



MIG-HEALTH APPS

Mobile Health Apps for Migrants

Experiential Training Activities

ETA 2

How to search and select Health Apps

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Co-funded by
the European Union

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1 About the Module

Objectives

There are a lot of different health apps on the market. That makes it necessary to know how to find the app you are looking for. Beside the search of Health Apps, it is also important to know how to select a trustable app. Especially since health data is particularly sensitive data. For this reason, the main objective of this module is on the one hand to give guidance on how to search for Health Apps, and on the other hand to give guidance on how to select Health Apps. This knowledge is needed to work on the other modules of the training programme.

Participants and roles

- Newcomer migrants; learners
- Migrants Peers; learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language barriers
- Supports: learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language barriers. This target group consists for example of social workers, health professionals or volunteers from organisations that support newcomer migrants.

Learning outcomes

- learners will be able to search for health apps, which are most relevant for them.
- learners will be able to select trustable and relevant health apps.

Training contents

- Searching for Health Apps
- Selecting Health Apps

Estimated duration

- Teaching session: 4 hours
- Self-learning supported by online training tools: 1 hours
- Experiential training session: 1 hour
- Closing session: 0,5 hours



Resources

- Training materials: Powerpoint for Teaching Session, assignments, quizzes
- e-Training Platform and App Training Tool
- Health Apps: Examples of Health Apps covering different areas and functions
- Other: Complementary readings, videos (“youtube”) contents and tool from existing projects.



2 Training Content

2.1 Teaching Session

Step and duration	Content
<p>2.1.1</p> <p>Introduction & Presentation</p> <p>15 minutes</p>	<p>The trainer will introduce to the learners the project and the organisation of the training course.</p> <p>The learners will introduce themselves and will outline their main characteristics, including level of basic digital skills.</p> <p>Resources: Ppt. 2.1.1; Project Presentation</p>
<p>2.1.2</p> <p>Introduction to the session “How to search and select Health Apps”</p> <p>15 minutes</p>	<p>The trainer starts with an outline about today's session and presents to the learners why there are some criteria for searching and selecting health apps and gives.</p> <p>Ppt. 2.1.2; Introduction to the session “How to search and select Health Apps”</p>
<p>2.1.3</p> <p>Search for health apps</p> <p>1,5 hours</p>	<p>The trainer starts by asking the learners who is already using health apps and which health apps are used.</p> <p>After this, the main health areas for which health apps are of interest will be collected. For this, the trainer asks the participants and collects the results. Also, the trainer gives some examples of health apps.</p> <p>In the next step, it will be discussed where and how to search for health apps. The common sources for searching for health apps will be shown by the trainer, and also some guidelines will be given on how to create search strings.</p>



Step and duration	Content
	<p>Activity: Health Apps in the before identified health areas of interests should be searched by each person.</p> <p>Resources: Ppt. 2.1.3; Search for health apps</p>
<p>Break</p> <p>30 minutes</p>	<p>Break</p>
<p>2.1.4</p> <p>Select health apps</p> <p>1,5 hours</p>	<p>The trainer will ask the participants if they have an idea of criteria which are important to select health apps. These criteria should be collected in a Checklist. If the learners do not have any idea, a prepared checklist can be shown and the trainer explains the different criteria.</p> <p>Activity (Group work (3-5 learners)): In the next step, examples are shown of different health apps. These apps have different levels of trustability. Each group should discuss which health apps they would select, related to the checklist developed before. The results are discussed in plenum.</p> <p>After this group activity, each person should check the health apps which they have found during the search of health apps in activity 1, considered the criteria in the checklist.</p> <p>Ppt. 2.1.4; Select Health Apps</p>
<p>2.1.5</p> <p>Closure</p> <p>15 minutes</p>	<p>The trainer will summarize the content of the training session, will build a conclusion and explain the following stages.</p>



2.2 Experiential training session

Step and duration	Content
<p>2.2</p> <p>Interactive Physical Activity Challenge</p> <p>1 hour</p>	<p>The learners should think about what health apps would be helpful for them on their own, and should write down the areas which are of interest for them. After this step, they are asked to search for health apps in this specific area on their own, and select one health app, considering the criteria for selecting trustable health apps. In the end, the learners are asked to write down shortly, why they have chosen this specific app, orientating on the criteria.</p>

2.3 Self-learning supported by online training tools

Step and duration	Content
<p>2.3</p> <p>Quiz</p> <p>1 hour</p>	<p>The trainer will ask the learners to complete a Quiz in the e-Training Platform. The Quiz will help the learners in checking if they have fully understood the main ideas of the Teaching Session 1.1, focusing especially on the criteria on how to select health apps.</p> <p>The trainers will check the completion of the multiple choice and will support each learner depending on their main gaps.</p> <p>Resources:</p> <ul style="list-style-type: none"> ▪ Quiz 2.3: e-Training Platform ▪ Communication tools available in the e-Training Platform



2.4 Closure session

Step and duration	Content
<p>2.4.</p> <p>Closing</p> <p>1 hour</p>	<p>This part includes a summary of main lessons learned from the training. Trainers facilitate a discussion based on individual experiences during self-learning and experiential training sessions to draw conclusions on perceived benefits of health apps.</p> <p>Resources:</p> <ul style="list-style-type: none">▪ PPT▪ Online Training Platform▪ Communication tools available in the e-Training Platform

