

1

2

3

4

5

6



MIG-DHL

Migrants Digital Health Literacy

Module 1

What is Digital Health Literacy
and its relevance?



Partners



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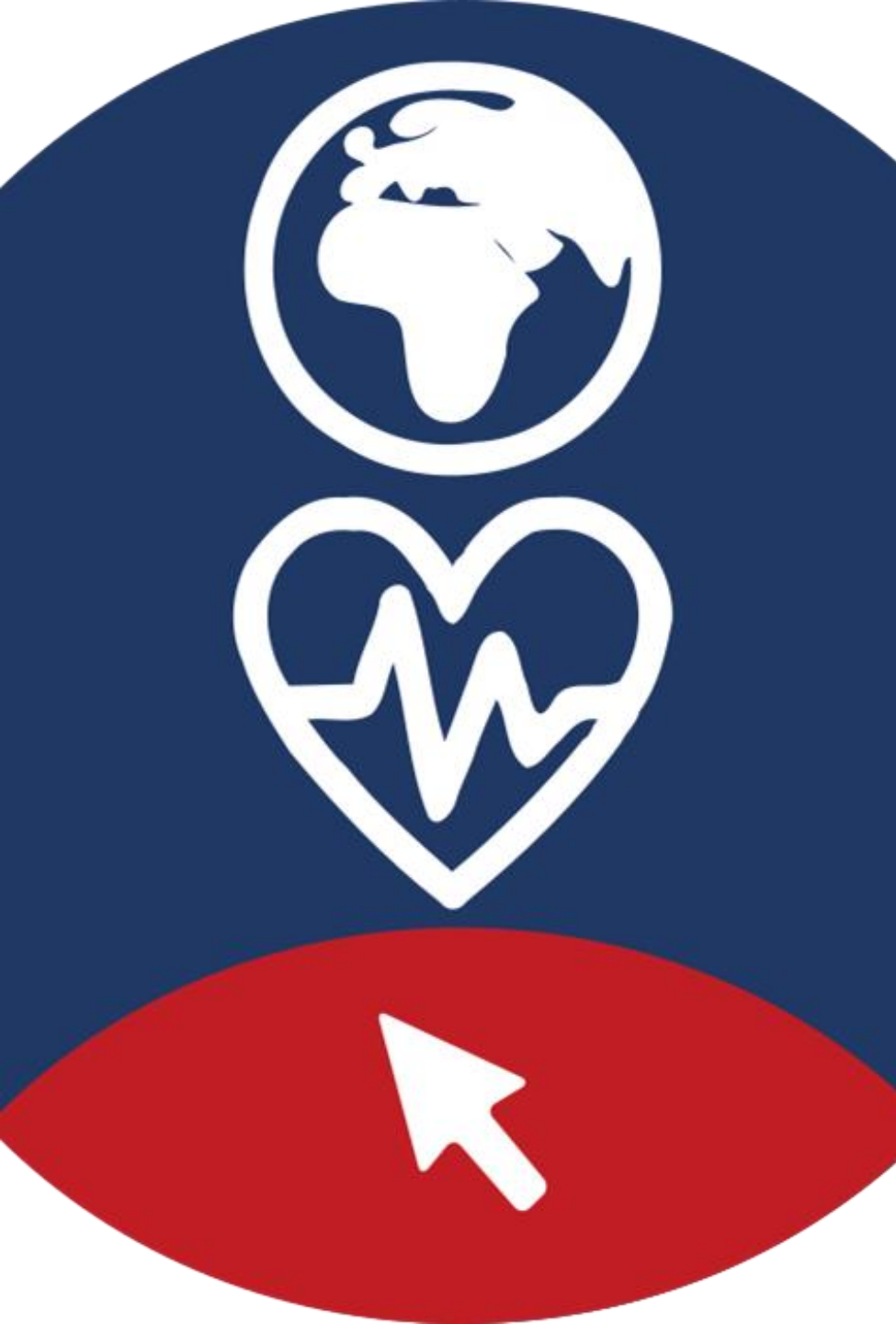
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Modules

1. What is Digital Health Literacy and its relevance 

2. Main health issues when landing in a new country

3. Healthcare Services

4. Turning digitally literate

5. Exploring Digital Health tools

6. Being active in the digital health environment

I What is Digital Health Literacy and its relevance?

