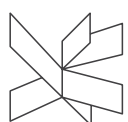


human first

Focus areas 2018-2020



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Human first

Human First is a partnership in healthcare between VIA University College, the Central Denmark Region and Aarhus University where we work together towards the common dream of making central Denmark the healthiest place on earth. For the people who live here. But also for the people who don't.

The vision and foundation for our collaboration is describes in the document titled *Human First – a partnership in healthcare between VIA University College, the Central Denmark Region and Aarhus University*.

This document describes the four focus areas that have been chosen for the first period (2018-2020) to contribute to the realisation of the vision. The focus areas are to function as beachheads for the long-term cooperation and contribute to experience gathering and development of new knowledge within the specific area, as well as intersectorial cooperation in health care in general.

For each focus area will be established an organisation to ensure the formulation of action plans and continuous reporting on progress. The action plans will elaborate the focus areas and describe the specific objectives, and initiatives will made in cooperation with relevant stakeholders such as municipalities, private and public foundations, private companies as well as international institutions within research and education.

May 2018

Focus areas 2018-2020

For the next three years, we will focus our cooperation on these four areas:

- **Brain disease and brain injury**
- **People needing rehabilitation**
- **Interprofessional cooperation**
- **Correlation between the theoretical and practical education courses**

These focus areas are chosen, partly, because here we already have a strong position that we can work together to lift up to an even higher level, and partly because these are areas where we want to promote further development. The vision is to create unique results that will benefit the citizens in central Denmark and that can achieve international recognition for the ability to better health for all people in the world. It is our ambition, within all four areas, to ensure a strong connection between research, education and practice and to cooperate with municipalities, general practitioners and strong international institutions within research and education.

Brain disease and brain injury

The challenge

Brain disease is a global problem that increases as the average life expectancy grows. Health promotion and prevention are thus more important than ever. When people are afflicted with disease or injury to the brain, it often implies substantial functional impairments and limitations that affect the person in question as well as his or her relatives. It also affects society economically because of reduced ability to work and expenses for long-term treatment and rehabilitation. Often, people with brain disease are not only challenged by the functional impairment in itself, but also by a society that does not always understand. A stronger effort for people with disease and injury to the brain is thus not only about treatment and prevention, but exactly about focusing on the person and not the disease.

The ambition

Central Denmark will be a centre of excellence in education and developing new knowledge and new practices that can prevent disease and help people with disease or injury to the brain. Our special strength is that we, by combining our knowledge and working with others, possess the skills and insights to practice an approach that starts with the person and not the disease. Together we can start a knowledge-based movement that contains both basic research in the laboratories, clinical research, patient treatment, public health and rehabilitation. A movement where the driving force is a desire to know more about the functional impairments experienced by people with disease and injury to the brain, across diagnoses. Human First will bring the ambition a strength and openness that will promote cooperation with other organisations, municipalities and private companies, who invest effort and resources in promoting health for people with disease and injury to the brain.

People needing rehabilitation

The challenge

As more and more diseases are treatable, the number of people living with the consequences is increasing. People can, due to chronic disease, critical illness or injury be challenged in their ability to function physically, mentally or socially. The diagnoses are many and often people are struggling with several diseases at the same time. But for the individual person it is not about the names of these conditions, it is about the challenges that come along with them. Across diagnoses and conditions are a set of common functional impairments that rehabilitation efforts aim to remedy. There have been substantial progress in treatment of both chronic and critical illness but there has not been sufficient focus on the life after – and with – disease. We need more research, development and education to change this.

The ambition

Together we have the necessary skills and resources to do research, development and education in rehabilitation. But knowledge from the scientific setting, on how to promote physical healing as well

as the rapidly increasing number of technological solutions with the ability to compensate for physical impairments, needs to meet the people in question faster than today. These are people needing rehabilitation as well as their relatives and the professionals who are helping. By focusing on function instead of diagnose we want to create groundbreaking new knowledge with relevance across conditions and diagnoses.

The amount of new knowledge and technology is increasing significantly, with a great but unresolved potential to help people. We want to release this potential and give people the best possible terms to overcome or live well with the challenges their condition has brought about.

