



Høgskulen på Vestlandet



Western Norway University of Applied Sciences, Bergen, in collaboration with The Norwegian Research School for Research and Development of Municipal Health and Care (MUNI-HEALTH-CARE).

Interventions and measurements for health literacy and self-management - Acting on non-communicable diseases (NCD) in primary health care

This course focuses on interventions and measurements for health literacy and self-management for non-communicable diseases (NCDs) in the context of primary health care (PHC), based on current research and theory in the field.

Globally, fifteen million deaths attributed to NCDs occur among people aged between 30 and 69 years. The UN Sustainable Development Goal 3.4 states that by 2030, the mortality rate from NCDs must be reduced by one-third. Hence, urgent action is required in order to reduce risk factors and consequent premature mortality related to NCDs. The World Health Organization (WHO) points to health literacy (HL) as an essential factor for self-management for the prevention and control of NCDs throughout all stages of life. Hence, knowledge of effective interventions and valid measurements for self-management and health literacy are of crucial importance.

Time	12-14th November 2019
Place	Western Norway University of Applied Sciences, Bergen, Norway
Language	English
Course Level	PhD (within health sciences)
Credits	3 ECTS
Main Instructors	Professor Marit Graue (HVL) and Professor Astrid K. Wahl (UiO)
International guest lecturer	Distinguished Professor Richard Osborne (Swinburne University of Technology, Australia)
National lecturers	Christine R Borge (UiO), Marie H Larsen (UiO), Marit H Andersen (OuS), Beate-Christin Hope Kolltveit (HVL) and Tone M Norekvål (HVL/UiB/HUS)
Responsibility	The National Research School of Municipal Healthcare Services (MUNI-HEALTH CARE)

Admission:

PhD candidates from other universities and colleges in Norway and EEA can apply for the course. However, PhD candidates of the National Graduate-level Research School of Municipal Healthcare Services will be given first priority.

Offered as an independent course: Yes.

Learning outcomes:

With this course, the student will be able to integrate health literacy and self-management in research, and impart and discuss issues related to health literacy and self-management in the context of NCD and PHC:

- Understand and critically reflect on health literacy and self-management as concepts, their relationships and their relevance for health outcomes, health services and health care professionals.
- Understand and critically reflect on approaches to measurement and how to research health literacy and self-management in the context of primary health care
- Give examples and discuss possible interventions to enhance health literacy to improve active self-management and promote better health outcomes for people with NCDs.

Course content:

- NCD, health literacy and self-management – policy and strategies.
- NCD health care challenges in the primary health care setting.
- Concepts and theories of health literacy and self-management.
- Research approaches for health literacy, self-management and self-management support.
- Interventions and measurements to promote and support self-management and health in the context of NCD and primary health care – a whole system approach.
- Ethical and cultural dilemmas in health literacy and self-management support.
- Aspects of eHealth literacy.

Mode of delivery: Face to face.

Learning activities and teaching methods: Lectures, exercises and discussions.

Exam: Each participant will write an assignment (approx. 3500 words). The assignment should be an essay discussing theory, research design and methodological aspects related to health literacy and self-management in your research setting. The assignment will be assessed as Pass/Fail.

Required reading: Batterham RW, Hawkins M, Collins PA, Buchbinder R, Osborne RH. Health literacy: applying current concepts to improve health services and reduce health inequalities. *Public Health* 2016; 132: 3-12.

Recommended reading: Batterham R, Buchbinder R, Beauchamp A, Dodson S, Elsworth GE, and Osborne RH. The OPTimising HEalth LIterAcy (Ophelia) process: study protocol for using health literacy profiling and community engagement to create and implement health reform. *BMC Public Health* 2014 14:694

Further literature (to be refined before study start)

Course schedule

12th November 2019 (12.00 – 17.45)

11.00 - 12.00	<i>Plenary lecture for Faculty staff members– Acting on Health Literacy – to improve health services and reduce health inequalities Richard Osborne</i>
12.00 - 12.45	Lunch
12.45 – 13.00	Welcome and overview of the course <i>Marit Graue and Astrid K. Wahl</i>
13.00 - 13.45	NCD, health literacy and self-management – policy and strategies, globally related to primary health care <i>Richard Osborne</i>
13.45 - 14.00	Coffee break
14.00 - 14.45	NCD – health care challenges in the primary health care setting – in a Norwegian and Global perspective <i>Plenary discussion - moderators: Richard Osborne, Marit Graue and Astrid K. Wahl</i>
14.45 - 16.30	Health literacy: concept and theory, research approaches and measurements (including coffee break) <i>Richard Osborne and Astrid K. Wahl</i>
16.30 - 17.30	Self-management: concept and theory, research approaches and measurements <i>Marie H Larsen</i>
17.30 - 17.45	Summing up <i>Marit Graue and Astrid K. Wahl</i>

13th November 2019 (09.00 – 17.30)

09.00 - 10.00	NCD, health literacy and self-management in primary health care <i>Group work, presentations and plenary discussion - moderators: Marit Graue and Astrid K. Wahl</i>
10.00 - 10.45	Interventions for health literacy and self-management: state of the art <i>Marie H Larsen and Marit Graue</i>
10.45 - 11.00	Coffee break
11.00 - 12.00	Continue - Interventions for health literacy and self-management: examples <i>Christine R Borge, Marit Andersen and Beate-Christin Hope Kolltveit</i>
12.00 - 13.00	Lunch
13.00 - 14.00	Acting on health literacy and self-management – an introduction to the Ophelia (OPTimise HEalth Literacy and Access) Process <i>Richard Osborne</i>
14.00 - 15.00	Ophelia phase 1 Introduction and group work - <i>Richard Osborne and Astrid K. Wahl</i>
15.00 - 15.15	Coffee break
15.15 - 16.15	Ophelia phase 2 Introduction and group work - <i>Richard Osborne and Astrid K. Wahl</i>
16.15 - 17.15	Ophelia phase 3 Introduction and group work - <i>Richard Osborne and Astrid K. Wahl</i>
17.15 - 17.30	Summing up <i>Marit Graue and Astrid K. Wahl</i>

14th November 2019 (09.00 – 14.30)

09.00 – 11.00	Acting on NCDs in primary health care - <i>Group work, presentations and plenary discussion – moderators: Richard Osborne, Marit Graue and Astrid K. Wahl</i>
11.00 - 12.00	Evaluating health literacy and eHealth literacy in larger population-based studies – examples from CONCARD ^{PCI} <i>Tone M Norekvål</i>
12.00-13.00	Lunch
13.00 – 13.45	eHealth literacy <i>Richard Osborne</i>
13.45- 14.00	Summing up and goodbye <i>Marit Graue and Astrid K. Wahl</i>

Travel arrangement: Participants are responsible for booking their own travel and accommodation. PhD students of the National Graduate-level Researcher School of Municipal Healthcare Services are eligible to apply for reimbursement of travel expenses for up to 5000 NOK. The travel policy of the Graduate School (MUNI-HEALTH-CARE) applies.