



# KNOWLEDGE MAKES STRONG AND HEALTHY COMPETENCE TRAINING



Das Frauengesundheitszentrum führt das Projekt **Wissen macht stark und gesund** - Kompetenztraining in Österreich durch und koordiniert es.

Konzeptentwicklung: Dr.<sup>in</sup> Bettina Berger, Private Universität Witten/Herdecke

Das Konzept basiert auf dem Training in wissenschaftlicher Kompetenz für PatientInnen- und VerbraucherInnenvertreterInnen der Arbeitsgruppe Prof.<sup>in</sup> Dr.<sup>in</sup> Ingrid Mühlhauser, Gesundheitswissenschaften/Universität Hamburg.

Gefördert wird das Projekt aus den Mitteln des Bundesministeriums für Arbeit, Soziales und Konsumentenschutz.

# OBJECTIVES OF THE PROJECT

- Raise awareness for the need and the benefits of health literacy
- **Empower consumers, members of self help organisations and professionals from the health and welfare sector**
- Foster sustainable implementation

# MAIN FACTS

- 2007 - 2011
- 11 trainings
- 2 x 2,5 days
- 142 participants

# DEVELOPMENT OF THE PROJECT

- 2002 – 2005: Trainings in scientific competence for patient and consumer representatives, University Hamburg, Ingrid Mühlhauser
- 2006 – 2007: Pilot training women's health center
- 2007 – 2011: adaption of the training curriculum by Bettina Berger (University Hamburg/University Witten/Herdecke), Project Competence training – knowledge makes strong and healthy

# OBJECTIVE OF THE TRAINING

## FIND – EVALUATE – TAKE ACTIONS

Health literacy is a set of competencies that women and men need in order to obtain health information, to understand it, evaluate it and make informed decisions that correspond with their wishes and values.

Don Nutbeam (2000): 3 levels of health literacy -> highest level = **critical health literacy**

# CONTENTS OF THE TRAININGS

- Patient's rights and patient participation
- Introduction to EBM
- Medical research – which design for which question?
- Statistical figures – why 30 percent are not always 30 out of 100?
- How to find information in medical databases and other resources
- Critical evaluation of health information
- Prevention, early detection and screening
- How to communicate health information – introduction to informed and shared decision making, tools

# METHODS OF THE TRAININGS

- Inputs of the trainer
- Discussions
- PPP, flipchart, films, current articles, detailed manual
- Individual work and group assignments
- Role plays
- Assignment for own research during the break

# ORGANISATIONAL ASPECTS

- 2 parts á 2,5 days, four to eight weeks break
- 2 ECTS (European Credit Transfer System), 50 - 60 hours
- Free of charge for the participants
- Members of self help groups where granted financial support



# EVALUATION

- Critical Health Competence Test (CHC Test), Anke Steckelberg, University Hamburg
- Questionnaire and interviews with the participants, Katharina Ebner

