further development (for instance, we agreed that students and staff from other disciplines studying resp. working at the hosting partner should be encouraged to join the JIP);
- Planning for the ENOTHE report;
- Discussing Erasmus+ Application;

- Discuss project topics and research lines between JIP partners for 2016.
- Discussion and decision to start with a project that compares the curricula of different institutions related to OT students skills to support self-management of clients; Artevelde Hogeschool in Belgium will start with this, and if possible, the same project can be used and repeated in other countries.

Some students' reflections on the JIP meeting in December 2015, Innsbruck

- I would recommend other students to join the JIP...
 - because "I like the idea to connect professions from all over the world and give them time to exchange with each other about their experience" (OT bachelor student)
 - because "together we can develop our job outline further" (OT bachelor student)
 - to find out "how health care [works] in another country and how it is to study there" (physiotherapy bachelor student)
 - "it shows me that as an occupational therapist you can work international[ly]" (OT bachelor student)
 - "In addition, as a student you have to practice your English and for that, the JIP is a perfect chance and a very tolerant learning field, where students can learn from each other without pressure to perform (OT master student)
 - "I take home many ideas, English, motivation, curiosity, an idea or framework for projects and a lot of joy" (OT master student)

December 2015- May 2016

- take first steps in the orientation for Erasmus+;
- preparation of the final report for ENOTHE;
- preparation of the workshop for ENOTHE/COTEC Congress in Galway, June 2016;

June 2016

- ENOTHE meeting in Galway, Ireland
 - Workshop about JIP provided by staff;
 - JIP staff meeting

Two days meeting in October 2016, Nijmegen

- preparations have started for the multiprofessional JIP meeting in Nijmegen; students, lecturers and researchers from all participating partner institutions of the JIP will be invited;
- discuss the research proposal and/or first very preliminary results;
- presentation of the student projects which are finalised at that point;
- Aim: to continue the JIP in a sustainable mono- and multidisciplinary network.

Overview of current students' projects (September 2015- September 2016)

- 1 Bachelor student project of ZHAW;
- 2 Master students of University of Ghent;
- 2 Bachelor students of Artevelde University College Ghent (note: Ghent students will closely work together in the JIP this year);

- 4 Bachelor students of HAN University of Applied Sciences;
- 3 Master students of the University of Applied Sciences Tyrol
- 2 Bachelor students of the University of Applied Sciences Tyrol

Expenses OT-project members in 2015

JIP partner	Expenses
fhg gesundheit, Austria: - No expenses till September 2015 ¹	0,00 Euro (fhg overtook the expenses, also for the meeting in Innsbruck)
HAN University, the Netherlands - No expenses till September 2015 ² - Students – JIP meeting Innsbruck, December 2015	0,00 Euro (HAN overtook the expenses)
Artevelde Hogeschool, Belgium - JIP meeting Portugal, May 2015 - JIP meeting Innsbruck, Dec. 2015	697,06 Euro Innsbruck was paid by Artevelde
Brunel University, UK	0,00 Euro
ZHAW, Switzerland - JIP meeting Portugal, May 2015 - JIP meeting Innsbruck, Dec. 2015	0,00 Euro (ZHAW and SEMP overtook the expenses)

¹We try to keep expenses at a minimum to save money for the upcoming meetings.

²We try to keep expenses at a minimum to save money for the upcoming meetings.

Expenses OT-project members in 2016

JIP partner	Estimated expenses
fhg gesundheit, Austria: - ENOTHE Meeting Galway, June 2016	1.000 Euro
HAN University, the Netherlands - ENOTHE Meeting Galway, June 2016 - JIP Meeting in Nijmegen	0,00 Euro (HAN overtook the expenses)
Artevelde Hogeschool, Belgium - ENOTHE Meeting Galway, June 2016 - JIP Meeting in Nijmegen	0,00 Euro (Artevelde overtook the expenses) 300,00 Euro
Brunel University, UK - ENOTHE Meeting Galway, June 2016 - JIP Meeting in Nijmegen	415,00 Euro 580,00 Euro
ZHAW, Switzerland - ENOTHE Meeting Galway, June 2016	415 Euro

