



TRANSFORMING HEALTH  
AND CARE SYSTEMS

# THCS Knowledge Hub Content, Tools and Opportunities

29 April 2026

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# Outline

- Rationale and ambition of Knowledge Hub
- Objectives of the Knowledge Hub and benefits for the users
- Development of the Hub – Key principles
- Structure of the Hub
- Functionalities of the Hub and examples of current content



## Rationale and Ambition of the Knowledge Hub

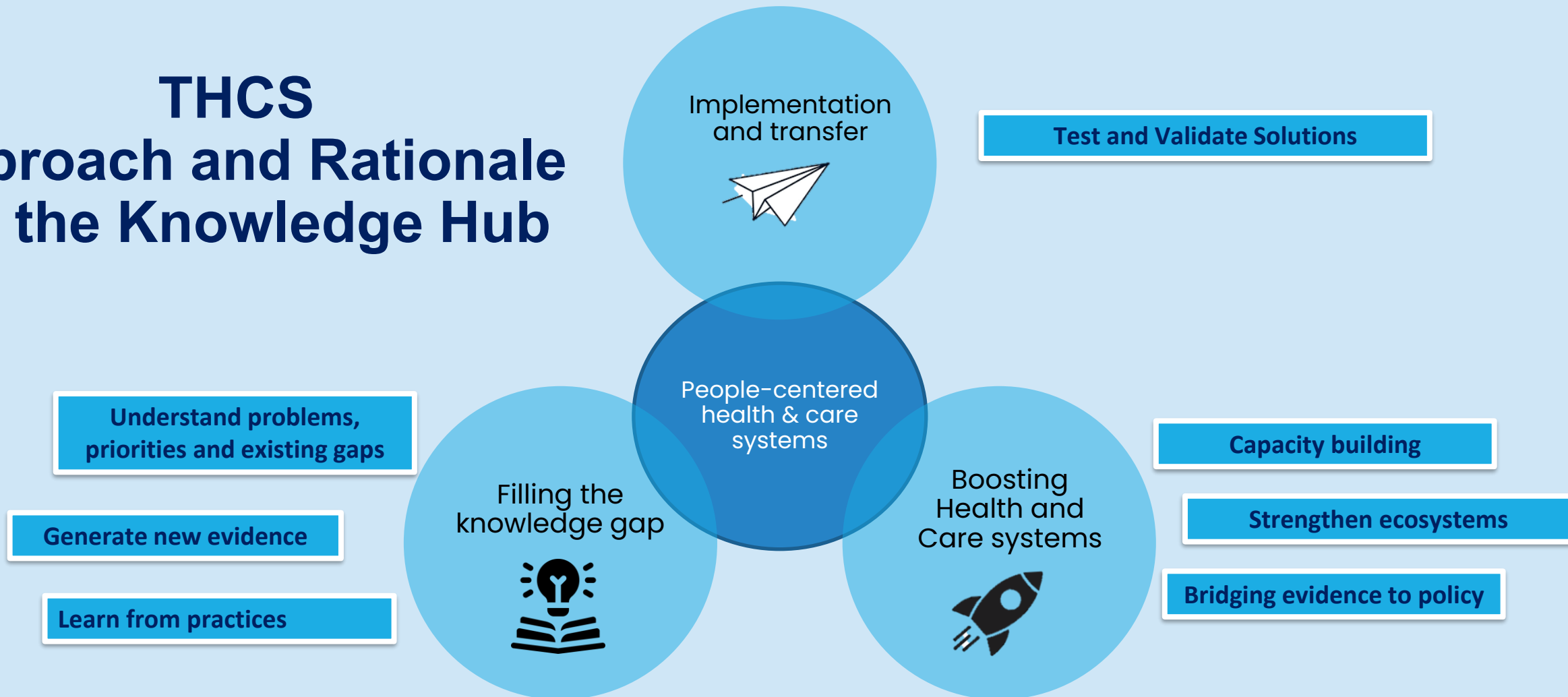
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# THCS

## Approach and Rationale for the Knowledge Hub



## THCS Knowledge Hub: Ambition

*The aim is to co-design and implement the THCS Knowledge Hub which will act as a multi-functional platform fostering capacity-building support, exchange of good practices, knowledge and experience of different health and social care actors at macro, meso and micro levels for the transformation of health and social care sectors.*



# Objectives of the Knowledge Hub and Benefits for the Users

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# THCS Knowledge Hub: Objectives

Connect researchers, policymakers, funders, practitioners, and other stakeholders



Promote knowledge sharing and mutual learning



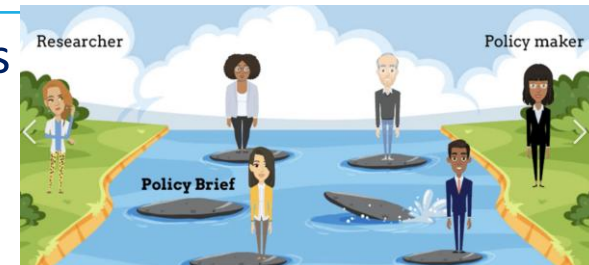
Increase visibility of projects, expertise, and good practices



Support cross-country and cross-sector collaboration



Enhance the impact and uptake of research and innovation in health and care systems



# THCS Knowledge Hub: Target Users and Benefits



## Policymakers

- Rapid access to policy-relevant evidence
- Insights into what works (and what doesn't) in system transformation
- Access to real-world examples of transformation in practice from different regions and contexts
- Access to experts and research networks
- Support for evidence-informed decision-making

## Cross- Cutting Benefits (All users)

- **Builds a shared language around system transformation**
- **Encourages collaboration rather than siloed working**
- **Promotes equity, sustainability, and long-term system resilience**
- **Creates a trusted space for knowledge exchange**

## Funders

- Insight into high-impact investment areas
- Access to evidence of system-wide impact and scalability
- Opportunities to align stringer the funded research and policy/practice needs
- Opportunities to coordinate funding with other organisations

## Practitioners & System Leaders

- Practical, actionable insights for service redesign
- Access to tested models of transformative care
- Peer learning and shared implementation experience
- Tools, frameworks, and evaluation guidance
- Connection to researchers for collaborative problem-solving

## Researchers

- Access to evidence
- Interdisciplinary collaboration opportunities
- Visibility and dissemination of research to policy and practice audiences
- Opportunities for co-production with practitioners and system leaders
- Access to real-world case studies and data sources
- Reduced duplication of effort through shared learning



## Development of the Hub: Key Principles

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# THCS Knowledge Hub: Key Designing Principles

- The key driving force for the development of the Hub is a **bottom-up approach** with the **users at the centre of co-design process**.
- The Knowledge Hub is **an online platform designed as a module-based platform**.
- **Several iterations of co-design are being undertaken** to enable continual improvement in the development of the Hub.
- **Mapping of existing Hubs and knowledge exchange platforms was conducted** to ensure we build on the existing resources and tools rather than duplicating the efforts and reinventing the wheel.



