

Fall in Age



REPORT

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Report Title:

English version of the training contents developed by the consortium

Date: 24-04-2020



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April 24, 2020

Fall-In-Age:

Innovative Training for Technology-based Frailty and Falls Management

Erasmus+ KA203

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Website: <http://fallinage.tecnico.ulisboa.pt/>

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CONSORTIUM:

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- Instituto de Biomecânica de Valencia (IBV)
- Istituto Nazionale di Riposo e Cura per Anziani (INRCA)
- Universidade de Lisboa (UL, IST-UL, FMH-UL)

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1. Introduction

This document presents the english version of the training contents developed by the consortium that has been elaborated within the framework of the Intellectual Output 2 of the Fall-In-Age project, that has the main objective of developing the English version of the training contents for the pilot course.

The English version of the course contents have been developed by all project partners, UL (Portuguese), INRCA (Italian), IBV (Spanish), in accordance with the pedagogical methodology defined in the project proposal and taking into account the outputs of the ID.1.4 - Definition of the course Index of contents for the main body of the course.

EGPRN supervised the final revision of the contents and whenever needed the partners corrected the contents according to the feedback of EGPRN.

In this document the general structure of the course, sessions and lessons is presented as it was discussed and defined by the partners during the project implementation. The final course index is presented as well as the role of each partner in the production of course sessions and lessons.

Annex 1 contains the general template developed by the consortium that was applied in the construction of the slide show presentations of the course lessons.

All course contents are available at the project cloud and are also freely offered to the general at the project website (<http://fallinage.tecnico.ulisboa.pt/>).

2. General Lesson Structure

Here the guidelines for the elaboration of the required **lesson document** while remembering the online course structure and all the required and optional elements. In order to avoid plain text and transform the linear reading into more active reading, the text in each lesson document can have specific insertions with the purpose of reinforce the content as suggested in ID1.3. Along this document, some examples will be introduced.

To standardize all the developed documents by different partners, please follow the guidelines suggested hereafter.

Fall-in-Age Concept Explained

Fall-in-Age Project consists on the development and implementation of an online open course for students, specialists and professionals in the area of healthcare and geriatrics. The course focus the application of biomechanical technologies for the assessment and treatment of frailty and reduction of the number of falls in the elderly people.

Source: Fall-in-Age webpage ¹

3. Course structure

The course is planned to be performed during a period of time of two months and has a total of 40 hours with 4 modules. This way, each module should have 10 hours. The stipulated 10 hours per module are divided per each work session. Each module has 3 work sessions. Work sessions 1 and 2 should be 4 hours and 30 minutes long, while work session 3 should be 1 hour long. One may analyse table 1 presented on example 1 for important details about structure and duration of each course module, session and sub-sessions.

Example 1: The Module Structure

As an example, consider a module with a didactic unit with 3 lessons on its structure. The following table details the module's structure and the duration of each session.

Table 1 - Detailed structure of a module and its detailed duration

Structure			Duration			
Module	Work session 1 & 2	To begin	2min		10h total of a module	
		Didactic unit	Objectives	3min		
			Lesson 1	1h - 1h 15min		
			Lesson 2	1h - 1h 15min		
			Lesson 3 *	1h - 1h 15min		
			Key ideas	5 min		
		Strengthen Activities	45min or more			
	Extension Activities	0 - 45min				
	Work session 3	Synthesis & Self-Evaluation	1h			

* some didactic units only have 2 lessons.

Work sessions 1 & 2:

- “To begin” is a brief presentation with one slide containing the main topics to be approached during the work session’s lessons. It may also include activities, links or external documents to provoke a student for reflexion. It can present a specific question whose answer can be shared by the student with other students and provoke a debate into the course forum;
- During the “Didactic unit”, “Objectives” session presents the learning objectives of the lessons and can be presented either with slides, a document or a video;
- Still during the “Didactic unit”, each lesson, with a duration that can range between 1h and 1h15:
 - o Has to have a pdf document similar to this one with 15 to 20 pages which is the foundation for further content production and contains the lesson’s bibliography. This document should be appealing, and the use of tables, inserts (such as the ones presented in green throughout this document), images and illustrations is encouraged;

- Should explain and present solved problems;
 - Can have a PowerPoint presentation with 10 to 20 slides (using the template available on OneDrive and attached to these instructions), a set of short videos (following the specified technical guidelines to be shared) with a total duration not exceeding the lesson recommended duration or a combination of both;
- The “Key ideas” topic is the summary of the learned subjects during the lessons;
 - “Strengthen Activities” is a compilation of exercises to consolidate what was learnt in the work session. These activities will be included and programmed within the online application so that they are automatically corrected, and as a result the correct answers are displayed. These activities consist of several questions in which the student must complete multiple choice tests, match images with the corresponding definitions, clinical cases, etc. Although these questions are not mandatory to complete, it is important to take into consideration that these activities will be considered in the final grade of the course. The strengthen activities developed in all work sessions contribute with 40% to the final grade of the course.
 - The “Extension Activities” is a compilation of complementary exercises that are optional to a given work session and can be: suggesting a book to read, a video to see, etc. If chosen to have extension activities, the lessons should be only 1 hour long.