To put people first and make notable results for people needing rehabilitation is both a professional and organisational challenge that extends beyond our organisations. This focus area therefor implies an effort to overcome sharp organisational distinctions between for example prevention, patient care and treatment, research and practice and between sectors.

Interprofessional cooperation

The challenge

The health care sector and society in general share a challenge that comes from, on the one hand, rising life expectancy and thereof an increasing number of elderly citizens – and on the other hand growing expenditures for new costly treatments.

With the rising life expectancy also comes an increasing number of people with one or more chronic diseases. This group accounts for a large share of society's total expenditures to health care. At the same time, a larger degree of specialisation in health care increase the need to cooperate and coordinate, not just within the hospitals but also between the hospitals, and between hospitals and the primary sector.

This development demands more interprofessional cooperation and learning in treatment and care of the individual person, as well as in development of innovative technological and organisational solutions. However, the interprofessional cooperation is often challenged by insufficient knowledge of other professions and their different professional values. We need the professionals to work together in new ways and at a larger scale than before – across the education sector and the healthcare sector, and across professional boundaries and organisational divides.

The ambition

Together we have the opportunity and the will to establish a framework for interprofessional cooperation and learning as a foundation for improving health care, focusing on safe, well-coordinated treatment and care procedures – for the benefit of the health and daily life of the people who are in contact with the healthcare sector.

Among other things, we will accomplish this by bringing students and professionals together in an interprofessional setting across educations and professions while they are still in training – in both theoretical and practical educational courses. It is about bringing all professions into play. The students from different health care educations are brought together in authentic learning and working situations where they can practice interplaying with other professions.

We want to maintain the core professions and the differences between educations and professions and put these differences into play in our cooperation. Hereby we promote that patients are treated as people and experience coordinated procedures, shared language usage and a consistent approach, no matter what health care professional they are in contact with.

At the same time, we will increase our collective knowledge by focusing on areas where the technological and professional development cause a need for new knowledge and competencies, for example personalised medicine, citizen involvement in research, and use of digital technologies in developing treatments and procedures.

Correlation between the theoretical and practical education courses

The challenge

Transition from theoretical education to practical educational courses is a challenge for many professionals. But especially the transition from education to practice is a challenge for many. Recently qualified professionals bring the newest knowledge and the best intentions with them, but they meet an everyday life with workload, complexity and competing considerations. These are the conditions and all must try to navigate.

At the same time there seems to be a need to investigate how practice can become even better at receiving the recently qualified people and the ideas and new knowledge they bring.

Furthermore, in the future working life will be longer and frequent changes caused by progress in technologies and practice fields will influence peoples work and job situation. Transitions will be the rule and not the exception, and thus the ability to adjust and learn becomes more important. At the same time opportunities for further and continuing education becomes crucial.

This is not something each department, unit or health education should handle separately. We will do it together.

The ambition

A stronger effort to ensure correlation between the theoretical and practical education courses is a common focus area where we as educators and employers of the professionals will work together to support focused initiatives creating more correlation and interplay. This applies to the students' clinical practice courses as well as the staffs further and continuing education later on. At the same time, we will focus on making the transition from the educational setting to the work setting easier, and we will create opportunities for relevant further and continuing education.

Students and professionals must through cooperation and learning develop the necessary general competencies that will allow them to, proactively, handle transitions in education and in the practical education courses. The ambition is also to support the students in navigating through and between multiple considerations and conflicts of interest.

The difference from now to 2020

In 2020, Human First is a well-functioning cooperation in health between VIA University College, the Central Denmark Region and Aarhus University.

In 2020, we have launched concrete initiatives across our organisations that all together supports our ambitions. It must be visible for the employees and citizens, and measured in better prevention, treatment and care, as well as training of new graduates and further and continuing education of our current staff. The cooperation will be known in Denmark and lead to an increase in external grants, and to a stronger cooperation with the municipalities in central Denmark and with the business world in Denmark. It will also result in further cooperation on interchange of staff and knowledge with other internationally leading professional environments.

In 2020, we have created a strong interprofessional environment where we continuously bring students and professionals together across education and professional competence. An environment that results in patients and citizens experiencing coordinated procedures, shared language usage and a consistent approach, no matter what health care professional they are in contact with.

In 2020, it will be known that in our strategic efforts, we put people first.