

CHANCE

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MSc in Migrant Health: Addressing New Challenges in Europe – CHANCE
An ERASMUS Lifelong Learning Program (2010)

Pilot Trainings

The members of the CHANCE consortium (University of East Anglia, University of Pécs, Danube University KREMS, Faculty of Medicine of Pavol Jozef Šafárik University, Greifswald University of Medicine, Medical University Graz) held pilot trainings for the different modules found in the curriculum of the MSc in Migrant Health, a master course developed by this cooperation and funded by the EACEA. In the following summaries you can read about the different approaches applied by the partners, and their findings about the course material and students' opinion on the pressing issue of migrant health.

Research Methodology and Epidemiology (M1)

The School of Nursing Sciences of University of East Anglia piloted the module titled Research Methodology and Epidemiology in the Edith Cavell Building of the school on 10-11 December 2012. Three lecturers participated in the two-day pilot training from the School of Nursing Sciences: Dr Gibson D'Cruz, Dr Carys Horne and Dr Jamie Murdoch. Altogether 8 students who were undertaking the Diploma of Higher Education (Nursing) or the BSc (Hons) Nursing attended the lectures, but only 6 of them attended every session. Therefore they filled out 6 pre-tests and 8 post-tests.



Medizinische Universität Graz



The following topics were covered during the pilot training: context and purpose of the pilot programme, definitions of 'who is a migrant', patterns of Migration to and from UK and Norfolk, patterns of disease and illness in migrant populations in Norfolk, principles and concepts of epidemiology, principles of healthcare research, principles of qualitative research, principles of quantitative research and critique of qualitative and quantitative research methods.

The organisers gained the following experiences from the training: "Finding the target student-group for this pilot proved to be a major obstacle as we do not have any courses or modules related to migrant health in the university. Hence, we were dependent on volunteers who were interested in migrant health to attend this pilot training. We sent out emails to over 200 students and initially about 25 agreed to attend. However, because of changes in the student's own course timetables and the submission dates for their assignments, many of them were not able to attend and consequently we only had a small number of students attending this pilot training. The second problem with finding a large number of students was the difficulty in finding a suitable date for all the students and for the lecturers who would be teaching on the pilot. The healthcare of migrant populations was a new concept/ subject to almost all the students as this topic had not been covered in their previous studies. The students were very excited and eager to hear about the CHANCE project and were pleased that the School was involved in this. The students were pleased that we were able to expand on the themes of the module within the pilot training as the students wanted to know more about the social/ psychological and attitudinal aspects of migration and migrants. We were pleased to be able to link the competencies and content of the module to nursing practice so that the students could link their learning to the content. We had to modify the content of the pilot



training as we were aware that the students were at undergraduate level and we had to make sure that the content was not at too high a level for the students. The Module Development Team will need to be mindful that many students will come to the module without having studied the themes of the module at undergraduate level so we need to ensure that the content is pitched at the right level. The students appeared to enjoy the pilot training as they felt that they had acquired some new knowledge and were able to see how this could be applied to their own nursing practice."

Environmental Medicine and Occupational Health (M2) and Migration Health Economics (M3)

The team of University of Pécs piloted module 2 Environmental Medicine and Occupational Health and module 3 Migration Health Economics between 26-28th of October 2012. We held the pilot-training especially for volunteer participants in Villánykövesd, Hungary.

The trainers, Dr. András Huszár, Dr. Antal Tibold, Dr. István Szilárd, Dr. István Ütő, Dr. Tímea Csikós, Dr. Istvan Papp and Dr. Kia Golesorkhi came from six different institutions.



The students were selected on a voluntary basis and they came from various fields; amongst them were social workers, a sociologist, medical doctors, legal experts, nurses, pharmacists and IT experts (on medical issues). Altogether 26 people participated in the pilot and all of them filled out the pre- and post-tests.

