



### THE PROJECT

The IMPACCT project (*IM*proving *P*atient-centered *C*ommunication *C*ompetencies: *T*o build professional capacity concerning health literacy in medical and nursing education) aims at developing an educational program to improve the communication competences of medical and nursing students, particularly regarding older patients with low health literacy.

IMPACCT is an international consortium including partners from five European countries (Netherlands, Germany, Italy, Ireland and Slovakia).

### IN THIS NEWSLETTER

**Transnational project meeting in Bremen, Germany:** what have we learned so far, what have we achieved and where are we headed?



**Learning from the experts:** Involvement of stakeholders (patients, students, health educators, health professionals, and policy makers) is an integral part of the project.

**Piloting the Learning Units in interdisciplinary settings:** showcase Italy

**What is happening, and what is next:** news and final steps of IMPACCT

### *Low health literacy impacts all areas of life*

Health literacy (HL) can negatively impact patients in all areas of life. The IMPACCT educational programme addresses this issue through the development of a holistic curriculum that includes topics such as:

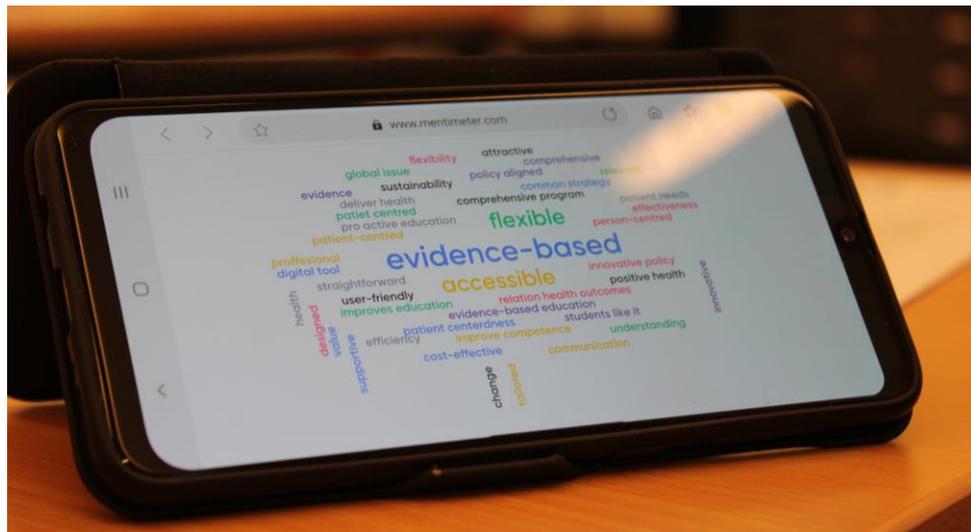
- Empowering patients to **change their health behaviours** (for example, their nutrition, exercise regime, ...)
- **Improving communication**, identifying patients with low health literacy and engaging them in decision-making
- Supporting patients with **multiple (chronic) diseases**
- Engaging with a **diverse patient population**
- Involving **support systems** of patients (friends, family and other health care providers)
- Supporting patients' **hospital discharge** and **rehabilitation** processes
- Creating **health-literacy friendly** healthcare **organisations**

# TRANSNATIONAL PROJECT MEETING



In September, all project partners met in Bremen (Germany) to discuss the next steps of the project. These included:

- optimizing the learning units based on the piloting results
- Strategies for optimal distribution of the learning units
- development of the MOOC (massive open online course)
- involvement of educational decision makers and policy makers



Wordcloud depicting positive attributes or 'selling points' of the educational programme

## PROMOTING HEALTH LITERACY ON THE EDUCATIONAL AGENDA

As a 'side effect', meeting organisers Sonia Lippke and Annalena Welp were invited to summarise the lessons learnt in the workshop for a special issue on health literacy in PADUA – a German nursing education journal. As both nursing and medical education curricula in Germany are currently under revision, the time is right to introduce health literacy to the educational agenda.

### Wollen oder können sie nicht?

Gesundheitskompetenz von Patienten und die Vermittlung von Wissen und Können im Unterricht

Annalena Welp und Sonia Lippke



# LEARNING FROM THE EXPERTS: STAKEHOLDER WORKSHOP AND FEEDBACK

Working closely together with stakeholders such as students, trainees, healthcare professionals, patients, educators and researchers is integral to the project. Piloting the learning unit in different educational settings as well as organising a 'market place' to inform stakeholders about the different learning units and request their feedback has been a major contribution to optimizing the educational material.



