

Delivering E Learning Accreditation to Reduce Occupational Stress in Employment (DE LA ROSE)

2013-1-IE1-LEO05-06098

<http://www.adam-europe.eu/adam/project/view.htm?prj=11173>

Project Information

Title: Delivering E Learning Accreditation to Reduce Occupational Stress in Employment (DE LA ROSE)
Project Number: 2013-1-IE1-LEO05-06098
Year: 2013
Project Type: Transfer of Innovation
Status: granted
Country: IE-Ireland

Marketing Text: As a result of the feedback of its previous project, DELAROSE aimed to transfer the established ROSE programme to an accredited and sustainable programme of learning for health and social care workers in Europe. Whilst retaining the original open access ethos established by ROSE, the DELAROSE project aimed to establish an ECVET/ ECTS equivalency accrediting framework to facilitate the formal recognition of learning across the sector in Europe and between Higher Education Institutions (both 3rd level and VET) as a mechanism to facilitate integrated learning and enhanced mobility across Europe.

Summary: DELAROSE (Delivering E Learning Accreditation to Reduce Occupational Stress in Employment) is a Transfer of Innovation Project built upon the work carried out by ROSE (Reducing Occupational Stress in Employment) which was a Development of Innovation project. ROSE is an open source self-help programme for workers in the health and social care sectors in Europe to manage work related stress at an individual and environmental level. The consultative work with the sector carried out during the development of ROSE and the feedback received from the sector once ROSE had been implemented indicated that many participants would like to receive some form of educational recognition for their use of the ROSE website and particularly the reading and exercises the website encourages users to do.

As a result of this feedback the DELAROSE project aimed to transfer the established ROSE programme to an accredited and sustainable programme of learning for health and social care workers in Europe. Whilst retaining the original open access ethos established by ROSE, the DELAROSE project aimed to establish an ECVET/ ECTS equivalency accrediting framework to facilitate the formal recognition of learning across the sector in Europe and between Higher Education Institutions (both 3rd level and VET) as a mechanism to facilitate integrated learning and enhanced mobility across Europe.

The DELAROSE project partners included educational institutions involved in the training of health and social care professionals, mental health and social care service providers and representative organisations within the field from across Europe. The partners are: Waterford Institute of Technology, (Ireland); King's College, University of London (UK); Karl Franzens University, Graz (Austria); Scuola Universitaria Professionale della Svizzera Italiana (Switzerland); European Association of Service Providers for People with Disabilities (Belgium); National Federation of Voluntary Bodies (Ireland); Cluain Training and Enterprise Centre (Ireland); Pro mente steiermark GmbH (Austria); University of Lincoln (UK).

The DELAROSE project formally began on November 1st, 2014. The project ran for two years, finishing at the end of October, 2015.

All work packages have been worked on since the commencement of the project.

See video to learn more about the Delarose course
<https://www.youtube.com/watch?v=k5svE0A4JFY>.

Description: Reason for Project

- The ROSE project (www.leonardorose.eu) found staff in health and social care settings across the EU lacked skills to manage work-related stress
- EU health and employment policy emphasises the need to reduce work related stress
- Lack of standardised education and training in this VET sector impedes workforce mobility and shared learning
- Transferring the ROSE project (person and manager directed content–Appendix 2) to an accredited programme (DELAROSE) referenced to ECTS and ECVET may help to

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address these issues

- EU policy stresses the need to harmonise ECVET with ECTS. DELAROSE will test ECVET tools in a health related programme; promote ECVET; and assist with fine-tuning national qualifications frameworks by aligning further and higher education and training credit systems
- Transfer an established stress management self help programme (ROSE) to an accredited and sustainable programme (DELAROSE) for health and social care workers
- Allocate both ECVET points and ECTS credits to support European integrated learning in this sector and enhance mobility of students and workers

Consortium

DELAROSE consists of 9 partners: 4 academic institutions, 4 service partners, 1 independent evaluator.

On June 1, 2015, DELAROSE launched a pilot course on Stress Management. AT least 25 students have been registered. Taking part in the pilot study gave full access to all the course content and allowed achieving an accredited 'Certificate in the Management of Work-Related Stress,' worth 20 ECTS.

The DELAROSE course consisted of two modules, each worth ten credits. Module 1, Person-Centred Management of Work-Related Stress, aimed to provide workers with the information and skills to manage their individual levels of occupational stress. It consisted of the following units of learning:

- Introduction to Stress
- Prevention of Stress
- Learning Ways of Coping with Stress
- Changing How You Think About Things
- Giving Feedback
- Challenging Behaviour
- Learning How to Relax
- Physical Activity and Stress.