During the lectures of module 2 the following topics were presented: the brief history of occupational medicine, the roles of the occupational health practice in the EU, organisation of occupational health



services in the EU, the role of WHO, ILO, OSHA and other similar organizations, legislation and practice in the EU are influenced by global developments, the implications for health of global travel, migration and its effects on the economy of the receiving country, the legislative background of migrant occupational health on national and EU level, special health and safety considerations for migrant workforce, relevant organizations involved in migrant occupational health, safe work practices and the collective and personal protective equipment.

In module 3 the following topics were covered during the lectures: definitions, functions, actors and mechanisms at local and international levels, the role of the government, economic concepts, the political concepts and instruments, supply and demand in an international setting, the healthy human capital as the most scarce resource, case studies from the EU 27 regarding healthcare systems in transition (HiT-EU observatory and WHO publications), the global dynamics of integration under centralized and decentralized systems the role of international organizations in healthier redistribution of knowledge and other resources, fostered through bi-lateral agreements and regional co-operations targeting the systems as whole in favour of sustainable innovation and development (global integration of monitoring and local centralization of governance), the role of WHO in the healthcare sector and strategy driven international, interregional and local policy making.

A comment from the lecturers' of module 2: "An anonymous pre- and post-training evaluation gave us the possibility to assess the participants' knowledge and opinion. The training was a positive experience for students and lecturers of the module as well."

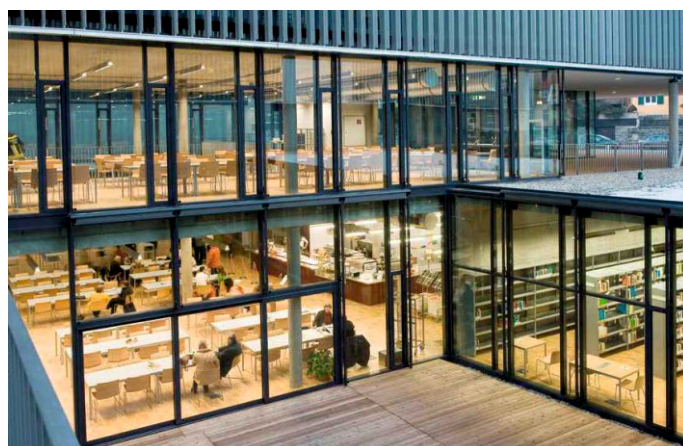
Dr Kia Golesorkhi, lecturer of module 3, explained his experience: "My impression about the participants was that they came from a sufficiently diverse background working in public and private institutions

as healthcare service providers, administrators, legislators, auditors, helpers and assistants. The Villány venue provided the opportunity for both formal and informal interactions. During the breaks I was able to participate in in-depth discussions with the participants regarding very sensitive topics such as the methods of overcoming socio-political and socio-cultural barriers to migration especially subject to the current Hungarian context. I received direct feedback from participants regarding their positive experience and useful take away related to the methods of approaching the question of circular migration and knowledge based economic development in healthcare (circulation of brain instead of brain drain and brain gain)."

Migrant Sensitive Healthcare Systems: Organisational and Management Requirements (M4)

The Department for Migration and Globalization of the Danube University Krems organised the pilot training of module 4, Migrant Sensitive Healthcare Systems: Organisational and Management Requirements in Krems on three designated days in September, October and December. Three lecturers participated in the training from three different institutions: Hikmet Kayahan, Univ. Prof. Gudrun Biffl and Univ. Prof. Ch. Reinprecht. Altogether 31 participants attended the training, who had a bachelor degree, finished tertiary education at a national or comparable external tertiary education institute or completed higher education entrance qualification and had at least 4 years of relevant work experience. Everyone filled out the pre-test, but only 24 post-tests were completed by the participants.

Five main topics were covered during the training period: ethnic and religious diversity, integration theories and policies, models of integration, migration



regimes and policies and cross-cultural studies.

