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31st Annual Conference of the ESSD Online
24 – 25 September 2020

Digital technologies and Health Literacy prevention training

Drug services challenges due to COVID-19 – Session 8

Susana Henriques
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25/09/2020

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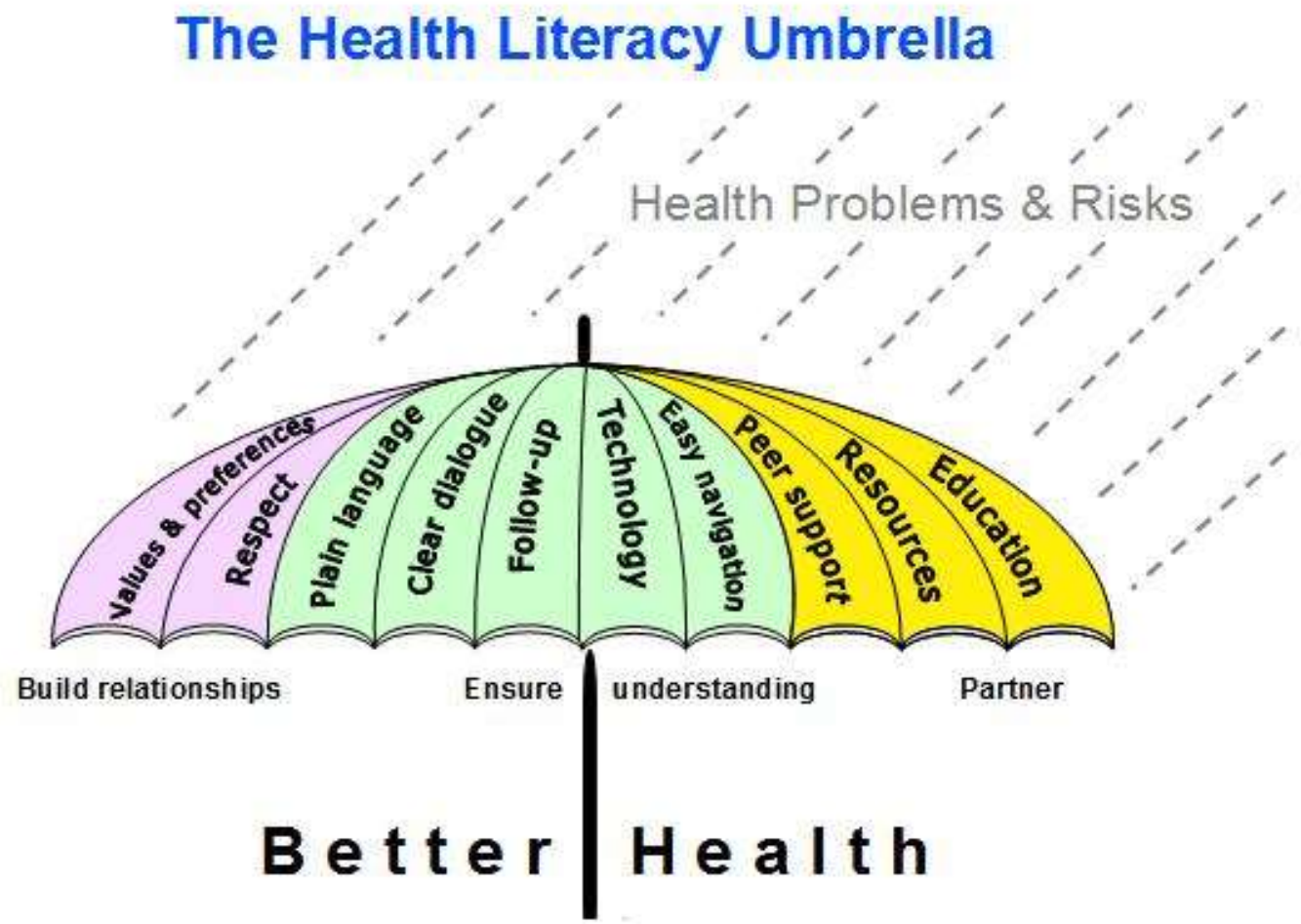
Health Literacy

WHO:

"Cognitive and social skills and the person's ability to access, understand and use information in order to promote and maintain good health".

https://www.who.int/healthpromotion/conferences/7gchp/track2/en/#:~:text=Health%20Literacy%20has%20been%20defined,pamphlets%20and%20successfully%20make%20appointmets


The Health Literacy Umbrella
Health Problems & Risks
Values & preferences
Respect
Plain language
Clear dialogue
Follow-up
Technology
Easy navigation
Peer support
Resources
Education
Build relationships
Ensure
understanding
Partner
Better Health