## Structure of the Hub

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# Knowledge Hub v0.2

## – Online Platform

WE ARE LIVE



Hello Andrea,  
Transforming Health and  
Care Systems

### Welcome to the THCS Knowledge Hub

The ambition of the THCS Knowledge Hub (KH) is to maximise the value of existing evidence and experience in transforming health and social care systems in order to improve the capacity of countries, regions and organisations to adopt and scale up the necessary change by:

**Experience**

Capturing, sharing and exchanging experience that help to address the needs and priorities of European regions and countries in transforming their health and social care systems.

**Evidence**

Generating new evidence and knowledge on the transformation of health and social care systems.

**Personalised support**

Co-designing personalised support for those seeking to prepare the ground for transition and/or improve existing system design by facilitating tailored knowledge transfer activities.

**Capacity building**

Utilising outcomes of capacity-building activities to speed up the transformation of health and social care systems in Europe.

<https://knowledgehub.thcspartnership.eu/>

# Structure of the THCS Knowledge Hub - Resources

## Resources

THCS resources are readily available as well as newly generated evidence and experience in transforming health and social care systems which are generated by THCS as well as wider European and international community.

These can include good practices, innovative solutions and approaches, policy instruments, tools and methodologies, human expertise, blog posts, journal articles, presentations, webinars and success stories. These resources are clustered by search criteria to facilitate the access to the tailored resources supporting the users in their journey towards health and social care transformation.

[Read more →](#)

National Strategic Plan for  
Telehealth (PENTS) Portugal

A Rapid Evidence Support  
System Assessment (RESSA)  
of health policymaking in  
Ireland – A Protocol

National eHealth strategy  
2023-2030 (Norway)

Improving access to mental  
health services through digital  
health solutions and policies

Framework of Factors That  
Affect the Uptake of Digital  
Therapeutics Within Health  
Systems

# Structure of the THCS Knowledge Hub – Capacity-building



29-09-2025

THCS Learning Week - Supporting the transfer and implementation of health and social care solutions in Europe

[View Details →](#)



## Capacity Building

Capacity-building support is foundation of the THCS Hub which allow interested stakeholders to share and learn about capacity-building and training opportunities offered by THCS community as well as other European and international communities. These can include dedicated knowledge transfer activities (study visits, webinars, podcasts, discussion groups, etc.) and training activities (masterclass sessions, DG Reform technical Assistance, etc.).

[Read more →](#)

# Structure of the THCS Knowledge Hub – Synergies



## Synergies

The THCS hub actively searches and promotes relevant resources generated in other EU, national and regional initiatives, projects, portals and Hubs. This includes signposting and learning about these resources, mutual promotional and communication activities as well as connecting the owners/originators of these resources in order to foster collaboration and partnership-building activities.

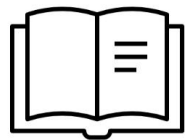
Get started →



# Structure of the THCS Knowledge Hub – Transfer & Implementation Framework

## Support for Transfer and Implementation

The THCS Transfer and Implementation Framework consists of three sections. The handbook provides guidance on how to transfer and implement a health and care solution developed elsewhere into a new environment. The solution description template enables the documentation and sharing of original solutions, as well as the reporting and sharing of results from adapting a solution developed elsewhere. The tools offer methods and tools to support the transfer and implementation process.



### Handbook

Utilise the THCS handbook to support your transfer and implementation process.

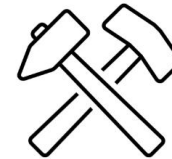
[Review the handbook →](#)



### Solutions

Browse health and care solutions, adopt a solution, or share your own solution.

[Browse or share solutions →](#)



### Tools

Browse tools and use them to support your transfer and implementation process.

[Browse and use tools →](#)

# Structure of the THCS Knowledge Hub – Community



## Community

Are you working to research and / or improve the transformation of health and social care systems?

The THCS Community is open to everyone involved in or interested in this work – including THCS partners and funded projects, members of the Ambassador Network, Advisory Board, and other European or international stakeholders.

This is a space to connect, exchange ideas and learn from each other. Tell us about your research, share your experiences, ask questions or start a discussion – your inputs will help to strengthen our collective knowledge and impact on the transformation of health and care systems.

# IN DEVELOPMENT

HEALTH PROMOTION AND PREVENTION

DIGITAL HEALTH AND CARE

INTEGRATED CARE

PROCUREMENT

INDIVIDUALS AND COMMUNITY ENGAGEMENT

HEALTH AND CARE FINANCING



**Andrea Pavlickova**

Tell us about your research, ask a question or start a discussion.

Title





Enter a concise title

Choose a Topic

Choose a topic

Cover Image (optional)

**Vybrať súbor** Nie je vybratý žiadny súbor

Normal B I U    

Publish Post

# Structure of the THCS Knowledge Hub – FAQ



Access & Permissions

Content Management

Customisation & Personalisation

General Information

Navigation & Search

## Knowledge Hub FAQs

### Access & Permissions

Who can access the Knowledge Hub? ▾

How do I log in to the Knowledge Hub? ▾

What should I do if I forget my login credentials? ▾

How is my data protected when using the Knowledge Hub? ▾

### Content Management

Who do I contact to report an error or suggest improvements? ▾

How do I report outdated or incorrect information? ▾

How do I edit or update an existing resources and activities? ▾

What is the review process for submitted content? ▾

How do I submit a new resource or activity? ▾

### Customisation & Personalisation

How do I manage my notification preferences? ▾

# Structure of the THCS Knowledge Hub – Contact us



## Contact Us

We'd love to hear from you! Whether you have questions, feedback, or need assistance, our team is here to help.

[info@thcspartnership.eu](mailto:info@thcspartnership.eu)



First Name

Last Name

Email

Subject

Message

[Send Message](#)



# Functionalities of the Hub and Examples of Content

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# Registration .



[HOME](#) [RESOURCES](#) [CAPACITY BUILDING](#) [SYNERGIES](#) [ENG](#) 

[LOGIN](#)

## Register as a member of the THCS Knowledge Hub today

As a registered member, you'll enjoy:

**Ability to share:** you will be able to contribute / upload your own resources to the Hub.

**Community Access:** Connect with like-minded individuals in our vibrant Community section. Share ideas, ask questions, and build lasting connections.

**Personalised Experience:** Save your preferences and receive tailored recommendations.

**Notifications:** Stay updated with member-only updates, including early access to capacity-building opportunities.

Don't miss out—join us now and make the most of your experience!

[Get started →](#)

# Functionalities of the Hub - Searching for Resources

**Category:**  **Country:**

- ✓ All Categories
- Case study / good practice
- Executive Digest
- Methodology
- Other
- Podcast
- Product
- Project documents
- Publication / Article
- Recording
- Service
- Strategy / policy
- Website
- Working Papers

**Format:**  **Language:**

- ✓ All Formats
- Infographic
- Other
- Platform
- Power Point Presentation
- Recordings
- Reports
- Website

**Area of interest:**  **Keyword:**  **Sort by:**

- ✓ All areas
- Capacity building
- Digital health and care
- Disabilities and Equality
- Evaluation
- Governance and leadership
- Health and care financing
- Health and care workforce
- Health promotion and prevention
- Individuals and community engagement
- Integrated care
- Low-Value Care
- Mental Health and Wellbeing
- Methodology
- Policy
- Primary Care
- Procurement
- Project synergies
- Quality of care
- Repository
- Research Funding
- Scale Up
- Strategy

**Evaluating Digital Projects The Core Principles**

03/02/2026

**Digital Health and Care Austria**

03/02/2026

**Vasc team mana bridge phar health TOGI**

31/01/2026

**Facilitating collaboration between public health researchers and policymakers: a scoping review of global practices, barriers and facilitators.**

28/01/2026

**EDiHTA**

**THCS**  
TRANSFORMING HEALTH AND CARE SYSTEMS

**Sustainable Digital Public Services**  
Delivery Plan 2025-2028  
November 2025

# Functionalities of the Hub – Favourite Content



## Favorite Content

Framework of Factors That Affect the Uptake of Digital Therapeutics Within Health Systems

### Short Description

This map offers a novel and comprehensive overview of the known uptake factors from technological and human perspectives. It intends to be scaled and adopted by countries looking to introduce digital therapeutics in their health service portfolio.

