

1

7

2

8

3

9

4

10

5

11

6



MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 1 - Teaching session (1.1)

General awareness on the relevance of self-management and Health apps



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1

General awareness on the relevance of self-management and Health apps

Ice-breaking activities



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Who are you?

The goal of the activity is to help the learners introduce themselves through pictures and images and it can be conducted with the support of online tools (e.g. Mentimeter), printed images or cards (e.g. Dixit).

Every participant will choose the picture that best represents her/him and explain why.



[Source](#) | [Pixabay license](#)



Who are you?

Show the learners a big map of the world representing the country according to where they came from. Ask them several health-related questions and listen to the answers – they might be similar or different according to country.

Encourage people to share a short personal story if they want.



Who are you?

All participants stand in a circle. One by one, they say their name and answer a question chosen by the moderator to break the ice, for example: What would be your superhero name, What is the last dream you remember, My friends adore me for my ...



[Source](#) | [Pixabay license](#)



3 examples for icebreaker questions

- What home remedy is used for headaches in your country of origin?
- What did your mother/father do when you were a child and had itchy mosquito bites?
- Which food do you regard as specifically healthy and nutritious?





Teaching Session: Content

1. [Introduction to health-self management for migrants](#)
2. [Main concepts on Health Apps](#)
3. [Navigating Health Apps](#)



1

General awareness on the relevance of self-management and Health apps

What we are going to talk about...

- ✓ Introduction to health-self management
- ✓ What is the Mig Health Apps project?
- ✓ Main concepts on Health Apps and Mig-Health Apps programme
- ✓ Navigating Health Apps



[Source: Image by nuraghies on Freepik](#)



1 General awareness on the relevance of self-management and Health apps

Competences

- ✓ Identify the health areas more relevant
- ✓ Identify the main areas where learners' health self-management can be reinforced
- ✓ Acknowledge how health apps can be useful for individuals



[Image by vectorjuice on Freepik](#)





1.1.1

Introduction to health-self management for migrants

Objectives

- To learn about the importance of health-self management and how it can help prevent or manage some health problems



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Health-self management for migrants

- Citizens can monitor their health, adapt their lifestyle and even interact with their doctors, careers or supports by receiving and providing feedback.
- Health Apps support migrants' well-being, empowerment and self-affirmation, and can specifically improve their health status and integration in the host country.



What is the Mig Health Apps project? (1)

- The aim of **MIG-HEALTH APPS** is to increase the competences of migrants in using **health apps**. For this purpose, a partnership of nine European institutions developed an **Experiential Training Methodology** based on a “learning by doing” approach, where learners are involved in self-management situations. They apply real health apps to their own conditions to get familiar with processes and technologies in a supported training environment.



What is the Mig Health Apps project? (2)

A set of **training resources** which promotes the adoption of health apps by migrants:

- ✓ an **e-training platform** and
- ✓ an **app training tool**

support the implementation of the training.





1.1.2

Main concepts on Health Ap

Objectives

- To identify and categorise health apps
- To identifying health apps that can be useful



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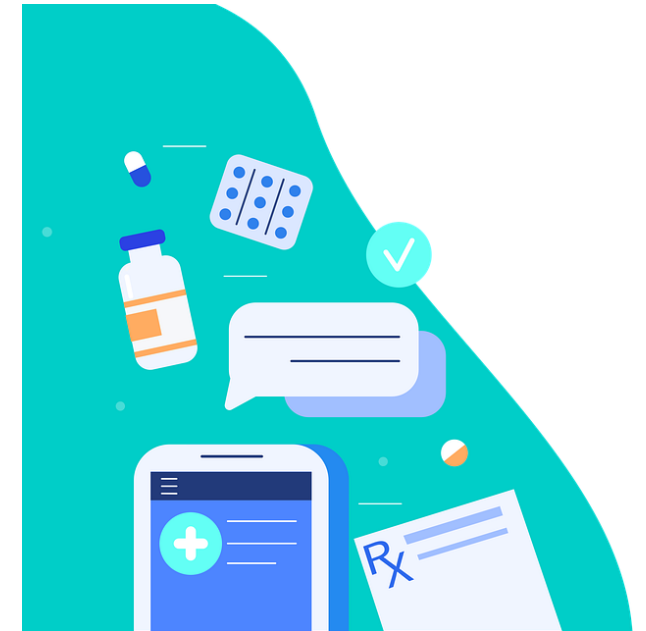
What is a Health App? (1)

- The use of health applications has been increasing in recent years and can be a useful resource to enhance the well-being of migrants.
- There are more than 160,000 mobile health apps available in commercial app shops, most of which are targeted at people seeking to manage or prevent chronic diseases.
- Apps are poised to become a major source of health guidance.



What is a Health App? (2)

- Health apps can promote health and primary disease prevention and help people with chronic diseases to manage their medical conditions or improve treatment adherence. In addition, apps offer the opportunity to increase patients' autonomy.
- Apps can not only help improve or monitor health, but can also play an important role in health economics, as they can help save costs and increase the utility of healthcare systems.



What the Mig-Health App programme offers (1)

The Training Program is structured into a set of “Experiential Training Activities”, which are divided into the following sessions:

1. Teaching session
2. Experiential training session
3. Self-learning supported by online training tools
4. Closure session



What the Mig-Health App programme offers (2)

1. Teaching session

Session in which the trainer introduces the trainees to the main content related to the topic of the experiential activity. This can be done "face-to-face" or with the support of e-learning tools.

