

Virtuell patient i MOOC och live undervisning: Vilka vinster genereras för självstyrt, studentcentrerat lärande?

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Översikt

- MOOC – KIBEHMEDx
- Virtuellt patient
- Tillämpad beteendemedicin i primärvården (TBM)
- Virtuellt patient och MOOC innehåll i TBM kursen

Vad är beteendemedicin?



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Behavioral Medicine: A Key to Better Health

Learn how to change everyday behaviors for healthier



School:	KIx
Course Code:	KIBehMedx
Classes Start:	9 Sep 2014
Course Length:	5 weeks
Estimated effort:	5-8 hours/week

Massive Open Online Course (MOOC)

KIBEHMEDx lanserades ht 2014, förnyades ht 2016

Nu "arkiverad" och gratis tillgänglig!

<https://courses.edx.org/courses/course-v1:KIx+KIBEHMEDx+3T2016/course/>

Behavioral Medicine: A Key to Better Health

Virtuell patient

Ett datorprogram som simulerar
— verkliga kliniska scenarion där
studenten agerar kliniker
(Ellaway, 2006)

- Welcome and about the course
- Section 1: Health behaviors and motivation
- Section 2: Stress and coping
- Section 3: Sleep
- Section 4: Innovation in Behavioral Medicine
- Section 5: Physical activity
- Section 6: Everyday behaviors
- Final assignment: Create a story of behavioral change
- Exit Survey

VIRTUAL PATIENT

Meet John Nilsson

powered by
OpenLabyrinth



Next

Review your pathway

Reset your pathway

Efter att patienten beskriver sina problem

Beslutspunkt:

Select intervention

powered by
OpenLabyrinth 

What should you do?

Tell him he has basically very common problems

Ask what he has tried

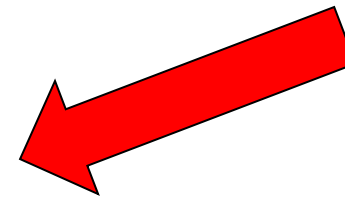
Refer to physical therapist

Refer to financial consultant

Refer to doctor for medication

Review your pathway

Reset your pathway



Kliniker avdramatiserar problemen

Ny beslutspunkt:

Decision after de-dramatize

powered by
OpenLabyrinth 

What happens next?

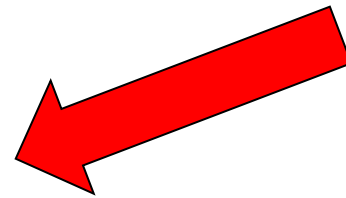
Help patient by offering a functional behavioral analysis

Advise patient to just work by himself on problems

Come with wife for a session

Consult other professional

Consult self-help books



Funktionell beteendeanalys

Review [the introduction by Professor Grossi](#) if you need to.

Also, make sure you have completed the learning activity that follows Professor Grossi's video (Functional Behavior analysis with the SORC questionnaire).



Deltagarsvar från MOOC:en

1.1 Positive opinions (89.6%, n=566)

“I really like the concept of the interaction with the VP because you really create the scenario yourselves. I liked exploring the different options and it gives me a lot of ideas to deal with my patients.” (1.11, Section 2)

“The VP is a good opportunity to try out what we have learned. Great job in filming it and imagining the possible pathways.” (1.12, Section 2)

1.2 Critical opinions (6.1%, n=38)

It was interesting to see what the therapist would say and how they would act. However, it's also clear that in a real-life setting, patients don't react "by the book", which might make it difficult to stick to the techniques and contents that were taught in this course. Real-life settings are always less predictable.”

1.3 Uncategorized (4.3%, n=28)

Berman, A. H., Biguet, G., Stathakarou, N., Westin-Hägglöf, B., Jeding, K., McGrath, C., Zary, N., Kononowicz, A. A. (2017). Virtual Patients in a Behavioral Medicine Massive Open Online Course (MOOC): A Qualitative and Quantitative Analysis of Participants' Perceptions. *Academic Psychiatry*, 1-11. doi:10.1007/s40596-017-0706-4

Innehåll TBM kursen

- Motiverande samtal*
- Introduktion till patientarbetet*
- Fokuserad Acceptance and Commitment Therapy (FACT)*
- Smärta
- Stress* och sömnbehandling*
- Ångestbehandling i primärvården
- Emotionsreglering
- Autonom reglering, interoceptiv kroppsmedvetenhet
- Fysisk aktivitet*
- Problemspelande(*)

Möjliga MOOC inslag

- Motiverande samtal*
- Introduktion till patientarbetet*
- Fokuserad Acceptance and Commitment Therapy (FACT)*
- Smärta
- Stress* och sömnbehandling*
- Ångestbehandling i primärvården
- Emotionsreglering
- Autonom reglering, interoceptiv kroppsmedvetenhet
- Fysisk aktivitet*
- Problemspelande(*)

