

POSTER ABSTRACT

Collaborative Learning for Sustainable and Integrated Health Care: A Blended Intensive Programme Experience across European Universities

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The Blended Intensive Programme (BIP) is a European initiative aimed at bringing together students and staff from various higher education institutions to collaborate on common themes or projects. This BIP offered a unique opportunity for students from diverse undergraduate disciplines, including nursing, to engage in international and interdisciplinary learning globally.

Participating institutions included the School of Nursing, Health Sciences and Disability Studies at Atlantic Technological University St. Angela's (Ireland), Frankfurt University of Applied Sciences (Germany), ISEL – Instituto Superior de Engenharia de Lisboa (Portugal), Akademia Tarnowska (Poland), Xamk – South-Eastern Finland University of Applied Sciences (Finland), HoGent University of Applied Sciences (Belgium), and the VSB –Technical University of Ostrava in the Czech Republic. The programme theme was “Industrial Past, Sustainable Future: Pathway to a Greener Tomorrow.”

Approach: The programme adopted a blended learning model. The virtual component included interactive online lectures, group discussions, and collaborative preparatory work. The five-day physical mobility offered students an immersive educational experience delivered by lecturers from the participating institutions. Students engaged in workshops, debates, and intercultural activities focusing on aspects such as sustainability and health. Key topics included the environmental impact of climate change and health, planetary health and urban living, all explored through a holistic biopsychosocial lens.

Collaborative learning among students resulted in shared outputs; projects, poster and oral presentations which recommended strategies to promote sustainability in integrated care delivery. The proposed solutions focused on patient and person empowerment, the promotion of self-management in chronic illness, improved access to community-based care, and the integration of digital innovations. Additionally, emphasis was placed on promoting green spaces, using eco-friendly materials, and encouraging sustainable interprofessional practices within healthcare settings.

Results: /Outcomes Students reported professional and personal development, especially in enhancing intercultural communication through international and interdisciplinary collaboration — key components of integrated care delivery. Students gained a deeper understanding of the vital connection between sustainability, integrated care, and improved outcomes, thus highlighting the importance of global collaboration in achieving optimal health, value and care.

Conclusion: The Blended Intensive Programme “Industrial Past, Sustainable Future: Pathway to a Greener Tomorrow” engaged students in exploring how integrated practices can contribute to environmental sustainability, aligning healthcare delivery with the United Nations Sustainable Development Goals for good health, well-being, and a greener future.