



NurSus

NurSusTOOLKIT: A Teaching and Learning
Resource for Sustainability in Nursing

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**THE NURSUS TOOLKIT PROJECT - WHERE ARE WE
NOW? A PROJECT OVERVIEW**



**SUSTAINABLE EARTH CONFERENCE AT PLYMOUTH UNI-
VERSITY**



TESTING OF TEACHING RESOURCES IN ESSLINGEN



TRANSNATIONAL MEETING 4



**FIVE QUESTIONS – FIVE ANSWERS FROM THOMAS
HEIDENREICH**



FURTHER INFORMATION

**SUSTAINABILITY
WITH
PLYMOUTH
UNIVERSITY**



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The NurSusTOOLKIT Project

Where are we now?

An overview by Prof Dr. Janet Richardson (Plymouth)

We have just started the third and final year of the NurSusTOOLKIT Project so this seems to be a good point at which to provide an overview of where we have got to and how the project will move forward over the coming months. Activities 1 & 2 formed the basis of the work conducted in year 1. Evidence was required in order to build the sustainability literacy and competency framework and determine the teaching and learning materials (the content). Simultaneously we conducted a literature review that had two components: (i) to identify teaching approaches used in sustainability education; (ii) to examine the literature on what nurses need to know about climate change and sustainability. Sixteen resources / papers met the inclusion criteria for the question: What do nurses need to know about sustainability? The findings suggested topics under the following themes: Resources, Food, Health Promotion, Globalism, Environmental Impact, Disease Management. Eleven resources / papers met the inclusion criteria for the question: What pedagogic approaches are used to embed sustainability in curricula in nursing or higher education? Papers were analysed according to their focus on: educational approach; underpinning theoretical assumptions, type of (educational) activity.

At the same time as conducting the literature review we carried out a scoping activity, looking at our nursing curricula in the Universities of Jaen, Esslingen and Plymouth. The main aim of this scoping process was to identify examples of good practice and opportunities/barriers for

integrating sustainability into nurse education. Following this, purposive sampling of nurse educators was conducted to cover diverse areas of curricula: adult, child, mental health, midwifery. Face-to-face interviews using focussing on knowledge, skills, competence, attitudes, behaviour explored opportunities and best practice in education for sustainability and health. The findings were collated and used in the development of the Delphi expert questionnaire. Fifty-two experts working in nursing education in Europe participated in the first round, 80% of these also participated in Round 2. The Delphi study rank ordering process, using a 6 point scale allowed us to prioritise topics for inclusion in the NurSusTOOLKIT. Topics are grouped under the following themes: Theme 1 Underpinning concepts; sustainability and health; Theme 2 Links between providing health care and sustaining the global environment; Theme 3 Relationships between health and the environment; Theme 4 Healthy (sustainable) communities; Theme 5 Social and policy context.

We have been very keen to involve students (as well as academics) throughout the project and this has been facilitated in a number of ways. For example conducting the SANS survey, setting up Student Advisory Groups (details of these can be found on our website), Twitter discussion, Focus Groups about possible content, Materials testing, and establishing a student Facebook page. The findings from our Twitter discussion, focus groups and materials testing have informed the further development of the NurSusTOOLKIT.

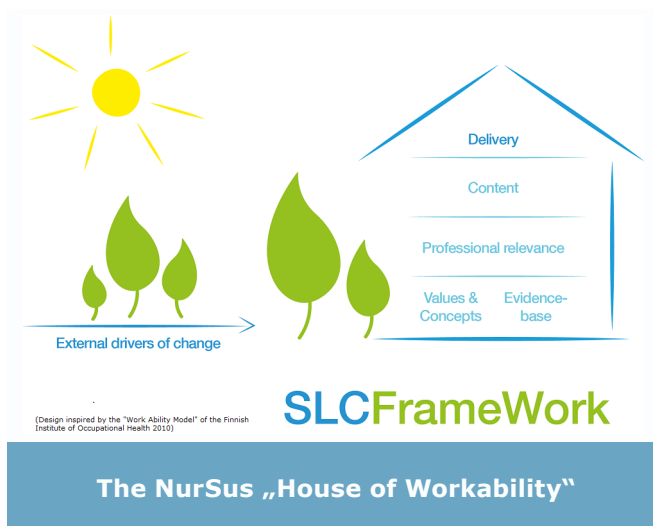
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The work of the first year of this project has enabled us to develop a Sustainability Literacy and Competency Framework that we represent as our 'house of workability' which is underpinned by a number of documents based on the evidence from the work of year 1. The next phase (Activities 3 – 5) began some 8 months ago, the focus of which is to prepare the associated teaching and learning materials, and make these widely available to educators and practitioners.