### Keywords

Digital Health, Digital Therapeutics, Policy-makers, Implementation Research, Framework

### Contact details

Dr Robin van Kessel



United Kingdom

Vision e-health 2025 Sweden

### Short Description

A strategy for implementing Vision for eHealth 2025

### Keywords


digitisation, ehealth, resources for increased independence, Strategy, Sweden

### Contact details

Karina Tellinger



Sweden

 download resource

An Overview of Reviews on Telemedicine and Telehealth in Dementia Care: Mixed Methods Synthesis

### Short Description

This study aims to assess the effectiveness, applicability, safety, and cost-efficiency of telemedicine technologies in dementia care and assess alignment with the World Health Organization (WHO) Age-friendly Cities and Communities' Framework and Dementia Inclusive Society Framework.

### Keywords

Dementia, Telemedicine, Telehealth, Well-being, Quality of Life

### Contact details

Nessa Barry

Toward a Harmonized Health Technology Assessment Framework for Digital Health Technologies in Europe

### Short Description

The article addresses the lack of harmonized health technology assessment (HTA) methods for evaluating digital health technologies (DHTs) across Europe. Findings highlight broad agreement on the need for a flexible, modular HTA framework based on cross-stakeholder collaboration in HTA and assessing DHTs across the full lifecycle.

### Keywords

Health Technology Assessment, Framework

### Contact details

Nessa Barry



Italy

# Functionalities of the Hub – Sharing the Resources



## Resources

Have you found resources that have been useful to you in your health and social care transformation journey? Please share them here so that others in the THCS Community can benefit too!

In this section you'll find a wide range of resources created by THCS partners and other stakeholders from across Europe and beyond. These include good practices, innovative ideas and approaches, policy tools, practical methods, blog posts, research articles, presentations, webinars and success stories.

You can search or filter by topic to quickly find the most relevant content to support your health and social care transformation journey.

SHARE RESOURCE



Step 1 of 4

### Basic Information

Tell us the essentials about your resource. This includes the title, who published it, where it was published, and how it should be categorized. These details help users quickly understand what your resource is about.

Title of resource \*

Resource title

Category \*

Category

Publisher Name \*

Name

Publisher Link \*

Insert URL

Keywords \* (max 5 tags)

Add a tag

Next

# Functionalities of the Hub – Searching for Capacity-Building Activity

## Capacity Building

Capacity-building support is foundation of the THCS Hub which allow interested stakeholders to share and learn about capacity-building and training opportunities offered by THCS community as well as other European and international communities. These can include dedicated knowledge transfer activities (study visits, webinars, podcasts, discussion groups, etc.) and training activities (masterclass sessions, DG Reform technical Assistance, etc.).

SHARE ACTIVITY

< Previous February 2026 Next >

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

Filter by Format: All formats Filter by Category: All categories Filter by Language: All languages Filter by Area of interest: All topics Filter by Keyword: Search keyword... Sort By: Newest First Reset

- ✓ All categories
- Breakfasts event
- Conference
- Learning event
- Podcast
- Project General Assembly
- Study visit
- Synergy Event
- Testimonial
- Training
- Tutorial
- Webinar
- Workshop



# Functionalities of the Hub - Sharing and Searching for Synergies

## Synergies

The THCS hub actively searches and promotes relevant resources generated in other EU, national and regional initiatives, projects, portals and Hubs. This includes signposting and learning about these resources, mutual promotional and communication activities as well as connecting the owners/originators of these resources in order to foster collaboration and partnership-building activities.

SHARE SYNERGY

Type of Initiative:

All

Search by Keyword:

Type a keyword...

Area of interest:

Sort by:

First

Reset Filters

- ✓ All Topics
- Capacity building
- Digital health and care
- Disabilities and Equality
- Evaluation
- Governance and leadership
- Health and care financing
- Health and care workforce
- Health promotion and prevention
- Individuals and community engagement
- Integrated care
- Low-Value Care
- Mental Health and Wellbeing
- Methodology
- Policy
- Primary Care
- Procurement
- Project synergies
- Quality of care



EU funded project

Multi-stakeholder platform for scoliosis education, communication, professional collaboration and

SPINE-SYNC is a digital platform for paediatric scoliosis



EU funded project

Managing Digital Transformation in the Health Sector

ManagiDiTH is a four-year European Union co-funded project (2023 to 2026) establishing a Level 7 Master in Managing Digital Transformation in the Health Sector, offering a multidisciplinary, research-led learning experience

# Functionalities of the Hub – Community-building

## What you will gain as a THCS Community Member?

### Connect with Peers Across Europe and Beyond

Engage with professionals working on similar health and care system challenges and build collaborations beyond individual projects.

### Share and Discover Knowledge

Exchange experiences, tools, and good practices while learning from real-world implementation and innovative approaches.

### Strengthen Impact

Help shape research and innovation agendas aligned with health system needs and increase the visibility of your work.

### Find Opportunities

Stay informed about initiatives, calls, events and emerging themes within the THCS partnership.

### Join Thematic Discussions

Participate in topic-based groups aligned with your expertise and interests.

Explore the THCS Community →

## Explore the THCS Community

Join discussions, connect with professionals, and discover thematic communities.

### Health promotion and prevention

1 discussions • 111 members



### Digital health and care

1 discussions • 121 members



### Individuals and community engagement

0 discussions • 56 members



### Health and care financing

1 discussions • 46 members



### Health and care workforce

People engaged in actions whose primary intent is to enhance people's...

1 discussions • 50 members



### Quality of care

Degree to which health and care services for individuals and...

1 discussions • 69 members



### Governance and leadership

Characteristics that allow guiding and managing health and care systems.

0 discussions • 65 members



### Mental Health and Wellbeing

Interventions aimed at increasing people's ability to cope with the...

0 discussions • 44 members



### Data-Driven Health Policy

Use of data and analysis to develop evidence-based health policies...

0 discussions • 50 members



### Low-Value Care

Overuse, misuse and underuse of health and care services, e.g., delive...

0 discussions • 20 members



### Ecosystem

The factors that relate to transformative Ecosystems. In this...

0 discussions • 7 members



### Health Security and Preparedness

Activities required to minimise the danger and impact of health threats...

0 discussions • 3 members



# Functionalities of the Hub – Community-building

## Digital health and care

✔ You are a member of this community

 Alon Kalron • 05 Dec 2025

We are excited to share that we are currently testing a new digital telerehabilitation tool designed to promote physical...