The organizers of the pilot training summarized their work with the following sentences: “The team of the Danube University Krems piloted the module M4: “Migrant Sensitive Healthcare Systems: Organisational and Management Requirements”. We integrated the pilot in the regular university courses of the Department for Migration and Globalization. The students participating in the module were also regular students of the department. This facilitated the process of planning and implementing the pilot and evaluation. Univ. Prof. Gudrun Biffl was in charge of two of the three training units and the evaluation itself and so could collect and discuss opinions and comments of the students of the training units apart of the evaluation. The majority of the students’ feedback showed not only interest in the general issue of migration but in a deeper understanding of the embedding and connection of the issues migration and health. It was a positive experience for lecturers and students of the training units. Although it was not possible to address all topics of the Module M4, the lecturers tried to give an insight and good introduction to topics like Intercultural Competencies, Migration Regimes and Integration Theories, Policies and Models.

Problems arose regarding the duration of the training units: eight hours did not suffice to address all topics to the extent needed; it was difficult to communicate important and complex issues in such a short time. In addition, it was not possible to have all training units in one weekend session because of lacking availability of rooms and time. Accordingly, the lack of cohesion of the training modules complicated the training process and the linkage between the different topics of the training units.

Ideally, the training units should be connected with each other and follow a logical order (natural flow of information and learning). While this was not possible during the pilot test, it will be the aim of the



implementation of the MSc, i.e. when conducting the whole curriculum; the content of the individual modules will follow a sequence which promotes a deep understanding and acquisition of knowledge and competencies.”

Clinical and Public Health Assessment (M5)

The Faculty of Medicine of Pavol Jozef Šafárik University piloted module 5, Clinical and Public Health Assessment at their faculty in Košice in October and November of 2012. Five lecturers participated in the sessions from two departments of the faculty: Pavol Jarčuška, Monika Halánová, Zuzana Katreniaková, Andrea Madarasová Gecková and Peter Kolarčík. Altogether 25 general medicine students who were in the 4th year participated in the lecture series, all of them filled out the pre- and post-tests.

The following topics were covered in the 8 two-hour-long lecture and seminar series: introduction to basic and diagnostic microbiology and epidemiology of migrant related diseases, clinical approach to the migrant populations, health education, health promotion in migrant communities, public health and clinical aspects of migrant-sensitive health care system and international legislative environment regarding the migration related public health aspects and infectious disease control.

The lecturers had the following experiences during the pilot training: “Students participating in pilot-training were foreign daily students at the Faculty of Medicine, attendees of the 4th year – General Medicine, studying in English. They were from different countries not only from Europe, but also from USA, African and Asian countries. As they were used



to live in another country at least in the last 4 years, they have also personal experience of being “temporal” migrants. Such that they were open to share their personal experience and to discuss differences between countries. Most of the participants considered the topics presented during the pilot training as interesting and up to date. The information on health of migrants from perspective of epidemiology, infectology, social medicine, health promotion and health care management enabled them to obtain more complex view on this specific population group. They welcomed these topics as important also for their future practice. The most frequent comment was addressed to the length of pre/post tests – too long. Concerning content of the test some parts seemed to the respondents as too detailed.”

Behavioural and Psychosocial Aspects of Migration (M6)

The Greifswald University of Medicine and the Medical University Graz held their pilot training jointly by introducing the module number six, Behavioural and Psychosocial Aspects of Migration in Greifswald on 9 various occasions between October 2012 and January 2013. Seven trainers from four institutions were involved in the series of lectures: Prof. Dr. Hans-Joachim Hannich, Prof. Dr. Ursula Viktoria Wisiak, Dr. Jeannette Riedel, Friederike Wardenga, Susanne Höhne, Diana Kietzmann and Natasha A. Kelly. The participants were third semester medical students mostly; all together 15 people attended the lectures and 13 of them filled out the pre- and post-tests.

The series of lectures covered three main areas: theoretical foundations, intercultural competence and field work.

