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## **Corso di Laurea Magistrale Interateneo in Scienze Infermieristiche e Ostetriche**

### **Project for the organisation of Short-Term Mobility 2024/2025**

#### **Provisional title of the Short-Term Mobility**

Exchanging views to rethink ourselves: international meeting among future leaders of nursing and midwifery professions

#### **Organisers**

**Area:** Scienze della Vita e della Salute

**Degree:** Corso di Laurea Magistrale Interateneo in Scienze Infermieristiche e Ostetriche

**Professor:** Prof.ssa Alvisa Palese

#### **General Informations**

**Maximum number of expected participants:** 31 students and 2 teachers

**Period of trip:** 24 march – 28 march

**Duration of trip:** 5 days excluding travel

**Number of University Educational Credits (CFUs) assigned:** 6

#### **Destination**

**Country:** Sweden

**City:** Stockholm

**Partner University/Institution:** Red Cross University

#### **Types of planned educational activities (e.g. laboratories, on-site visits, etc.)**

Educational activities and estimated time (total of 60 hours):

- a) On-line meetings with UNIUD professors (one meeting) and Red Cross University professors in preparation for the visit (at least two meetings, 6 hours);
- b) Individual study of educational material concerning the Sweden Healthcare Service (6 hours);
- c) Planning in small groups of interviews with students (peer-interviews) attending the Red Cross University Master in Nursing Science (4 hours);
- d) Guided tours and on-site interviews in educational facilities (University and Research/Simulation Centre) (15 hours);
- e) Guided tours and on-site interviews in care contexts: hospitals and healthcare centres/communities (20 hours);
- f) Debriefing aiming at systematising the experience after returning to Italy (at least one meeting, 4 hours)

Reports aimed at summarising the experience sent to the reference service network (reports sent to respective manager nurses to promote benchmarking) (6 hours).

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### General description of the project (aims, detailed planned activities, educational contribution of the foreign partner)

**General aim.** The Short-Term Mobility is part of a broader program of the Master's Degree Course in Nursing and Midwifery Sciences aimed at promoting greater knowledge and understanding about the healthcare systems in different European countries. To this end, Sweden was chosen as it represents a country of known experience of the design and management of healthcare services focused on users, communities and professionals, with a public healthcare system; on one hand, there exist similarities; on the other hand, differences can be noticed in comparison with the context known by the Interuniversity Master's Degree Course students, who are (a) workers; (b) trained to assume leadership roles in the nursing and midwifery field.

Therefore, this experience pursues the general aim of exposing students to a reality (a) characterized by a system that can offer learning opportunities in relation to practices/solutions which may be rethought and transferred to the students' own context; (b) presenting innovative elements not only from a cultural point of view, but also from a professional one, as well as in terms of designing care delivery systems. The Short-Term Mobility is intended to offer interesting insights to students attending a master's degree course designed to develop leadership competencies in the nursing and midwifery field, in accordance with the regional needs. In particular, the innovative elements of the Swedish/Spanish context can be identified in the contexts of homecare and treatment of patients suffering from chronic diseases. This is a very current topic, as Friuli-Venezia Giulia (as the other Italian regions) is recording an increase in the older population and a decline in the birthrate (ISTAT, 2023), which requires innovative ways of imagining, designing and providing care, taking into consideration the emerging needs of the populations. The Ministry of Health recommends devoting attention to this topic, indicating, through the National Recovery and Resilience Plan (PNRR), two development goals that appear to be supporting the need for the Short-Term Mobility: a) "Promoting continuity of care for people suffering from chronic conditions, fragility or disability, which pose the risk of becoming not self-sufficient, also by facilitating the integration among social and healthcare services"; b) "Promoting the identification of intervention priorities to allow communication and integration among territorial, hospital and specialized care networks" (Ministry of Health, 2023).

### Planned activities

In order to reach its general aims, the Short-Term Mobility includes the following phases:

- a) First phase: together with the students, the fundamental materials (policy documents, literature) of the Swedish healthcare system and its development in nursing and midwifery care will be identified, including literature concerning home and community care to comprehend the main research lines. Such materials will build a methodology ensuring self-directed learning, which is the basis of a master's degree course.
- b) Second phase: students will be involved in the design and conduction of on-line preparatory meeting and interviews with professors and students of the Red Cross University Master in Nursing Science, in order to create a learning environment and promote preliminary mutual understanding;
- c) Third phase: the visit will pursue three main types of aims: organizational, clinical and research aims, which reflect the three fundamental objectives of the Master's Degree Course (see Scheda SUA-CdS). The

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organizational aims will be reached through meetings with nurses occupying management positions in healthcare facilities. The clinical aims will be reached through meetings within facilities and with professionals working in the hospital and territorial context. As for the research aims, the Red Cross University/Simulation Centre will be visited in order to examine the methodologies used, the main research lines of interest of the Centre and the third mission activities carried out.

