

**Experiential Training Activities**

**ETA 7**Health Apps for Women’s Health

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# About the Module

Objectives

In many societies women represent a disadvantaged group characterised by a discrimination that is rooted in sociocultural factors. Nowadays, even in developed Countries, medical science still suffers from the consequences of gender bias and social stigma that fostered a male-centred approach to health. Therefore, women’s health is a matter of global interest as inequalities in accessing healthcare persist, especially in developing countries and among migrant women. Women’s Health Apps could help women address these inequalities, as one of the components of self-care approach.

Hence, the main objective of this module is to raise awareness of what women’s health is and the impact it has on the daily lives of women themselves and the community as a whole. This Experiential Training Activity also aims to increase the awareness of learners about health self-management and the benefits it can bring, especially to migrant women. During this module, a series of women’s health related applications will be presented and participants will be taught how to use them through case studies and activities. The aim is to help learners become familiar with the use of this family of health apps, in order to empower them (and possibly the community they belong to) by improving their health self-management.

Participants and roles

* Newcomer migrants; learners. Migrant women interested in improving the self-management of their health and their family members.
* Migrants Peers; learners or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language and cultural barriers.
* Supports: learners or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language and cultural barriers.

Learning outcomes

* Learners will be able to identify which aspects of Women’s health are more relevant for them and the community they belong to, e.g. by becoming a peer supporter or a Community Health Educator.
* Migrant women will be able to identify the main areas where their health self-management can be reinforced.
* Learners will know how to use a set of Health Apps and can benefit from them.
* Learners will benefit more from accessing local health services, being more aware of women’s health issues.

Training contents

* Women’s Health and Gender Bias.
* Self-care.
* Basic concepts of women’s health and related apps:
* Menstrual cycle tracker Apps;
* Pregnancy & Baby Tracker Apps;
* Menopause related Apps;
* Screening and Prevention related Apps.

Estimated duration

* Teaching sessions: 3:30 hours
* Self-study supported by e-learning tools: 2 hours
* Closure session: 30 minutes

Resources

* Training materials: ppt. for didactic session.
* Training material: activities, quizzes.
* E-training platform and App training tool.
* Health Apps: Examples of Health Apps covering different areas of Women’s health (menstrual cycle, Pregnancy and Post-partum, Perimenopause and Menopause, Screening and prevention).
* Other: Complementary readings, links to external websites, videos, content and tools from existing projects.

# Training Content

## Teaching Session

| Step and duration | Content |
| --- | --- |
| 7.1.1.  Introduction & Presentation  30 minutes | The trainer will shortly introduce the Mig-Health Apps project and the organisation of the training course to the learners.  The trainees will introduce themselves and will outline their main characteristics, including level of basic digital skills.  This introduction will highlight the following aspects:   * Health Apps project short introduction * Icebreaker Activity   Resources: PPT |
| 7.1.2.  Health Apps forWomen’s ealth  30 minutes | The trainer will introduce to the learners the concept of women’s health, its importance for the community as a whole, the concept of Self-care and its benefits. The trainer will then introduce the main aspects of women’s health (without detailing them, as they will be detailed in further training activities) and ask the learners to give first feedback on their own knowledge of the topic.  Some guiding questions could be:   * What are the most important women’s health issues for you? * Are you familiar with Self-Management of these issues? * What are the main problems you find?   The trainer will collect the main opinions and promote the sharing of experiences.  The session will cover the following topics:   * What is women’s health and its importance * What are women’s health apps * Advantages of using women’s health apps   Resources: PPT |
| 7.1.3.  Menstrual cycle and Contraception methods  30 minutes | The trainer will introduce the concept of Health Apps related to Menstrual cycle tracking and contraception methods. After a general overview about the topic, the trainer will show some examples of these health apps.  The aspects to be covered in this session are:   * Basic concepts about menstrual cycle and contraception methods. * Reasons for using menstrual cycle trackers. * Identify and classify menstrual cycle tracker apps. * Compare the features and functionalities of each of them.   Resource: PPT |
| 7.1.4.  Pregnancy and post-partum  30 minutes | The trainer will introduce the concept of Health Apps related to Pregnancy and post-partum. After a general overview about the topic, the trainer will show some examples of these health apps.  The aspects to be covered in this session are:   * Basic concepts about pregnancy and post-partum. * Maternal health and pregnancy care. * Identify and classify pregnancy tracker apps. * Compare the features and functionalities of each of them.   Resource: PPT |
| 7.1.5.  Screening and Prevention  30 minutes | The trainer will introduce the concept of Health Apps related to Screening and Prevention. After a general overview about the topic, the trainer will show some examples of these health apps.  The aspects to be covered in this session are:   * Basic concepts about gender differences in health. * Gynecologic & Breast cancers. * Prevention and Screening. * Examples of Health Apps in this area.   Resource: PPT |
| 7.1.6.  Menopause  30 minutes | The trainer will introduce the concept of Health Apps related to Menopause. After a general overview about the topic, the trainer will show some examples of these health apps.  The aspects to be covered in this session are:   * Basic concepts about menopause. * Benefits of menopause apps. * Examples of Health Apps in this area.   Resource: PPT |
| 7.1.7.  Assessment  30 minutes | Learners will sit in a circle and discuss what they thought of the women’s health related apps. Each of the learners will evaluate these apps and what they think are their greatest benefits.  A satisfaction questionnaire will then be handed out, and the trainer will thank everyone for attending the sessions. |