The session includes the following group dynamics:

- Group dynamics; Why this health field is relevant as well as best practices
- Group dynamics; How health Apps can support self-management within this area of healthcare.



What the Mig-Health App programme offers (3)

2. Experiential training session

Learners will be invited to select, at least, one Health App in the related health area. They will then be supported by the trainer in the process of testing and applying the Health App to their own health/life situation.



What the Mig-Health App programme offers (4)

3. Self-learning session supported by online training tools

The learners will be invited to complete and assess their knowledge through complementary readings and practical activities. These exercises are to be implemented with the support of e-learning tools and the trainer.



What the Mig-Health App programme offers (5)

4. Closure

In this session, learners will be invited to share their experiences with the use of Health Apps.



What the Mig-Health App programme offers

- The contents of the programme are structured around 11 different topics organized in **Experiential Training Activities (ETAs)**.
 - Users can navigate through one or all of them, depending on their interest.
- **ETA1.** General awareness on the relevance of self-management and Health Apps
 - **ETA2.** How to search and select Health Apps
 - **ETA3.** Health Apps for Physical Activity
 - **ETA4.** Health Apps for Rest Routines
 - **ETA5.** Health Apps for Substances Use
 - **ETA6.** Health Apps for Nutrition
 - **ETA7.** Health Apps Women's Health
 - **ETA8.** Health Apps for Children's Care
 - **ETA9.** Health Apps for the Elderly
 - **ETA10.** Health Apps for Mental Health Problems
 - **ETA11.** Health Apps for Healthcare Services





1.1.3

Navigating Health Apps

Objectives

- To go through different health apps.
- To navigate through app interfaces, exploring core features and settings.



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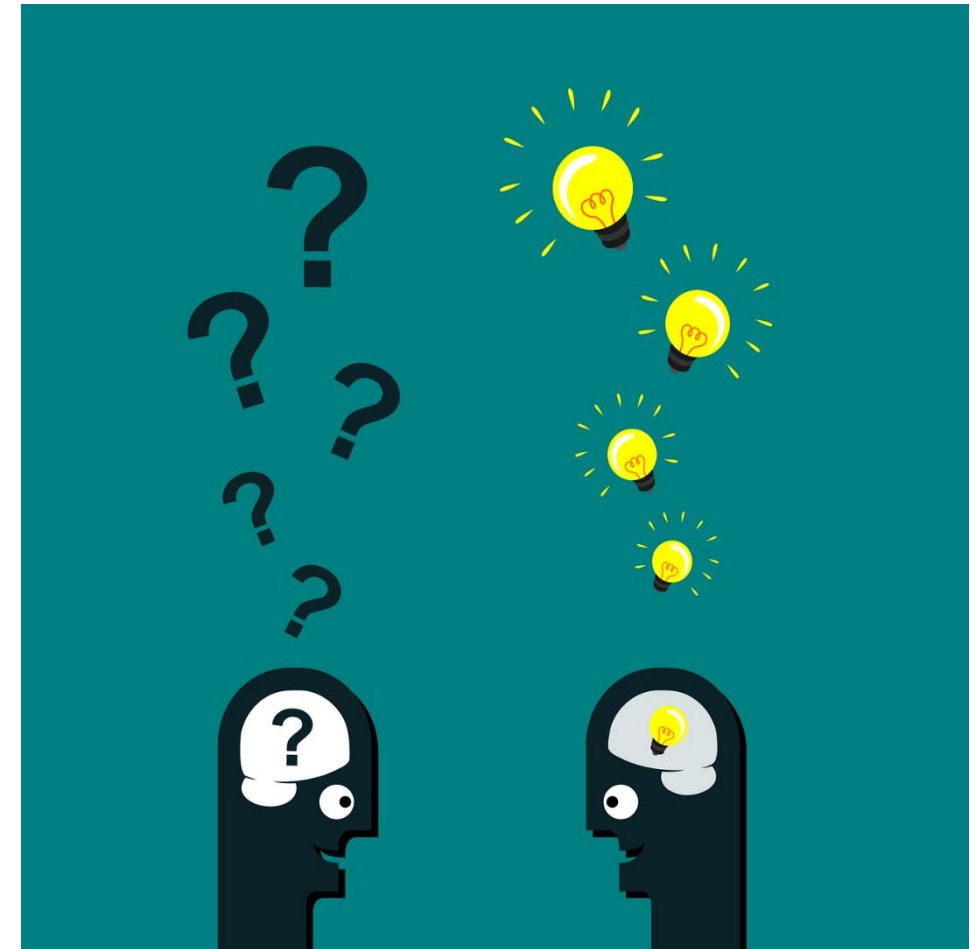
Activity

- Participants will be separated into small groups and will access the Mig-Health Apps platform, browse through the ETAs and decide if any of the offered apps can be useful for them.



DISCUSSION

- *Questions?*
- *Clarifications?*
- *Comments?*



References and further Readings

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- Ahmed, I., Ahmad, N. S., Ali, S., Ali, S., George, A., Danish, H. S., & Darzi, A. (2018). Medication adherence apps: review and content analysis. *JMIR mHealth and uHealth, 6*(3), e6432.





MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!

You have completed the teaching session of this module!

