

This newsletter

provides an overview of TOTEMM-related activity for the period

01/01/21- 30/08/21

Welcome to our third newsletter. For those new to the TOTEMM project, this is a partnership between midwifery educators, researchers and learning technologists based in Estonia, Italy, the Netherlands and the United Kingdom. We have just started the final year of this three-year project.

The TOTEMM project aims to promote equity, social inclusion and participation for non-mobile midwifery students. This includes creating, implementing and evaluating a new mobility approach, which combines virtual and physical mobility. Midwifery students have opportunities to work together on e-learning packages that introduce them to midwifery in other settings and public health topics, related to midwifery.

What we have done?

For the last months we have been working together on the packages and a range of resources, including ice-breaking activities, quizzes, audio and video-podcasts, case studies, poster production, international research and guidance. All partners have contributed content with package building led by Health E-Learning and Media (HELM) team.

We are very happy and excited to announce that the online packages are almost finalised, and students will start the packages in October 2021.

We are grateful for the contributions and help from so many people. These include case studies written by midwifery colleagues and recorded by midwifery students, podcasts from international midwives and other healthcare professionals working in maternity and from women with experiences of maternity services around the world.

The pandemic has continued to need us to be flexible in our working and we have needed to adapt some of our processes as we have not been able to meet in person.



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NEWSLETTER CONTENT

1. Transnational Project Meetings. Students' feedback from introductory package's pilot
2. E-learning packages' planning and development
3. Highlights from the public health e-learning packages
4. Dissemination
5. Next steps: implementation of the inclusive student mobility model
6. Save the dates: final conferences
7. New starter

TRANSNATIONAL PROJECT MEETINGS

June 15-16.06.2020 the Transnational Project Meeting took place entirely online. The Italy project Team hosted the meeting.

Topics at hand were:

- * Package development and overview across packages/student reviews, peer reviews (HELM team)
- * Session with advisory group re packages

* Planning student evaluation (intercultural sensitivity & focus groups)

* Planning students' mobility physical or virtual in 2022

* Future dissemination activity plan & newsletter

Our next Transnational Project Meeting will be held on-line in November and hosted by Italian partners.

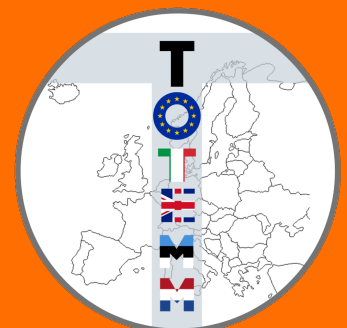
STUDENTS' FEEDBACK FROM INTRODUCTORY PACKAGE'S PILOT

Some comments:

„Overall, I thought it was a very easy to navigate, well-structured survey. „ (CS - UK)

„The introduction in my opinion is great and I think it addresses the current Covid-19 situation well. Although, I think it may need to be addressed later that the Covid-19 situation may impact students' confidence or desire to study abroad, however we obviously don't have evidence for this or know this for sure. „ (BB - UK)

Students provided feedback from the first pilot run of the Introductory e-learning package. entitled 'An Introduction to Midwifery in Europe'. The first e-learning package offers students the opportunity to get to know students from other settings with whom they learn together; it includes both professional content and some more light-hearted elements that increase students' knowledge of different countries and midwifery practice in those settings. The comments reflected overall positive students' experiences of the package. Students engaged well with icebreaker activities, 'travelling' through activities, adding photographs and engaging with the discussion fora. Minor changes were made to improve the package after the pilot.



E-LEARNING PACKAGES' PLANNING AND DEVELOPMENT

The planning and development of the e-learning packages was underpinned by the following elements, also reported in Figure 1:

- * The co-creation methodology called **ASPIRE** (Aims, Storyboarding, Population, Implementation, Release, Evaluation) was used for the development of virtual reality resources and e-learning packages.
- * **Ways of learning** were considered when planning and developing a range of learning recourses within the e-learning packages, including acquisition, inquiry, discussion, practice, collaboration and production (Figure 2).
- * **Alignment and consistency** of structure, terminology and balance of resources was considered throughout the five e-learning packages.
- * **Packages' facilitators** were selected to facilitate the completion of activities by groups of international students.
- * The e-learning packages were **piloted** by 16 international students prior to be rolled out broadly to the cohort of 80 international students participating in the TOTEMM project's virtual and physical mobility.
- * **Multiple feedback** was collated from academics, the Health and E-Learning Media Team, students, internal and external advisory groups whilst planning and developing the packages prior to implementation.

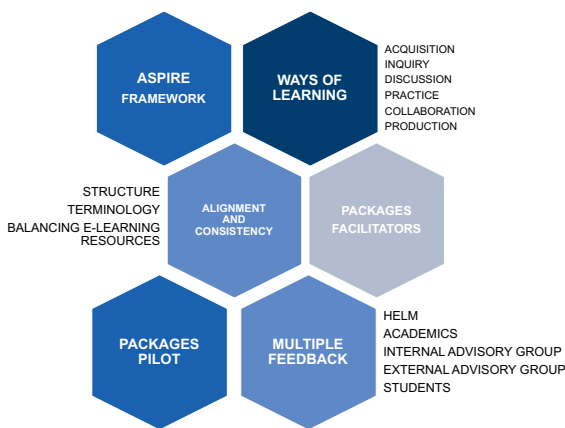
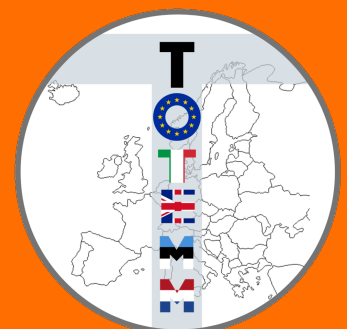