So where are we now? As I write this I am contemplating the 14 sustainability and health topics that have been allocated to me to write! Other Plymouth colleagues are also in the process of developing new education materials, as do our partners in Jaen, Esslingen and Maastricht. This is a very exciting time as we put together lecture notes, powerpoint presentations, and develop lots of interactive sessions to engage students in discussion about the issues of sustainability and climate change and how these issues relate to their professions and clinical practice. We are having fun testing out the activities that accompany the lectures, and our students are enjoying their engagement with the materials as they test them.



Key to the development of the resources has been the testing of the teaching materials with nursing and midwifery educators. This testing (Activity 4) has been led by the Jaen team, and the results enabled us to focus the content and structure of the NurSusTOOLKIT in a way that we hope will make it accessible and relatively easy to use.

I am very much looking forward to meeting some of you and introducing the NurSusTOOLKIT to you in 2017.

Sustainable Earth Conference

Plymouth University, 23 and 24 June 2016

Professor Janet Richardson and Dr Jane Grose attended the Sustainable Earth Institute Annual Conference in Plymouth UK. They had the opportunity to showcase the continuing development of the NurSusTOOLKIT Project.

Sustainable Earth 2016 was a two day event for researchers, businesses, community groups and individuals to come together to hear inspirational speakers and join in with creative workshops designed to spark and encourage collaborations for a sustainable Earth which can embed sustainable thinking as a way of life.

The conference included keynote addresses from, among others, Sir Mark Walport, Government Chief Scientific Adviser in the United Kingdom; Wendy Darke, former Head of the BBC's Natural History Unit; Craig Bennett, CEO of Friends of the Earth; and Anthony Hobley, Chief Executive Officer of Carbon Tracker. There were also research presentations and seminars led by academics at the University, and representatives of organisations including the University of Iceland, the Environment Agency, Westcountry Rivers Trust, and the Salvation Army.

The conference was organised by the University's Sustainable Earth Institute, which organises a series of events aimed at increasing awareness and knowledge about a range of issues affecting society and the environment across the UK.

Iain Stewart, Professor of Geoscience Communication and Director of the Sustainable Earth Institute, said: "There is some great research being conducted in Plymouth on sustainability issues, not just in the city and the region, but globally, and this is our chance to showcase that. Many of the concerns that will feature are pressing and complex, but as well as being challenging and provocative, we want Sustainable Earth 2016 to be a positive experience. It's not all doom and gloom – there are some great uplifting stories to be told."

The Sustainable Earth Institute aims to facilitate cutting-edge and interdisciplinary research and innovative approaches that build resilience to global challenges. It connects academics in the sciences, engineering, arts, humanities, health and business with regional and national enterprises, community groups and individuals.



Peter Allum, Dr. Janet Richardson, Dr. Jane Grose, Dr. Clare Pettinger (all from University Plymouth) at Sustainable Earth Conference 2016

Sustainable Earth Conference (cont.)

+ Testing of Teaching Resources in Esslingen

That breadth of work was reflected at the conference, with the opening day including sessions on health and wellbeing, biodiversity and conservation, and cities and communities. The second day then focussed on themes including water, energy, responsible consumption and production, climate change, resources and education.

