

Co-funded by the Erasmus+ Programme of the European Union 	BeWell – Digital Patient Education Matrix		
EQF Level	5	ESCO	<u>Health education (Knowledge)¹</u> <u>Provide health education (skill)²</u> <u>Patient autonomy (Knowledge)³</u> <u>Apply teaching strategies (skill)⁴</u> <u>Public health (knowledge)⁵</u>
Aggregated Units of Learning Outcomes	BeWell – NEOP 3		Digital Patient Education

¹ **Description:** The factors affecting health and of the educational approach to assisting people to make healthy life choices.

² **Description:** Provide evidence based strategies to promote healthy living, disease prevention and management.

³ **Description:** The patient`s safety, autonomy and rights to make the decisions about whether to follow a prescribed treatment or not.

⁴ **Description:** Employ various approaches, learning styles, and channels to instruct students, such as communicating content in terms they can understand, organising talking points for clarity, and repeating arguments when necessary. Use a wide range of teaching devices and methodologies appropriate to the class content, the learners' level, goals, and priorities.

⁵ **Description:** The principles of health and sickness affecting the population, including the means for health promotion and prevention and community and primary care.

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BeWell – NEOP Matrix



Generic Title of the Training programme:

NEOP 3 – Digital Patient Education

Description:

This Training programme equips learners with the knowledge and skills to effectively educate patients, enhancing their autonomy, health literacy, and engagement in their care. The course integrates innovative teaching strategies, digital tools, and psychosocial support principles to promote patient well-being, disease prevention, and recovery.

EQF Level:

5

Learning Outcomes

NEOP 3– Digital Patient Education

Training
Module # in
MOOC

Competence (Autonomy and responsibility)

Knowledge

Skills

3.1 Empowering Patients
through Nurse-Led
Education

Module 1

Is able to apply fundamental patient education principles to promote patient autonomy and self-management.

Knows the role of
nurses as educators
and their impact on

Describes key principles of patient education and its
significance in improving health literacy.

Identifies the purposes of patient education in different health
and care contexts.

		patient health outcomes.	
3.2 Enhancing Patient Learning with Digital Tools and Teaching Strategies	Module 2	Is able to integrate innovative teaching strategies and digital tools to enhance patient learning experiences.	
		Knows the components of the learning process and methods to enhance patient engagement.	Utilises technology to support patient learning and facilitate access to educational resources.
			Adapts teaching strategies to accommodate diverse patient needs and literacy levels.
		Understands the role of digital tools in patient education and health and care training.	Implements digital teaching aids to improve health education outcomes.
3.3 Promoting Health and Preventing Disease through Patient Education	Module 3	Is able to develop and apply patient education strategies to support health promotion and disease prevention.	
		Knows the principles of health promotion and the importance of encouraging patient responsibility	Identifies key risk factors and teaches prevention strategies for chronic conditions.
			Supports early detection initiatives through patient education.

		in health maintenance.	
		Understands the importance of personalised educational interventions in preventing disease progression.	Designs tailored educational approaches to empower patients in managing their health.
3.4 Engaging and Supporting Patients with Psychosocial Strategies	Module 4	Is able to provide psychosocial support and facilitate shared decision-making in patient education.	
		Knows the impact of psychosocial factors on patient engagement and adherence to health recommendations.	Identifies barriers to learning, including cognitive, emotional, and language-related challenges.
			Implements strategies to foster patient confidence and active participation in health and care decisions.

		Understands the role of supportive interventions in enhancing patient well-being and recovery.	Develops educational plans that incorporate psychosocial considerations.
			Utilises communication techniques to address patient concerns and ensure long-term engagement.