[Read discussion →](#)

 Andrea Pavlickova • 21 Apr 2026

### Call for Testing the Usability of the ASSESS DHT Process and Tools for Assessing Digital Health Technologies (DHTs)

The ASSESS-DHT project has developed an overarching framework of criteria and guidance for the evaluation of DHTs that c...

[Read discussion →](#)

 Andrea Pavlickova • 21 Apr 2026

### Survey of national EEHRxF uptake - second wave

You are invited to take xShare's & EEHRxF Uptake survey. Your answers will help assess the uptake of standards a...

[Read discussion →](#)

### Members

 Olivia Dunbar  
The Digital Health & Care Innovation Centre

 Mohammad Rahimi Gorji  
Ghent University

 Alessandro Vecchiato  
Test

 Sara Canella  
EHTEL

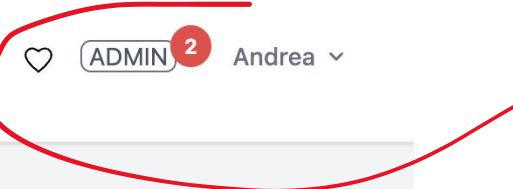
 Rina Cezana  
HEALTH Ministry

 Francesco Ghini  
Science To People

 Andrea Pavlickova  
Scottish Government

**IN DEVELOPMENT**

# Validation Process

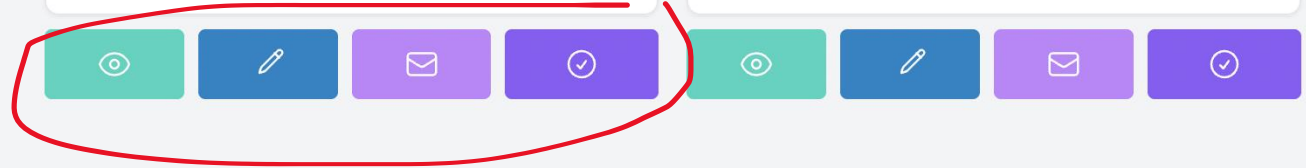


- NHCS WP4
- Dashboard
- ★ Reviews
- Users
- Resources
- Resource Categories
- Activities
- Activity Categories
- Synergies
- Formats
- Community Posts
- Topics
- Languages

Resources Activities Synergy

12/09/2025  
Transformative ecosystem studies:  
TrentinoSalute4.0 - Competence...

12/09/2025  
Transformative ecosystem studies:  
MooiMaasvallei - The beautiful valle...



# CONTACT DETAILS

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[Donna.henderson2@nhs.scot](mailto:Donna.henderson2@nhs.scot)





TRANSFORMING HEALTH  
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# How to transfer, adapt, and implement health and care solutions across systems

Juha Koivisto

Finnish Institute for Health and Welfare

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## Why to transfer

- Health and care systems across Europe face similar challenges: aging populations, rising chronic diseases, growing health and social needs, and tight budgets.
- To meet these challenges - instead of reinventing the wheel - transferring, adapting, and implementing evidence-informed solutions across systems can save time, cut costs, avoid repeating mistakes, and speed up improvements in care.



# What is transferring and implementing about?

- Transfer and implementation is an **iterative process**
- Solutions are studied as **practices**
- Evidence is **relational**
- Evaluation is **theory-based**



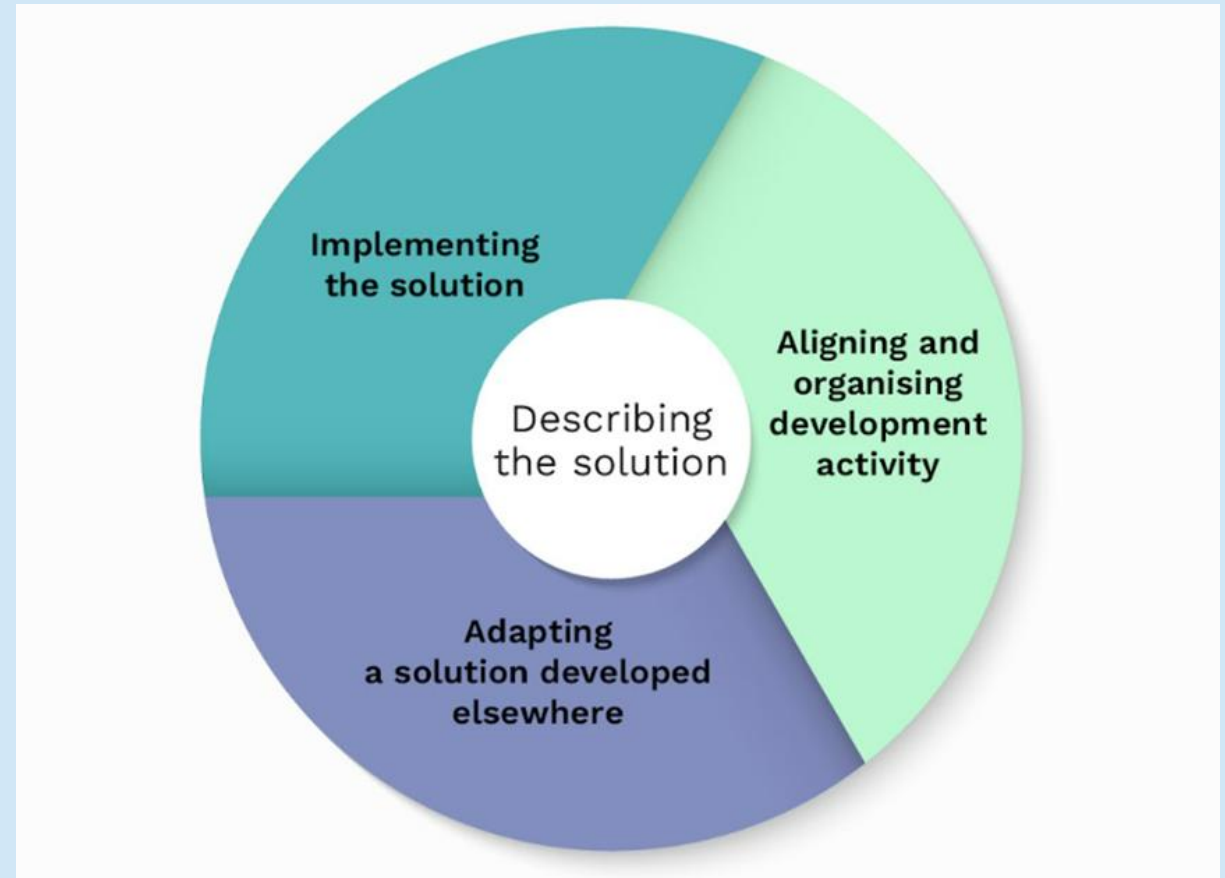
## How to do it – when transferring and implementing

- Demand-based development
- Person-centred development
- Co-creation
- Mutual learning
- Openness and transparency
- Agility
- Evidence generation



# What to do – when transferring and implementing

- The THCS framework suggests key sets of tasks to perform when transferring and implementing a solution developed elsewhere.
- No single right order for the tasks.



