## Disclosure presenter

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The role of nurse practitioners in a new healthy ageing approach
Joost Degenaar, programme director Centre of Expertise Healthy Ageing 27-08-2018

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Demographic Change & Health in Europe

Challenges:

• **Ageing population:**
  increase of 50 million older people towards 2060

• **Burden of disease:**
  we live longer but with more chronic diseases

• **Rising cost for health and social care:**
  increase to 20% of GDP in 2060

and Solutions:

Prevention, Innovation, Technology, Entrepreneurship

• 8 billion euro investment in EU Health Research -2020
Ageing in the Netherlands

- **Population**: 16 million: now 17% > 65 year
- **Demographic change**: in 2050: 30% > 65 year
- **Costs of health care system**: huge increase (without change 25% of GNP in 2050)

- 1970-2000: **welfare state**; many older citizens in care homes / nursing homes
- From 2013: **participation society**; independent living with help of family, friends, neighbours: big challenge!
- Urgent need for **innovation** in health and welfare
Healthy Ageing Network N Netherlands
Healthy Ageing Network Northern Netherlands (HANNN)

5 Universities and University Medical Centre Groningen

100 companies (SME and multinationals)

Health care organisations

Regional authorities (3 provinces, 4 cities)

**Triple helix cooperation**
involvement **citizens** becoming stronger

N. Netherlands in top 5 Reference Sites EU on Ageing

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Central question: Why do some people age healthy, and why have others already severe impairments or diseases early in their life?

- 165,000 participants
- 3 generations
- 3 Northern provinces

Open infrastructure

"BioSHaReEU: LifeLines = coordinator, 15 biobanks involved; € 12 mio FP7 (BBMRI)"

European Research Institute on the Biology of Ageing

Mission: to understand the mechanisms that result in aberrant functioning of old cells and tissues in order to develop evidence-based recommendations for healthy ageing.

- 10 high profile research groups (e.g. Systems Biology Centre for Energy Metabolism and Ageing)
- 150 researchers
- 4500 sq mtrs
- International recruits
- Basic science
- Ready in 2011
- 50 M€

International cooperation: Mayo Clinic, Buck Institute, Copenhagen, Cologne, Newcastle

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Hanze University of Applied Sciences Groningen

Hanze University of Applied Sciences:
- strong regional partner with a clear profile
- respected European University of Applied Sciences

Strategic themes:
• Healthy Ageing
• Energy
• Entrepreneurship

29,000 students
3300 employees
80 BA/MA programs

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Healthy Ageing programme Hanze UAS

Social work
Sport
Education
Food & Nutrition
Labour
Entrepreneurship
Music & Arts
Living & Domotica
eHealth & medical technology

Healthy Ageing
Hanze UAS Groningen

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Healthy and active ageing is a component in 25 BA and 4 MA programmes, not only nursing, physiotherapy etc. but also ICT, LST, sports etc.

Also in special programmes:

- Minor Healthy Ageing
- Summercourse Global Health & Quantified Self
- Honours programme Healthy Ageing
- Master Healthy Ageing Professional
Healthy Ageing and Research Hanze UAS

Many people involved:
- 30 professors
- 100 researchers
- 50 PhDs on Health & Ageing
  many students of different programmes

Projects: over 100

Research Publications in 2017: 127
Research Presentations in 2017: 161
Healthy Ageing mission Hanze UAS

Starting point: “Health” definition: the ability to adapt and self manage in the face of social, physical and emotional challenges

Targets Centre of Expertise Healthy Ageing:
- better health, participation and quality of life of citizens
- improvement of professional practice
- strengthen the regional economy
Centre of Expertise Healthy Ageing

- **Start** 2013
- **Lead partner** Hanze University of Applied Sciences
- **Partners** from 35 in 2012 to 160 now
- **2013-2017** 16 million Euros of which 5 million grant

- **Public Private Partnership**, partners involved:
  - 4 Universities of Applied Sciences, University of Groningen (RUG), University Medical Centre Groningen (UMCG); 5 schools for vocational training
  - 50 health / welfare institutions
  - 50 companies
  - local government and other partners
- **38 Innovation Labs** in the region; public/private partnerships

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CoE HA: Innovation Labs Labs (1)

- The Centre of Expertise Healthy Ageing (CoE HA) collaborates on innovation in health care, welfare, participation, growing up healthy and healthy ageing.

- Innovation is realised in “innovation labs” where professionals (from the health care and business) collaborate with researchers and citizens and realise practical innovation.

- Combination of: applied research, innovation in healthcare, innovation of education, business development.