## Experiential training session

| Step and duration | Content |
| --- | --- |
| 7.2.  Interactive use of health apps for Women’s health  2 hours | The trainer will ask learners to participate in a challenge in which they will have to use a women’s health application. The trainer will explain how to do it and what the parts are.  The activity will be carried out as follows:  The trainer will upload to the online platform step by step how learners have to perform the activity in order for them to do this activity asynchronous   * The first step is to define a specific area of interest in women’s health. * Afterwards, they have to establish the objectives they want to achieve in order to know how to deal with the situation in an appropriate way. * Once the objectives have been established, each of the users has to select the women’s health application that they believe will help them the most to achieve their previously set objective. * Once the app is selected, users have to download it to their mobile phone. * Their mission is to search the app and see all the functions it has. Use it for approximately 15 minutes every day for a week. * After using the app for one week, each learner will comment on the online platform on how they found the application they selected, and if its functions really help and correspond to the objectives they had set for themselves.   With this activity, the trainer will assess that learners are aware of the main aspects of women’s health and are able to set goals to manage them, and if they are able to select the health app that best corresponds to the proposed objectives, as well as knowing how to use it correctly.  Resources:   * Online Platform, * PPT and Mobile Αpps |

## Self-learning supported by online training tools

|  |  |
| --- | --- |
| Step and duration | Content |
| 7.3.  Self-Assessment  1:30 hours | The trainer will ask the learners to complete a Quiz in the e-Training Platform in order to assess the knowledge gained from the two previous sections.  This questionnaire will assess:   * Importance of women’s health and the impact it has on the community as a whole. * Basic knowledge of Women’s health issues. * Role of women’s health apps in self-care.   Based on the results, the trainer will help each of the users in the aspects that they have more difficulties with.  Trainees will report to each other their experiences using the health app and share a conclusion on benefits of the apps for women’s health in their own lives.  Resources:   * Questionnaire. * Online training platform. |

## Closure session

|  |  |
| --- | --- |
| Step and duration | Content |
| 7.4.  Closing  30 minutes | 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 for women’s health.  Resources:   * PPT * Communication tools available in the e-Training Platform |

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[https://](https://www.who.int/news-room/fact-sheets/detail/anxiety-disorders)[www.who.int/health-topics/](http://www.who.int/health-topics/)self-care#tab=tab\_1

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<https://www.cdc.gov/cancer/dcpc/prevention/screening.htm>

* Centers for Disease Control and Prevention. Gynecologic Cancer Awareness.

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[https://www.who.int/health-topics/cervical-cancer#tab=tab\_1](https://www.who.int/health-topics/cervical-cancer" \l "tab=tab_1)

* World Health Organization. Breast cancer.