## Key tools in the THCS framework

- To transfer, adapt, and implement solutions developed elsewhere **necessitates clear descriptions of the original solution**, including its underlying theory of change.
- **Transferability analysis** is the process of assessing whether a solution developed in one context can achieve similar outcomes in the adopting context. It examines the broader context, including cultural, economic, and health care system factors.
- **Feasibility analysis** refers to the systematic assessment of whether a solution is practical, viable, and achievable within the specific adopting health and care setting. It involves evaluating multiple aspects to determine whether the intended solution can be successfully implemented and sustained.



## See our videos:

- How to Transfer, Adapt, and Implement Health and Care Solutions across Systems: <https://youtu.be/liN-EMfknlg>
- Introduction to Describing Health and Care Solutions in the THCS Knowledge Hub: <https://youtu.be/zjakqQJnxlo>
- Performing a Transferability Analysis of Health and Care Solutions: <https://youtu.be/lzE3zAkID6o>
- Performing a Feasibility Analysis of Health and Care Solutions <https://youtu.be/D7d2vOVMxHI>





TRANSFORMING HEALTH  
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# THCS Transferability and Implementation Framework in the Knowledge Hub

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# Using the Handbook

- The Handbook for Transferring and Implementing provides the full conceptual and methodological foundation behind this section.
- It explains:
  - The core concepts (e.g. iterative process, relational evidence, theory of change)
  - The four main task areas:
    - Describing solutions
    - Aligning development activities
    - Adapting solutions
    - Implementing and sustaining them
  - The detailed steps, questions, and methods for each phase
- Use the Handbook when you need deeper guidance, background understanding, or detailed instructions.



## Using the Solutions Section

- The Solutions section provides access to existing health and care solutions that can be transferred or adapted.
- Here you can:
  - Explore evidence-informed solutions developed in other contexts
  - Learn from real-world examples and outcomes
  - Identify solutions that match your needs and goals
  - Describe your solution; a totally new one or an adapted one from an existing solution developed elsewhere
- This supports the key principle of the framework:  
*Adapt existing solutions whenever possible instead of creating new ones from scratch.*



## Using the Toolbox

- The Toolbox offers a collection of practical tools, templates, and methods to support your transfer and implementation process.
- It includes:
  - Assessment tools (e.g. transferability, feasibility, equity)
  - Frameworks and checklists for planning and implementation
  - Methods to analyse barriers, facilitators, and strategies
- These tools help you apply the framework in practice, structure your work, and support decision-making throughout the process.



## How the Sections Work Together

- Transfer & Implementation section → your step-by-step practical process
  - Handbook → your detailed guidance and conceptual support
  - Solutions → your source of transferable solutions and inspiration
  - Toolbox → your practical instruments and templates
- Together, they form a comprehensive ecosystem to support evidence-informed, context-sensitive, and sustainable transformation in health and care systems.
- Use this section as a flexible roadmap to move from identifying a challenge to achieving sustainable, real-world change—by adapting and implementing solutions that already work elsewhere.



If you need support in describing and sharing your health and care solution in the THCS Knowledge Hub, please contact us. We will assist you to the best of our ability: [thcs.solutions@thl.fi](mailto:thcs.solutions@thl.fi)

Thank you!





TRANSFORMING HEALTH  
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# How to use the THCS Transferability and Implementation Framework in practice. BIZI Example

Maite Zabala-Ugarteburu

Biosistemak Health Systems Research Institute

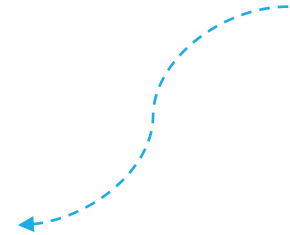
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# BIZI Programme

## Suicide prevention strategy in the Basque Country(2019)



# Programa BIZI Programme and **Suicide prevention strategy in the Basque Country**

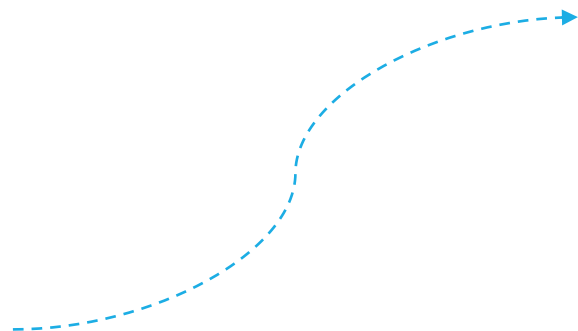


## LINE 3. Information and awareness

- Improve **awareness and knowledge** among the general population
- Encourage people at risk to **seek help**

### ¿How?

Creating a reliable **information website** aimed at the **general public**



Suicidio ES < Guardar y volver

# Suicidio

CONTINUAR

El suicidio es la primera causa de muerte no debida a causas naturales o enfermedad en la CAV. ¿Qué debo saber si quiero contribuir en la prevención del suicidio?

- ¿Qué puedo hacer si tengo ideas de suicidio?
- ¿Dónde pedir ayuda?
- Ayudar a otra persona
- Información y prevención
- Falsos mitos sobre el suicidio
- Supervivientes
- Medios de comunicación
- También te puede interesar

TALLERES PAZIENTE BIZIA - PACIENTE ACTIVO

- Taller "Cuidando mi bienestar emocional"

# Creating a reliable information website aimed at the general public



## LINE 6. Community setting

- Promote the **early identification and initial support** of people at risk of suicide **within the community**.
- Integrate prevention into the **continuing education** of professionals in contact with vulnerable groups and into action protocols.

### ¿How?

11 measures in 4 areas:  
education, social services, the  
workplace, and the family  
environment

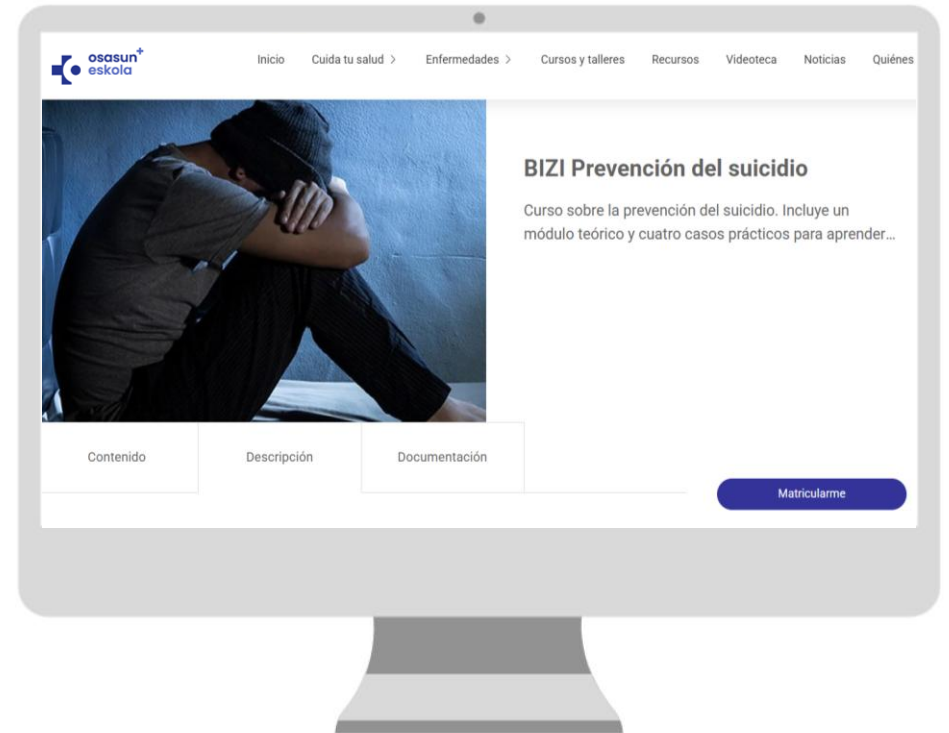
# BIZI Programme



## ONLINE COURSE

- Short (90-120min).
- Basic concepts.
- Targeted to non health professionals.
- Language appropriate to people in the community.