Objectives



To introduce the training course contents



To introduce the main concepts of Digital Health Literacy



I What is Digital Health Literacy and its relevance?

Competences

- ✓ Knowledge about Digital Health Literacy (for migrants, migrant peers and health professionals)
- ✓ Gained awareness about Digital Health Literacy's relevance for migrant's health (for migrant, migrant peers and health professionals)



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Introduction to the training course

Objectives

- You will learn about the structure and the content of the Erasmus+ programme MIG-DHL and you will get a first idea of the concept of **Digital Health Literacy**.



Action 1.1.1

Opening

Objectives

- You will learn about the structure and the content of the Erasmus+ programme MIG-DHL.

Let's start

...

1.1 1.1.1

1.1.2

1.1.3

1.1.4

1.1.5

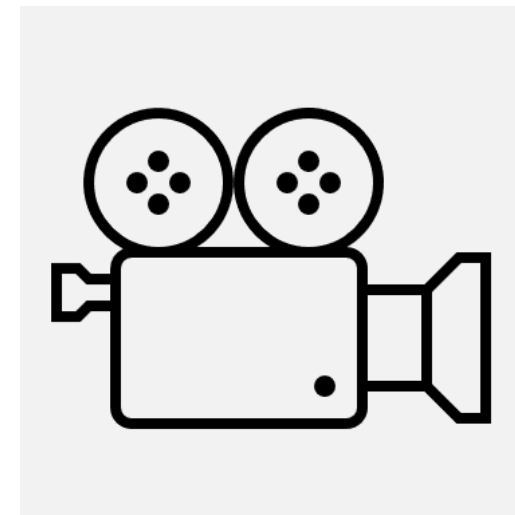


The Erasmus+ Programm



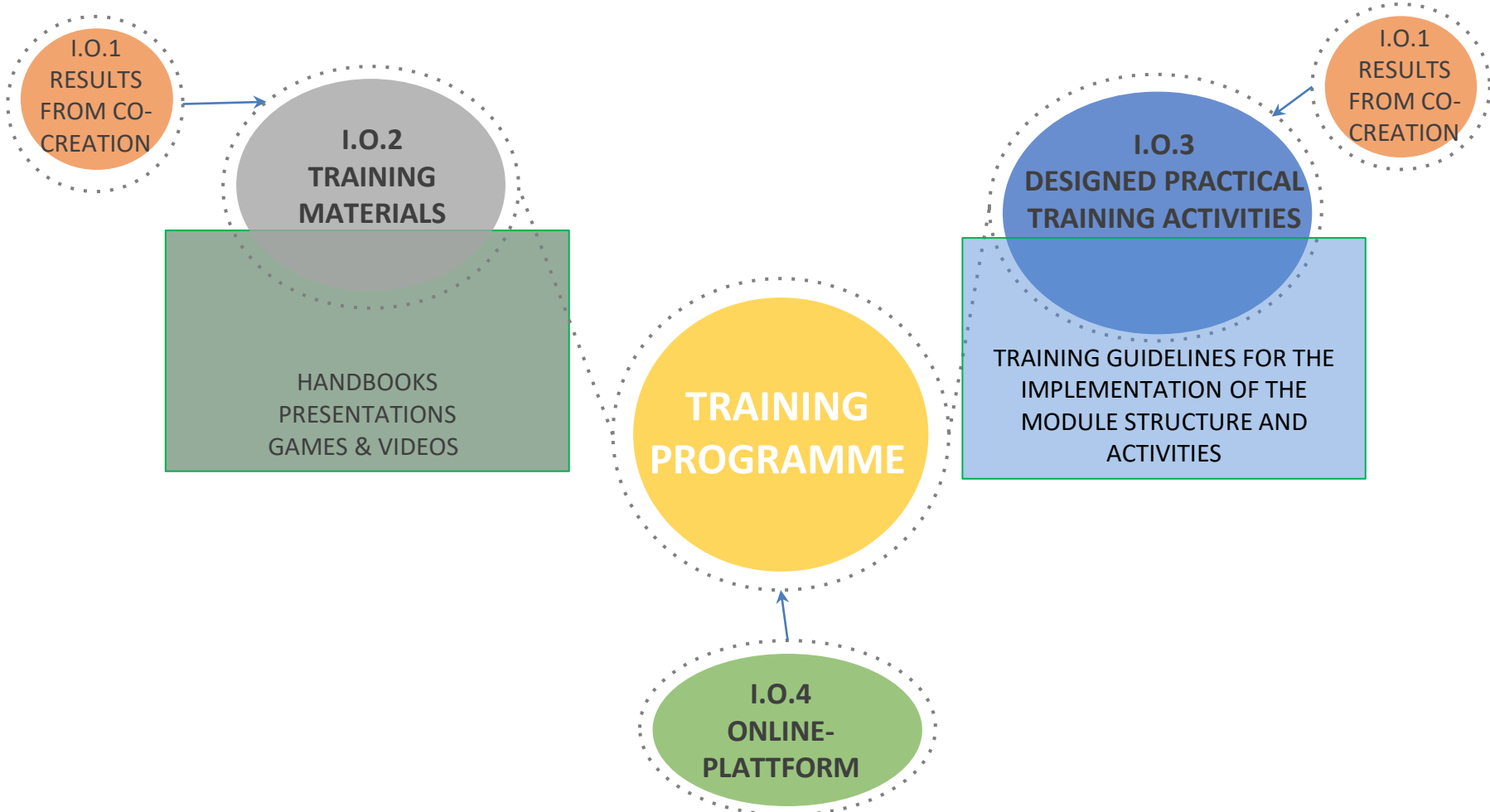
- The following video gives a good overview about the idea of Erasmus+ Programme and especially about the idea of Erasmus+ K2-strategische partnership:

<https://www.youtube.com/watch?v=ap2guv2PFco>



1 What is Digital Health Literacy and its relevance

Overview of the project- the materials



Overview of the project - content

1. What is Digital Health Literacy and its relevance

2. Main health issues when landing in a new country

3. Healthcare Services

4. Turning digitally literate

5. Exploring Digital Health tools

6. Being active in the digital health environment



