

## The DigiCare Learning Packages. Content and Pedagogical Plan of Theory Classes

Learning Package content	Learning goals  Students....	Preliminary tasks	Pedagogical methods	Resources & Materials	Duration (min)		Additional tasks for student's own development
					Pre-class	Class	
1. Introduction	Know the components of the learning packages and how to use the different parts of the package.		Interactive lecture.	Power Point presentation no: 1.		15 min	
2. DigiCare Model	Know the elements of the DigiCare Model.		Interactive lecture.	Power Point presentation no: 2.		30 min	
3. Professional communication	Know general principles of professional communication.		Interactive lecture.	Power Point presentations no: 3.		30 min	DigiNurse e-book permanent link: <a href="http://urn.fi/URN:ISBN:978-952-7266-56-4">http://urn.fi/URN:ISBN:978-952-7266-56-4</a>
4. Motivating to lifestyle changes	Know general principles of how to motivate patients for life change.		Interactive lecture	Power Point presentation no: 4.		30 min	
5. Positive health	Understand the concepts of positive health and salutogenesis and their relation to self-management.		Interactive lecture	Power Point presentation no: 5.		30 min	
6. Self-management	Know general principles of the concept of the self-management.	Read DigiNurse e-book, Chapter 5.4 Self-management, pp. 124-133. Write down 5 bullet points. Why is self-management important in the management of chronic conditions? Teacher will check students' notes before the lesson	Interactive lecture Flipped learning	Power Point presentation no: 6. Flinga or some other interactive wall.	30-60 min	30 min	DigiNurse e-book permanent link: <a href="http://urn.fi/URN:ISBN:978-952-7266-56-4">http://urn.fi/URN:ISBN:978-952-7266-56-4</a>
7. Coaching	Know general principals of coaching.	Read DigiNurse e-book, Chapter 5.6 Coaching, pp. 148-160. Write down 5 to 10 bullet points: What does coaching mean in the healthcare context according to the chapter? Teacher will check students' notes before the lesson	Flipped learning Interactive lecture	Power Point presentation no: 7.	30 min	15 min	DigiNurse e-book permanent link: <a href="http://urn.fi/URN:ISBN:978-952-7266-56-4">http://urn.fi/URN:ISBN:978-952-7266-56-4</a>
8. 5A's coaching model	Know general principles of 5A's coaching model.	Read DigiNurse e-book, Chapter 5.7 Coaching models, pp. 161-173. Watch videos of 5A's Model e.g.: The 5 A's and Tobacco Cessation, <a href="https://www.youtube.com/watch?v=iYCMluD6dic">https://www.youtube.com/watch?v=iYCMluD6dic</a> The 5As of Obesity Management™, <a href="https://www.youtube.com/watch?v=CDjnYTOKjaY">https://www.youtube.com/watch?v=CDjnYTOKjaY</a> Write down 5 to 10 bullet points:	Flipped learning. Interactive lecture.	Power Point presentation no: 8 Flinga or some other inter-active wall.	30 min	30 min	DigiNurse e-book permanent link: <a href="http://urn.fi/URN:ISBN:978-952-7266-56-4">http://urn.fi/URN:ISBN:978-952-7266-56-4</a>

		How the discussion and interaction between patient and healthcare provider on the video differs from your own experience? Teacher will check students' notes before the lesson					
9. GROW coaching model	Know general principles of GROW coaching model.	Read DigiNurse e-book, Chapter 5.7 Coaching models, pp. 161-173. Watch videos of GROW Model e.g.: The GROW Coaching Model, <a href="https://www.youtube.com/watch?v=hskye-vDNzM">https://www.youtube.com/watch?v=hskye-vDNzM</a> The GROW Model, <a href="https://www.youtube.com/watch?v=1fbooiSh_bA">https://www.youtube.com/watch?v=1fbooiSh_bA</a> Write down 5 to 10 bullet points: How the discussion and interaction between patient and healthcare provider on the video differs from your own experience? Teacher will check students' notes before the lesson	Flipped learning. Interactive lecture.	Power Point presentation no: 9. Flinga or some other inter-active wall.	30 min	30 min	
10. Integrating digital tools into coaching	Know the basics of digital coaching, understand the potential of digitalization in self-management.		Interactive lecture. World café.	Power Point presentation no: 10. Flinga or some other inter-active wall.		30-45 min	DigiNurse e-book permanent link: <a href="http://urn.fi/URN:ISBN:978-952-7266-56-4">http://urn.fi/URN:ISBN:978-952-7266-56-4</a>

### The DigiCare Learning Packages. Content and Pedagogical Plan of Training Session and Clinical Training

Learning Package content	Learning goals Students....	Preliminary tasks	Pedagogical methods	Resources & Materials	Duration (min)		Additional tasks for student's own development
					Pre-class	Class	
Training session: Patient coaching and professional interaction skills practice with peer students	Learn to perform professional communication skills. Apply GROW and 5 A's coaching model in coaching practice.	Revise and watch the videos of Grow model and 5A's model. Write a short starting point story of yourself acting as a coachee: What is your imaginary or real health issue you want to discuss about, problem caused by NCD?	Low fidelity simulation (1).		60-120 min	90 min (2)	
Clinical Training: Patient coaching and professional interaction skills practice with patient	Are able to perform professional communication skills. Are able to apply GROW coaching model and 5 A's coaching model in coaching practice.	Revise and watch the videos of Grow model and 5A's model.	Clinical practice (3).	Instructions for writing learning diary. (4) Instructions for peer review (5)	30 min	60 min	