

Project Description



EU Health professional have concerns about the growing levels of obesity and the increasing number of people with coronary disease. Furthermore, one of the greatest public health problems in 21st century Europe is obesity. Doctors, nurses and public health workers across the EU, are more and more worried about the impact of obesity in coronary disease.

Unfortunately however, at the EU level, there are not any professional development training programmes in this area.

This project is based on a medical educational programme for doctors, nurses and public health workers developed in the UK. The project aims to transfer the knowledge from this programme, to other European countries.

The project will develop a web portal and two online downloadable training resources. One of these is course material for learners (doctors, nurses and public health workers in Europe) and the other is course material for trainers to deliver workshops to health professionals. These will both be available free and in six languages.

An important added value of this project is related to the accessibility of the resources in 6 European languages and the capacity to develop a well-trained and knowledgeable European health professional workforce through the transfer of this product.

Many doctors, nurses and public health workers throughout Europe are interested in playing a powerful and influential role in the area of obesity and coronary disease management, and physical activity promotion. However at the moment they do not have enough knowledge and many of them do not include physical activity in their recommendation.

Continuing medical education (CME) is an opportunity for health professionals to update their medical knowledge and clinical skills, and work in partnership with other health care professionals.

Conclusions from an initial consultative needs analysis, with European health professionals and educators/deliverers of education to health professionals, are that there is no current national or European resource in this area of health promotion/public health for European-based health professionals.

Working in a partnership will assure the creation of an established and recognised European-based CME resource for doctors, nurses and public health workers. This resource would then be integrated into the national training systems and practices in each of the partner counties.

Objectives

The project aims to develop:

- An accredited European training resource (course material for trainers and learners) accessible online, for VET organisations, and doctors, nurses and public health workers throughout the European Union (available and downloadable in English, Spanish, German, Czech, Portuguese, Romanian).
- A web portal designated to the project and where materials can be accessed and downloaded.

During the project we will be able to adapt and develop a CME resource for doctors, nurses and public health workers which aims to address risk factors for cardiac and circulatory diseases, such as obesity and diabetes, at a

community level, through the promotion of physical activity interventions which can be integrated with clinical practice.

Linked partners from six European countries will also assure the possibility to evaluate the impact of our project on the end users in each different country.



Project Partners

The HELP Project is a consortium made up of:



University of Gloucestershire (Lead Partner)

The University of Gloucestershire (UOG), has over 9000 students studying a wide range of courses from undergraduate to postgraduate, and is a VET provider for a range of professional courses including those for health professionals.

School of Sport and Exercise is a major provider of sport and exercise provision, supported by research rated as internationally excellent. Well-established research partnerships ensure that knowledge creation and exchange has a clear applied focus. Increasingly wellbeing and quality of life is becoming a major concern, and the School is well placed to contribute to this agenda through all areas of research, and the sustainability interests in the university as a whole.



In2Health Education and Training Limited

In2Health (I2H) is an independent, not-for-profit social enterprise, facilitating delivery of best practice workshops within the United Kingdom's National Health Service (NHS) for NHS staff. In2Health runs approximately 50 workshops per year. Workshop speakers are specialists in their subjects and speak nationally and often internationally.



Palacký University in Olomouc

Palacky University (UPOL) is the second oldest university in the Czech Republic. At present UPOL is formed by eight faculties, one of which is the Faculty of Physical Culture (FTK) – the workplace of the prospective project. The academic body of UPOL consists of 1,500 academic staff and 21,000 students, including 1,500 international (mostly Slovak) students and about 200 exchange students from all over the world.

Previous experience in a significant number of partnerships in projects relating to European educational programs (for example more than 30 since 1999) establishes UPOL as highly experienced and a reliable partner for HELP.



Transilvania University of Brasov

Transilvania University of Brasov (UTB) has more than 21,000 students attending courses at bachelor or master level, and approximately 900 hundred teachers as well as more than 600 employees. In developing research and education programs, it cooperates with 152 European universities. Over the years, more than 30 projects (including FP5, FP6, Comenius, Erasmus, Minerva, Networks or Leonardo) were developed in the University. In the Faculty of Medicine at UTB, 100 medical students and 120 nurses graduate each year. The Faculty of Medicine was involved in 2 Tempus Projects for developing nursing curricula, 2 Leonardo da Vinci mobility projects, 1 DISS

project, 1 FP7, and other projects with health units.



University of Castilla-La Mancha

The University of Castilla-La Mancha (UCLM), formed in 1985. It has four campuses within the region of Castilla-La Mancha: Ciudad Real, Albacete, Toledo and Cuenca. Also, some teaching is provided in the cities of: Talavera, Almadén and Puertollano. UCLM has around 28,000 students, with around 2,325 lecturers, readers and professors.

The Department of Physical Activity and Sports Sciences, within the Faculty of Sports Sciences, began in 1999. The Faculty offers degree programmes in Physical Activity and Sports Sciences and the staff have lead and been involved in a number of national and EU based programmes in exercise and health promotion.



Technische Universität Chemnitz

The Technical University of Chemnitz (CUT), has over 10,000 students, and has close links to industry and medical institutions. CUT have established a unique scientific environment with innovative concepts that are dedicated to inter-disciplinary academic and educational excellence, which is of an international standard. The Faculty of Human and Social Sciences provides an excellent infrastructure of sports medicine, movement science and physiological research capacities. Also, competencies and expertise have been

acquired in sports sociology and management. In this context project specific research has been conducted into depression, civilization diseases and special populations. Furthermore, a wide-ranging cooperation network of sports organisations, local business, as well as charities and local authorities, already exists. The investigators have already proven to work successfully together in previous research (for example the European Students' Health Survey).



Universidade do Porto

The scope of the Faculty of Sport (FADEUP) and Research Centre in Physical activity Health and Leisure (CIAFEL), at the Universidade do Porto (UP), is to promote basic and applied research on health-related physical activity field, valuing the relationships between physical activity and sports with health and leisure. Promoting and collaborating in basic and applied research projects at national and international level on health-related physical activity issues, which express timely and important questions dealing with the relationship between health (mainly chronic diseases), physical activity and leisure. FADEUP through CIAFEL offers a Physical Activity community programme for the elderly, and obese children.



**Miscoode –
Communication, Design
and Information Systems**

Miscoode (MISC) is a specialist ICT development and education/business, whose scope of work covers areas such as web marketing, web crm/erp, web development, investigation, modelling and development of information systems. They are currently developing new areas of work around support for SME and Micro businesses through ICT and social networking tools, to stimulate learning and business development. Miscoode works with both regional and national clients across Portugal and has good recent experience of developing e-support structures within EU projects across transnational partnerships. With 18 specialist staff, Miscoode can bring considerable expertise to the

project, and also offer extensive links to support dissemination of activities.

All partners have experience of transnational cooperation, and every partner will actively participate in project activities.



Project's Contribution to the EU

The short term impact of the proposal will be to develop EU wide e-Materials, via a web portal, to VET organisations and doctors, nurses, and public health workers, with the opportunity for a contemporary VET product to download, to either deliver or study.

The long term impact is related with accreditation from national and European bodies. We estimate that hundreds of thousands of health professionals in Europe could potentially access this resource, and find it of paramount relevance to their professional training requirements and subsequent development of clinical practice; the potential long term impact of this product is therefore vast.



Duration of the project

The project has duration of 24 months, starting October 2011.

Further actions will continue until the end of the project.

Contact

<http://www.help-project.com>