



Convocatoria para participar en un programa intensivo combinado dentro del programa Erasmus+ en Leiria, Portugal

Se trata de una asignatura titulada “Stigma and discrimination in Health care: approaches to improve awareness” organizada por la universidad Politécnico de Leiria (Escola Superior de Saúde) en Portugal que combina una estancia de 5 días en Leiria con enseñanza virtual. La estancia en Portugal tendrá lugar **del 17 al 21 de junio de 2024** y los participantes seleccionados recibirán una beca Erasmus+. Al aprobar la asignatura, se otorgarán 3 ECTS al participante que pueden ser convalidados por una asignatura de la UPSA (especificación abajo).

Participantes admisibles:

Alumnos actualmente matriculados en el 2º y 3º curso de Enfermería.

Criterios de selección:

- Nota media del expediente académico
- Nivel de inglés (se requiere un mínimo de B2; se da preferencia a los solicitantes que aporten un certificado oficial de inglés)
- Se da preferencia a los solicitantes que anteriormente no hayan realizado una estancia de movilidad

Se calculará la media entre el nivel de idioma y el expediente académico del alumno.

La valoración numérica de los títulos oficiales de inglés se hará de la siguiente forma: B2 – 7, C1 – 9, C2 – 10.

Organización del programa:

La componente presencial de la asignatura “Stigma and discrimination in Health care” tendrá lugar del 17 al 21 de junio de 2024 en Leiria, Portugal y se combina con una parte de docencia virtual anterior. La parte virtual contará con tres sesiones síncronas de una hora y media y la participación es obligatoria. Entre las sesiones virtuales, los participantes realizarán trabajos de forma asíncrona.

Enseñanza virtual:

- Session 1 – Presentation and definitions discussion – 07.05.2024
- Session 2 – Stigma and discrimination in health care – 21.05.2024
- Session 3 – Attitudes and behaviours of health professionals – 04.06.2024

Enseñanza presencial en Leiria:

- Day 1 - Introduction & Icebreaker (17.06.2024)
- Day 2 - Deep Dive & Case Studies / Cultural program (18.06.2024)
- Day 3 - Experiential Learning & Role-Playing (19.06.2024)

- Day 4 - Interactive Activities & Reflection / Cultural program with dinner (20.06.2024)
- Day 5 – Certificate Delivery & Farewell (21.06.2024)

Tras el trabajo presencial, se realizará una semana de trabajo asíncrono de reflexión sobre los resultados del aprendizaje.

La asignatura se impartirá en inglés y los participantes trabajarán en equipos internacionales junto a otros estudiantes de universidades europeas de diferentes países.

Puedes encontrar más información sobre el programa “Stigma and discrimination in Health care” en el programa adjuntado.

Convalidación:

Al aprobar la asignatura “Stigma and discrimination in Health care”, los participantes recibirán 3 ECTS del Politécnico de Leiria que pueden ser convalidados por una optativa.

La convalidación se formaliza previamente en un acuerdo de aprendizaje.

Financiación Erasmus+:

Los estudiantes seleccionados para participar en el programa “Stigma and discrimination in Health care” recibirán un apoyo económico para la movilidad física de **70 EUR al día**.

El apoyo individual también cubre un día de viaje antes de la actividad y otro después de ella, de manera que **se financiarán 7 días en total** para la movilidad física del programa “Stigma and discrimination in Health care”.

Los estudiantes que pueden acreditar con un certificado oficial la siguiente situación reciben una ayuda adicional única de 100 EUR: discapacidad igual o mayor del 33%, haber obtenido la beca general del ministerio o del País Vasco en el curso 23/24.

Además, los estudiantes que pueden acreditar una de la situación descrita en el párrafo anterior reciben un apoyo para gastos de viaje de 180 EUR.

Coste del programa:

La participación en el programa “Stigma and discrimination in Health care” no tiene ningún coste a mayores.

Los participantes son responsables de organizar el viaje y de buscar alojamiento en Leiria por su propia cuenta.

Número de plazas disponibles:

Politécnico de Leiria acepta un máximo de 5 estudiantes de la Universidad Pontificia de Salamanca en el programa “Stigma and discrimination in Health care”. Relaciones Internacionales de la UPSA concede un máximo de 5 becas Erasmus+.

Solicitud:

La solicitud para la participación en el programa “Stigma and discrimination in Health care” se realiza a través del siguiente enlace: <https://forms.gle/GJfVXLMvJePzTb5K6>

El plazo de solicitud termina el **31 de marzo de 2024**.

Resolución:

La selección de los participantes se comunicará en la semana del 8 de abril de 2024.

Contacto:

Para cualquier consulta contacta con el servicio de Relaciones Internacionales programasinternacionales@upsa.es; Telf. 923 277 100 (Ext. 7291)



**POLITÉCNICO
DE LEIRIA**

ESCOLA SUPERIOR
DE SAÚDE

Stigma and discrimination in Health care: approaches to improve awareness

BLENDED MOBILITY PROGRAM (ERASMUS+)

2023/2024

Face to Face week in Leiria:

17 - 21.06.2024

About the program

Stigma is an important social determinant of health, which contributes to increased morbidity, mortality, and health disparities (Hatzenbuehler, Phelan & Link, 2013). It negatively impacts the mental and physical well-being of stigmatized patients, exposing them to violence and trauma (Public Health Agency of Canada, 2019) while undermining the diagnosis, treatment, and overall outcomes (Nyblade et al., 2019). Stigma acts as a barrier to seeking healthcare, engaging in care, and adhering to treatment (Stangl et al., 2019).