Outcomes of the ENOTHE funding of the JIP

- 24 student projects developed in 2015/2016;
- Two meetings (Porto and Innsbruck) supporting the further development of the JIP (constituting the JIP coordinator's responsibilities, development of the JIP student handbook);
- Materials produced: JIP student handbook, list with project and research themes per institution (on moodle);
- Supporting resources: moodle platform for organizing shared information and facilitating student and teacher communication;
- two workshops at ENOTHE congresses, supporting international collaboration with students, lecturers and researchers and sharing the impacts of the JIP;
- two reports on the JIP on behalf of ENOTHE;
- Learning outcomes of Bachelor and Master students in OT;
- Reflection of facilitation and implementation of student projects related to self-management and health promotion/salutogenesis and related relevant themes in the curriculum; Recognized by all members is that it is difficult to attract students. Important reason is that students hesitate to join an English spoken project;
- stronger network among the international OT and multidisciplinary JIP partners
- Attention and awareness of the possibility of international projects within the institutions;
- Attention for the topics self-management and health promotion within the institutions among students, lecturers and researchers. In several institutions it is not clear how the topic of self-management and/or health promotions are really implemented in the curriculum. Because of that a joint project is started to evaluate this. (Currently, four student groups in three different countries are evaluating how self-management is implemented in the curriculum).

Summary and reflections

It is worthwhile doing internationalisation in a Bachelor and Master course and in dialogue between education, research, and practice, related to current health policies and developments and link it to current developments and topics in health care. In the last years, the JIP has further been developed. From a project with three OT-departments, the JIP has become a network with currently twelve international partners. The OT-members of the network expanded from five OT departments towards seven OT departments. The two new members are the Ghent University, OT department and Metropolia University – OT department.

Moreover, there are other institutions in and outside of Europe who are interested in participating in the JIP network.

At the ENOTHE conference in Ruse, Bulgaria, colleagues from other institutions all had the opinion that the JIP is a promising project that can attract students, lecturers and researchers to work together on a joint project. At the same time they advised to take care of a good organisation and stressed that a coordinator was needed. Moreover it was said that the development of such a network takes time, and that we should have patience.

Regarding communication the opinion was that a general platform was needed, but that the challenge was how to develop this platform and how to link every participating student with the platform.

Comparing the aims regarding the dissemination of the JIP outcomes we planned as follows: This final report will be accessible through the ENOTHE website and might serve other ENOTHE members to learn from and develop similar joint international projects. We have further developed the JIP, got more insight in the possibilities and developed the two days meeting with students and lecturers as a kind of 'seminar' or 'small symposium'. This allows sharing knowledge with a bigger group of students rather than exclusively the ones who are directly involved in JIP project or thesis works.

We intended to share relevant study material (e.g. student handbook) or JIP products/papers developed within the projects. The student handbook is available to the involved partners and students. The JIP products in the separate countries is available through the contact persons of the different institutions. A limitation for general use is that the products are written in the own language of the students.

Collaboration with the clinical field was positive when questions about self-management and health promotion were derived from the clinical field. Especially in Austria this was the case with some JIP projects.

For the students who have participated in the JIP, the JIP activities and meeting(s) have supported the development of students' professional identity. It helped them to focus on their research questions about health promotion or self-management in their own country, and to broaden their views on the selected topics through an exchange with students from other countries. We also learnt that the students prefer to write in their own language. This is a challenge for the future, since only for the UK partners, their native language is English.

The JIP fostered an awareness of an international context and opened up for similarities as well as differences in health care and, specifically, Occupational Therapy in various European countries. Thanks to the hosting countries the Netherlands, Switzerland, Portugal, and Austria and to participating JIP members from a variety of European countries, concepts also promoted by the WHO got new importance.

Future activities

Although there have been some meetings and developments, there is still work to do to strengthen the network and organise the joint activities.