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- **Public Private Partnership**: always collaboration between knowledge institutes, health-welfare organisations and business partners

- **Practical Innovation** as a goal

- **Sustainable**: chain of activities for about 4 years

- **Quality**: selection of Innovation Labs by a committee of partners

- 38 Innovation Labs have been realised within 6 years
Innovation Labs: examples (1)

General examples:

- Active Ageing for elderly citizens
- Life cycle resistant housing (with citizen participation)
- Active Ageing for children in the community
- Psychiatric health care: from intra- to extramural
- Health Space Design (healthy care environments)
- Healthy Ageing at Work
- Malnutrition and Healthy Food
Examples of Innovation labs with **smart health** approach:

- eHealth/serious gaming for physical activity with elderly citizens
- Exergaming for children with motoric impairments
- Active Ageing Diabetes with Quantified Health
- E-mental health in general practitioners mental health care
- Preventing malnutrition in hospitals with Pt-Global app
- Sensor technology and Health
Positive experiences CoE HA

- Concept living labs for innovation is successful
- Strong growth partners and regional activities
- Alignment education, applied research, entrepreneurship
- Development of Human Capital
- Learning process innovation/co-makership/PPS
- Economic and societal innovation
- Contribution to eco-system Healthy Ageing Northern Netherlands
Results 2013 / 2017

- 16 million euro’s in innovation programmes
- from 35 to 160 partners active in innovation labs
- 1500+3000 students in innovation labs (30 / <30 credits)
- 6000 students in HA programmes
- 50 research programmes/projects, 12 PhD’s
- new curricula e.g. nursing, physiotherapy, social work
- entrepreneurship & technology in study programmes
- 50 start-ups HA student companies
- 40 innovative products and services

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Centre of Expertise Healthy Ageing

The Centre of Expertise Healthy Ageing promotes sustainable public-private partnership in the north of the Netherlands, in the form of so-called innovation labs. These are testing grounds in which researchers, teachers, students, businesses and institutions for healthcare and wellbeing will be looking for joint solutions to problems they encounter daily in healthcare, growing up healthy and in healthy ageing.

Hanzehogeschool Groningen (Hanz University of Applied Sciences Groningen) is the secretary of the Centre of Expertise Healthy Ageing and responsible for central control.

Innovation lab

FILTER Make your choice

Active Ageing for the Elderly
The number of elderly people is increasing fast in the

Social participation of people with a psychiatric impairment
Because of budget cuts, the

Health, Food & Technology
As people grow older, certain essential processes in the

Child in the Borough
Budget cuts in healthcare, developments in the care sector and changes in

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Overview Innovation Labs

An innovation lab (i-lab) is a network of educational institutions, institutions for healthcare and wellbeing and businesses, aimed at open innovation and co-creation.

This page provides an overview of all active innovation labs. They have all been related to one or more Healthy Ageing themes. You can search for theme, name or keyword.

Themes

- Active Lifestyle & Sports
- Health & Technology
- Healthy Food
- Youth & Lifestyle
- Living, Leisure & Care
- Healthy Ageing at Work
- Wellbeing & Care

Theme Active Lifestyle & Sports

Active Ageing for the Elderly

The number of elderly people is increasing fast in the western world. In addition people grow older, and this is often... MORE

Active Ageing for People with a Psychological Impairment

People with psychological impairments are at risk of running health risks, because... MORE

Active Ageing Diabetes

Diabetes mellitus is the most common illness in the Netherlands. At this moment close to one million people in the... MORE

Sports & Healthy Ageing

More than half of all Dutch people from young to old, practice some kind of sport at one or more levels. Exercise contributes... MORE

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The European Core Competence Framework for health and social care professionals working with older people

Bea Dijkman MSc
Hanze University of Applied Sciences Groningen

This project has been funded with support from the Lifelong Learning Programme of the European Commission.

This publication (communication) reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

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ELLAN (2013-2016)

26 Universities/UAS over 25 countries all over Europe

Developing competence framework
- Netherlands
- Austria
- Ireland
- Belgium
- Finland
- Poland
- Portugal
- Greece

http://ellan.savonia.fi/
Health and social care systems need to change

• Increasing number of older persons (65+)
  – More chronic diseases
  – Fysical and Mental problems
  – Frailty
• Less professionals in health and social care
• Longer stay at home – independent living
• More community care and more interdisciplinary work (eg nursing & social work)
• Stronger focus on healthy ageing and prevention
What do older people say

- Recognizing the person I am
- Connecting the space between us,
- Fulfilling your professional knowledge and skills and
- Disclosing professionalism in you.

Relational aspects very important
Healthy Ageing

• What is health?

• Less emphasize on illness, more on functioning

• Concept of positive health: The ability to adapt and self manage in the face of social, physical and emotional challenges.
The competence framework

1. Description of 7 roles
   Based on the original role description of the CanMeds

2. 18 Competences:
   “Competences are job related descriptions of an action, behaviour or outcome that should be demonstrated in individual’s performance.”