*It allows for improving the scope...*



# BIZI Programme

## Gatekeeper Training



A strategically positioned person can participate in prevention if they have knowledge, attitude, and confidence.

It is one of the MOST WIDELY USED suicide prevention measures.

- Mandatory in some countries for certain professional groups.
- In our environment, they existed in face-to-face format.

### **OBJECTIVE...**

**Empower** these agents to develop these skills so that they can:

- Identify people at risk.
- Provide first aid.
- Refer them to a specialised resource.

# BIZI Programme

## Creation of BIZI Programme. 2020.

- 1 Establishment of a multidisciplinary **team** of experts.
- 2 Choice of learning **methodology**:
  - **E Learning**
  - Recognised method of action (4 steps)
  - Interaction
  - Reinforcement of concepts through repetitionn
- 3 Outsourcing for **virtualisation**.
- 4 Adaptation of the course to the **digital training platform (external)**.
- 5 Design of the **research study** for validation.
- 6 Areas for improvement: Creation of additional **resources**...



# BIZI Programme

## Main features of Bizi Programme

- Theoretical-practical, self-completed and interactive course:
  - Audio, video, exercises
  - Theoretical section and practical cases
- Completed in **90-120 minutes**.
- Accessible for **3 weeks**.
- **SOS button** and downloadable materials.
- **Free registration** with email.
- **Pre- and post-questionnaires** (usefulness and in
- Explanatory **video** (platform).
- **Bilingual** (Basque and Spanish).
- **Certificate** of completion.

### Basic ideas

Osakidetza

1. IDEAS BÁSICAS SOBRE SUICIDIO  
1.1. Datos de la conducta suicida. Suicidio en el mundo

Suicidio

Es la ..... causa de muerte violenta.

Primera  
Segunda  
Tercera

Intentos de Suicidio

Por cada suicidio se producen .....

2 intentos de suicidio  
5 intentos de suicidio  
15-20 intentos de suicidio

0,1 %  
1%  
4,5 %

Comprobar

### Ask



# BIZI Programme

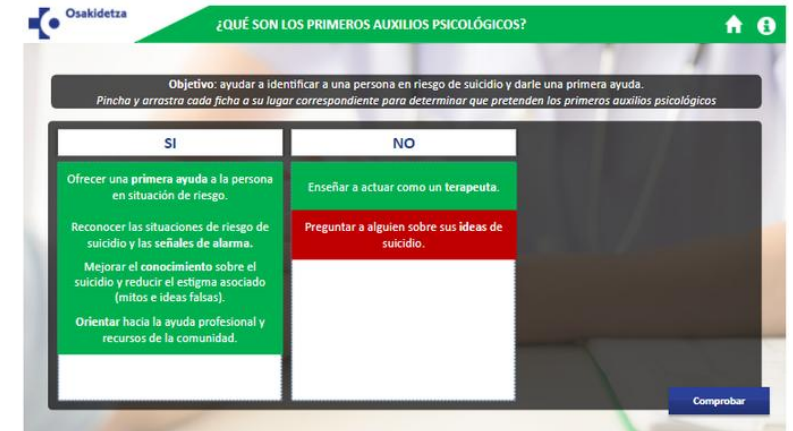
## Theoretical module (3 modules)

**Programa del Taller**

- ▶ Cuestionario Pre-Curso
- ▼ Bloque teórico
  - ✓ Introducción
  - ✓ Ideas básicas
  - ✓ Cuando sospechar un posible riesgo de suicidio
  - ✓ Los 4 pasos para ayudar a alguien en riesgo
  - ✓ Otras formas de ayudar
  - ✓ Qué hacer en situaciones de mucho riesgo



*Block 3. How to respond to a possible risk of suicide?*



# BIZI Programme

## Downloadable materials



### 1. IDEAS BÁSICAS SOBRE SUICIDIO

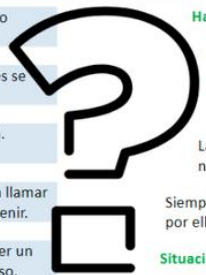
#### 1.4. Ideas clave

#### LOS DATOS DE LA CONDUCTA SUICIDA

- 1ª causa de muerte no natural en Euskadi, 2 veces más que los accidentes de tráfico: Media de **167 casos al año**.
- Afecta 3-4 veces más a los **hombres**.
- Mayor riesgo en **edades avanzadas**.

#### LOS MITOS DEL SUICIDIO:

- Preguntar sobre suicidio es peligroso y puede provocarlo. **Ha**
- Solo las personas con problemas graves se suicidan. **nt**
- La persona que amenaza no lo hará. La que lo hace no suele avisar. **La**
- Algunos intentos de suicidio solo son para llamar la atención. No siempre hay que intervenir. **Siem**
- Acercarse a una persona en riesgo sin ser un experto en el tema puede ser peligroso. **Situac**



### 2. CUÁNDO SOSPECHAR UN POSIBLE RIESGO DE SUICIDIO

#### 2.5. Ideas clave

#### ¿QUÉ PERSONAS TIENEN MÁS RIESGO?

Lo habitual es que se combinen **varios factores** de riesgo. Mayor riesgo cuantos **más factores** se acumulen.

Enfermedad Mental (80-90%) (depresión, adicciones, otros...)	Antecedentes familiares de suicidio
Intentos de suicidio previos	Acontecimientos vitales estresantes (Desempleo, pérdidas, problemas de pareja, problemas legales, económicos, etc)
Enfermedad físicas graves incapacitantes o muy dolorosas.	Alta impulsividad. Sentimientos de desesperanza.
Aislamiento social y soledad.	Adolescentes y ancianos. Hombres (3 casos por 1 en mujeres)
Suicidio reciente en personas cercanas (afecta más a jóvenes o a personas con trastorno mental)	

#### LAS SEÑALES DE ALARMA

Sugieren **riesgo inminente** de suicidio, especialmente en personas de grupo

- ✓ **Buscar acceso a medios:** Acumular fármacos, visitar lugares atípicos, comprar munición para un arma en desuso (cazadores) etc...
- ✓ **Expresar deseos de desaparecer o morir:** "Estaría mejor muerto" "Ojalá no hubiera nacido" ...
- ✓ **Despedirse** como si fuera la última vez, llamadas o visitas inesperadas, emotivas, etc...
- ✓ **Arreglar asuntos pendientes:** Hacer testamento, regalar bienes preciados, cumplir un deseo, etc...



