



## Blended Intensive Program

# Perspectives on Health and Wellbeing Promotion

Online sessions on Teams on 23.1.2024, 30.1.2024 and 6.2.2024

Intensive course at KAMK on 12. – 16.2.2024

**1. Objective:** to provide students with opportunities to collaborate internationally

**2. Teaching period:** spring semester 2024

- Online sessions on Teams on 23.1.2024, 30.1.2024, and 6.2.2024 at 4 – 5.30 pm Belgian, Dutch, and German time/ 5 – 6.30 pm Finnish time
- Intensive course at KAMK in Finland on 12. – 16.2.2024

**3. Extent:** 3 ECTS

**4. Students:** 2<sup>nd</sup>-, 3<sup>rd</sup>- and 4<sup>th</sup>-year Bachelor (1<sup>st</sup> cycle) students of nursing, public health nursing, and social services

**5. Language of instruction:** English

**6. Course activities:** online sessions, lectures, and 6 workshops

- attendance in online sessions: 80%
- attendance in intensive course: 100%
- pre-course task: prepare a presentation on your nurse/ public health nurse/ social services education

**7. Organizers:** Brandenburg University of Technology Cottbus-Senftenberg (Germany), Duale Hochschule Baden-Wuerttemberg (DHBW) Stuttgart (Germany), Inholland University of Applied Sciences (Netherlands), UC Leuven-Limburg (Belgium), and Kajaani University of Applied Sciences (Finland, coordinating partner)

**8. Course assessment:** Pass – fail

**9. Course responsibility:** Jaana Härkönen ([jaana.harkonen@kamk.fi](mailto:jaana.harkonen@kamk.fi))

**Online Sessions** (at 4 – 5.30 pm Belgian, Dutch, and German time, at 5 – 6.30 pm Finnish time)

23.1.2024	Orientation <ul style="list-style-type: none"> <li>• course information</li> <li>• introduction of course participants</li> <li>• getting to know one another activities</li> </ul>
30.1.2024	Global Health and Wellbeing <ul style="list-style-type: none"> <li>• Tuula Kallioniemi (KAMK): Public Health in the USA</li> <li>• Agatha Christine Onyango (University of Maseno, Kenya):</li> </ul>
6.2.2024	Decision-Making <ul style="list-style-type: none"> <li>• Bettina Flaiz, Prof. In Dr. (DHBW Stuttgart): Clinical Decision-Making in Nursing</li> </ul>

## Lectures

12.2.2024	Matti Heikkinen (KAMK): How to design a social marketing campaign? <ul style="list-style-type: none"> <li>• This lecture delves into the fascinating world of social marketing, a strategic approach used to influence behaviours that benefit individuals and communities for the greater social good. The highlight of the lecture is a hands-on exercise on designing a social marketing campaign with the help of AI.</li> </ul>
13.2.2024 at 9.15 – 9.45 Teams	Hanne Kivimäki (Finnish National Institute of Health and Welfare): School Health Promotion Study
14.2.2024	Niek Couvreur (Howest): Needs and resources of people with type 2 diabetes in peri-urban Cochabamba, Bolivia: a people-centred perspective

## Workshops

### Amelie Büchler (DHBW Stuttgart): Clinical Decision-Making in Nursing – augmented reality workshop (online)

- Every 30 seconds, a nurse makes a clinical decision in an intensive care unit. Thus, knowledge and competencies in clinical decision-making are absolutely relevant and essential for the quality of care. The main focus of the course is clinical decision-making. With the support of augmented reality, nursing situations are simulated. Students gain experience in clinical decision-making in an error-friendly environment using methodological casework. In the course, at the beginning, the importance of clinical decision-making is introduced, followed by an explanation of the case-work method, which will be applied by students in the workshop.

### Gabriela Schmitz and Anja Herzog (B-TU): Interactive Methods

- According to the WHO (1998) one key element of Health Promotion is the development of health literacy. People need to acquire the knowledge, skills, and information to make decisions related to health. Nurses can effectively support those learning processes. Thus, they should be familiar with fundamental and empirically based principles of learning as well as with pedagogic strategies. Our workshop will address patient-orientated face-to-face learning and teaching methods based on respective pedagogic and patient education research. The focus will be on applying certain methods in the classroom.

### Catty van Riet and Frederick Albert (UCLL): Stages of Behaviour Change in Health Promotion

- The workshop is designed to provide participants with a comprehensive understanding of the Transtheoretical Model (TTM) and its application to promoting healthy behaviours. This interactive workshop will guide participants through the various stages individuals go through when making positive changes in their health-related behaviours.

### Nienke Snel, Yvonne Miske and Roos Blom (Inholland): Community Assessment of Health and Wellbeing

- In this creative workshop you will find out, for a specific target group in the community, which factors play a role in their health and wellbeing. You can use the different cultural perspectives and knowledge of your fellow group members and you will provide health and wellbeing-promotive advice in a creative way to reach your target group.

### Niek Couvreur (Howest) and Taina Romppanen (KAMK): Virtual Gaming Simulation (VGS)

- In the workshop, students play a virtual gaming simulation in small groups and then design a script for a similar game. The theme of the game is health promotion and well-being, but the students choose the topic of the game themselves. The developed manuscripts are presented to other students and teachers. Designed game scripts can be used to develop virtual gaming simulations.

### Eeva Kähkönen, Katja Räisänen, Anna-Kaisa Korpinen, and Jenni Korhonen (KAMK): A Community Health and Wellbeing Event

- In this workshop, students will plan an activity for a community health and wellbeing event. At the end of the week, students and lecturers will come together to practice activities that students have planned.

### Program for the physical mobility week (liable for changes) – location: Taito2 building, address: Ketunpolku 4

Mon 12.2.2024	Tue 13.2.2024	Wed 14.2.2024 Happy Valentine's Day	Thu 15.2.2024	Fri 16.2.2024
8:30 Registration and opening	9:15 – 9.45 Lecture Hanne Kivimäki (Teams)	9:00 Lecture Niek Couvreur		8:00 – 10:30 Community health and wellbeing event
11:00 In groups: nurse/public health nurse education	10:00 – 12:00 Workshops	10:00 – 12:00 Workshops	10:00 – 12:00 Workshops	
12:00 – 13:00 Lunch	12:00 – 13:00 Lunch	12:00 – 13:00 Lunch	12:00 – 13:00 Lunch	(Lunch)
13:00 – 15:30 Lecture Matti Heikkinen Coffee break	13:00 – 15:00 Workshops	13:00 – 15:00 Workshops	13:00 – 15:00 Workshops	Bus to the airport leaves at 10:30 (flight 12:10 to Helsinki)
15:30 Tour around the campus 17:00 Winter swimming (lecturers) Snow Carnival (Vimpelinlaakso, KAMO)	15:00 Lecturer café Winter activities	17:00 Winter swimming (students) 19:00 Valentine's Day event (Kulma and Bar 96, KAMO)	15:00 Buffet	Have a safe journey back home.