<https://www.who.int/news-room/fact-sheets/detail/breast-cancer>

* Office on Women’s Health. Menopause basics.

<https://www.womenshealth.gov/menopause/menopause-basics>

* MSD MANUAL. Women’s Health Issues.

<https://www.msdmanuals.com/home/women-s-health-issues>

# Appendix - Health Apps for Women’s health

| **Name** | **Owner** | **Country** | **Cost** | **Platform (link)** | **Target Group** | **Description** |
| --- | --- | --- | --- | --- | --- | --- |
| Maya | Plackal Tech | India | Free/Premium | Android  <https://play.google.com/store/apps/details?id=in.plackal.lovecyclesfree>  APP Store  <https://apps.apple.com/us/app/maya-my-period-tracker/id492534636> | Women’s health – Menstrual cycle | Cycle and Health Tracking, Fertility Prediction, Pregnancy Tracking, Community for Women |
| WomanLog | Pro Active App SIA | Latvia | Free/Premium | Android  <https://play.google.com/store/apps/details?id=com.womanlog&hl=it&gl=US>  APP Store  <https://apps.apple.com/it/app/womanlog-calendario-mestruale/id421360650> | Women’s health – Menstrual cycle | Cycle Tracking, Fertility Prediction, Symptoms Tracking, Reminders |
| Flo | Flo Health Inc. | United Kingdom | Free (14 days)/Premium | Android  [https://play.google.com/store/apps/details?id=org.iggymedia.periodtracker&referrer=af\_tranid%3DH0ias6piPXqj2Ib59yaLlQ%26c%3Dandroid\_top\_banner%26af\_ad%3Dbanner-main\_page-top%26pid%3DWebsite%26af\_adset%3D%2F](https://play.google.com/store/apps/details?id=org.iggymedia.periodtracker&referrer=af_tranid%3DH0ias6piPXqj2Ib59yaLlQ%26c%3Dandroid_top_banner%26af_ad%3Dbanner-main_page-top%26pid%3DWebsite%26af_adset%3D%2F%20)  APP Store  <https://apps.apple.com/it/app/calendario-mestruale-flo/id1038369065> | Women’s health – Menstrual cycle | Cycle Tracking, Fertility Prediction, Pregnancy Tracking, Resources and articles |
| Clue | Biowink GmbH | Germany | Free/Premium | Android  <https://play.google.com/store/apps/details?hl=en&id=com.clue.android&referrer=adjust_reftag%3DcgN0r3ThhT3Y7%26utm_source%3DContent%26utm_campaign%3DNon-Article%2BPage%26utm_content%3D%252F%26utm_term%3DHome%2BPage&pli=1>  APP Store  <https://apps.apple.com/us/app/clue-period-tracker-calendar/id657189652> | Women’s health – Menstrual cycle | Cycle Tracking, Symptoms Tracking, Reminders, Fertility Prediction, Pregnancy Tracking |
| Period Calendar Period Tracker | Simple Design Ltd. | Hong Kong | Free/Premium | Android  <https://play.google.com/store/apps/details?id=com.popularapp.periodcalendar&hl=en&gl=US> | Women’s health – Menstrual cycle | Cycle Tracking, Fertility Prediction, Symptoms and moods tracker, Reminders |
| My Calendar Period Tracker | SimpleInnovation LLC | United States of America | Free/Premium | Android  <https://play.google.com/store/apps/details?id=com.lbrc.PeriodCalendar&hl=en&gl=US>  APP Store  <https://apps.apple.com/pl/app/cycle-tracker-period-calendar/id1064911742> | Women’s health – Menstrual cycle | Cycle Tracking, Fertility Prediction, Symptoms and moods tracker, Reminders, Highly customizable |
| Pregnancy Tracker | Amila Tech Limited | Cyprus | Free | Android  <https://play.google.com/store/apps/details?id=com.easymobs.pregnancy&hl=en_US>  APP Store  <https://apps.apple.com/in/app/pregnancy-app/id1243672846> | Women’s health - Pregnancy & Baby Tracker | Pregnancy Tracking, Resources and articles, calculate current week of pregnancy, calculate due date, track pregnancy weight, track baby kicks and contractions, track the progress of pregnancy bump, make notes of pregnancy symptoms and doctor appointments |
