

# DIGICARE IN COACHING NURSING STUDENTS

HMU team: *Truong Quang Trung, Duong Thi Thu Huyen, Nguyen Thi Thu Huong, Bui Vu Binh, Pham Thi Thanh Phuong, Nguyen Huu Tu*

## INTRODUCTION

- Digital skills and competences in supporting self-management is not commonly a part of the health care curriculum. While the need for self-management support is increasing all the time in the current aging Asian society, there needs to exist a formally designed concept for learning the digital skills for supporting the self-management of patients.

- In Vietnam at present elderly people are nearly 9.5% of population. 57% of citizens die in chronic diseases in Vietnam. The proportion of people whose chronic disease is diagnosed, managed and treated is still low; in particular grassroots health services do not yet meet the need for continuous and long-term management and care for people with NCDs (Joint Annual Health Review 2015, Vietnam Ministry of Health).

- Mobile phones or other kind of digital devices are more familiar with people in Asia, even in rural area. It is easy for an outpatient to follow up their doctor's online suggestions to adhere life style preventing common chronic diseases. Health care students in Asia need better IT skills today to work in health care. Coaching of patients to manage their diseases a health care staff apply digitalisation in communication with patients.

## PURPOSE

Increase digital competence of health care staff, and students and provide patients quality care in Asian HEIs. It is expected to contribute for better prepared health care graduates that can better contribute to the needs of the patients in the involved countries.

