

STUDY GUIDE

BIP - Multidimensional aspects of well-being in healthcare - Practising the person-centred approach

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| Course/training name | Multidimensional aspects of well-being in healthcare - Practising the person-centred approach [BIP] |
| Host Institution(s) | University of Cologne |
| Co-organising Institution(s) (if applicable) | University of Murcia, University of Santiago de Compostela, University of Florence, Semmelweis University |
| Course level (if applicable) | / |
| Name and faculty of the lecturer(s)/trainer(s) | Prof. Dr. M. Cristina Polidori, University of Cologne Prof. Dr. Fiammetta Cosci, University of Florence Prof. Dr. David Iyú Espinosa, University of Murcia Prof. Dr. Narmeen Mallah Nasrallah, University of Santiago de Compostela Prof. Dr. Beáta Dávid Pethesné, Semmelweis University |
| Mode of delivery | Blended (online + on campus) |
| Location (if applicable) | University of Cologne, Cologne, Germany |



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| Dates of the <u>online</u> component (if applicable) | estimated dates: from 04 May 2026 to 28 June 2026 | |
| Dates of the <u>on-site</u> component (if applicable) | From 29 June 2026 to 03 July 2026 | |
| Cost | None | |
| Target audience(s) | <input type="checkbox"/> Bachelor's <input checked="" type="checkbox"/> Master's <input checked="" type="checkbox"/> PhD <input type="checkbox"/> Educators <input type="checkbox"/> Researchers <input type="checkbox"/> Administrative staff | |
| Prerequisites | <p>The programme is designed for advanced master's students and PhD students in fields related to healthcare, such as medicine, nursing, psychology, pharmacy, healthcare management, public health who have interest and/or experience in applying a person-centred approach in healthcare.</p> <p>Participants must be enrolled at a higher education institution.</p> | |
| Language(s) of instruction and recommended CEFR level | English, B2 | |
| Main Thematic Arena(s) | <input checked="" type="checkbox"/> Arena 1 - Health and Well-Being <input type="checkbox"/> Arena 2 - Social Equality and Well-Being <input type="checkbox"/> Arena 3 - Environmental change and Well-Being <input type="checkbox"/> Arena 4 – Culture, Multilingualism and Well-Being <input type="checkbox"/> Arena 5 - Teacher Education and Well-Being <input type="checkbox"/> Transversal <input type="checkbox"/> Well-Being Centre for Advanced Studies | |
| Field(s) of research / study | Healthcare, medicine, nursing, psychology, public health, healthcare management or affiliated fields of study | |
| Related Sustainable Development Goals (SDG) | <input type="checkbox"/> 1 - No poverty <input type="checkbox"/> 2 - Zero hunger <input checked="" type="checkbox"/> 3 - Good health & well-being <input type="checkbox"/> 4 - Quality education | <input type="checkbox"/> 10 - Reduced inequalities <input type="checkbox"/> 11 - Sustainable cities and communities <input type="checkbox"/> 12 - Responsible consumption & production <input type="checkbox"/> 13 - Climate action |



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| | <input type="checkbox"/> 5 - Gender equality <input type="checkbox"/> 6 - Clean water & sanitation <input type="checkbox"/> 7 - Affordable & clean energy <input type="checkbox"/> 8 - Decent work & economic growth <input type="checkbox"/> 9 - Industry, innovation & infrastructure | <input type="checkbox"/> 14 - Life below water <input type="checkbox"/> 15 - Life on land <input type="checkbox"/> 16 - Peace, justice & strong institutions <input type="checkbox"/> 17 - Partnerships for the goals | | | |
| Number of ECTS | 3 | | | | |
| Workload in hours | Total: 75 hours, of which on-site sessions 35 hours, virtual sessions 6 hours, and self-study 34 hours | | | | |
| Key words | Healthcare | Biopsychosocial model | Person-centred healthcare | Medicine | |
| Catch Phrase | Improve your skills in applying a person-centred approach in healthcare in an interdisciplinary and international short-term programme | | | | |
| Total number of places for EUniWell participants | 20 | | | | |
| Application procedure | Application form on the EUniWell Courses and Training Catalogue | | | | |
| Selection criteria | <p>Participants will be selected based on the following criteria:</p> <ul style="list-style-type: none"> • eligibility to the programme (see prerequisites) • strong interest and/or experience in applying a person/patient-centred approach in healthcare (as expressed in the motivation letter) <p>Priority will be given to PhD-students in advanced stages of their research and master's students in their final academic year.</p> | | | | |
| Abstract | <p>The programme offers an overview and practical applications of a person-centred approach in healthcare supporting the ultimate goal of enhancing healthcare treatment and thus promoting population health in a comprehensive understanding that focuses on well-being of all involved in the patients' sphere.</p> <p>Students will learn about, experience and test the person-centred approach in healthcare promoting well-being and quality of life/death in its multifaceted characteristics. As well-being is an inherently subjective and multifaceted concept with different meanings in different cultures and contexts, the programme entails a multicultural learning experience with participants coming from various professional as well as national and cultural backgrounds.</p> | | | | |

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| | <p>The programme supports a shift away from biomedical model of illness, focusing on single diseases, to a comprehensive approach understanding the complex interplay of determinants which affect an individual's well-being, i.e. health in the WHO sense of "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity".</p> <p>The cornerstone of the programme is the biopsychosocial model of disease (Engel 1977) which provides orientation for students in reviewing determinants of well-being along biomedical, psychological and social aspects of well-being and healthcare.</p> <p>The learning experience of students will be characterised by</p> <ul style="list-style-type: none"> • interdisciplinary exchange of students and teachers • international learning environment • collaboration with external partners • best practice examples at University of Cologne and its local partners |
| <p>Programme / session(s) schedule</p> | <p>Online-session: between 04.05.-28.06.2026 On-site session: 29.06.-03.07.2026</p> |
| <p>Developed skills and competences</p> | <p>The programme supports the development and improvement of skills along the ESCO framework:</p> <ul style="list-style-type: none"> • 3.2 Providing healthcare or medical treatment • T4 Social and communication skills and competences • T6.1 Applying health-related skills and competences |
| <p>Objectives and learning outcomes</p> | <p>The programme will support students in</p> <ul style="list-style-type: none"> • differentiating the traditional organ- and disease-centred approach and the person-centred approach • understanding the multifaceted concept of well-being and its bio-psycho-social determinants in relation to health and disease • reviewing innovative methods of application of person-centred healthcare • applying interdisciplinary skills across individual aspects of the health-and-disease trajectory • fostering intercultural and communicative skills • comparing different European healthcare and educational contexts |
| <p>Assessment methods and criteria (if applicable)</p> | <p>Guided self-reflection (in form of a portfolio report) on how to apply the person-centred approach</p> |

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| | Attendance and participation are mandatory. |
| Type of certification issued upon attendance or completion | EUniWell certification, Transcript of Records |
| Contact | <p>List of local EUniWell catalogue's coordinators available here.</p> <p><i>For questions related to the content of the course, please contact the offer's Institution's local catalogue coordinator. For questions related to administration, mobility or recognition the course in your curricula, please contact home Institution's local coordinator.</i></p> |