During content elaboration, one has to make sure that the Work Session 1 and 2 may not have much less nor more than 4h and 30minutes.

Work session 3 is focused on synthesis and self-evaluation test. This session can have items as glossary, forum of key ideas, multimedia materials and multimedia materials along with the self-evaluation test. Before finishing a module, a self-evaluation test must be performed before starting the next module. The self-evaluation tests will have at least 10 questions with 4 multiples choices, where the student must select the correct one. When the test is finished, the application will correct it automatically and show the obtained mark. The student can only continue with the course if, at least, half of the questions were correctly answered. The self-evaluation tests are needed to have access to the next module, in the case of Module 4 it is needed to have access to the final exam.

To Summarize

Each module has 3 work sessions. Work session 1 and 2 are focused on teaching important theory, concepts, ideas and methodologies and also consolidate the learnt topics with strengthen and extension activities.

A module ends with “Work session 3: Synthesis and Self-evaluation” which should be completed by the student using the online platform. This activity consists on exercises

To Summarize

automatically corrected by the system and the results are reported to both, the student and the course facilitator.

The student must pass the Self-evaluation tests corresponding to the end of work session 3 of all the modules before doing the final examination, which will be necessary for the student to get the corresponding qualifications or certificate.

4. Final examination questions

After finishing every module, the last step is to take the final examination to obtain the Certificate of Completion of the Course. It will consist of questions for every module, where the user must select the correct answer. The final examination will not be available to the user at any time, but it must be done only during one day (the date of the final examination will be stated before starting the online course). The user will perform it at home, but within 45 minutes. That means that the user will have to study for passing it if he or she wants to complete it before finishing in time. This final test contributes with 60% to the final grade of the course.

Since it is needed to have a deck of questions to randomly use in this final global exam, the responsible partner for each lesson should have 20 questions and answers written. The global exam will be a random combination of those 20 questions of all lessons.

Recap about the needed contents for each lesson to be developed by different partners

When elaborating a lesson, the developed content should be properly upload on OneDrive's Fall-in-Age folder. Supposing we want to upload content related to lesson 3 on session 2 of module 1, it is required to:

- Elaborate a **pdf document with 15 to 20 pages** following the presented guidelines and upload on Fall-in-Age > IOs > IO2 > Module 1 > Session 2 > Document Title: "Lesson2_MainDocument";
- Write **20 multiple choice questions with 4 options** each and upload on the OneDrive respective folder. Fall-in-Age > IOs > IO2 > Module 1 > Session 2 > Document Title: "Lesson2_questions&answers";

Recap about the needed contents for each lesson to be developed by different partners

- Write the **learning objectives** of the lesson and upload on the OneDrive respective folder. Fall-in-Age > IOs > IO2 > Module 1 > Session 2 > Document Title: “Lesson2_LearningObjectives”;
- Write the **key ideas** of the lesson and upload on the OneDrive respective folder. Fall-in-Age > IOs > IO2 > Module 1 > Session 2 > Document Title: “Lesson2_KeyIdeas”;
- Upload the **Strengthen Activities** to be developed by the student about your lesson. Fall-in-Age > IOs > IO2 > Module 1 > Session 2 > Document Title: “Lesson2_Strengthen”;
- Upload the **Extension Activities** to be developed by the student about your lesson. Fall-in-Age > IOs > IO2 > Module 1 > Session 2 > Document Title: “Lesson2_Extension”.

5. Bibliography and references

[1] <http://fallin角度.tecnico.ulisboa.pt/project.html>

[2] ID1.3.

6. Final Course Structure

Module 1: Introduction, background and fundamental concepts (Module Leader: UL)

- Session 1: Introduction to frailty and aging
- Session 2: Main consequences of falls
- Session 3: Evaluation

Module 2: Introduction to bodily harm assessment (Module Leader: IBV)

- Session 1: Methodologies for the assessment of the frailty and the risk of falling
- Session 2: Available tools to screen balance and risk of falls
- Session 3: Evaluation

Module 3: Reduction of frailty and fall risk (Module Leader: INRCA)

- Session 1: Guidelines and protocols used in clinical areas
- Session 2: Techniques to reduce the risk of falling and to prevent the frailty condition
- Session 3: Evaluation

Module 4: Impact of addressing frailty prevention & management interventions on individuals and society (Module Leader: UL)

- Session 1: Management of interventions after falls
- Session 2: Frailty and fall prevention and management: a priority in public health agenda
- Session 3: Evaluation

