



Proj. No: 2021-1-IT02-KA220-ADU-000035139

Activity 1

Linear scale on an individual's healthcare





Ecological Thinking!

Think before printing any dissemination material if it is necessary. In case something needs to be printed, it is worth thinking about where to print it (e.g., local print shop, eco friendly online print shop, etc.), on what kind of paper (e.g., recycled paper, grass paper, other alternatives to usual white paper) and with what kind of colors.

Let's protect our environment!

Activity 1

Domain	e-health literacy
Topic Covered	Linear scale on an individual's healthcare
Learning Outcomes and Competences	<ul style="list-style-type: none"> • Recognising and assessing their own knowledge, strengths and weaknesses on how to use online services to manage health. • Identifying the e-health related actions they can take or not in terms of taking care and monitoring their own health through online services. • Evaluating their knowledge concerning the credibility and reliability of online health information. • Developing competences such as information literacy, critical thinking, and research skills.
Duration	60 minutes approx.
Kind of Method	<ul style="list-style-type: none"> • non formal education • individual activity
Required Materials	<ul style="list-style-type: none"> • laptop/projector • papers/pens • whiteboard
Learning Setting and Activity Description	<ol style="list-style-type: none"> 1. The educator introduces the topic of e-health to the learner by presenting the slides 1 - 8 of the presentation. 2. Then, the educator asks the learners to take Activity 1. The Activity 1 is a e-health literacy linear scale aiming to assess the strengths/weaknesses and basic knowledge of the learners in terms of using online services to manage their health. 3. The learners can follow the presentation slides 4 - 7 before taking the Activity. 4. The learners must go through each statement and answer accordingly through the scale of <u>strongly disagree - disagree - neither agree or disagree - agree - strongly agree</u>. 5. The purpose of the activity is for the learners to be able to recognise and assess their knowledge on using online services for their health, identify the e-health related actions they can take or not in terms of taking care and monitoring their own health through online services and in which parts they need improvement.
Activity Evaluation/ Reflection	<p>How do you think e-health literacy could affect you personally?</p> <p>How good are you at using online services to manage your health?</p> <p>Do you think e-health services are useful? To what extent?</p>
Supporting materials	<p>Presentation:</p> <p>https://drive.google.com/file/d/1RUpxmdvInQ5W4z_Eg7-2J8i7XTaczAPU/view?usp=drive_link</p>



Activity 1 - E-health literacy

	strongly disagree	disagree	neither agree nor disagree	agree	strongly agree
I am aware of the reasons that e-Health services are beneficial to me					
I am able to understand why literacy is crucial in terms of monitoring my health remotely					
I am aware of the benefits that e-health services offer me (i.e., wearable devices, etc.)					
I am able to search, find and evaluate health resources on the internet					
I know how to use online resources to answer questions regarding my health					
I can distinguish between high quality and low-quality health resources on the internet					
I feel confident to use information from the internet to take decisions related to my health					
I know how to schedule or book a doctor's appointment via the Internet or phone calls.					

	strongly disagree	disagree	neither agree nor disagree	agree	strongly agree
I don't feel confident when using electronic devices to contact a doctor or receive medical consultations					
I feel confident in using wearable devices and apps to monitor my health remotely, i.e., medications, daily steps..					
I am able to identify which symptoms correspond to any health issue through the use of internet resources					
I prefer contacting a doctor physically rather than use electronic devices to do so					
I acknowledge the benefits of health services, physical and remote, and I feel confident to use both options					



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Thank You !