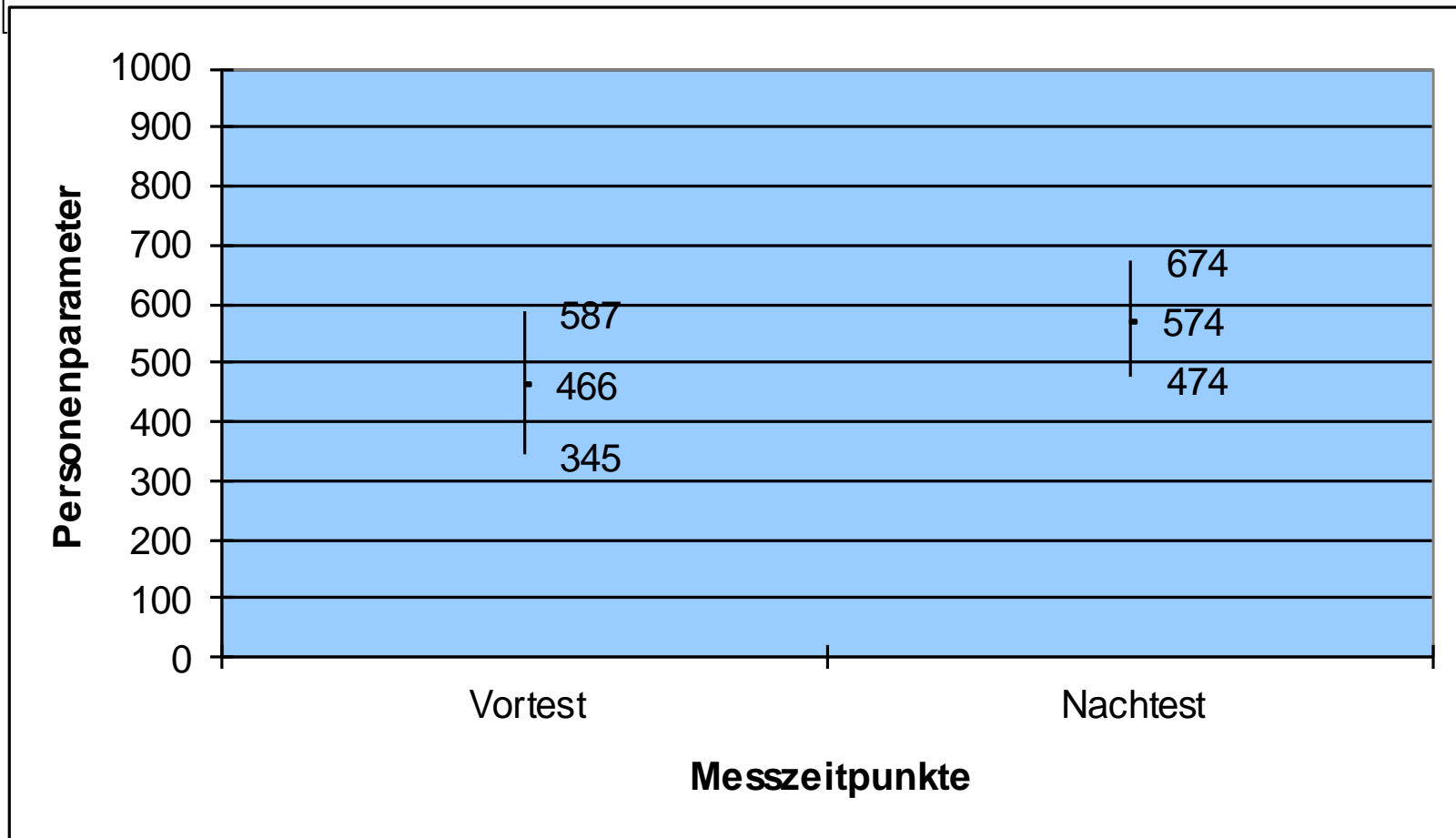
# PARTICIPANTS

- 142 participants: 129 women, 13 men
- Educational background: 55 % university degree, 20 % trained health professionals (non medical), 25 % other educational background
- 25 % members of self help organisations/groups
- 2 trainings for the employees of health insurances

# RESULTS OF THE QUESTIONNAIRE AND INTERVIEWS

- Satisfied with organisation, methods and contents of the trainings
- High benefits from the training
- Used as professional qualification
- Most useful contents: how to carry out internet research, invitation to critically evaluate information, manual, web links

Abbildung 1: Personenparameter der TeilnehmerInnen (n=71)  
(Mittelwerte  $\pm$  SD)



$P < 0,001$

# CHARACTERISTICS OF THE TRAINING

- Not disease specific
- Heterogenous group of participants
- Examples – women specific health topics
- Focus on fostering the critical skills
- No involvement of the pharmaceutical industry

Awards: Award for practical implementation, German Network for EBM 2010, Women's award, City of Graz, in the category education/research, 2011

# CHALLENGES

- Health literacy as a new topic
- Heterogenous group of participants
- No physicians as participants of these trainings
- Scientific content

# OUTLOOK

- One further paid training for a health insurance organisation
- New projects: Health Literacy, Grundtvig Learning Partnership, Evivo
- Beginning of the women's health movement – women's health centers today: Independent information and counselling + fostering critical health literacy

