

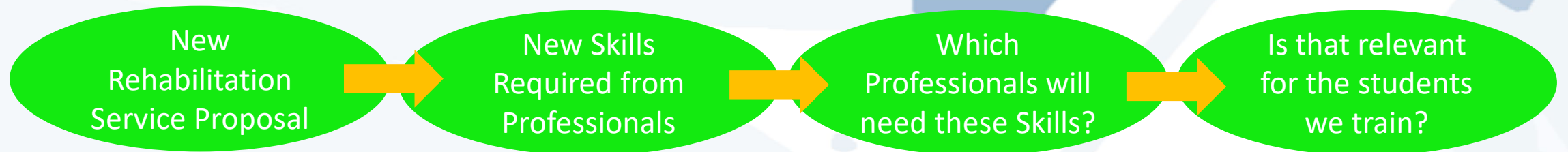


Matrix Method Review:

Transnational relevance of Skills Development Topics proposed by the DK Project Team – on the basis of the “From Care to Rehabilitation” case discussed at PE1 in Aalborg, May 2022

2 Proposals for New Skills Development Initiatives

to improve the rehabilitation of Chresten – and all the senior citizens like him in our five countries



Dear Partners,

The following Review is based on the Matrix Method as presented by Tallinn Health Care College. In addition, we have been inspired by how the Matrix Method was put into use by Prakticum for generating feedback to the Finnish Skills Development Topic Proposals (see mail from Annette Granberg to all partners from October 24th). We have tried to do much the same for the two Danish proposals in this review – and would kindly ask you to fill in YOUR answers in full openness and honesty, based on how YOU see the relevance of each individual competence element included in the DK proposals for the students YOU train for future careers in geriatric healthcare.

As in the Finnish example, we will ask you to rate each competence element that we see as part of training in the two DK Skills Development Proposals on a five-point scale – based on how you see the relevance of that element for YOUR students within YOUR featured education programme in this project co-operation. Please note that we use the scale grading a bit differently than in the Finnish example, so please read the definitions below carefully:

The scale grading is

- **Not at all relevant** (this competence element does not relevantly support any part of our national qualification requirement or any optional competences, that our school would like to add to our featured education programme)
- **Slightly relevant** (this competence element could be added to our education programme to support a part of our national qualification requirement or an optional competence selected by our school – but is not necessary to implement either)
- **Quite relevant** (this competence element could be central to implementation of a current or future optional competence selected by our school for our featured education programme)
- **Very relevant** (this competence element could improve the quality or value of an existing national qualification requirement (NQR) in our featured education programme – or one that we know will be part of the NQR in the future)
- **Extremely relevant** (this competence element is guaranteed to improve the quality or value of an existing national qualification requirement (NQR) in our featured education programme – or one that we know will be part of the NQR in the future)

We kindly ask you to read the Topic Description page (which can be found in the Skills Topic Proposals folder in our Teams Group) and complete the Danish SURVEY before completing this present Matrix Method Review – as it is designed to be *complementary* to the survey.

Thank you for your co-operation 😊.

Anette, Birthe & Peter, DK Project team



Our Two Proposals for New Rehabilitation Services :

for Chresten and all similar Senior Citizens

Proposal no. 1: The A-Z of using 'DigiRehab' in rehabilitation processes

Proposal no. 2: Better Rehabilitation Goals and Plans



Matrix Method Review:

Transnational relevance of Skills Development Topic
proposed by the DK Project Team – on the basis of the
“Rehabilitating Chresten” case discussed at PE1 in Aalborg, May 2022

Re. DK Skills Development Topic No. 1:

The A-Z of using ‘DigiRehab’ in rehabilitation processes

Review Completed by:

Calasanz Santurtzi



DK Skills Development Topic No. 1: The A-Z of using 'DigiRehab' in rehabilitation processes

Competence area 1: Assessing the need for a day-to-day functional ability training programme

Competence	Not at all Relevant	Slightly Relevant	Quite Relevant	Very Relevant	Extremely Relevant
Evaluate the functional ability rehabilitation needs of individual citizens, in order to assess whether a home-based daily training programme is feasible and suitable				X	
Coordinate with other healthcare professionals (e.g. therapists) whether use of a daily training programme is considered safe, suitable and beneficial to a citizen case				X	
Plan and coordinate with the citizen, his/her relatives, and other healthcare professionals the division of roles and responsibilities in training programme support			X		
Assess whether use of a digital training platform is feasible and suitable for a citizen home-based training programme with the above support roles agreed			X		
Ensure that the training programme and support roles agreed conform to national legislation and ensures citizen's rights and GDPR regulations			X		

DK Skills Development Topic No. 1: The A-Z of using 'DigiRehab' in rehabilitation processes

Competence area 2: Designing and implementing training programmes in the DigiRehab system *)