### 3. CÓMO ACTUAR ANTE UN POSIBLE RIESGO DE SUICIDIO

#### 3.4. Ideas clave

#### LOS 4 PASOS PARA AYUDAR

#### 1 PREGUNTAR sobre las ideas de suicidio

- Ante una sospecha...
- 1º Confirmar si la persona tiene **ideas de suicidio**.
  - 2º Averiguar si tiene un **plan y medios**



**Idea suicida.** "¿Sientes que no puedes más?, ¿Tienes ganas de dormir y no despertarte?, ¿Has pensado en el suicidio?"...

**Plan.** "¿Has pensado cómo lo harías?¿Cuándo?" ..

**Preparación, acopio de medios.** "¿Tienes (esas pastillas)?" ..

#### ¿COMO HABLAR?

- ✓ Lugar y momento adecuado
- ✓ Tranquilidad y naturalidad
- ✓ Hablar directamente de suicidio
- ✓ Dejar hablar y expresar sentimientos
- ✓ Actitud de aceptación y apoyo

"Me interesa lo que te pasa. Me gustaría intentar ayudarte"

"Es bueno desahogarse y hablar si lo necesitas"

"Entiendo lo que me dices. Veo que lo estás pasando mal"

"Lo que te ocurre no es tan raro... muchas han tenido estas ideas y las han superado con ayuda"

"Siempre podrás hacerlo... primera vamos a pedir ayuda"

"Tranquila, no es para tanto, ya verás"

"Me estás asustando. No me imaginaba eso de ti"

"Mira el lado positivo"

"Tienes tanto por lo que vivir"

#### ¿QUÉ HAY QUE EVITAR?

- ✗ Mostrarse asustad@, insegur@
- ✗ Minimizar, culpabilizar, criticar
- ✗ "Discursos" sobre el valor que tiene la vida
- ✗ Prometer confidencialidad

"Tranquila, no es para tanto, ya verás"

"Me estás asustando. No me imaginaba eso de ti"

"Tienes tanto por lo que vivir"

#### 2 Ayudarle A CONECTAR con recursos de ayuda

Anímale a hablar sobre sus ideas actuales con:

"No es bueno guardarse esas pensamientos"



**Profesional de la salud** (Médico de cabecera o psicólogo/a o psiquiatra si ya está en tratamiento): Orientación y tratamiento.

**Red de apoyo** (familiar y/o amistad con la que tenga más confianza): Comprensión y compañía.

"¿Has hablado de esto con alguien? ¿Has pedido ayuda?"

#### 3 Ayudarle a mantenerse LEJOS de MEDIOS POTENCIALMENTE LETALES

Por ej altas dosis de **pastillas, armas, objetos punzantes, sustancias tóxicas**, etc También cualquier cantidad de **alcohol**.

No podrá usarlos en **momentos de mucho nerviosismo** (pérdida de control).

**Pregúntale** por estos objetos o sustancias y aconséjale sobre cómo alejarse temporalmente de ellos (p.e. por ej guardarlo en lugar seguro, entregárselo a alguien de confianza, tirarlo,...)



#### 4 SEGUIR PENDIENTE

Durante un tiempo **sigue atento** a su situación, las recaídas son frecuentes.

**Sé proactivo** a la hora de preguntar o interesarte. Intenta estar **fácilmente disponible**.

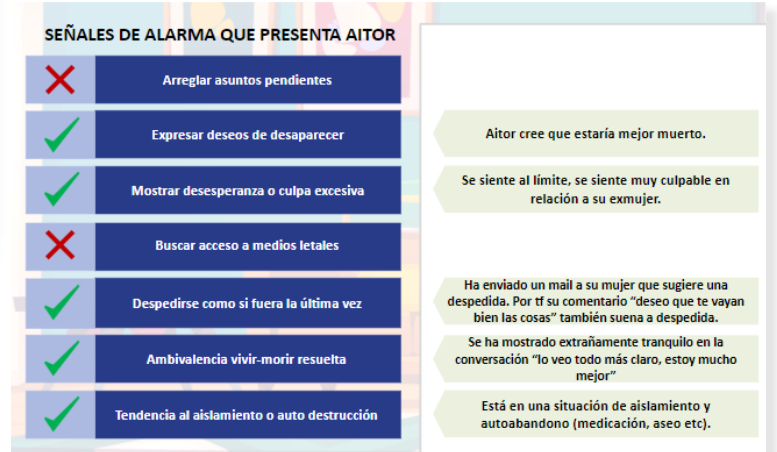


# BIZI Programme

## Practical block (4 cases)

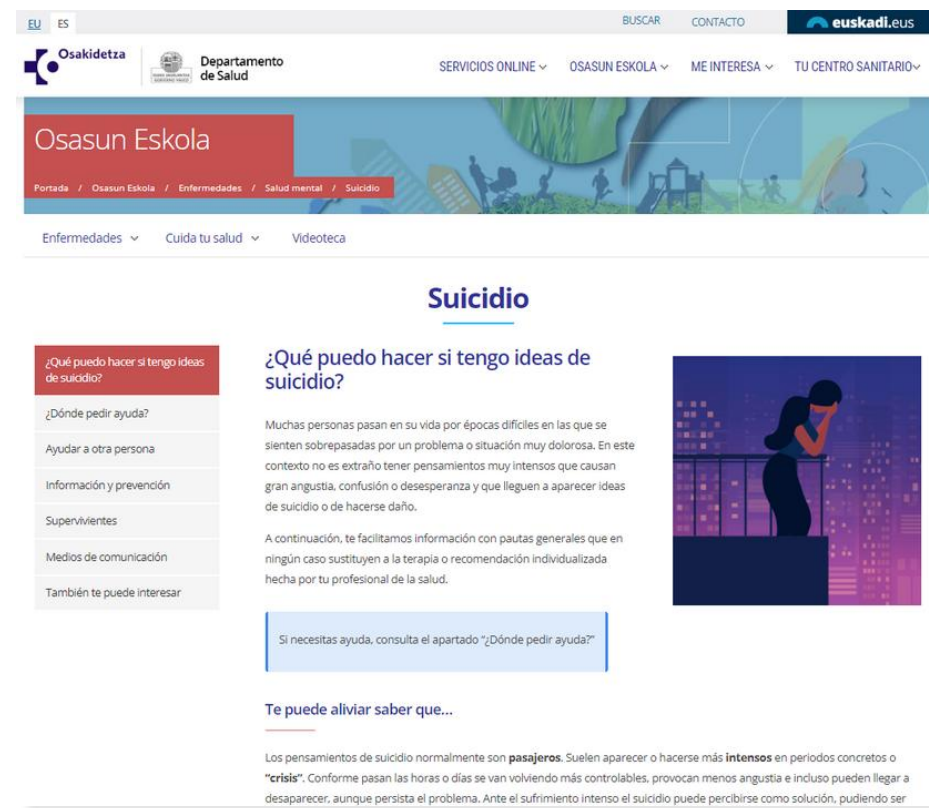
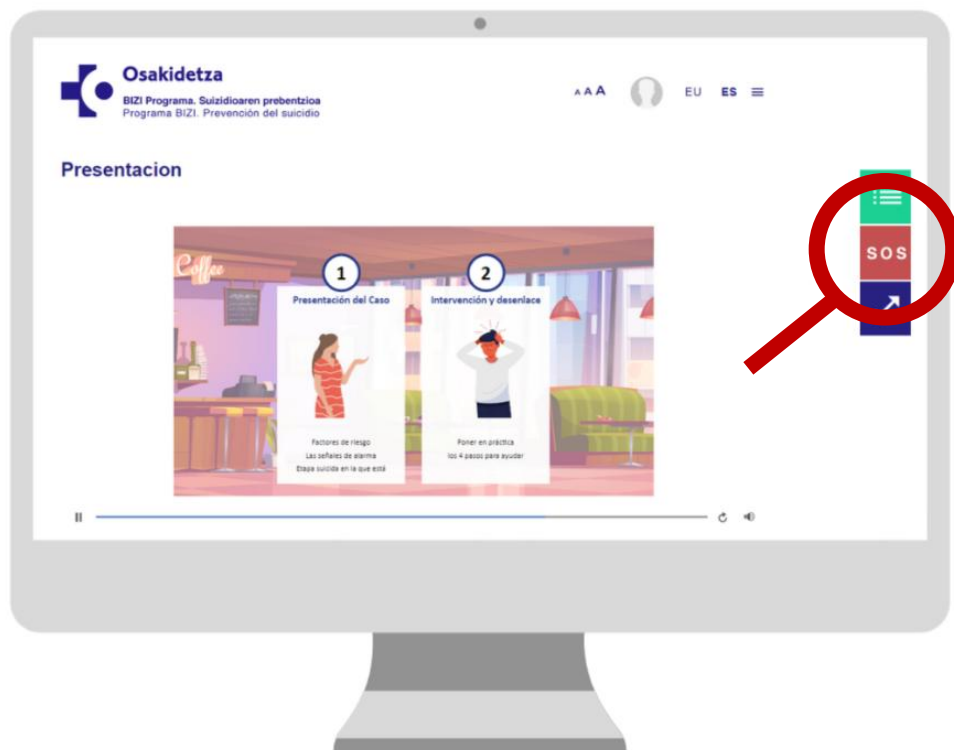
### ▼ Caso 1