Module 2, Environment-Centred Management of Work-Related Stress, aimed to help workers to create a less stressful workplace. It consisted of the following units of learning:

- How the Organisation Contributes to Stress
- Interpersonal Skills
- Leadership and Motivation
- Change Management
- Organisational Policies
- Risk Assessment
- Ergonomics.

The online course was run by three institutions: Waterford Institute of Technology (WIT) in Ireland, Karl Franzens University (Graz) in Austria, and La Scuola universitaria professionale della Svizzera italiana (SUPSI) in Switzerland. WIT ran an English language version of the course, KFU ran a German version and SUPSI ran an Italian version. Students were free to choose which institution they would like to enroll with. The 12-week online course lasted from June 1, 2015 until August 31, 2015. In total, 19 learners completed the pilot DELAROSE programme across the three HEIs (WIT, Uni Graz & SUPSI).

All the course content (Presentations & Support Material) were successfully translated into German, Italian and English. The course has also been successfully validated as a 'Certificate in the Management of Work-Related Stress' by each of the three HEIs involved in delivering the course. A consortium agreement was developed and signed by each of partners in relation to the delivery of validated programme.

One of the initial project objectives was to develop a table of credit equivalency

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between the ECTS and ECVET systems. However, following a review of the literature, and in line with a recommendation from a European Commission ECVET evaluation report (2014), it was decided to utilise the learning outcomes as the basis for a common connection or dialogue between ECTS and ECVET. Although the respective approaches to understanding and allocating credit and credit points are regarded as largely incompatible, the learning outcomes approach did serve to facilitate comparability between these two systems. As such, the DELAROSE course was designed within the ECVET framework (i.e. the programme was modularised into Units of Learning Outcomes and mapped to requisite indicators of Skills, Knowledge and Competences) and subsequently referenced to the ECTS system.

On September 21, 2015, the final launch events of the DELAROSE programme took place in Brussels. See the event report here <http://easpd.eu/en/content/report-delarose-final-project-conference-e-dimension-staff-development-disability-services>.

Themes:

Sectors:

Product Types:

- Product information:
- Tangible Outcomes
 - Establish an ECVET- and ECTS-referenced online multi-lingual programme (English, Italian, German) in work-related stress management
 - Through recognition of both ECTS and ECVET credits, facilitate the mutual recognition of qualifications between institutions, and provide an access and progression route for workers within the sector
 - Provide a model to harmonise ECVET points and ECTS credits to deliver a training programme
 - Provide a model of co-operation in the area of joint programme accreditation and delivery between EU and Swiss educational institutions
 - Disseminate widely the existence, accessibility and value of this VET programme to health and social care workers
 - Project Interim Report
 - Intangible Outcomes
 - Develop a shared understanding of work-related stress in the sector across Europe and facilitate transfer of skills and knowledge between Swiss and EU educational establishments in this field
 - Enhance European vocational education co-operation through utilising ECVET harmonised with ECTS
 - Assist in enhancing national qualifications frameworks by testing the compatibility of ECVET and ECTS systems and developing an approach that uses both
 - Impact envisaged
 - Encourage a more proactive approach to managing stress in the workplace
 - Provide an example for future projects in utilising ECVET and aligning it with ECTS
 - Operationalise the European Council and Parliament call to implement ECVET from 2012
 - Demonstrate how Swiss educational partners can use ECVET frameworks through their ECTS system to develop collaborative partnerships with EU educators in the area of vocational training
 - Develop and promote access routes to education and training for those working in the sector
 - Promotion of ECVET to VET and third level stakeholders across Europe

Project homepage: <http://delarose-project.eu>

Project Contractor

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Country/Region: South-East
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Partner

Partner 1

Name: Pro mente steiermark GmbH
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Country/Region: Styria
Country: AT-Austria
Organization Type: others
Homepage: <http://www.promentesteirmark.at>

Partner 2

Name: Cluain Training & Enterprise Centre
City: Clonmel
Country/Region: South-East
Country: IE-Ireland
Organization Type: others
Homepage: <http://www.cluaintraining.ie>

Partner 3

Name: Department of Psychological Medicine, King's College, University of London
City: London
Country/Region: London
Country: UK-United Kingdom
Organization Type: others
Homepage: <http://www.kcl.ac.uk/cfs>

Partner 4

Name: University of Lincoln
City: Lincoln
Country/Region: Lincolnshire
Country: UK-United Kingdom
Organization Type: others
Homepage: <http://www.lincoln.ac.uk>