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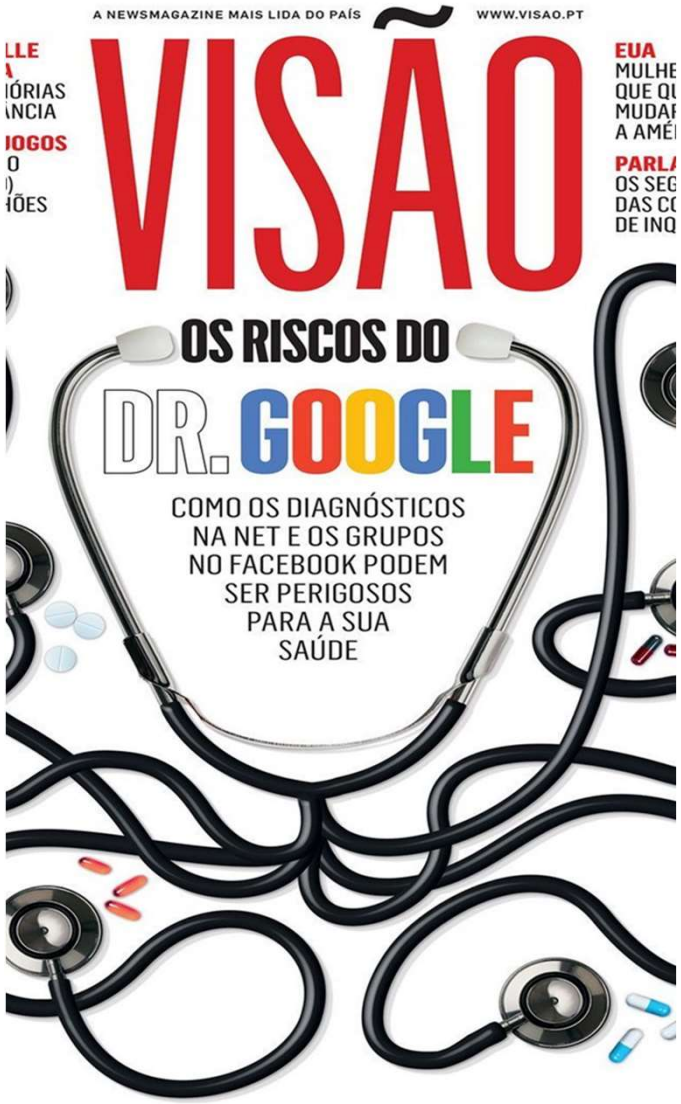

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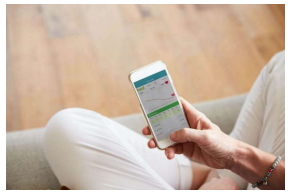
WHO distinguishes

e-Health

The use of digital (computer-based) technologies for health (WHO, 2016a)

m-Health



Mobile digital technologies to support health practices, and encompasses all programmes accessible through mobile devices such as smartphones and tablets (WHO, 2016b).

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Prevention

Health literacy library

https://biblioteca.sns.gov.pt/

Treatment

Jellinek

https://www.jellinek.nl/english/

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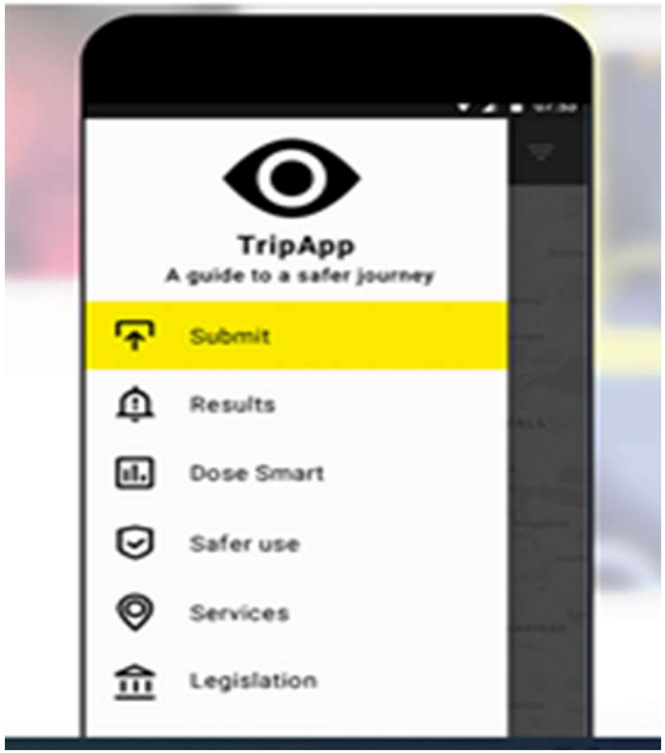
Harm Reduction



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Training

"I can't remember—do I work at home or do I live at work?"

https://er.educause.edu/articles/2020/3/the-difference-between-emergency-remote-teaching-and-online-learning

Training

Specialized Training in Addictions Prevention

Henriques, Burkhart, Miovsky, (2019)

Professionals Developing

Henriques, Van Hout, Teixeira, (2020)

Advantages

Possibility of enhancing access to evidence-based treatment and information

Improving the implementation of interventions among new target populations and tailoring treatment or information to specific populations and individual needs

The perceived anonymity of e-health interventions could make it easier to reach populations that fear stigmatisation (e.g. illicit drug users, high-functioning alcohol misusers

Advantages

The increased patient-centredness of interventions; the patient can decide to work with an e-health intervention at any time of day, instead of having to wait until his/her next appointment with a professional — hence fostering self-management

E-health offers possibilities for interactive contact between providers and users, and between professionals and patients

Closing

Further research focused on assessing the quality of tools - e-health and m-health -, intervention strategies and results is lacking.
A final note for ethical and data protection issues that pose important challenges, at national, European, global level... and that require fixed political strategies

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https://biblioteca.sns.gov.pt/

https://www.jellinek.nl/english/

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Henriques, S., Van Hout, M. C., Teixeira, (2020). A Virtual 'experiential expert' communities of practice in sharing evidence based prevention of novel psychoactive substance (NPS) use: The Portuguese Experience. *International Journal of Mental Health and Addiction*. DOI: 10.1007/s11469-020-00376-z

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