

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



## Project phase I

Report of the ENOTHE JIP-Project Group

September 2015

written by

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## Introduction

The JIP was initiated in 2012 and officially started in November 2012 at an international meeting hosted by the HAN University of Applied Sciences (HAN-IPS) in the Netherlands. In 2013, the occupational therapy departments of the fh gesundheit (fhg - University of Applied Sciences Tyrol) in Innsbruck, Austria, the ZHAW in Winterthur, Switzerland, and the HAN University of Applied Sciences in Nijmegen, the Netherlands, started a pilot where students from all three institutions have 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 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. 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.

## Members and contact persons of OT-part of the JIP

- *Austria*: BSc and MSc in Ergotherapie (Occupational Therapy), fh gesundheit - University of Applied Science Tyrol, Innsbruck – Ursula Costa.
- *Belgium*: Opleiding bachelor in de Ergotherapie, Arteveldehogeschool, Gent – Patricia De Vriendt and Filip Dejonckheere.
- *Great Britain*: Occupational Therapy department, Brunel University, London – Debbie Kramer-Roy & Kee Hean Lim
- *Switzerland*: Bachelor programme in Ergotherapie, ZHAW, 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
- 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.

## Planned Project group activities in 2015 and 2016

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

## Working activities and process in 2015

### *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
- 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 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.

### October 2015

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

### Estimation of expenses OT-project members in 2015

JIP partner	Expenses
<b>fhg gesundheit, Austria:</b> <ul style="list-style-type: none"> <li>- No expenses till September 2015<sup>1</sup></li> <li>- Travel costs Pier Paolo on behalf of Ursula Costa to ENOTHE meeting Bulgaria</li> </ul>	<b>0,00 Euro (fhg overtook the expenses)</b> <b>€ 400,00 (rest is paid by the fhg)</b>
<b>HAN University, the Netherlands</b> <ul style="list-style-type: none"> <li>- No expenses till September 2015<sup>2</sup></li> <li>- Students – JIP meeting Innsbruck december 2015</li> </ul>	<b>0,00 Euro (HAN overtook the expenses)</b> <b>500,00 Euro</b>
<b>Artevelde Hogeschool, Belgium</b> <ul style="list-style-type: none"> <li>- JIP meeting Portugal, May 2015</li> </ul>	<b>697,06 Euro</b>
<b>Brunel University, UK</b>	<b>Not known yet</b>
<b>ZHAW, Switzerland</b> <ul style="list-style-type: none"> <li>- JIP meeting Portugal, May 2015</li> </ul>	<b>690,00 Euro</b>

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

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

## 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. In the last years, the JIP has further been developed. From a project with 3 OT-departments, the JIP has become a network with currently 12 international partners. The OT-members of the network expanded from 5 OT departments towards 7 OT departments. Moreover, there are other institutions in and outside of Europe who are interested in participating in the JIP network.

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. The JIP fostered a consciousness of an international context.

## 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 **workshop prepared for the ENOTHE meeting in Bulgaria** (October 2015) has the intention to inform and attract colleagues from other international Bachelor and Masters programmes.
- The **JIP meeting in Innsbruck** (December 2015) has the intention to work on a refinement of procedures, the MOODLE platform to share products and documents of the JIP (database), and to discuss project topics and research lines between JIP partners. Moreover, the two-days meeting in Innsbruck will give students and staff the possibility to meet, to attend presentations about health promotion and self-management, and to discuss the meaning of this for the professional development.
- The **abstract for the COTEC/ENOTHE meeting in Galway** (June 2016) will be prepared, as well as a joint meeting to work on a further development of the JIP.

Nijmegen, Innsbruck, October 2015