Partner

Partner 5

Name: European Association of Service Providers for People with Disabilities
City: Brussels
Country/Region: Bruxelles Cap, Brussel Hof
Country: BE-Belgium
Organization Type: others
Homepage: <http://www.easpd.eu>

Partner 6

Name: National Federation of Voluntary Bodies
City: Galway
Country/Region: West
Country: IE-Ireland
Organization Type: others
Homepage: <http://www.fedvol.ie>

Partner 7

Name: Karl--Franzens--Universitaet Graz
City: Graz
Country/Region: Styria
Country: AT-Austria
Organization Type: others
Homepage: <http://www.kfunigraz.ac.a>

Partner 8

Name: Scuola Universitaria Professionale della Svizzera Italiana
City: Manno-Lugano
Country/Region: Ticino
Country: CH-Switzerland
Organization Type: others
Homepage: <http://www.dsan.supsi.ch>

Project Files

DELAROSE Conference Report.pdf

<http://www.adam-europe.eu/prj/11173/prj/DELAROSE%20Conference%20Report.pdf>

Final Launch Event - Report

Leaflet_DELAROSE.pdf

http://www.adam-europe.eu/prj/11173/prj/Leaflet_DELAROSE.pdf

DELAROSE Leaflet

Products

- 1 Online learning programme, 'Certificate in the Management of Work-Related Stress'

Product 'Online learning programme, 'Certificate in the Management of Work-Related Stress''

Title: Online learning programme, 'Certificate in the Management of Work-Related Stress'

Product Type: modules

Marketing Text: Online learning programme on the management of work-related stress, which is delivered by three European HEIs: Waterford Institute of Technology (Ireland), University of Graz (Austria), and University of Applied Sciences and Arts of Southern Switzerland (SUPSI)

Description: The online learning programme, 'Certificate in the Management of Work-Related Stress' is both person-directed and organisation-directed. The programme consists of two modules:

- Module One aims to educate workers on how to manage their personal levels of work-related stress
- Module Two provides information and resources to help create a less-stressful working environment.

The programme is designed to be compatible with both ECVET and ECTS.

Target group: Health and social care workers, human resources officers.

Result:

- A shared understanding of work-related stress in the sector across Europe and facilitating transfer of skills and knowledge between Swiss and EU educational establishments in this field.
- Enhancing European vocational education co-operation through utilising ECVET harmonised with ECTS.
- Encouraging a more proactive approach to managing stress in the workplace.
- Developing and promoting access routes to education and training for those working in the sector.
- Operationalising the European Council and Parliament call to implement ECVET from 2012 referenced to ECTS.

Area of application:

Homepage: <http://www.delarose-project.eu/moodle/>

Product Languages: German
Italian
English

Events

Final Launch Event

Date 21.09.2015

Description Final Project Conference "E-Dimension of Staff Development in Disability Services Sector"

Read the detailed conference report here <http://easpd.eu/en/content/report-delarose-final-project-conference-e-dimension-staff-development-disability-services>

Target audience

Public Event is open to the public

Contact Information

Time and place 21/09/2015, Brussels, Belgium

Events

DELAROSE Launches Pilot Online Educational Course for Workers in the Health and Social Care Sectors

Date 04.06.2015

Description The partners of the DELAROSE Project have launched a pilot course on Stress Management. So far, 25 students have enrolled. Taking part in the pilot study gives full access to all the course content and allows achieving an accredited 'Certificate in the Management of Work-Related Stress,' worth 20 ECTS.

The DELAROSE course consists of two modules, each worth ten credits.

Module 1, Person-Centred Management of Work-Related Stress, aims to provide workers with the information and skills to manage their individual levels of occupational stress. It consists of the following units of learning:

- Introduction to Stress
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- How the Organisation Contributes to Stress
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- Organisational Policies
- Risk Assessment
- Ergonomics.

The online course is run by three institutions: Waterford Institute of Technology (WIT) in Ireland, Karl Franzens University (Graz) in Austria, and La Scuola universitaria professionale della Svizzera italiana (SUPSI) in Switzerland. WIT will run an English language version of the course, KFU will run a German version and SUSPI will run an Italian version. Students are free to choose which institution they would like to enroll with.

Target audience Workers in the Health and Social Care Sectors and students in general with interest in Management of Work-Related Stress.

Public Event is open to the public

Contact Information To learn more about the DELAROSE project please visit www.delarose-project.eu/moodle.

Time and place The 12-week online course from June 1, 2015 until August 31, 2015.

Project Tags

The project belongs to the following group(s):

EQF (<http://www.adam-europe.eu/adam/thematicgroup/EQF>)