1 What is Digital Health Literacy and its relevance

Overview of the project- organizational structure of the modules

- Each module has a duration between 4.5 hours (shortest module) and 9 (longest module)
- Each module consists of face-2-face sessions and online sessions.
 - The **face-2-face sessions** consists of short presentation, group-dynamic activities and practical activities.
 - **Online sessions are** individual tasks which can be done detached from the place and time of the face-2-face sessions.



1 What is Digital Health Literacy and its relevance

Presenting Ourselves

- What is my name
- Which country I come from
- Why I came to this country
- What are my hobbies
- What are my motivations and goals for this course?



Action 1.1.2

Group Dynamic - Concept of Digital Health Literacy

Objectives

You will learn about the concept of the Digital Health Literacy and the skills needed:

- Operational skills
- Navigation skills
- Information searching
- Evaluating reliability, determining relevance
- Adding content
- Protecting privacy.



1.1 1.1.1

1.2 **1.1.2**

1.1.3

1.1.4

1.1.5



The Concept of Digital Health Literacy

Digital Health Literacy (DHL) is the ability to seek, find, understand, and appraise health information from electronic sources and apply the knowledge gained to addressing or solving a health problem.



1 What is Digital Health Literacy and its relevance

Operational skills

How easy or difficult is it for you:

1. to use your computer and web browser?
2. to show/teach this to others/to guide someone else to do so?