- The application to get funding (Erasmus+) for the JIP as a multi professional and multinational project will be prepared for spring 2017;
- A joint research project on how self-management is implemented in the curriculum (prepared by Ghent University and Artevelde) has started in September 2016 in three countries. Outcomes of the projects will be separate reports for the different curriculum committees. Furthermore, the intention is to write a joint paper for publication in an international journal.
- Future projects will focus on the way the clients' perspective on self-management is used in the curriculum; Furthermore, a similar topic on the way Health Promotion is visible in the curriculum in different projects will be discussed.
- As the core group of the JIP is rather stable, future partners will be considered. As most of the institutions have partnerships with institutions in Eastern Europe, these will be considered first to participate in the JIP project.

Winterthur, Nijmegen, Innsbruck, Ghent, October 2016

Appendix:

All topics for the JIP projects were related to the ‘umbrella themes Health Promotion and Self-management’.

Below a list with the different **bachelor thesis and master thesis or master project works realised during 2013-2016**

Austria: University of Applied Sciences Tyrol (fhg), Innsbruck

Buchbauer-Heim, S. (2015). *Because our child is different. Challenges and strategies in everyday life of working mothers of school-aged children with developmental delay/-disorder.* (Master thesis), University of Applied Sciences Tyrol, Innsbruck.

Vogel, T. (2015). *Coping with everyday life – A narrative study about the everyday life of parents with children with multiple disabilities in Tyrol.* (Master thesis), University of Applied Sciences Tyrol, Innsbruck.

These two Master theses merged from the work within the JIP: *Resources of working mothers of children with developmental problems.* (Master thesis), University of Applied Sciences Tyrol, Innsbruck.

Ladner, Ch. (2015). *Promoting children's and adolescents' health through occupational therapy related to engagement in leisure.* (Bachelor thesis), University of Applied Sciences Tyrol, Innsbruck.

Stern, M. (2015). *Occupational Therapy to promote senior residents' health and quality of life.* (Bachelor thesis), University of Applied Sciences Tyrol, Innsbruck.

Handschohu, A. (2016). *The implementation of the KRAH®- model in Occupational Therapy of people with chronic pain.* University of Applied Sciences Tyrol, Innsbruck.

UK: Brunel University, London

Retirement transition: an occupational perspective. Kylie Wong interviewed 6 people, retired within the past 2 years.

NL: HAN University of Applied Sciences, Nijmegen (HAN)

Gelton, E. & Paalhaar W. (2013). *Self-management in stroke rehabilitation.* (Bachelor thesis), HAN University of Applied Sciences, Nijmegen.

Jansen, A., Slegten, J., van den Bogaard, J., Brandts, L. (2015). *Occupational therapy 2020: societal developments and OT.* (Bachelor thesis), HAN University of Applied Sciences, Nijmegen.

Switzerland: Zurich University of Applied Sciences (ZHAW), Winterthur

Keller, M. (2014). *Self-management in Occupational Therapy for clients with a stroke.* (Bachelor thesis), Zurich University of Applied Sciences, Winterthur.

Griebsch, S. (2015). *Together active in higher age! Health promoting occupational therapy to enhance social participation among the elderly.* (Bachelor thesis), Zurich University of Applied Sciences, Winterthur.

Heuberger, L. (2014). *Self-management and Occupational Balance of mothers of children with disabilities* (Bachelor thesis), Zurich University of Applied Sciences, Winterthur.

Feusi, S. (2016). Selbstmanagementstrategien zur Erhaltung des Arbeitsplatzes bei Menschen mit muskuloskelettalen Erkrankungen. (Bachelor thesis), Zurich University of Applied Sciences, Winterthur.

Belgium: Artevelde Hogeschool, Ghent

Pieter Meyskens (promotor Patricia De Vriendt and Kim Vandenberghe – project lead of VIGEZ, Flemish Institute health Promotion and Prevention – (2016) Process evaluation of the ‘Zilverwijzer’. The Zilverwijzer is a program to enable ‘resilience’ in nursing homes and prevent depression. It is based on self-management.

Corine De Mey (promotor Patricia De Vriendt) (not submitted yet) Is Self-management subject of research: Review of OT Journals.

Jana De Reu (2016) Self-management and return to work; an exploratory study.

Sigrid De Kerf (2016) Health-promotion in poor neighborhoods through a community health care center in