| Pregnancy App & Baby Tracker | BabyCenter | United States of America | Free | Android  <https://play.google.com/store/apps/details?id=com.babycenter.pregnancytracker&hl=en>  APP Store  <https://apps.apple.com/us/app/pregnancy-tracker-babycenter/id386022579?mt=8> | Women’s health - Pregnancy & Baby Tracker | Pregnancy Tracking, Fertility Prediction, 3-D Fetal development videos, tips, pregnancy workouts and nutrition advice, Pregnancy calendar, Baby Names Finder, Baby Registry Checklist, Online Birth Class and more |
| Ovia Pregnancy & Baby Tracker | Ovia Health | United States of America | Free | Android  <https://play.google.com/store/apps/details?id=com.ovuline.pregnancy&hl=en_US>  APP Store  <https://apps.apple.com/us/app/ovia-pregnancy-baby-tracker/id719135369> | Women’s health - Pregnancy & Baby Tracker | Womb View 3D illustrations for each pregnancy week, visual baby due date countdown and weekly videos and content about pregnancy symptoms, body changes, and baby tips, Baby Size Comparison, Baby Names Finder, Pregnancy tracker and baby growth calendar and more |
| Pregnancy & Baby Tracker – What to Expect | Everyday Health Inc. | United States of America | Free | Android  <https://play.google.com/store/apps/details?id=com.wte.view&hl=en_US>  APP Store  <https://apps.apple.com/us/app/pregnancy-baby-tracker-wte/id289560144?mt=8> | Women’s health - Pregnancy & Baby Tracker | Due Date Calculator, Pregnancy Tracking, Baby Size Comparison, Keep track of symptoms, pregnancy weight, kick counts and memories, Expert-reviewed articles on pregnancy symptoms and health, videos and more |
| Pregnancy Tracker - Sprout | Med ART Studios | United States of America | Free/Premium | Android  <https://play.google.com/store/apps/details?id=com.mas.apps.pregnancy&hl=en_US>  APP Store  <https://apps.apple.com/ng/app/pregnancy-tracker/id441977097> | Women’s health - Pregnancy & Baby Tracker | Due date calculator, Daily and weekly information about mother and developing baby, Weight Tracker, Kick Counter, Contraction Timer, Checklists and more |
| Pregnancy Tracker – Momly | Listonic | Poland | Free/Premium | Android  <https://play.google.com/store/apps/details?id=com.pregnancy.tracker.due.date.countdown.contraction.timer&hl=en_SG> | Women’s health - Pregnancy & Baby Tracker | Pregnancy Week by Week – Tips and Articles, Baby Size Visualizer, Due date countdown, Pregnancy calendar, List of baby names, Contraction timer, Birth plan, Hospital bag Checklist, Baby shopping list and more |
| Keep a Breast App | Keep a Breast Foundation | United States of America | Free | Android  <https://play.google.com/store/apps/details?hl=en_US&id=org.keep_a_breast.kabapp>  APP Store  <https://apps.apple.com/us/app/keep-a-breast/id1518953075> | Women’s health – Screening & Prevention | Step-by-step self-check tutorial featuring animated gifs, Scheduling feature based on menstrual cycle, Breast health resources and information, Direct connection to virtual care via Carbon Health, Stories from breast cancer survivors, Rewards for users who check themselves monthly, In-app sharing feature |
| Know Your Lemons – Self Exam | Know Your Lemons Foundation | Global | Free | Android  <https://play.google.com/store/apps/details?id=com.knowyourlemons.app&pli=1>  APP Store  <https://apps.apple.com/us/app/know-your-lemons-breast-check/id1420212829> | Women’s health – Screening & Prevention | Self-check tutorial, Scheduling feature based on menstrual cycle, personal screening plan, Breast health resources and information |
| Becca – Breast Cancer Support | Breast Cancer Now | United Kingdom | Free | Android  <https://play.google.com/store/apps/details?id=com.yourcompany.becca&hl=en_GB>  APP Store  <https://apps.apple.com/gb/app/becca-breast-cancer-support/id1228082090> | Women’s health – Screening & Prevention | Collection of information and support from a variety of sources, including specialists, online publications and the breast cancer community: medication side effects, stories from surgery, tips on relationships, dealing with menopausal symptoms. Blogs, suggested podcasts, recipes, makeup tutorials, exercise regimes and articles from qualified dietitians, nurses and medical professionals |
