



EUROTEQ

Clinical measurement literacy for
EUROpean Transparency and EQuality in health

Booklet

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Introduction and background

In Europe, around 23% of people are at risk of poverty or social exclusion. Additionally, studies have shown that about half of patients in Europe struggle to understand basic healthcare information provided by healthcare professionals. Unfortunately, this group of people is not well represented in health and medical research. It is important to reach out to them in order to improve fairness and equality in healthcare.

The first step is to provide healthcare professionals, patient organisations, and other relevant stakeholders with a basic understanding of research and how to engage with this overlooked group. We will use an innovative approach to teaching and learning, based on proven results. We will also design educational activities that align with the European Social Charter and the European Pillar of Social Rights.

The objectives of this project are to develop, test, implement, and share a training package for healthcare professionals, patient organisations, and other stakeholders. This training will enable them to promote person-centred care and involve patients and the public, especially those from socially disadvantaged backgrounds, in health research. We also aim to create a training program that respects the diverse sociocultural backgrounds across Europe. The project aims to make the training material accessible through various methods of delivery, so it can reach a wide range of healthcare professionals and stakeholders.

Purpose of the project

In modern healthcare, decisions about patient care are based on the best available evidence from clinical research. This is called evidence-based practice (EBP). At the same time, people are exposed to a lot of health information through the internet and media. Surprisingly, many people in Europe have low levels of health literacy, which means they struggle to understand and use health information.

Person-centred care (PCC) is an important approach in healthcare. It means involving the patient as an active part of their own care and decision-making process. Healthcare providers and organisations aim to provide PCC because it leads to better outcomes and quality of care. However, healthcare professionals face a challenge. They not only need to provide the best evidence-based care but also need to give patients and their families accurate and understandable information so they can make informed decisions together. This requires a basic understanding of clinical research and how to interpret research results.

Unfortunately, some key healthcare professionals, like nurses, who have regular contact with patients and their families, may not have received the necessary training to meet these challenges.

Project outcomes

National Analysis and Survey – Program implementation in participating countries: views from healthcare professionals and patient organisations

Theoretical Report: Evidence-based practice (EBP) for all – how to understand, explain and involve

A 1-day training course for health professionals and patient representatives, focusing on addressing knowledge and skill deficits in the area.

Testing and piloting of the course

Revision, translation and adaptation to local needs of the developed course materials

Multiplier events in partner countries

Clinical research and measurement literacy

Module 1: Learning objectives

Explain the differences between quantitative and qualitative research

Discuss the principles of evidence-based practice

Distinguish between experimental and quasi-experimental study designs

Explain the difference between a population and a sample

Discuss different sampling procedures

Discuss aspects of the validity of a study in relation to study design

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Module 2: Learning objectives

Explain differences between quantitative and qualitative numerical data

Identify nominal, ordinal, interval and ratio level data

Explain the distinction between assessments and measurements

Explain the general principles of rating scale-based assessments

Discuss basic psychometric properties

Clinical research and measurement literacy

Module 3: Learning objectives

Interpret and choose appropriate descriptive statistics

Discuss the normal distribution and its implications

Summarize when and why to use parametric and nonparametric statistics

Point out the difference between correlation and regression

Outline the meaning of the P-value and its limitations

Discuss aspects of sample size determination and its implications

Vulnerable groups and inclusion

Module 4: Learning objectives

Explain what health literacy is

Determine who is more vulnerable to having low health literacy

Explain how health disparities are related to low health literacy

Explain the difference between personal health literacy and organisational health literacy

List factors that can impact negatively on health care research

Use practical knowledge about basic communication

Vulnerable groups and inclusion

Module 5: Learning objectives

Outline the differences between the three types of barriers

Explain what a research protocol is

Exercise practical knowledge of how to extract information from a research protocol

Use practical knowledge about taking consent

Discuss why it is harder to involve vulnerable groups in research

Explain what person-centred care is

Example of a training schedule

Full day: Training Day	
08:00 – 08:30	WELCOME & INTRODUCTION
08:30 – 08:45	KAP TEST – PRE EVALUATION
08:45 – 09:45	MODULE 1
09:45 – 10:15	COFFEE BREAK
10:15 – 11:15	MODULE 2
11:15 – 12:45	MODULE 3
12:45 – 13:30	LUNCH
13:30 – 14:30	MODULE 4
14:30 – 15:00	MODULE 5
15:00 – 15:30	COFFEE BREAK
15:30 – 16:30	REFLECTIVE DISCUSSION ABOUT THE TRAINING
16:30 – 17:00	KAP TEST – POST EVALUATION & QUALITATIVE EVALUATION
17:00 – 17:15	WRAP UP

Evaluation of the training results

- KAPb survey

- A KAPb survey is used to assess people's knowledge, attitudes, practices, and beliefs before and after training. It helps evaluate the effectiveness of the training by comparing the participants' responses before and after. The data collected determines if there have been improvements in knowledge, attitudes, practices, and beliefs, guiding future training initiatives.

- All partners reported a significant improvement on the KAPb survey, post and post 3 or 6 months.
- A total of 192 individuals received the pilot training.

Evaluation of the training results

- Qualitative

- All the partners reported good feedback from the individuals that participated in the qualitative component of the evaluation of the pilot training.
- The training was well-received by those who participated, with many expressing their appreciation for the valuable knowledge and skills gained through the training sessions. Many also commented on the high quality of the trainers and the interactive nature of the sessions, which allowed for active participation and discussion.
- Overall, the feedback from participants indicates that the training was a valuable and beneficial experience that will positively impact their future endeavours.



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