1 What is Digital Health Literacy and its relevance

Navigation skills

How easy or difficult is it for you to find your way around the internet?



1 What is Digital Health Literacy and its relevance

Information searching

- How easy or difficult is it for you to find information on the internet? (Related to health issues, specific diseases, etc.)
- Would you say you know how to look for information on the internet?



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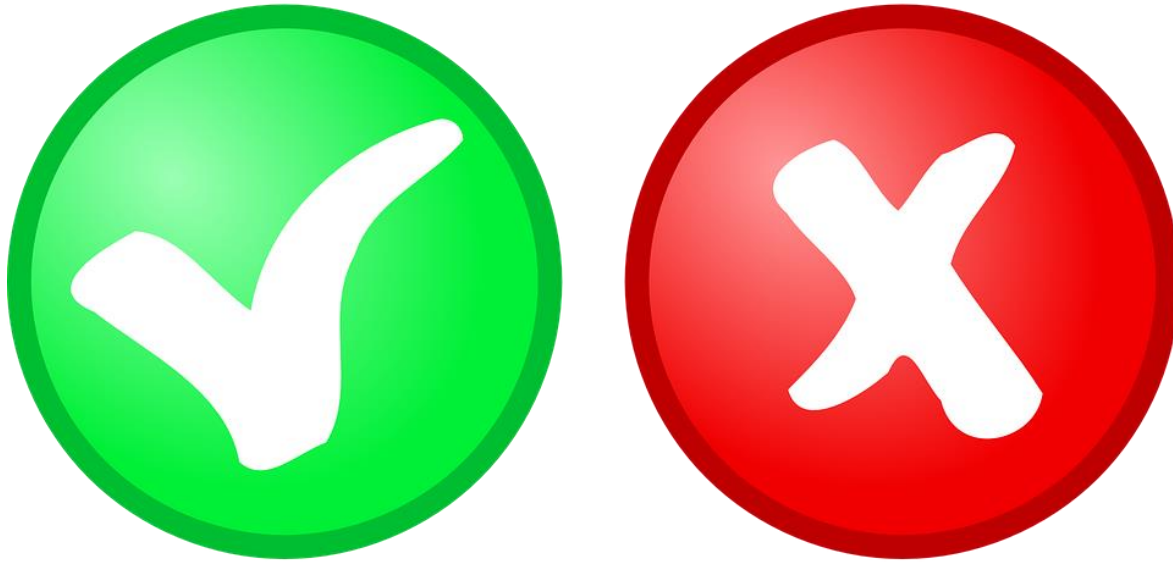


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1 What is Digital Health Literacy and its relevance

