

## Empower elderly HIV patients in self-care by elearning MOOC programme & mobile application

via health promotion, assessing reduction in health deficit and improvement in quality of life.

contacts:

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**HVN** – HIV organisation - focus: HIV (prevention and support) – The Netherlands [www.hivvereniging.nl](http://www.hivvereniging.nl)

**Positive Voice Greece** – HIV organisation - focus: HIV (prevention and support) – Greece - <http://positivevoice.gr/>

**EATG European Aids Treatment Group** – patient organisation – Europe - <http://www.eatg.org/>

*”Online delivery of self-management programs is feasible and has the potential to improve quality of life, self-management skills and domain specific self-efficacy for gay men with HIV.”*

The Positive Outlook Study: A Randomised Controlled Trial Evaluating Online Self-Management for HIV Positive Gay Men.

Tanya Millard et al. - AIDS Behav. 2016 Sep;20(9):1907-18.

## Who we are

A consortium of patient organisations on local and European level who will develop the project in partnership with health care professionals and technical partners of different countries involved.

At this stage following partners have expressed interest in the e-learning MOOC project:

### **Patient organisations:**

- UTOPIA\_Brussels – LGBT HIV organisation - focus: HIV & Ageing – Belgium - [http://rainbowhouse.be/fr/association/utopia\\_bxl/](http://rainbowhouse.be/fr/association/utopia_bxl/)
- HVN – HIV organisation - focus: HIV (prevention and support) – The Netherlands [www.hivvereniging.nl](http://www.hivvereniging.nl)
- Positive Voice Greece – HIV organisation - focus: HIV (prevention and support) – Greece - <http://positivevoice.gr/>
- EATG European Aids Treatment Group – patient organisation – Europe - <http://www.eatg.org/>

### **Health care professionals**

- Aids Reference Centers ( HIV physicians and nurses)
- medical journalists / medical press

### **E-learning & mobile application & translation partners**

- OnlineSeminar & HB Motion - drspoc.com
- IT experts and HIV activists (UK & Turkey).
- EUROPROFS translation

### **Methodology**

UTEP Unité Transversale d'Education du Patient – CHU Montpellier - France

## Project idea

### **Empower elderly HIV patients in self-care by elearning MOOC programme & mobile application**

- What we know
  - Once infected with HIV, there is no cure. Avoiding premature death requires lifelong collaboration between people with HIV and their medical and social service providers
  - People suffer from social stigma and isolation and do not participate to education groups
- What we want to demonstrate
  - That empowered patients and enhanced communication between healthcare professionals and patients can change health behaviors, adhere to their medication and improve their well being, quality of life.
- What we want to do
  - To offer both offline and online informational and self-management education support for people living with HIV with a “learning by doing approach” and not a top down course.
- The project
  - A blended learning solution combining e-learning through a MOOC
    - Self-Management Support Tools for People Living with HIV and their Care Providers with face to face workshops held in locations throughout the community and facilitated by trained leaders (patient + healthcare professionals)...
    - Supporting activities include patient testimonials, videos of experts, motivational activities (peer to peer exercises, ex, how to communicate about your disease, etc.) , social networking
  - Methodology & tools
    - Board committee including patient associations, patient experts/resources and health care professionals
    - Therapy Management principles and techniques (Education thérapeutique) and motivational interviewing intertwined

## Next steps

- Develop a first phase with minimum 4 countries involved (Belgium, The Netherlands, France, Greece)
- Find financial support to start to develop the first priorities
  - Board meetings to define the approach, priorities, define technical infrastructure, detailed scenario.
  - Validate the online survey ( educational needs and expectations of PLHIV aged 50 and more)
  - SELF CARE modules (videos, animations etc)
  - Series of thematic webconferences
  - Development of elearning programme : between 150 K€ and 200 K€ (including hosting, multi-languages, multi-users, etc).
  - Develop a 1<sup>st</sup> phase (masterclasses) to create visibility and partnerships.
- Identify and promote potential partners (mhealth: Emerge, My Smart Age,...).