



## PUSHING THE BOUNDARIES OF BEHAVIOUR CHANGE SUPPORT EDUCATION IN CHRONIC DISEASE

People with chronic diseases have difficulties in adhering to medication and beneficial lifestyle changes, leading to health complications and increased costs.

Health professionals are expected to deliver behaviour change support to people with chronic diseases. However, students present a skills gap in behaviour change support.

## Train4Health: Project Overview

The **Train4Health project** responds to this need by developing a tested, coherent and innovative educational package on **behaviour change support**, aligned with the **European agenda on digital transformation** in education and training.

Supporting the selfmanagement of chronic diseases is critical to achieve better health outcomes. Selfmanagement involves tasks that are intrinsically linked to behaviour change.

European competency framework on behaviour change support in the selfmanagement of chronic diseases

Simulation software

моос

**Case studies** 

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