Evaluating reliability



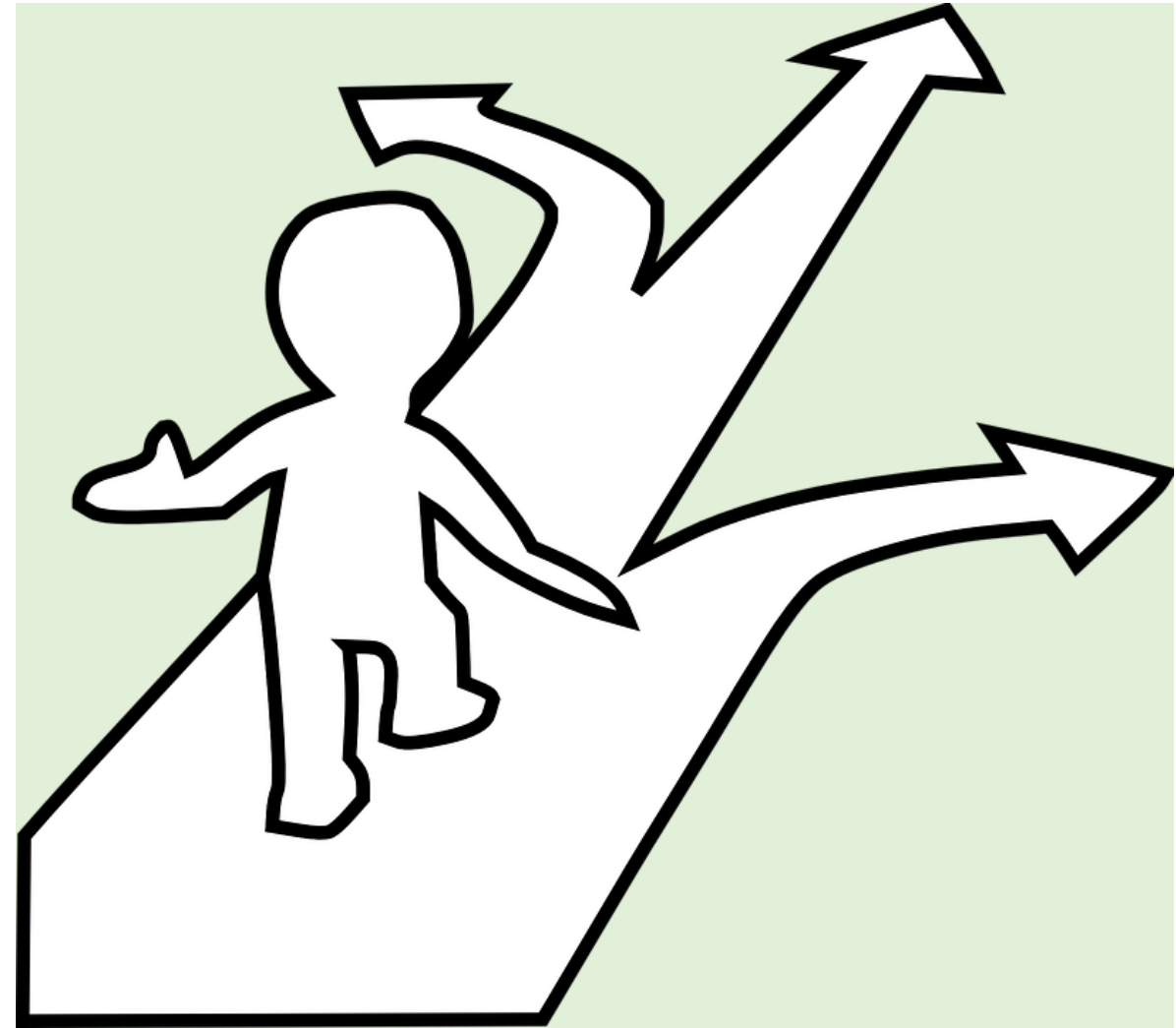
When you search for health information on the Internet, do you find it easy or difficult to decide whether the information is reliable or not?



1 What is Digital Health Literacy and its relevance

Determining relevance

- When you search for health information on the Internet, do you find it easy or difficult to choose between all the information you find?



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Adding content



Have you ever...

- (1) posted a medical review?
- (2) Posted a message on a peer support forum or social networking website?



1 What is Digital Health Literacy and its relevance

Protecting Privacy

Have you ever...

- (1) Shared personal health information (yours, or others) with others on the internet?
- (2) Accessed your own electronic health record?



Action 1.1.3

Group Dynamic – Practical Example

Objectives

You will be introduced an examble on **Symptoms:**
Fever and dry cough:

- *Do I have COVID? Where do I look for information?*
- *What should I do if I have COVID?*
- *How do I look for information on the internet?*
- *On which website do I look for the information?*
- *How do I find out the next steps?*