| OWise Breast Cancer Support | Px HealthCare Group Ltd. | United Kingdom | Free | Android  <https://play.google.com/store/apps/details?id=nl.onesixty.owise&hl=it&gl=US>  APP Store  <https://apps.apple.com/us/app/owise-breast-cancer-support/id558158100> | Women’s health – Screening & Prevention | Personalised medical information, tracking tools (treatment experiences, side effects, overall quality of life), Reminders and more |
| Mon dépistage: Cancer | Centre Régional du Dépistage des Cancers | France | Free | Android  <https://play.google.com/store/apps/details?id=fr.crcdc.mondepistagecancer&hl=fr>  APP Store  <https://apps.apple.com/us/app/mon-d%C3%A9pistage-cancer/id1330177078> | Women’s health – Screening & Prevention | Cancer risk assessment, Screening orientation |
| Health & Her Menopause App | Health & Her | United Kingdom | Free | Android  <https://play.google.com/store/apps/details?id=com.healthandher&hl=en_GB&pcampaignid=pcampaignidMKT-Other-global-all-co-prtnr-py-PartBadge-Mar2515-1>  APP Store  <https://apps.apple.com/gb/app/health-her-menopause-app/id1519199698> | Women’s health – Menopause | Personal trainer for menopause, symptom toolkit, daily reminders, library of expert content, daily symptom assessment, Dedicated period tracking |
| Balance – Menopause Support | Balance App Ltd. | United Kingdom | Free/Premium | Android  <https://play.google.com/store/apps/details?id=com.balance_app.app&hl=en_GB&gl=US>  APP Store  <https://apps.apple.com/gb/app/balance-menopause-support/id1503345959> | Women’s health – Menopause | Collection of evidence based expert articles, symptoms and periods tracking, Health Report©, community, mental health and mood tracking, Monitor sleep quality |
| Femilog | Femilog Holding Aps | Denmark | Free (14 days) | Android  <https://play.google.com/store/apps/details?id=com.femilog.femi_log>  APP Store  <https://apps.apple.com/us/app/femilog-menopause-mental-care/id1528293313> | Women’s health – Menopause | Symptoms tracking, personalized in-depth suggestions, Quiz on menopause and more |
| Omena - Ménopause | Wempo Technologies | France | Free/Premium | Android  <https://play.google.com/store/apps/details?id=com.Wempofirstrelease.android>  APP Store  <https://apps.apple.com/fr/app/omena-m%C3%A9nopause/id1575725968> | Women’s health – Menopause | Expert advice to reduce menopause symptoms, The app also includes over 80 explanatory articles written by doctors to help women understand their body during this time of hormonal transition |
| Evia: Menopause Hypnotherapy | Mindset Health | Australia | Free trial (7 days) | Android  <https://play.google.com/store/apps/details?id=com.mindsethealth.meno&hl=en_US>  APP Store  <https://apps.apple.com/us/app/evia-hot-flashes-menopause/id1582336046> | Women’s health – Menopause | 5-Week Core Program with evidence-based hypnotherapy, Relaxing 20-minute daily sessions, supportive Maintenance Program to help maintain results after five weeks, relaxing Sleep Session, Daily educational readings about menopause and hot flashes, In-app chat support from real people |
| perry: Perimenopause Community | perry community | United States of America | Free | Android  <https://play.google.com/store/apps/details?id=uk.co.disciplemedia.perry>  APP Store  <https://apps.apple.com/us/app/perry-perimenopause-community/id1544428724> | Women’s health – Menopause | Perry community (Groups related to specific perimenopause and menopause related topics, Chat in group conversations or one by one), research-backed courses & tutorials, Regular live events with menopause experts |