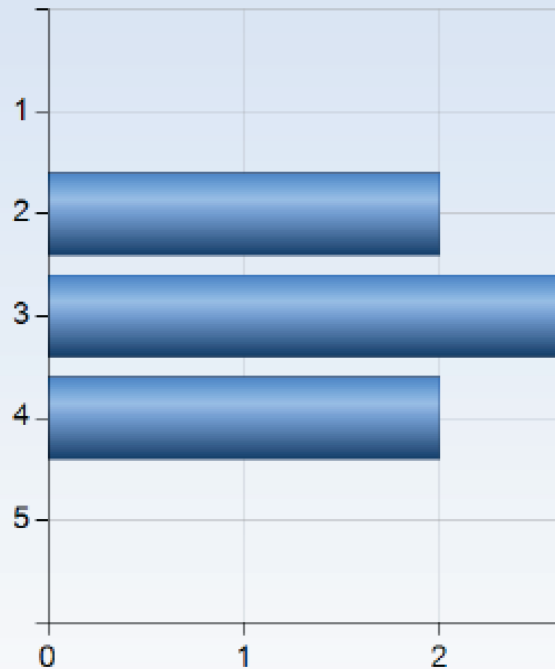
Faktiskt MOOC-inslag

- Motiverande samtal*
- Introduktion till patientarbetet*
- Fokuserad Acceptance and Commitment Therapy (FACT)*
- Smärta
- Stress* och sömnbehandling*
- Ångestbehandling i primärvården
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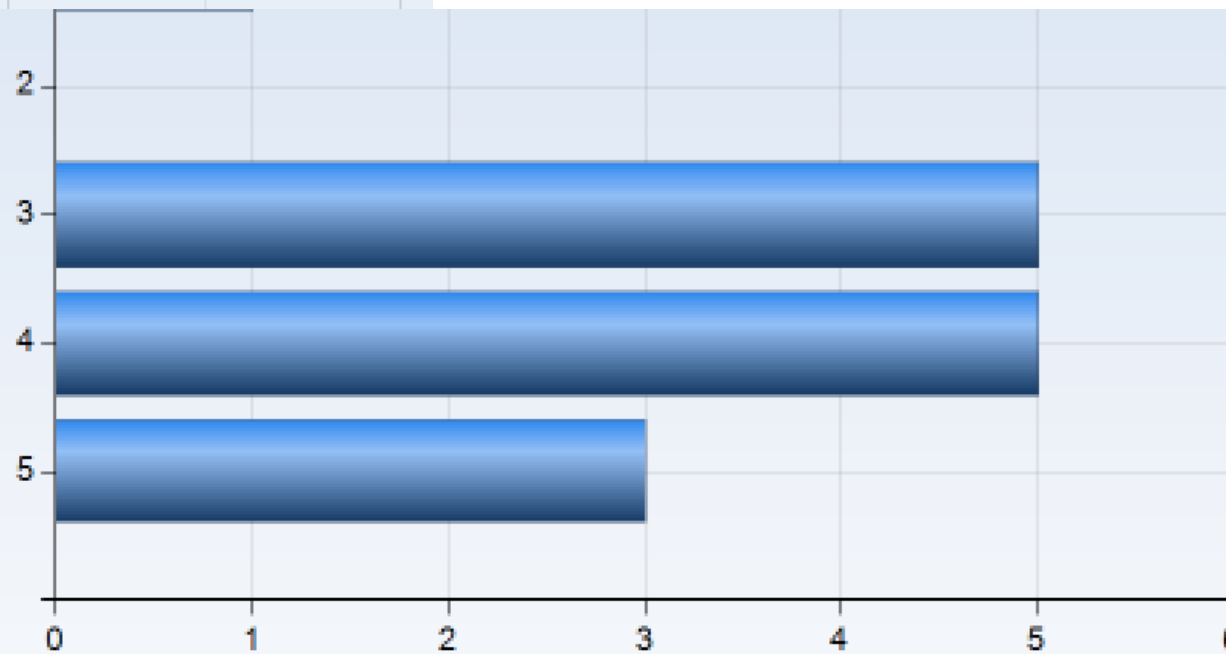
Vad ger VP-inslaget?



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I vilken utsträckning anser
du att workshopen med den
virtuella patienten var givande?
1 = inte alls, 3 = mittemellan,
5 = väldigt mycket



Varför inte fler MOOC-inslag?

- En plattform utanför KI
- Går ej att se om studenterna går in eller ej
- Vi ville inte foga in material i PingPong i avvaktan på Canvas
- Canvas erbjuder möjligheter att följa studenterna

Kommande steg

- Införa utvalda videos i Canvas
- Lägga till quiz/reflekterande frågor
- Utveckla blandat lärande konceptet i kursen
- Spela in flera korta inslag?
- Utvidga till andra kurser?