1.1 1.1.1

1.2 1.1.2

1.1.3

1.1.4

1.1.5

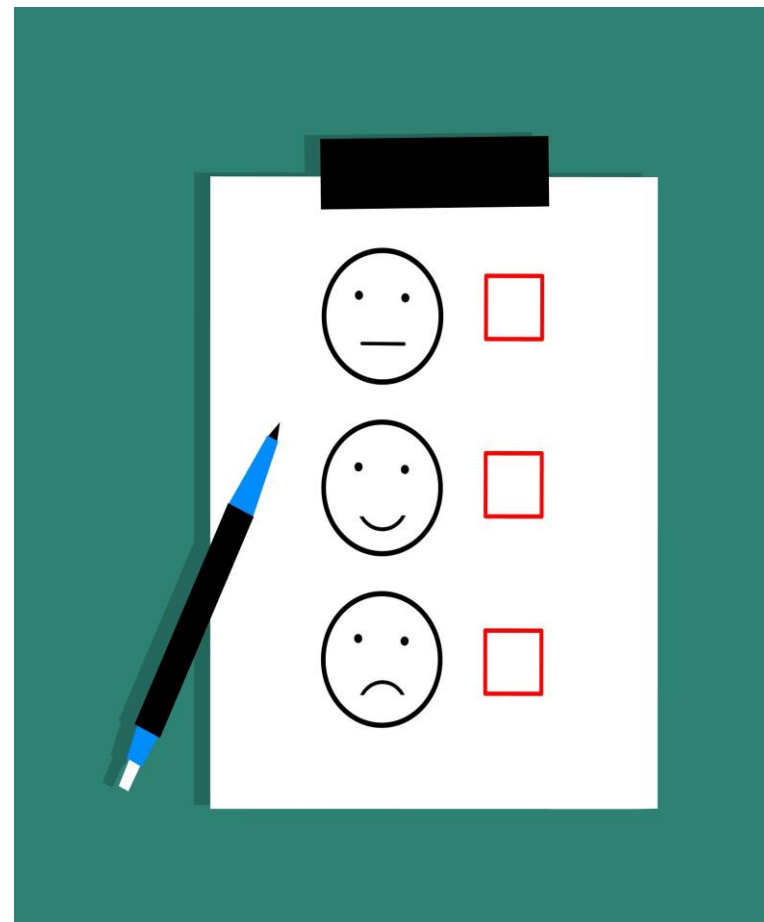


Action 1.1.4

Survey on previous knowledge

Objectives

You will complete a questionnaire for gathering information about your DHL skills.



1.1 1.1.1

1.2 1.1.2

1.1.3

1.1.4

1.1.5



IT'S
SURVEY
TIME!



Action 1.1.5

Closing - debriefing

Objectives

You will be provided with a summary and explanations of the activities you have to carry out, outside the classroom.

1.1 1.1.1

1.2 1.1.2

1.1.3

1.1.4

1.1.5



Summary

Explanations
on the
activities



Action 1.2.1

Opening – Introduction to the session

Objectives

You will be informed about: **what are we going to do today?**

- Pooling of the homework
- How to manage one's own health



1.1 1.2.1

1.2 1.2.2

1.2.3

1.2.4

1.2.5



Action 1.2.2

Pooling of the homework

Objectives

You will discuss about the reflections made during the week about:

- the contents of the training
- health self-assessment

1.1 1.2.1

1.2 1.2.2

1.2.3

1.2.4

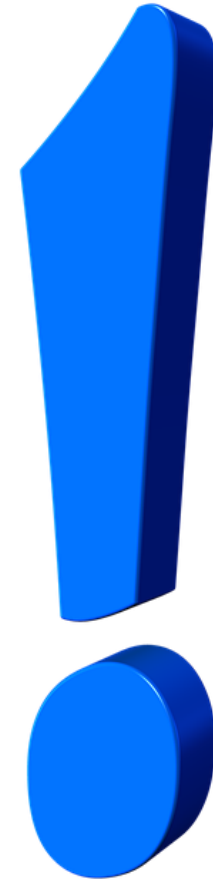


Group Dynamic - Pooling of the homework

What did you find most important in the previous session?

Which is the most important DHL dimension to you?

Which are the most relevant/problematic health issues for you?



Action 1.2.3

How to manage one's own health

Objectives

You will learn how to manage your health by following examples of other people.