3. All competences are elaborated in performance indicators

Specified for
- Health and social care professionals
- Working with older people
- Bachelor level (EQF 6)

In the European context --- cultural differences

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The role model

https://www.youtube.com/watch?v=InZZOeWO0SM

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Verification of the competence framework

in 2 rounds of Delphi research
- Online questionnaires
- 21 experts from 7 countries and 21 researchers from 20 countries

• *Is the competence important for professionals in health and social care working with other older people?* (a five point likert scale)

• *Please mark in the check box the performance indicators that the professional in health and social care should be able to demonstrate?*

Only those competences and performance indicators with consensus level higher than 70% are included in the competence framework.
Expert

Professional expertise:
Possess a defined body of knowledge & skills and attitudes for working with older people

COMPETENCES

1. Assessment
2. Analysis, problem identification
3. Planning
4. Carry out interventions, implementation
5. Evaluation

Physical health
Mental health
Living and housing conditions
Social participation

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Expert

a) Assessment
Conduct an appropriate assessment and collect data in a systematic way from the older person and when necessary, from his/her family or caregivers, about physical and mental wellbeing, housing conditions and social participation. Identify the needs and wishes of the older person.

b) Analysis and problem identification
Analyse the data collected from the assessment. Identify the problems and the risk factors for the older person and his/her family. Formulate a conclusion or when applicable, a diagnosis.
Examples: assessment performance indicators

• Take time for the assessment; be patient, interested and reliable.
• Inform the older person (and when necessary, the family/carer) about the purpose and process of the assessment.
• Collect data by observing and interviewing the older person and/or the family network. Some health and social care professionals also collect data by physical examinations.
• Use alternative sources of information when the older person is unable to respond physically or to communicate.
• Consider a life history.
• Gather information about mental wellbeing.
Examples: assessment p.i.

- Cognition and memory
- Mood, with special attention for depression, loss and grief, and stress factors
- Signs and symptoms of delirium
- Signs and symptoms of dementia
- Quality of life and life satisfaction
- Relationships
- Feelings of loneliness
- Feelings about the future (death anxiety)
- Coping abilities
- Self management and self-reliance
- Factors of personal history transitions, and adaptations to changes over the life cycle influencing mental wellbeing
- Life goals, personal preferences and wishes
- Recent changes in behaviour
Communicator

Communicate (formal/informal) with older persons and his/her families/informal caregivers

COMPETENCES

1. Maintain relationships and effective communication
2. Empowerment
3. Coaching

respect, equality
being seen as a person,
biographical understanding
take time
shared decision making
Collaborator

Work in a professional and informal team to achieve optimal support and care for older people

• multidisciplinair
• different settings/organizations (eg municipal and governmental institutions)
• know and respect diversity of expertise and roles

COMPETENCES

1. Integral cooperation and integrated services
2. Informal care and support
   (supportive families/informal caregivers)
Health and welfare advocate

- Try to improve health and wellbeing of older people and their families or networks.
- Use their influence to advance the health and well-being of older people individually, but also for community and population level (practices, policies)
- Decrease the negative effects of the ageing process by education, prevention

COMPETENCES

1. Collective prevention and health promotion
2. Social map and social networks

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Professional

In the role of Professional, health and social care professionals are committed to the well being of older persons individually and socially, through ethical practice, profession-led regulation, and high standards of behaviour.

COMPETENCES

1. Professional ethics
2. Professional commitment and personal awareness

Be aware of one’s own values about ageing and older people
And cultural differences

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Take with you

Group of elderly people very diverse
Be curious and open minded
Relate to the persons
Be aware of your own values, attitudes and ideas
Work and learn together – interdisciplinary teams
Keep your expertise at a high level

Evidence based, innovative

Be aware of ones own values about ageing and older people
Older People: Improving Health and Social Care
Focus on the European Core Competences Framework

Bea Dijkman
Irma Mikkonen
Petrie Roobol
Editors

This comprehensive volume is based on the “European Core Competences Framework for health and social care professionals working with older people” (ECCCF), developed and verified in a unique international cooperation between 14 universities and universities of applied sciences in 13 European countries, part of the European Erasmus+ Active Network (EELAND). In addition to the framework, the book outlines the necessary qualifications and describes the roles of professionals working with older people in health and social services. It explores healthy aging for older people from different perspectives and describes the seven roles of health and social care professionals (Bridger, Communicator, Collaborator, Organizer, Health and Wellbeing Advocate, Scholar, and Professional), before going on to define 30 related competences and elaborating them in performance indicators.

Beyond the ECCCF, the book explicates the widely used CanMEDS roles model and places forward-thinking support for clinical and integrated approaches in health and social care in order to change attitudes toward older clients and offer better care and support. It also provides health and social care professionals for example nurses, allied health professionals, and social workers with more contextual information and cultural awareness. It goes a step further by addressing additional perspectives for professional development. The book includes questions for reflective learning helping to make the book a vital practical instrument for use in the educational context throughout Europe.

Europe’s aging populations represent a major challenge for both public health and social care professionals. 18% of the population is 65 years old and over, and this proportion will increase in the coming years. As a result, more and more health and social care professionals will work with older people in different settings— at home, in the community, in hospitals or nursing care settings.

Older people, and especially the frail, face a host of interrelated issues, e.g., cognitive functions, functional limitations, psychosocial problems, communicability, polypharmacy and social isolation. These problems call for an integrated approach to health and social care, which this book exemplifies. It is intended for health and social care professionals, students and educators, for a better understanding of Europe’s aging society and of the impact on care and services. Furthermore, the ECCCF offers educational institutions a unique resource for curriculum development, education, training and assessment.
thank you for your attention!

Discussion / Questions ?
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