

TOTEMM newsletter

This newsletter provides an overview of TOTEMM-related activity for the period

01/09/21- 28/02/22

Welcome to our fourth newsletter. Since Covid situation we have had a lot of challenges keeping the project activities in time. Thanks for our Excellent project team and everyone's contribution we have been able to continue.

What we have done?

From October to January, there has been a great journey for midwife students who have been actively testing the Learning Packages. We have had one transnational project meeting guided by Italy team, several zoom meetings and an article has been published.



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NEWSLETTER CONTENT

1. Overview of activities in moodle by HELM Team
2. Student's feedback
3. Student's physical activity plan in May 2022
4. Published article review
5. Further activities

OVERVIEW OF ACTIVITIES IN MOODLE

80 students from the four partner countries have been participating in the 5 TOTEMM **Learning Packages**. In October 2021, students began the 'Introductory Package' which contained virtual icebreaker activities using maps, forums and Padlet, as well as a set of activities to introduce the topic Public Health and set the context of midwifery in the four countries. Each activity represented a 'station stop' in each country and students earned Digital Badges as they progressed through the material.

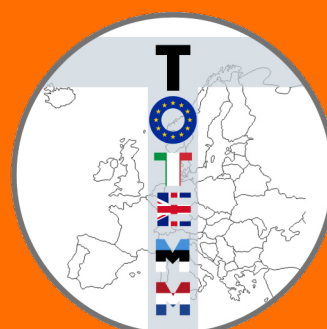


In November, students began the 4 Public Health learning packages, with 20 students on each. To support the development of learning sets, the 80 students were divided into groups of 5 so they could arrange meet-ups and undertake virtual group work.

The 4 packages are listed below, with each comprising around 6-8 hours of e-learning activity.

- * Promoting positive lifestyle choices.
- * Empowering women to maintain their sense of safety.
- * Championing the needs of the migrant population.
- * Optimising psychological wellbeing for women and families.

All packages contain a variety of learning material including podcasts, videos, interviews, articles, and all included a virtual meet up for students.



STUDENTS' FEEDBACK FROM PILOTING

Estonia

Inger Kaljula:

The most exciting and interesting part were the different theme packages we had. They were very eye-opening and made you really think about your personal values and which kind of midwife you want to be.

Lisanna Tõlli:

The best thing about TOTEMM project was that we could meet with other midwifery students in Milano, Amsterdam, and Nottingham, share our experiences with studying and with internships. It was interesting to find out how different is the midwife's role and competency in four countries. For example, in the Netherlands midwives also work as assistants in caesarean sections. The tasks that we had to accomplish also helped us find different aspects of midwife profession and our possibilities as midwives to influence the whole population. The downside of the project was that at first, we had too many different systems to log in to and to get in touch with our team members, for the next TOTEMM projects I would suggest, if possible, to have all the different applications (TOTEMM email, moodle, teams-to find out your group) at one site, then it would be a lot easier and preferable for students to take part in that project.

Liina Truusa:

For me, taking part in the TOTEMM project has been developing me as a student midwife. I have become more confident communicating in a foreign language. In addition, I have more confidence and my vocabulary has advanced tremendously. Apart from the benefits there were entertaining incidents - due to time differences my group often ended up in funny situations. If the meeting was set to be at 5 PM, nobody clarified by which country's time zone. We did not come to think of that because we had no experience with arranging meetings all over Europe. I started looking for everyone and when we realised what had happened, we had a good laugh!

United Kingdom

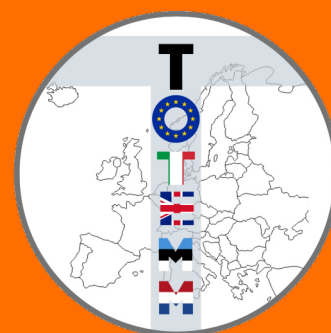
We had previously hoped that the physical mobility component would take place in February but Covid restrictions prevented that and it has been rescheduled for May. Academic staff and students look forward to welcoming visiting students from partner organizations.