Stigma can manifest among various groups of people with different characteristics. However, when associated with health issues such as mental illness, drug abuse, contagious diseases, or obesity, it cannot be addressed without tackling threats to equity such as racism, ageism, sexism, homophobia, or transphobia (Public Health Agency of Canada, 2019).

This Blended Intensive Program (BIP) aims to address knowledge, prejudice ideas and attitudes, providing a platform to understand and reflect on combating stigma and discrimination in healthcare settings. The program adopts a holistic and interactive approach to explore the roots of stigma and discrimination, examine professional attitudes and their impacts on health outcomes, and develop strategies to promote health equity by addressing stigma and discrimination. The course embedded discussions on stigma and discrimination across relevant subjects like ethics, communication, social determinants of health, and clinical skills. Through lectures, case studies, simulations, and collaborative work, participants will be encouraged to engage in critical reflection on their perceptions and behaviours, fostering the development of practical skills to create more inclusive and compassionate healthcare environments.

Program objectives

This BIP program's primary goal is to increase awareness of stigma and discrimination in different healthcare settings from a multicultural and international perspective.

By designing this program, our vision is to advance towards a healthcare system free of stigma and discrimination: Work collectively towards the vision of a healthcare system that is free of stigma and discrimination by creating an educational community, collaborate with educators, practitioners, and aspiring healthcare professionals to drive positive changes, advocate for policies and practices that promote dignity, respect, and equitable care for all individuals.

This vision is achievable through collective effort—recognising challenges, empowering students as future professionals, and fostering an inclusive culture that ensures dignified care for all.

For this program, the defined objectives are:

Objective 1: Recognition of Implicit Stigma and Discrimination Concepts and Realities:

- Increase participants' awareness and understanding of the presence and impact of stigma and discrimination in healthcare settings.
- Explore the underlying factors that contribute to implicit biases and stereotypes, including personal experiences, societal norms, and educational content.
- Help participants recognize their own biases and stigmatizing attitudes in healthcare relationships.
- Foster self-reflection and introspection to recognize and acknowledge one's own biases and preconceptions.

Objective 2: Strategies to Dismantle Prejudices:

- Provide participants with tools and strategies to improve awareness, actively challenge and dismantle stigma and discrimination in healthcare.
- Engage in critical thinking exercises and problem-solving scenarios to promote a proactive approach in addressing stigma and discrimination.
- Encourage an inclusive and empathetic mindset related to care for patients from diverse backgrounds.

Objective 3: Empowerment Through Knowledge and Skills:

- Enhance participants' knowledge of the historical and societal context of stigma and discrimination in healthcare.

- Develop practical skills and competencies, such as empathy training, effective communication techniques, and inclusive care practices.
- Empower participants to become change agents in promoting equitable and unbiased care.

Objective 4: Promoting Institutional Commitment and Self-Reflection:

- Advocate for institutional commitment to creating an inclusive and supportive learning environment within healthcare education institutions.
- Encourage ongoing self-reflection among participants to identify personal growth areas and challenge ingrained attitudes and behaviours.
- Foster a culture of continuous learning and improvement to address systemic biases.

These objectives are aligned with the program's primary goal of increasing awareness, analysing communication skills, and recognizing stigmatizing attitudes in healthcare. By achieving these objectives, the program aims to empower participants to actively address and combat stigma and discrimination in healthcare, ultimately contributing to a more inclusive and equitable healthcare system.

Program activities

To ensure these objectives, we plan to deliver a virtual and a presential component of work.

The work will start with a virtual component, distributed by 3 synchronous sessions (1,5 hours each, with 2 weeks gap between them) and asynchronous work between sessions.

Session 1 – Presentation and definitions discussion – 07.05.2024

Asynchronous work – 2 weeks

Session 2 – Stigma and discrimination in health care – 21.05.2024

Asynchronous work – 2 weeks

Session 3 – Attitudes and behaviours of health professionals – 04.06.2024

Asynchronous work – 2 weeks

From 17 to 21.06.2024, it will be deliver a 5 (five) days – twenty-four hours - in a presential setting, with multiple activities:

Day 1 - Introduction & Icebreaker (17.06.2024)

Day 2 - Deep Dive & Case Studies / Cultural program (18.06.2024)

Day 3 - Experiential Learning & Role-Playing (19.06.2024)

Day 4 - Interactive Activities & Reflection / Cultural program with dinner (20.06.2024)

Day 5 – Certificate Delivery & Farewell (21.06.2024)

After presential work, one week of asynchronous work will be done to reflection on the learning outcomes.

Recognitions

The total workload for students is 28,5 hours, divided into 4,5 hours of online sessions and 25 hours during face-to-face phase. Asynchronous autonomous work will be asked.

During the online phase, students will be asked to give contributes to discussions and reflections about stigma and health providers behaviours, participating in several exercises. They need to do some self-awareness exercises.

During onsite sessions, a range of activities such as seminars, practical simulations, and group debates will be conducted, allowing students to apply their acquired knowledge in real healthcare settings. The focus will be on enhancing skills in effective communication, empathy, and evidence-based interventions. Case studies will be utilized to provide detailed descriptions of specific patients or situations, often presenting challenges, diagnoses, or treatment plans. By grounding complex concepts in real-world examples, case studies make them relatable and aid learners in understanding the decision-making process and the application of knowledge to diverse scenarios.

The role of teachers will be to guide and mentor the group discussions and assignments in online and presential phases. The also will work with the program organizers in the development of exercises and theoretical material.

The students who complete the program will receive 3 ECTS.

Program Support

The program award 20 students maximum, which allows each partner institution to bring 5 students awarded.

If any institution proposes an inferior number of students, the remaining seats can be reallocated to other.