



**Hanzehogeschool  
Groningen**  
University of Applied Sciences

# School of Nursing

**International Programme 2023  
(for bachelor nursing students)**

**Healthy Ageing in a global perspective**  
30th January - 9th February 2023



**How can health care professionals contribute to  
the prevention of non-communicable diseases  
by targeted eHealth programmes?**

**share your talent. move the world.**

# International Programme 2023

## Healthy Ageing in a global perspective

The world needs professionals who are capable of conceiving innovative solutions to unfamiliar situations and complex problems. In doing so, they enrich people as individuals and society in general. This International Programme aims to support students to find creative solutions by using communication and information technology for 21st century healthcare risks.

During a two weeks (online) programme bachelor nursing students work in groups on assignments which consist of proposing an ehealth programme aimed at prevention in a global perspective. Therefore, they make an analysis of a specific target group in order to explain the determining factors for health risks for a certain non-communicable disease (NCD). The result will be a targeted eHealth programme to be presented to the client (healthcare organization or patient groups).

The three pillars within this programme are:

1. Global Health and prevention of Non-communicable disease (NCD)
2. Analysed target group
3. eHealth and Digital Health

### 1. Global Health and prevention of NCD

Non-communicable disease (NCD), also known as chronic diseases, tend to be of long duration and are the result of a combination of genetic, physiological, environmental and behaviours factors.

Some key facts:

- Non-communicable diseases (NCDs) kill 40 million people each year, equivalent to 70% of all deaths globally.
- Each year, 15 million people die from a NCD between the ages of 30 and 69 years; over 80% of these 'premature' deaths occur in low- and middle-income countries.
- Cardiovascular diseases account for most NCD deaths, or 17.7 million people annually, followed by cancers (8.8 million), respiratory diseases (3.9million), and diabetes (1.6 million) (2017, WHO)

### 2. Analysed target group

Students will do an analysis of a target group in order to develop an appropriate intervention. They use models and will be in contact with members of the target group.

### 3. eHealth and Digital Health

Students are challenged to find creative ways to provide remote care as a complement to personal care. Due to societal developments, students use information and communication technology.

**'The programme made me look beyond my boundaries.'**

### Improve your competences

During the International Programme, students improve their competences especially in the roles of health promoter and communicator. Within the perspective of Global Health objectives, the fulfilment of two of the seven Canmeds roles will be extremely important in order to develop innovative, sustainable approaches and solutions.

### Welcome to the International Programme!

This short international programme *Healthy Ageing in a global perspective* (3 ECTS) is an international education programme that offers you the unique opportunity to familiarize yourself with the increasingly globalized world, virtualisation and digitalisation and its effects on

the prevention of health risks. The programme focuses on trends in eHealth viewed from a global perspective and the challenges that we, as health professionals, face over the next 10 years. How can we cooperate on an international level to organize prevention? How do we implement eHealth solutions to encourage healthy behaviour?

Are you a nursing student? Then you are more than welcome to join us. You will be working together with other nursing students and contribute to innovative eHealth solutions.



'I had a great time!'

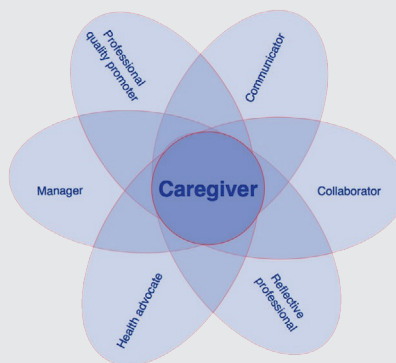


### Roles: core concepts

Core concept roles of health promotor:  
Analyzing the behaviour and environment of care provider related to health promotor problems of care providers and target groups (prevention-oriented analysis);

Providing support for achieving a healthy lifestyle in relation to (potential) health issues (promote healthy behaviour) (BN2020, 2016).

Core concepts of role communicator  
Using information and communication technology due to societal developments.  
Providing remote care as a complement to personal care.



### Roles nursing CanMEDS

Translated from: competentiegebieden VERPLEEGKUNDE in CANMEDS  
retrieved from: <https://researchprofessionals.vennv.nl/Deskundigheid/Expertisegebied>

# Practical information:

## Offered

Once a year (semester 1)  
30th January - 9th February 2023

## Duration

Two weeks

## Deadline entry

1st of December 2022

## Location:

Hanze University of Applied Sciences,  
Groningen, The Netherlands

## Course credits

3 ECTS (European Credits Transfer System),  
subject to approx. 84 hours of student work.

## Course fee

There will be no course fee. Students are responsible for organizing and paying for housing. Travel and living expenses are for the costs of the student as well.

As the programme will be offered in a hybrid form, you can also participate Online.

## Admission requirements

- You are a second-year or third-year student (bachelor level).
- You have a background in nursing.
- You have completed the first year of your education.
- You will be working in an international team so you must be able to master the English language.
- Useful additional personal characteristics for participation in such a team are: an open mind, the ability to listen actively, tolerance, flexibility, transparency in motives, interests and values.

## Language requirements for international students

To take part in the International Programme one of the following levels of language requirements are needed:

- Academic IELTS 6.5 overall
- TOEFL Internet Based 80
- TOEFL Paper Based 550
- Dialang level B2

## Application procedures

Bachelor nursing students can apply by sending an email to [nursing@org.hanze.nl](mailto:nursing@org.hanze.nl)

## Contact person

For more information, please send an email to [nursing@org.hanze.nl](mailto:nursing@org.hanze.nl)

'It was a really  
interesting  
programme!'