7. Partners Roles and Contents Production

Table 2 English version of the training contents developed by the consortium

Lessons			Contents ready for Final Course							
			To begin	Learning objectives	Main document	Pwp presentation	Key ideas	Strengthen activities	Extended Activities	20 questions
Module 1	Work session 1	Lesson 2	Complete	Complete	Will not have	Complete	Complete	Complete	Complete	Complete
		Lesson 3			Will not have	Complete				
	Work session 2	Lesson 1	Complete	Complete	Complete	Complete	Complete	Complete	Complete	Complete
		Lesson 2			Complete	Complete	Complete	Complete	Complete	Complete
Work session 3	Self-evaluaton									
Module 2	Work session 1	Lesson 1			Will not have	Complete				
		Lesson 2	Complete	Complete	Will not have	Complete	Complete	Complete	Complete	
		Lesson 3			Will not have	Complete				Complete
	Work session 2	Lesson 1	Complete	Complete	Will not have	Complete	Complete	Complete	Complete	
		Lesson 2			Will not have	Complete				
Work session 3	Self-evaluaton									
Module 3	Work session 1	Lesson 1			Will not have	Complete				
		Lesson 2	Complete	Complete	Will not have	Complete	Complete	Complete	Complete	
		Lesson 3			Will not have	Complete				Complete
	Work session 2	Lesson 1	Complete	Complete	Will not have	Complete	Complete	Complete	Complete	
		Lesson 2			Will not have	Complete				
Work session 3	Self-evaluaton									
Module 4	Work session 1	Lesson 1			Will not have	Complete		Complete	Complete	Complete
		Lesson 2	Complete	Complete	Will not have	Complete	Complete	Complete	Complete	Complete
		Lesson 3			Will not have	Complete		Complete	Complete	Complete
	Work session 2	Lesson 1	Complete	Complete	Complete	Complete	Complete	Complete	Complete	Complete
		Lesson 2			Complete	Complete	Complete	Complete	Complete	Complete
	Work session 3	Final-evaluaton								Join everything

Annex 1

Template for Lesson Construction



Work session's title

Lesson # - title

Learning objectives

During this video-lesson you will learn to... *

- Insert the objectives
- Always with a paragraph space of 1,5
- Dimension of 18 here
- Learning objective dimension 36
- Introduction dimension 24

* For a deeper understanding, read the main document of the lesson.

Topic

Sub topic

Here the dimension is 16. Use italic for quotes.

Always use a paragraph space of 1,5

You can use green to call for attention

Topic

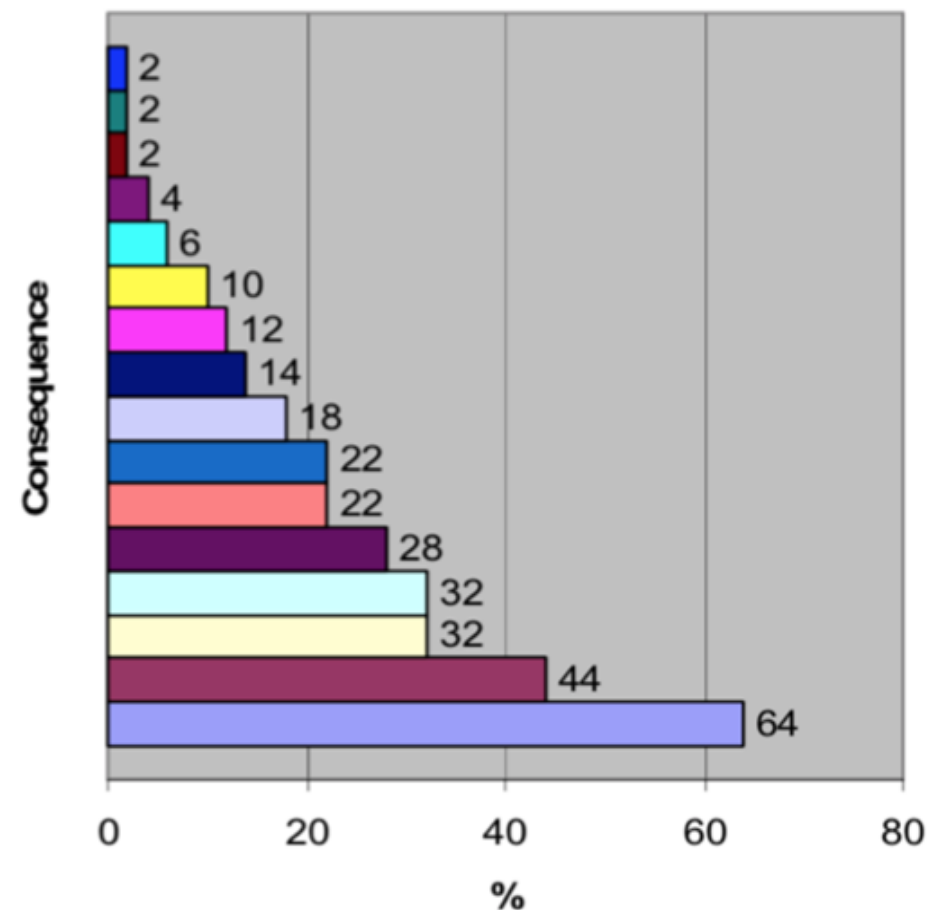
Subtopic

For the use of pictures and tables use this template.

Always 16 when writing. Paragraph space of 1,5. Always box dimensions presented in template.



Figure X
Use this way to legend figures and tables.





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UNIVERSIDADE
DE LISBOA



INSTITUTO DE
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DE VALENCIA



Project Fall-In-Age
*Innovative Training for Technology-based
Frailty and Falls Management*



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