The above-mentioned activities will allow the achievement of the following specific aims:

- a) Analyzing the Swedish health system, devoting particular attention to the organization of territorial and elderly care, as well as the treatment of patients suffering from chronic diseases;
- b) Developing a relationship and exchange network among experienced (professors, professionals) and future (students) colleagues working in the nursing and midwifery management context and in care delivery, and maintain this network over time;
- c) Analyzing the Swedish nursing and midwifery education, and focusing in particular on postgraduate courses;
- d) Identifying the main research lines of the Red Cross University in order to understand their innovative elements and the possible common topics for potential future collaborations;
- e) Becoming aware of the elements of our system that might be improved on the basis of the insights produced by international exchanges.

As for meta-competencies, the Short-Term Mobility aims at strengthening self-learning and the awareness of the importance of international relationships, especially for leadership roles.

### **Educational contribution of the foreign country**

The Red Cross University will be involved in the planned activities both directly and indirectly. Directly, as the professors and students of the Master in Nursing Science will play a fundamental role in the educational activities/visits to healthcare and research facilities. In fact, the professors will lead the visits and describe the educational activities of the Master and the Research Centre, whereas the students will share their experience as nurses attending an advanced educational course. Moreover, the partner will offer an indirect contribution as a facilitator/innovator in the organization and management of the Swedish healthcare system. In particular, the Red Cross University will be responsible for choosing the facilities to visit in accordance with the agreed aims, as well as of the practical organization of the meetings with professionals working as managers or in the clinical context.

### **Expected learning outcomes**

By completing the different planned activities, through this experience students will be able to:

- a) exchange ideas and share experiences with peers and professors working in contexts characterized by a culture and language other than their own;
- b) acquire knowledge regarding the organizational, training and research contexts of educational and healthcare systems other than their own;
- c) reflect upon the impact of culture in healthcare contexts and on the way it can influence the health needs of the population, the healthcare system accessibility and the design of organizational models;

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- d) identify opportunities for benchmarking and/or improvement actions that they may propose in their working environment;
- e) identify potential research questions starting from the obtained insights;
- f) improve their use of the English language with the aim of learning both through the consultation of scientific literature and the meetings with international peers.

Furthermore, these results will have an impact on:

- a) *The students* who will participate in the program, in terms of useful knowledge and competencies that they will be able to apply during their academic studies and when assuming the leadership roles for which they are being trained;
- b) *The educational and research system*, as already active lines of collaboration will be strengthened; one of the implicit aims of the visit is to extend the productive cooperation that is currently active between the the Red Cross University and the Degree Course in Nursing to the second-cycle Interuniversity Master's Degree Course in Nursing and Midwifery Sciences. Moreover, as the Master in Nursing involved in the initiative corresponds to second-cycle programs, as defined by the *Bologna Process*, acquiring a greater knowledge of its organization will contribute in a significant manner to the study plan review and promote continuous improvement.

*The healthcare system*, as it will provide professionals who will have to make decisions on the basis of hypothetical future scenarios with useful instruments for decision-making and with insights encouraging the development of innovative solutions. Such competencies proved to be particularly important within complex and rapidly evolving systems, including the healthcare system, to which the students of the master's degree course are being trained to contribute.

### Congruence of the planned activities with the learning objectives of the course of study

The activities of the Short-Term Mobility are congruent with the competencies mentioned in the specific learning objectives of the Master's Degree Course in Nursing and Midwifery Sciences. In particular, the Short-Term Mobility has been designed to promote a preventive, on-site and retrospective reflection upon managerial, educational, clinical and research elements, producing a comparison between the practices of the two countries.

The specific activities of the Short-Term Mobility are the following:

- a) Analyzing a different organizational context (healthcare facility/working environment), identifying its strengths and weaknesses and the good or innovative practices than can be transferred to the students' own context;
- b) Identifying the strategies allowing the analysis of the peculiarities (healthcare resources, education and research) of the students' own context, as well as its comparison with the visited environment;
- c) Identifying the instruments used within the Swedish context to identify the health needs of the community, analyzing the epidemiological and socio-cultural factors characterizing the context;
- d) Identifying the innovative instruments used in Sweden to manage the health needs of the population (remote technologies, automated instruments for service management);
- e) Reflecting upon the impact of multiculturalism and the management of health needs;



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- f) Recognizing the main methodologies of research and outcome evaluation used within the different clinical contexts visited by the students;
- g) Identifying the main strategies used to develop research within educational and clinical environments.