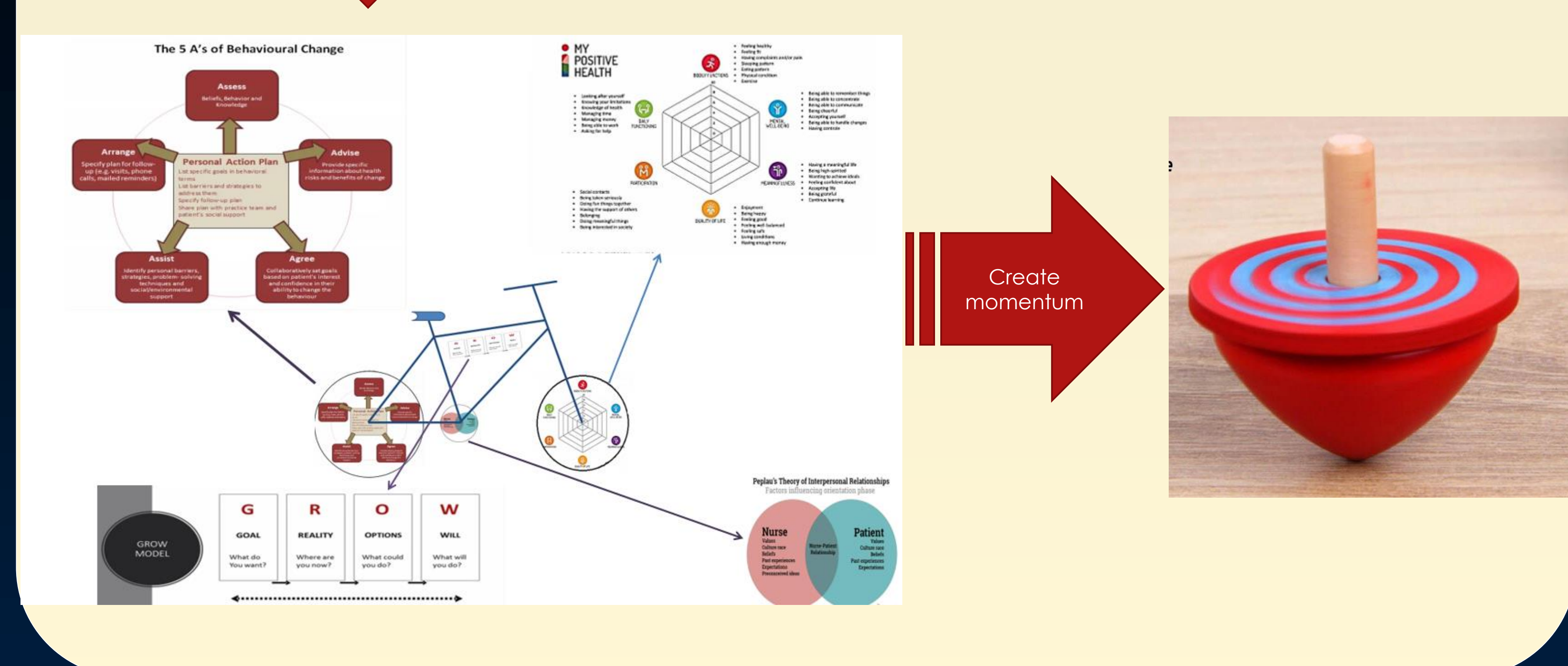
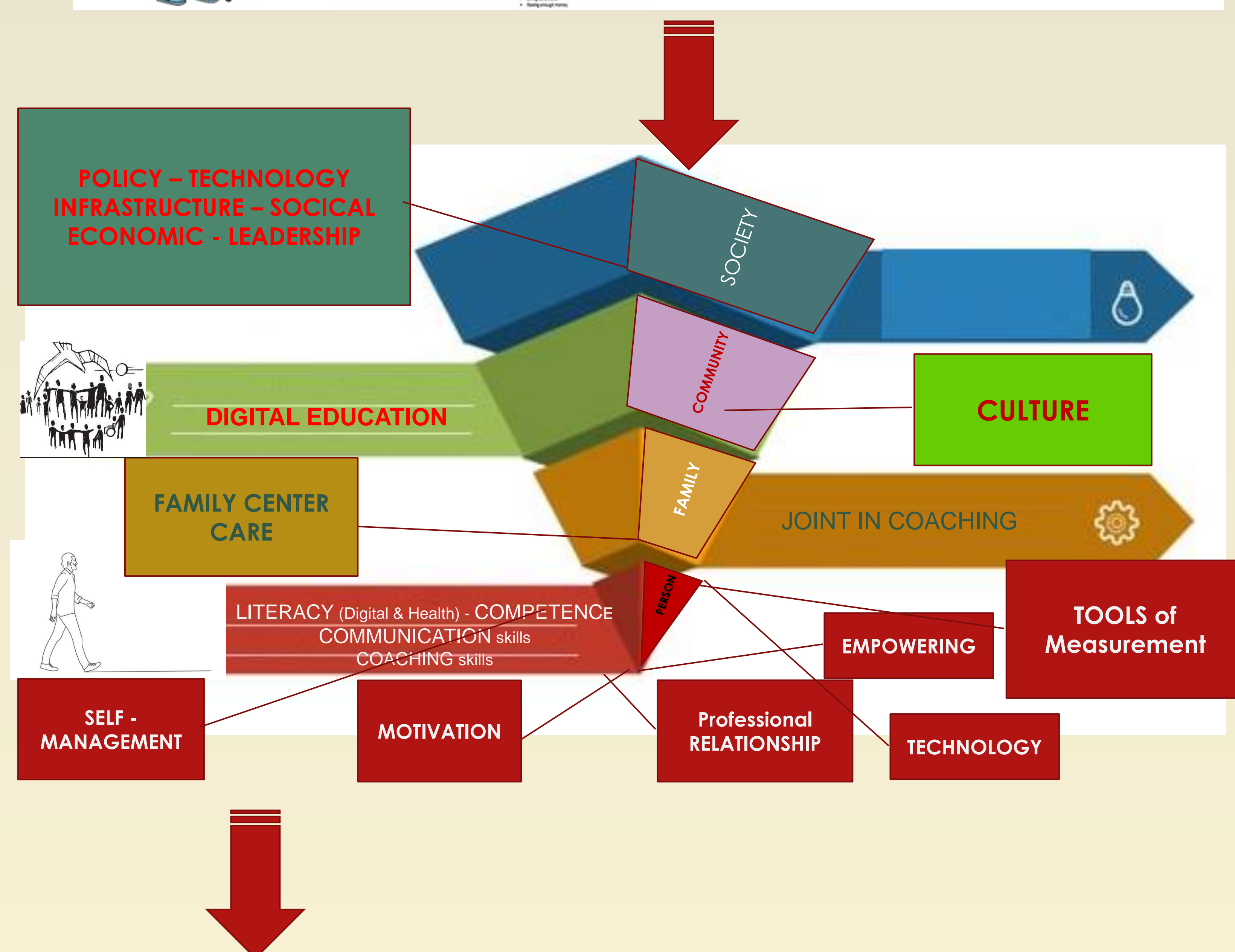
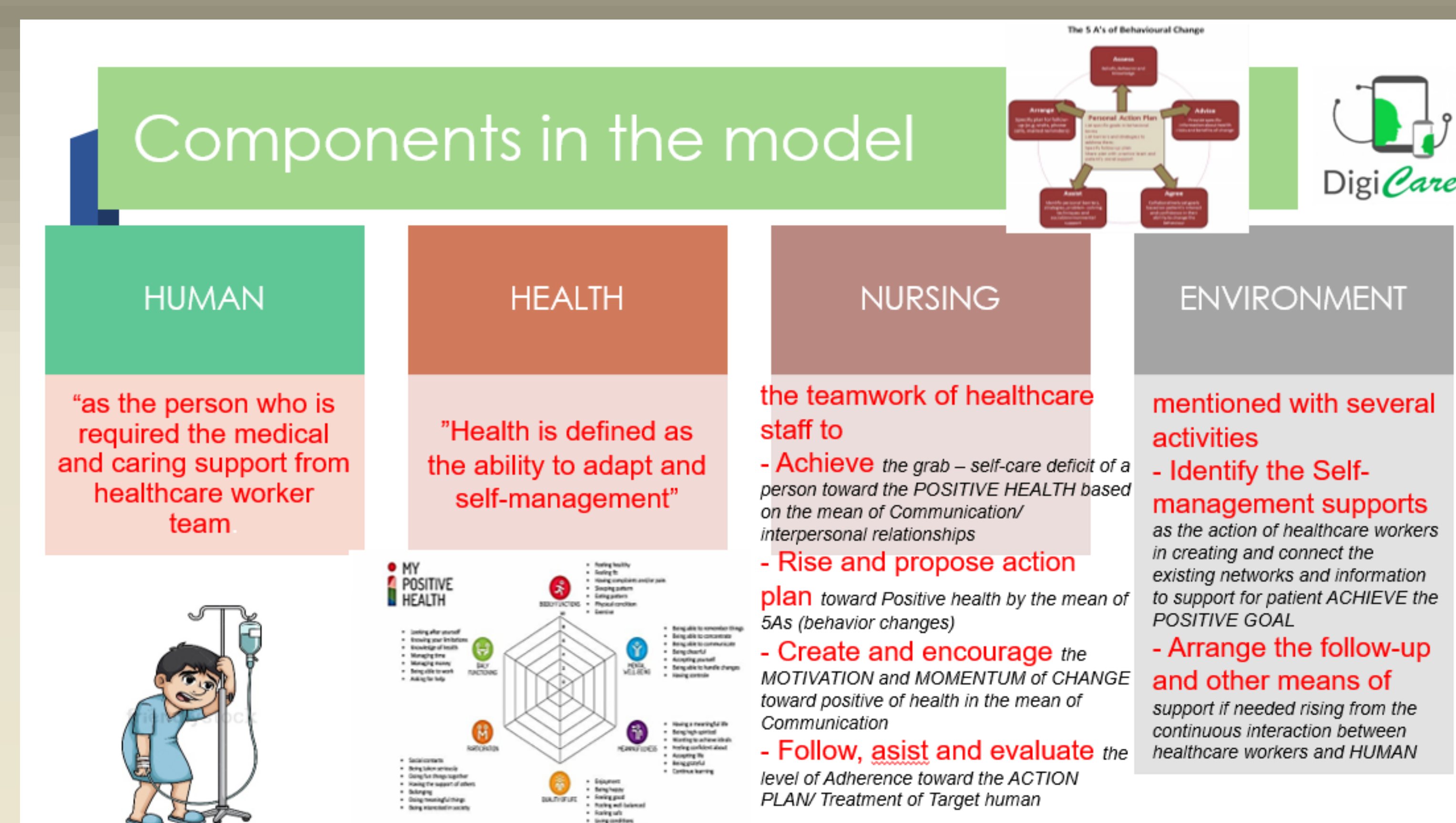
## Objectives

- 1) To develop the Asia DigiCare model for patients' self-management
- 2) To educate students, teachers, health care professionals, students' mentors, clients/patients, representatives of the third sector for the utilisation of the model
- 3) To collaborate with the national technological enterprises
- 4) To enhance participants' cooperation and network

DigiCare is defined as Employing technology and digital device and communication channels to care for person by digitalised coaching

### OBJECTIVE TRAINING COURSE

- a) Describe components in the DigiCare model
- b) Analyse principles of Self-management and coaching toward NCDs employed DigiCare
- c) Explain several Behavior Theories toward Health Education and Promotion
- d) Apply the DigiCare Coaching model targeted NCDs
- e) Analyse several opportunities and threats when coaching NCDs



Coaching is **unlocking a person's potential** to maximize his own performance. It is **helping him to learn** rather than teaching them. Coaching focuses on **future possibilities**, not on past mistakes