**ECare-COPD**

**Promotion of Self-management in People with COPD: Training Programme**

**KEYWORDS**
- Chronic Obstructive Pulmonary Disease
- Self-management
- E-learning

**PROMOTER**
- Escola Superior de Enfermagem do Porto (ESEP)

**TECHNOLOGIC PARTNER**
- Take The Wind, Lda. (TTW)

**DURATION**
18 months

**PRIORITY DOMAIN**
Cultural and Recreational Industries • ICT for Recreational Industries (digital content, education software, games...) [ENEI]

**RESEARCH TEAM**
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**BRIEF DESCRIPTION**
The ECare-COPD is an innovative project at scientific, pedagogical and technological levels. We intend to develop an e-learning course supported by multimedia content and a digital immersive simulator oriented to the development of nurses’ skills, at undergraduate, post-graduate and life-long training levels. This innovation will empower nurses to face the challenges posed by patients with chronic obstructive pulmonary disease (COPD) in the development process of self-management of the disease.

**WORKPLAN**

1. **Brief state of the art** of contents to be presented
   - 3 months

2. **Planning**
   - 2 months
   - the courses and content identification

3. **Content production**
   - 6 months
   - Clinical scenarios & multimedia content

4. **Content integration**
   - 1 month
   - into a platform

5. **Assessment**
   - 4 months
   - of the perceived usefulness, easiness and intention to use the platform

6. **Final project assessment**
   - 2 months

**METHODS**

1st PHASE • DIAGNOSTIC
- Identification of patients main needs in order to improve self-management skills.

2nd PHASE • PLANNING
- Systematic literature review and a panel of experts to support the development of contents and clinical scenarios.

3rd PHASE • IMPLEMENTATION
- Content production and integration of the clinical scenarios into the digital simulator

4th PHASE • ASSESSMENT
- The e-learning course will be assessed by undergraduate, post-graduate students and nurses experts.

5th PHASE • FINAL PROJECT ASSESSMENT
- Results will be disseminated and the course will be made available.

**EXPECTED OUTCOMES AND IMPACT**

The project will contribute to a change in nursing education and to the promotion of health and well-being of populations, by introducing innovation, integration and reflection, through the established technological options and a new course to be designed, targeted at students and nursing professionals, in line with the policy priorities of the Europe 2020 strategy. This project will comply with the goals: better education and better health, with the potential to replicate educational skills acquisition that can be applied in nursing clinical practice by undergraduate and post-graduate students, and in continuous training, as a direct response to lifelong learning (Portugal Digital Agenda).

The project will also respond to the potential for innovation, crucial to determine the usefulness of information and communication technologies in the educational field.

The ECare-COPD project will work on the development of specialized contents of exceptional international relevance, adjusted to the needs of nursing students and nurses, through the creation of modules of multivariate complexity and systematized in order to respond to the users' needs and expectations.