## What stakeholder found most valuable:

- Case studies: they help to understand the barriers that patients with low health literacy face.
- Interactive aspects such as role play, group discussions



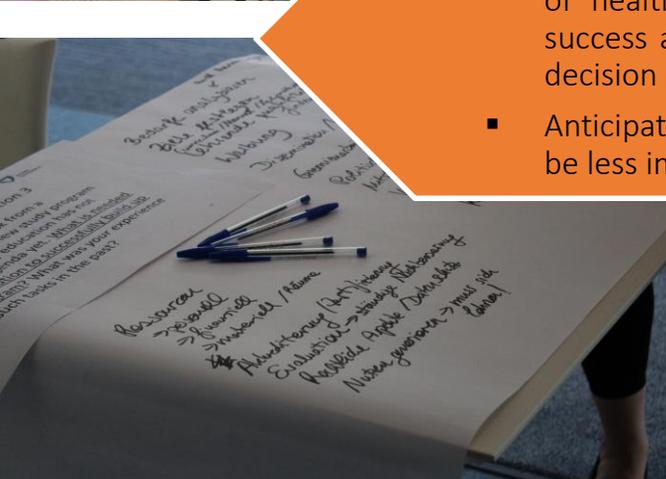
## What stakeholders would improve:

- Tailoring of content, especially the theory-practice ratio, to different target groups (students, trainees, professionals in continuing education)
- Tailoring of content to Germany (i.e., include German policies and regulations, social groups and patient cases that are typical for Germany)



## Strategies to advocate for health literacy in educational institutions:

- Bottom-up-approach: Find peers that support implementation of health literacy content on a small scale, document its success and count on the fact that good news travels fast to decision makers.
- Anticipate motives: relevance of health literacy education may be less important than ease of implementation.