On the penultimate day of the conference the UK voted to leave the European Union. This decision may have significant effects on the way academic research is conducted in the coming years. Craig Bennet CEO of Friends of the Earth gave the keynote lecture on the day after the UK voted to leave the European Union. His speech can be accessed <https://www.youtube.com/watch?v=Wg-4PuZLioSU&feature=youtu.be>

See all the conference presentations at: <https://www.plymouth.ac.uk/research/institutes/sustainable-earth/sustainable-earth-2016>

(Taken from press release Plymouth University communications team)

NurSus Dates for your diary:

- » **UK soft launch of NurSusTOOLKIT**
2nd May 2017 in Plymouth, Devon
- » **Official NurSusTOOLKIT launch** 20th
to 22nd June 2017 in Esslingen,
Germany



The „plastic“ discussion

TESTING OF TEACHING RESOURCES IN ESSLINGEN

The prototype testing of teaching resources was offered as part of the General Studies course for post-registered nursing students in Esslingen. In May 2016, the students spent two days discussing the links between glove use, hand hygiene and waste management in hospitals and sustainable resources in our everyday life.

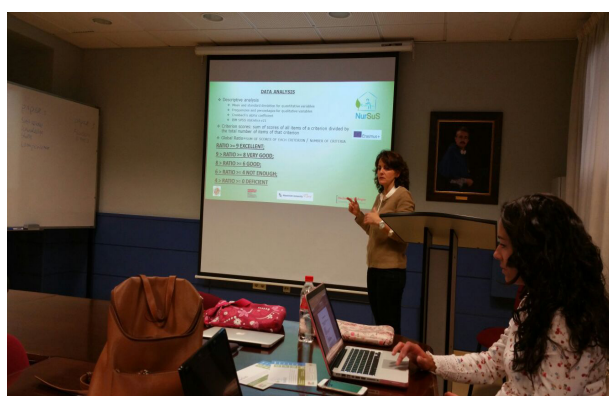
One of the most interesting was a game in which the students took on different roles of professionals working in hospitals. They had to decide which plastic materials could be replaced with more sustainable ones and discuss possible consequences for the patients and the environment. They were surprised by the alternatives available and left the course really motivated, with new ideas for management and teaching.

The two days demonstrated an increasing demand for sustainability topics, which Esslingen is currently engaged in integrating into its curriculum.

Transnational Meeting 4

19th to 21st April 2016, Jaén (Spain)

Between April 19-21, 2016 Janet Richardson, Jane Grose (Plymouth University), Norma Huss, Thomas Heidenreich, Eva-Maria Höne-mann (Esslingen University), Maud Huynen (Maastricht University) and Carmen Álvarez, Isabel M^a López Medina, Gema Parra, M^a Lu-isa Grande, Manuel Linares (Jaén University) met in Jaén for our fourth transnational meeting.



Gema Parra (Jaén) presenting the results of the first testings (Activity 4)

Firstly, Janet Richardson gave an overview on the milestones achieved in the first 18 months leading up to the middle of project. Afterwards the progress and plans for activities 3, 4, 5 and 6 were discussed. Later, the meeting focused on the content development and on the mechanisms for delivering the outputs for each activity. There was consensus that the development of teaching

and learning materials needs to be in line with SLC Framework and the formulated topics need to be connected with the SLC House of Workability plan. The schedule for the development of materials was also planned (Activity 3).

At the same time, based on the pilot and prototype materials which were tested by students, teachers, nursing professionals and experts from Germany, Spain & UK, (Activity 4), improvements were made regarding feedback of the developed materials in Activity 3 and the uploading of these onto the Teaching and Learning Platform NurSusTOOLKIT & website www.nursus.eu (Activity 5). Finally we planned the dissemination strategy and timescales for the NurSusTOOLKIT Launch Event that will be held in June 2017 in Esslingen. The staff from the Nursing Department from the University of Jaén had the opportunity to spend time with NurSus team during other activities, such as seminar presentations on nursing / midwifery and global health courses by the Esslingen, Plymouth and Maastricht team members.