Theoretical foundations included the knowledge of the bio-psycho-social model of health and illness with smaller topics like facts and figures on recent trends of international migration in Europe, theories of migration (psychological, sociological, structural, social networks models), migration, escape, asylum, regulations in the EU and in Germany, knowledge of special groups of migrants, aspects of the health of migrants and different populations within migrants, etiological models, risk- and protective factors, health belief models and cognitive structure of illness, predisplacement and postdisplacement factors, dynamics of migration process, stress, coping and vulnerability to mental illness, acculturation model and salutogenesis, epidemiology of mental disorders, escape and trauma, posttraumatic stress disorder in migrant women, treatment, experiences in the practical work with these patients, diagnostic classification of psychological symptoms (PTSD, Depression, Anxiety, Addiction, Somatoform disorder, suicide); and comprehensive basics for migration health with topics like intercultural competence in the helping sector, especially in emergency cases, multicultural perspectives on stress and coping, discrimination/ racism, cultural awareness and reflecting one’s own cultural background.

Concerning intercultural competence the following topics were covered: conducting in-depth interviews to assess the biological, psychological and social factors of migration regarding the holistic model of health and illness, communication skills and intercultural competences, basics of counseling for migrants in acute crisis (e.g. victims of violence), making referrals of migrants in special need to different services and work in cooperation with them, contribution to effective team working, development of networks and partnerships, anticipating consequences of action and intervention taking into account ethics, values, cultures, behaviours and social norms, designing, implementing and evaluating (migrant) community based health promotion in order to develop new knowledge in the field, mentoring and consultation services provided to local school boards, work organization, public authorities, health and social services and civil organizations in their coping with migration, recognising and assessing vulnerability to job stress and early “burn-out” among local service providers working with migrants and utilization of early prevention on the base of team work with local health professionals to protect own mental health.



Coming events

1st Conference on Tackling Health Inequalities in Europe Through Human Capacity Building

EU-level Closing conference of the CHANCE project

5-7 September 2013, Pécs, Hungary

Main topics

- Introduction of the CHANCE curriculum
- Migration health as a new interdisciplinary field of the health sciences
- Migration as a new challenge in the reflection of the European higher education
- Health economics and migration
- Occupational health and migration
- Health promotion and support of especially vulnerable groups
- Health education – health promotion in migrant communities
- Health and social services in multicultural, multireligious environment



Members of the Consortium

University of Pécs – Lead Beneficiary

Danube University Krems – Project Partner

Pavol Jozef Šafárik University in Košice – Project Partner

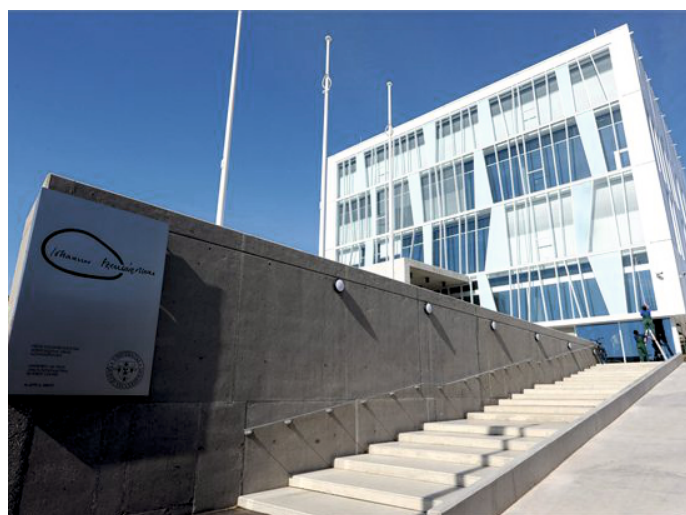
Medizinische Universität Graz – Project Partner

Ernst-Moritz-Arndt-Universität Greifswald – Project Partner

University of East Anglia – Project Partner

Associated Partner

EURIPA – European Rural and Isolated Practitioners Association



For more information on the Project or the Newsletter, please visit the website:
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