Competence	Not at all Relevant	Slightly Relevant	Quite Relevant	Very Relevant	Extremely Relevant
Know and understand DigiRehab – as an example of a digital platform for home-based day-to-day functional ability training programme design and follow-up			X		
Be able to use the DigiRehab user interface to design and set up training programmes for individual citizens, and input data on training performance				X	
Be able to introduce, show and explain DigiRehab to citizens, to facilitate citizens' choice for/against using DigiRehab - and train citizens to input own training data				X	
Assist citizens in their first implementations of DigiRehab training programmes, to support correct training exercise performance			X		
Assess and provide the correct required level of support for citizens in their ongoing DigiRehab training exercise performance		X			

*) If the DigiRehab system should be chosen by the project for digital showcase implementation, SOSU Nord will seek to attach the DigiRehab company as DK digital cluster partner to the project

DK Skills Development Topic No. 1: The A-Z of using 'DigiRehab' in rehabilitation processes

Competence area 3: Motivating and assessing citizen performance in a day-to-day functional ability training programme

Competence	Not at all Relevant	Slightly Relevant	Quite Relevant	Very Relevant	Extremely Relevant
Monitor the citizen's completion of functional ability training exercises and guide the citizen to correct and optimal exercise performance for max. training benefit			X		
Track and analyse objective data about the citizen's performance in the training programme in order to evaluate and adjust training programme level/difficulty			X		
Monitor and observe how the citizen looks and expresses him/herself while performing the training programme, to evaluate training motivation and abilities			X		
Motivate and encourage the citizen to perform the training programme to his/her best abilities by using verbal and touch-based encouragement			X		
Perform overall evaluation of the citizen's performance in / and benefit from the functional ability training programme as a whole			X		



Matrix Method Review:

Transnational relevance of Skills Development Topic
proposed by the DK Project Team – on the basis of the
“Rehabilitating Chresten” case discussed at PE1 in Aalborg, May 2022

Re. DK Skills Development Topic No. 2: Better Rehabilitation Goals and Plans

Review Completed by:

Calasanz Santurtzi



DK Skills Development Topic No. 2: Better Rehabilitation Goals and Plans

Competence area 1: Holistic rehabilitation planning skills

Competence	Not at all Relevant	Slightly Relevant	Quite Relevant	Very Relevant	Extremely Relevant
Understand the principles of holistic and collaborative approaches to rehabilitation processes, including selected models (e.g. Positive Health, Bio-Psycho-Social)					X
Understand the 'recovery' principle of achieving the best possible holistic life quality on the basis of any given medical/functional ability status					X
Understand the complexity of combining citizens' (1 st person) view of own abilities and goals with 3 rd person (relatives and healthcare professionals) views and inputs					X
Be able to explain to citizens (and their relatives) the objective of mutually agreed rehabilitation goals and plans, respecting 1 st AND 3 rd person views and inputs				X	
Be able to facilitate a dialogue between healthcare professionals, the citizen, and possibly his/her relatives to reach mutually agreed rehabilitation goals and plans				X	

DK Skills Development Topic No. 2: Better Rehabilitation Goals and Plans

Competence area 2: Planning design and formulation skills

Competence	Not at all Relevant	Slightly Relevant	Quite Relevant	Very Relevant	Extremely Relevant
Know the principles and criteria of SMART objectives, and be able to formulate clear and concise SMART rehabilitation goals				X	
Be able to choose words and terminologies for rehabilitation goals and plans that enable mutual understanding by professionals and non-professionals				X	
Know the principles of transparent activity and process planning, with clear timeframes, allocations of responsibility/inputs, and link to rehabilitation goals				X	
Be able to design and prepare a rehabilitation process and activity plan, which will facilitate the joint process understanding by citizen, relatives, and professionals				X	
Design a rehabilitation planning format that allows continuous updates and inputs from different healthcare professionals involved in its implementation				X	

DK Skills Development Topic No. 2: Better Rehabilitation Goals and Plans

Competence area 3: Rehabilitation plan visualization and communication

Competence	Not at all Relevant	Slightly Relevant	Quite Relevant	Very Relevant	Extremely Relevant
Design a visual format for showing rehabilitation plan implementation progress in a way that facilitates sharing between the citizen, his/her relatives, and professionals				X	
Be responsible for dialogue on rehabilitation plan implementation status, involving inputs from the citizen, his/her relatives and involved healthcare professionals					X
Coordinate roles and actions in support of the rehabilitation plan - to be performed by the various involved healthcare professionals					X
Take responsibility for revising rehabilitation plans if inputs from citizens, relatives, or professionals indicate the need to do so – and visualise these revisions					X
Design visual symbols of rehabilitation plan/activity implementation success to present to the citizen or display in the citizen's home for sharing with relatives			X		