Dr Janet Richardson from Plymouth University was invited to give a presentation about the NurSus project at the 4th edition conference #3ESALUD: <http://www.enfermeriajaen.com/3esalud/programa/>. This very interesting presentation took place during the last day of the meeting; here you have the link for watching it: <http://livestream.com/easptv/Jornada3esalud>; (45minutes).

Five Questions – Five Answers

from Thomas Heidenreich



Thomas Heidenreich from
Hochschule Esslingen

1. WHAT TOPICS DO YOU USUALLY TEACH?

Being a trained psychologist, my teaching centers around psychological aspects relating to nursing and social work, e.g. general psychology, developmental psychology and clinical psychology. Another area I teach extensively is research methodology, mainly quantitative methods of assessment and data analysis.

2. WHAT SPECIFIC EXPERTISE DO YOU BRING TO THE NURSUS PROJECT?

As a vice dean of the faculty Social Work, Health Care and Nursing Science at Esslingen University, I am very familiar with organizing events and public relations in general – things that are helpful for the dissemination aspects of NurSus. Also, my experience in psychology is helpful for understanding and implementing elements of attitude change, relating to sustainability issues. Finally, I advise the team on quantitative aspects of assessment, e.g. psychome-

tric assessment of questionnaires to assess sustainability-related elements in NurSus.

3. WHAT DO YOU ENJOY MOST ABOUT BEING A MEMBER OF THE NURSUS PROJECT?

Besides the important topics we work on in NurSus, I highly enjoy collaborating with this fascinating and extremely friendly trans-disciplinary team comprising different highly competent colleagues from across Europe.

4. WHAT DO YOU DO YOURSELF TO BE MORE SUSTAINABLE?

I don't own a car and do almost all of my travelling within Germany by train (Deutsche Bundesbahn). I own a „Bahn Card 100“ which allows me to use all trains across Germany all year. The energy needed to power the trains is generated in a sustainable way (which made the PR people of the Deutsche Bahn label the BahnCard a „green BahnCard“).

5. WHAT IS YOUR SUSTAINABILITY TIP?

Use everyday life as your workout programme! – this helps sustainability as well as health promotion – e.g. the way from Esslingen train station to our university is about 2.5 kilometers (with large stretches uphill) giving me a minimum walking distance of 5 km per working day for free.

Further Information

Stay updated and follow us

SUSTAINABILITY AND HEALTH SYMPOSIUM BRIGHTON

Professor Janet Richardson presented a summary of the NurSusTOOLKIT project and overview of Project activities at a recent Sustainability and Health Symposium. The Symposium was organised by the School of Health Sciences at the University of Brighton UK. A recording of this presentation is available at the Symposium website:

<https://blogs.brighton.ac.uk/sustainability-health/symposium-2016/>

CONFERENCES AND PRESENTATIONS IN SPAIN



Manuel Linares-Abad (Jaén) and colleagues presented the NurSus TOOLKIT at the **1st International Congress on multidisciplinary Health Research**, 14-15 April 2016 in Jaén and at the **V. International Congress of Children's Nursing and XXI. Nursing National Conference on Children**, 27-29 April 2016 in Málaga.



NURSus PUBLICATIONS

The NurSus project was featured in the 2016 September issue of the German journal „Die Schwester - Der Pfleger“. The article was written by Prof. Dr. Astrid Elsbernd, Prof Dr. Norma Huss, Eva-Maria Hönemann and Prof Dr. Thomas Heidenreich. It not only introduces the project to the German nursing staff, it also gives a perspective of possible and anticipated outcomes of the NurSus project.

INTERNATIONAL NURSES DAY 2016

May 12th was International Nurses Day 2016. The Belgian Organization „Health Care without harm“ featured all kinds of contributions on their website www.noharm.org, Twitter and Facebook and also introduced the NurSus TOOLKIT.

GESUNDEs - LECTURE SERIES IN ESSLINGEN

In May this year the city of Esslingen hosted a series of events for its citizens which included various aspects of health. As a part of this series Prof Dr. Norma Huss held a public lecture looking at the greenhouse effect, climate change and extreme weather conditions and their effects on health. The presentation was followed by a lively discussion.