1.1 1.2.1

1.2 1.2.2

1.2.3

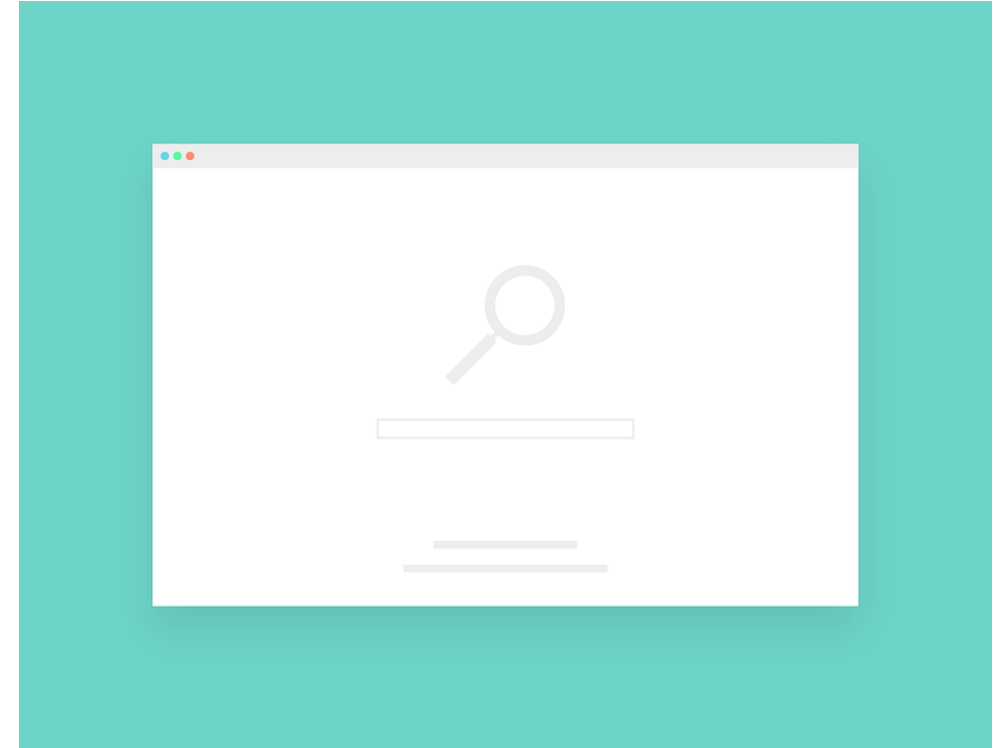
1.2.4



1 What is Digital Health Literacy and its relevance

Example 1

I need to make an appointment online so that my doctor can see me. I am going to go to my health centre's website to look for my doctor's name on the list of health professionals.



1 What is Digital Health Literacy and its relevance

Example 2



I want to make an appointment with my doctor online but my health centre does not have its own website. I can't make an appointment with my doctor so that he/she can see me at the clinic. The search engine can't find what I'm looking for, only "Conselleria de Sanitat" appears in the results. I'm going to look on the internet for the nearest health centre to go and ask if I can see a doctor.



Example 3

My head hurts a lot. I'm going to look on the internet to find out why the pain might be and what pill I should take. I am sure I will find a lot of professional information. I find many forums where people share their experiences of illnesses and treatments they have taken. There is one person who says she took "Diazepam" for 20 days and it went very well. I think I will do the same. I'm sure the pain will go away and I will be able to continue my active activities as usual.



Example 4



My daughter woke up today with a little cough and sore throat but no fever. I'm taking her to the hospital near my home right now so that a doctor can take care of her.

Action 1.2.4

Closing - debriefing

Objectives

You will be provided with a summary and clarifications on possible doubts and questions.

1.1

1.2.1

1.2

1.2.2

1.2.3

1.2.4



Summary

Clarifications





MIG-DHL

Migrants Digital Health Literacy

Congratulations!
You have completed this
module!