- ✓ Presentación
- ✓ Preguntar
- ✓ Ayudarle a conectar con recursos de ayuda
- ✓ Ayudarle a mantenerse lejos de medios letales
- ✓ Seguir pendiente



# BIZI Programme

## SOS Button



# BIZI Programme in Osasun Eskola + Coming soon: Adolescence and/or youth module

## Similar structure:

- Pre-survey
- Theoretical section
- 3 practical cases
- Post-survey
- Supplementary material:
  - Links of interest
  - What to do in high-risk situations?
  - Safety plan Theoretical module



# BIZI Progamme. Dissemination and deployment

## Phase 1: Gatekeepers (2022)

Community agents in regular contact with vulnerable people. Population prioritised in the suicide prevention strategy:

- Children and adolescents.
- People aged 65 or over with chronic or terminal illnesses, disabilities, dependency or loneliness.
- Victims of violence.
- Deprived of liberty.
- Discriminated against on the basis of sexual orientation and/or gender identity.
- Homeless.

## Phase 2: Professionals (2023)

Jakinsarea

- Non-healthcare staff at Osakidetza.
- In 2024, it will be extended to healthcare staff.

## Phase 3: Population (2025)

General population.

Offer at Osasun Eskola +

# BIZI Programme in Osasun Eskola + How to access?



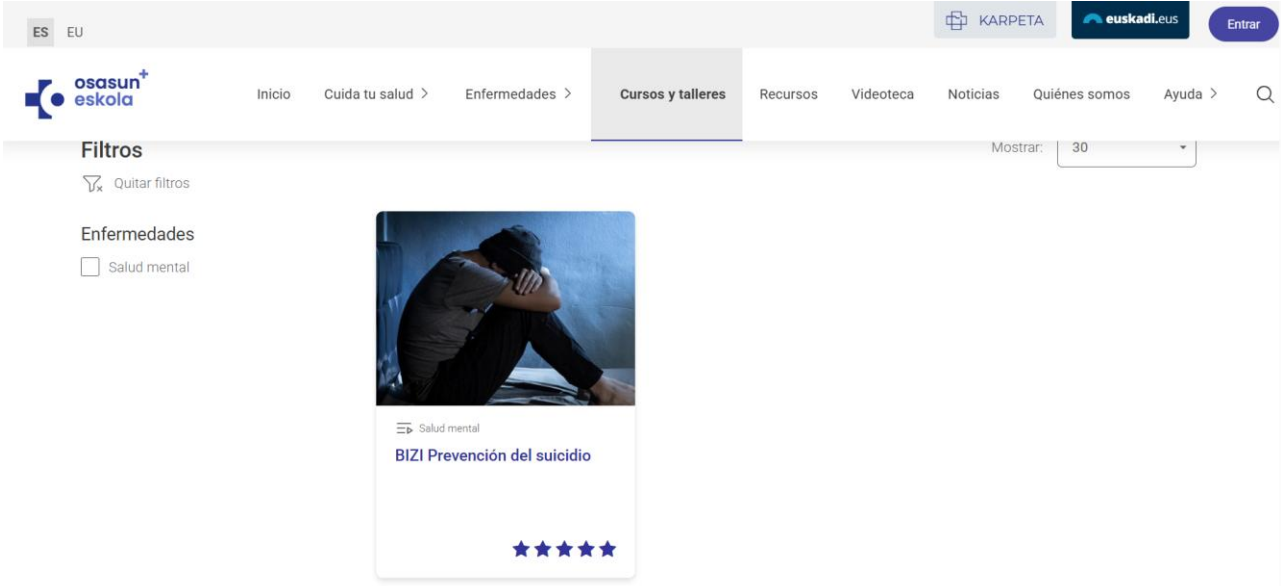
Identificación electrónica de Euskadi

Osasun Eskola - Formacion para la ciudadanía solicita su autenticación.

Seleccione cuál de los siguientes medios de identificación desea utilizar:

-  **DNI/NIE, contraseña y código SMS**
-  **Certificados digitales**
-  **Cl@ve**

[¿Cómo solicitar BakQ?](#)




ES EU KARPETA euskadi.eus

**osasun+ eskola** Inicio Cuida tu salud > Enfermedades > **Cursos y talleres** Recursos Videoteca Noticias Quiénes somos Ayuda >

Filtros Mostrar: 30

Enfermedades

- Salud mental



Salud mental

**BIZI Prevención del suicidio**

★★★★★

## Feedback: Implementation Framework

- The implementation framework helps on the reporting for the original site
- Gives relevant information for new adopters
- Gives in a glance: intervention idea and relevant information for implementation
- Author's contact is available if needed
- Ensures the solution is evidence based



## Feedback: Knowledge hub

- The posting was easy to fill
- The boxes' definition helped to meet expected reporting
- The information is required in a logical way
- The interface is user friendly



## Feedback: Improvement suggestions

- It is hard to use bullet points format
- The visualization the user sees and the one published are not the same
- A box to enter virtual resources related (i.e: website, videos...)
- A box to enter the solution's original author's name.



# Thank you!



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