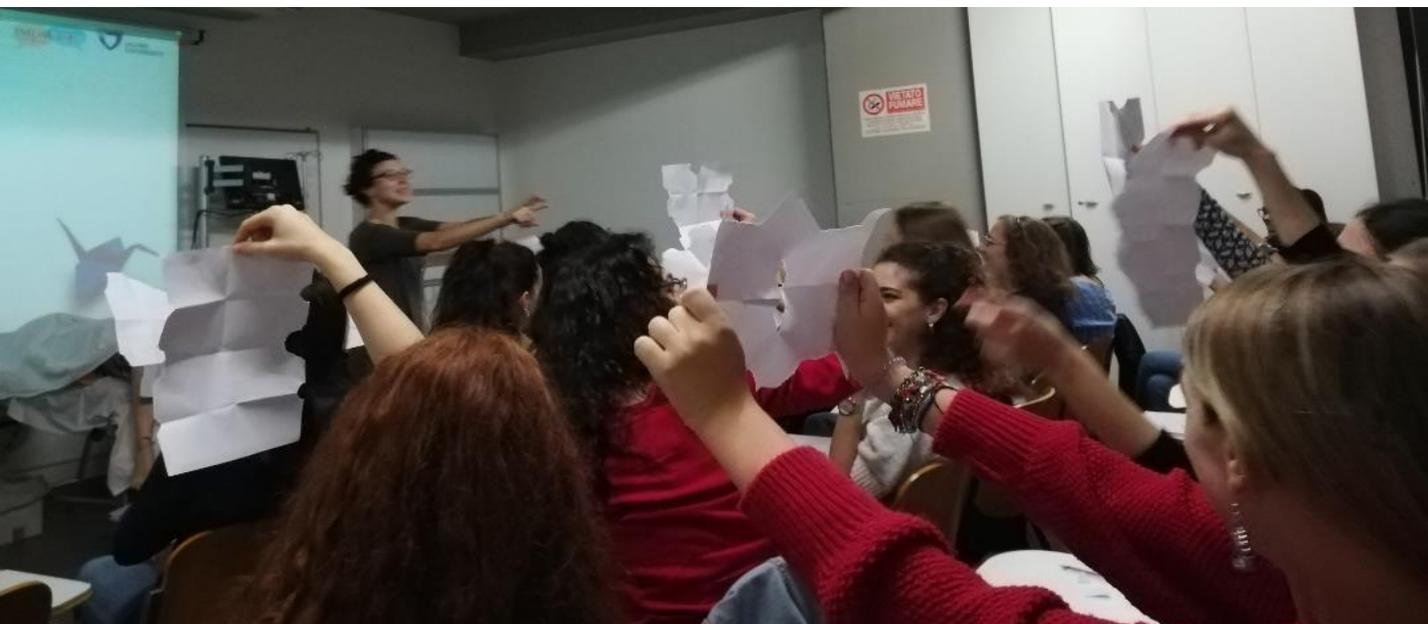
# PILOTING THE LEARNING UNITS IN ITALY

Three pilot courses have been organized in Italy in the period November 2018 – November 2019, involving the students of Università Politecnica delle Marche (UNIVPM), the medical university located in Ancona (Italy), with the coordination of ARS-Marche Region, partner of the IMPACCT project.

In the pilot courses, some basic and advanced Learning Units (LUs) developed by IMPACCT partners have been used and tested, in order to gather feedback useful to evaluate the degree of applicability and transferability of LUs material, in order to improve health literacy (HL) competences of medical, nursing and other healthcare professions' students.

Pilot courses involved 85 students of different disciplines, such as Physiotherapy during a Laboratory course (mandatory) for first-year students, Nursing and Speech therapy as a Monographic course (optional) for third-year students, and Obstetrics as an additional and voluntary course to second and third-year students. Six educators, two for each pilot, were responsible for the training activities.

Overall, students and educators evaluated positively the initiative, recognized the relevance of the topics discussed, and appreciated the interactive approach used. Additional activities are foreseen for this year, to further integrate the LUs into the curricula.



Students of the Obstetrics course during the “paper tear” exercise.

# WHAT IS HAPPENING AND WHAT IS NEXT?

## News from...

### The Project Consortium

A recent publication by members of the project consortium describes involvement of patients informing the development of the educational programme

Open Access **Review**

#### Patient Perspectives to Inform a Health Literacy Educational Program: A Systematic Review and Thematic Synthesis of Qualitative Studies

by Margot Jager<sup>1,†</sup>, Janine de Zeeuw<sup>1,2,†</sup>, Janne Tullius<sup>1</sup>, Roberta Papa<sup>3,4</sup>, Cinzia Giammarchi<sup>3,4</sup>, Amanda Whittal<sup>5</sup> and Andrea F. de Winter<sup>1</sup>



The visual appearance of the learning units will be developed by a graphic designer team. Next, they will be made available to the public

### The Netherlands & Ireland

Part of the IMPACCT project is that we will publish a Massive Open Online Course for health professionals on how to deal with health literacy issues with patients. Content expert Jane Sixsmith co-designed online learning design specialists Tracy Poelzer and Tom Spits a very engaging course online, which will now be produced in the coming months and published on the FutureLearn platform in the Summer of 2020.



### Germany



13<sup>th</sup> International Workshop

Behavioural Science Applied to Surgery

Amsterdam UMC, location VUmc

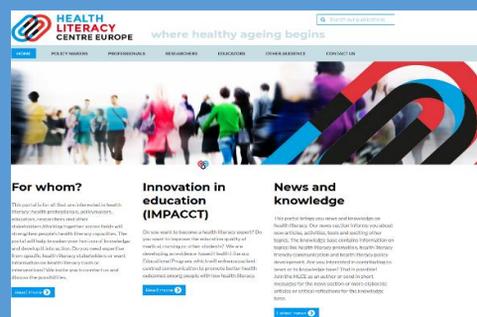
29 & 30 November 2019

- The German project team promoted the educational programme at different conferences (such as DALK and BSAS) to maximise future use of the learning units
- We are in the process of establishing a collaboration with an adult education centre that is establishing programme that aims to familiarise older adults with digital products (including E-health)
- Students are testing parts of the programme directly with patients, for example, by supporting them in the development of behaviour change plans.

Are you interested in Health Literacy? Do you want to read additional information about the project? Do you want to share your thoughts with us?

You can find a presentation video here:  
<http://healthliteracycentre.eu/impacct/>

Our webpage:  
[www.healthliteracycentre.eu](http://www.healthliteracycentre.eu)



Our LinkedIn page: [IMPACCT LinkedIn](#)



You can contact us at [info@healthliteracycentre.eu](mailto:info@healthliteracycentre.eu)

### Project partners:



umcg

University Medical Center Groningen (UMCG) Department of Health Sciences



university of groningen



JACOBS UNIVERSITY



NUI Galway  
Oċ Gaillimh



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