Figure 1. Elements underpinning the planning and development of e-learning packages



Figure 2. Ways of learning



HIGHLIGHTS FROM THE PUBLIC HEALTH E-LEARNING PACKAGES

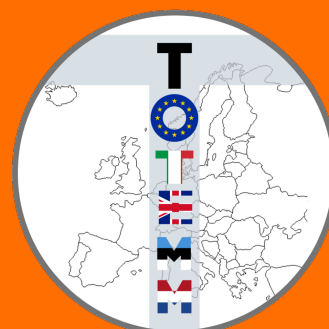
Promoting positive lifestyle choices for women within their communities

'Social health factors have been explored by researchers using several models, but the most widely used is the Dahlgren-Whitehead 'rainbow model'. The model, developed by Dahlgren and Whitehead (1991), maps the relationship between the individual, their environment and health. Individuals are placed at the centre, and surrounding them are the various layers of influences on health – such as individual lifestyle factors, community influences, living and working conditions, and more general social conditions.'



Empowering women to maintain their sense of safety

'Empowering women is an important subject in today's world. The term "empowered" refers to the possession of legal power or autonomy to act. Empowerment is a process through which individuals, societies, and organizations gain control over matters of importance for them.' Alireza Nikbakht Nasrabadi, Sakineh Sabzevari, Tayebeh Negahban Bonabi



Championing the needs of the migrant population

'Nurses across the world are caring for people from culturally diverse backgrounds. A lack of culturally competent care could contribute to poor patient/person outcomes and health disparities. In order to be culturally competent the nurse needs to examine their own values, beliefs and prejudices keeping an open mind and attempting to look at the world through the perspectives of diverse cultures.'

Edel McSharry, Denise Healy and Siobhán Healy McGowan



Optimising psychological well-being for women and families

'Women and men have different health-care needs, but an equal right to live healthily. For many women and girls, however, gender discrimination systematically undermines their access to health care, for reasons that include fewer financial resources and constraints on mobility.' UN Women



SDG 3: Ensure healthy lives and promote well-being for all at all ages



Photo: UN Women/Ryan Brown



DISSEMINATION

Conference abstract submitted: EduLearn21, presentation at MEI Conference July 21.

The paper reporting the baseline survey amongst midwifery students was accepted on peer-reviewed journal Nurse Education Today.

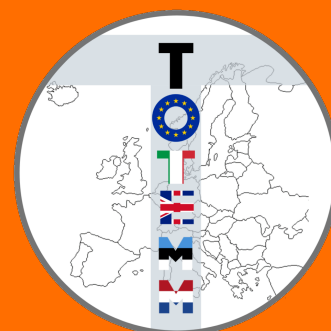
NEXT STEPS: IMPLEMENTATION OF THE INCLUSIVE STUDENT MOBILITY MODEL

We are very much looking forward to what will happen in the forthcoming months. By the end of September 2021 we will gain final feedback from students on the packages as part of the pilot phase. Eighty international midwifery students will complete the virtual packages in groups of four (one student from each participating country) between October 2021 and January 2022. The students will attend a 5 days study tour in February 2022; students will be travelling to the participating countries if the pandemic restrictions allow travel, otherwise this will be a virtual event. The participating students' experiences, intercultural sensitivity and transferable skills will be evaluated using a pre + post mobility survey and focus groups. After the implementation and evaluation of the mobility activities, a new inclusive midwifery student mobility model and reusable open access e-learning resources will be made available to use by other Higher Education Institutions, educators and students.

SAVE THE DATES: FINAL CONFERENCES

Two final conferences will be held on the 14th of June 2022 and 5th of July 2022. If restrictions will allow travel, the first event will take place in the Netherland and the second one in Italy. Alternatively, the conferences will run virtually. Save the dates and watch this space!

<https://unsplash.com/photos/2FPjIAyMQTA>



NEW STARTER

We are very pleased to welcome a new member of the team!

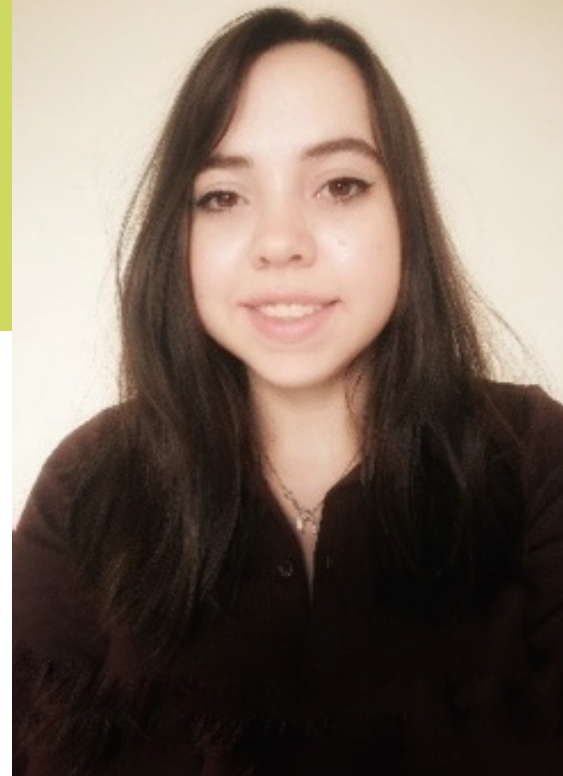
My name is Emily, and I will be the new Project Administrator supporting TOTEMM.

I have been a student at the University of Nottingham for 5 years and come from a background of government administration.

I am very much looking forward to supporting this project and have greatly enjoyed reading about all the excellent work put into it so far.

I look forward to meeting you all soon!"

Emily Fletcher, Project Administrator
emily.fletcher@nottingham.ac.uk



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