Elective Subject
(Academic Course 2023-2024)

Subject title: DIGITAL HEALTH INTERVENTION

Code:
Subject: **Optional**
Responsibility Center: **Faculty of Nursing, Physiotherapy and Podiatry**
Credits**: 3 ECTS** Number of places offered: 45 (expandable)

	Total (32% attendance)	Theory	Seminars	Practices	Others
Classroom activities	24	12	12		
e-learning	51				
Total	75				

Course schedule: of the course (semester, day and schedule): Thursday or Friday from 14:30 to 15:30 (synchronous teaching by virtual environment)

STUDENT PROFILE (University degrees for which they are offered, if applicable)

Nursery and phisiotherapy

BRIEF DESCRIPTOR

Digital health has been implemented in our daily lives as health care providers. To know their foundations and their tools and knowing how efficiently implement them is basic within the knowledge and competencies that we have to rely on in digital clinical practice that has more and more strength every day in our professions.

OBJECTIVES

GENERAL OBJECTIVE

Acquire the fundamental skills for the implementation and use of the necessary tools for an effective use of digital health consultation.
SPECIFIC OBJECTIVES:
Discover the foundations of digital health.
Improve the management of the tools available to be able to develop an efficient digital consultation.
Develop a positive attitude towards digital health consultation.
Encourage the use of different live consultation channels such as Teams, Skype, Collaborate or Google Meet with teaching on the different platforms.

ACADEMIC SKILLS

TRANSVERSAL COMPETENCES

Instrumental:

C.T.1 Know the rights and risks in the world/digital health.

C.T.2 Know the specific language of digital health.

C.T.3 Know and discover the main computer applications related to digital health

C.T.4 Know the sources of information used in digital health. Personal:

C.T.5 Use technological resources for communication

C.T.6 Use and effectively process information critically and systematically

C.T.7 Learn to search, obtain and process information

C.T.8 Learn how to create content Analytical:

C.T.9 Acquiring an active, critical and realistic attitude towards technologies and technological means

C.T.10 Develop curiosity and motivation for learning and improvement in the use of technologies

C.T.11 Assessing strengths and weaknesses of the technological means

C.T.12 Respect ethical principles of the use of digital health

LEARNING OUTCOMES

CT1-4:
- • Understand the current situation of digital health.
- • Use different digital tools efficiently.
- • Develop useful tools for digital consultation. CT5-8:
- • Develop reference databases for digital consultation.
- • Develop your own content for digital consultation

CT9-12
- • Evaluate own and other content with a critical attitude
- • Evaluate the different working channels according to the digital environment to be used

TEACHING ACTIVITIES (theoretical, practical, seminars, workshops, etc.)

15 theoretical classes online, to develop skills in different virtual environments such as: Teams, Skype, Collaborate, Google Meet.

2 Practice/Seminars:
• 1: Making poster/infographic for resource bank
• 2: Making live video in videocalling format.

CONTENT TOPICS

LESSON I. INTRODUCTION TO DIGITAL HEALTH
1. Principles of interventions in e-Health.
2. Main computer applications used in e-Health

LESSON II. DIGITAL TOOLS
3. Digital Health Intervention Channels (Facebook Live, IG Live, Twitter, Fulfillment)
4. Existing digital health channels: analysis and selection of materials for our digital consultation

LESSON III. IMPLEMENTATION OF DIGITAL CONSULTATION
5. Detection of health and implementation needs.
6. The timetable for creating and implementing tools for digital consultation
7. Phases of implementation of the digital consultation
8. Monitoring and evaluating the tools and the implementation of the digital consultation.

EVALUATION

ASSESSING ACTIVITY	WEIGHING	OBSERVATION	TOP SCORE
Test	50%	Written test where the theoretical contents developed in the master classes, practices and complementary activities will be evaluated. Minimum score of 5 points.	5
Seminars	30%	Preparation of the 4 mandatory practices Minimum score of 5 points.	3
Impact	20%	Objective assessment of the impact on social media of digital health materials and actions developed at seminars	2

BIBLIOGRAPHY - INTERNET Resources

Bibliography:

Digital implementation investment guide (DIIG): integrating digital interventions into health programmes. World Health Organization 2020. ISBN 978-92-4-001057-4 (print version)/ ISBN 97892-4-001056-7 (electronic version).
Cómo implantar la telemedicina. Guía práctica para el día a día. Monográfico 1. Boehringer Ingelheim.

INTERNET Resources:
Digital implementation investment guide (DIIG): integrating digital interventions into health programmes. World Health Organization 2020. ISBN 978-92-4-001056-7 (electronic version).
Guía de WCTP:https://world.physio/sites/default/files/2020-06/Reporte-Practica- Digital-Espanol.pdf
https://www.psichat.es/guia-para-la-intervencion-telepsicologica-2019.pdf

TEACHING STAFF *(It should be indicated whether teachers have completed all their teaching dedication or not)

Teacher Responsible (coordinator):
Name: José Javier López Marcos (Associate Professor) Department: Departmental Section Physiotherapy.
Teaching dedication NOT COMPLETE

Teachers:
Name: Patricia Martín Casas (Profesora Contratada Doctor)
Department: Departmental Section Physiotherapy.
Name: Paloma Moreta de Esteban (Associate Professor)
Department: Departmental Section Physiotherapy