The change of timing for the physical mobility component means that the project timetable will be extended until the end of December 2022.

We will also be rescheduling the Multiplier Events- conference-type meetings for autumn 2022 when the team will share the findings and learning from the project.

Keep an eye on the TOTEMM webpages for dates and further information about these events:

<https://www.nottingham.ac.uk/totemm/>



STUDENT MOBILITY PLAN

The physical activity (Intensive programmes for higher education learners) of student will take place from 9 to 13 May. Students have chosen the country in which to participate. Each university takes responsibility to carry out planned activities.

The aims of physical mobility are to build on previous knowledge gained through virtual mobility learning and extended their knowledge of European midwifery practice and employability by allowing participants to explore professional similarities, differences, values, and beliefs values arising from a real-world and specific cultural learning space. The mixture of cultural exchange will enhance ideas and thinking of the participants by illuminating different perspectives and views.

Those days at partners universities the students will:

- * Participate in seminars with invited speakers
- * Make presentations of Midwifery care in each country and Learning Packages outcomes
- * Participate focus group interviews
- * Have a social time

PUBLISHED ARTICLE

Nurse Education Today, Volume 109, February 2022, 105214

Midwifery students' perspectives of physical and virtual mobility activities including preferences for e-learning: A cross-sectional survey.

S.Borrelli, L.Walker, K.Coolin, S.Fumagalli, A.Karema, S.Konstantinidis, S.Mets-Oja, A.Nespoli, A.-M.Smit, M.Van Oost, H.Spiby.

Midwifery students are required to have insight of global health care and intercultural sensitivity. However, the student mobility experiences currently offered do not often fit the needs and preferences of a considerable number of students. The aims of the study were: 1) to investigate midwifery students' international physical mobility activities and factors that affect physical mobility; 2) to determine midwifery students' learning needs and preferences for e-learning packages. We have conducted a multi-centre, descriptive quantitative survey in four European Higher Education Institutions based in the United Kingdom, Estonia, Italy and the Netherlands offering an undergraduate midwifery programme. The sample included 205 midwifery students from Italy (n = 93), the Netherlands (n = 51); United Kingdom (n = 35) and Estonia (n = 26). Data were collected in June/July 2020 using an online questionnaire and analysed using summary statistical analysis. A high level of interest across a range of mobility opportunities was noted, especially those of shorter duration. Barriers to mobility included finance, caring responsibilities, concerns about fitting mobility activities into the midwifery programme, negative impact on studies and language barriers. Facilitators of mobility included professional perspectives (e.g., interest in other cultures and midwifery in other settings) and added value to the development as midwives. Within virtual learning, the preferred resources were videos, video calls, quiz, and discussion forum. The barriers identified require innovative approaches to enable all midwifery students to benefit from intercultural and transnational learning. The survey findings provide insights into midwifery students' perspectives from which a new mobility model can be developed.

The full paper can be accessed at this link:
<https://www.sciencedirect.com/science/article/abs/pii/S0260691721004718#>

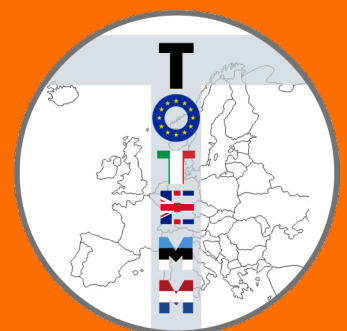


FURTHER ACTIVITIES

We are happy to inform that in autumn 2022 there will be two virtual Multiple Events!

A European conference will be organised to disseminate the project findings, recommendations, open e-learning resources and inclusive model for midwifery students' mobility.

Events will be coordinated by AVAG at the University of Applied Sciences and University of Milan Bicocca.



ANNOUNCEMENT

Regarding to changes our team we must inform that **Kirstie Coolin** (from HELM) has left our project and is looking forward to new challenges.

We thank her for the invaluable contribution to TOTEMM project!



Erasmus+

