



# NurSus

NurSus**TOOLKIT**: A Teaching and Learning  
Resource for Sustainability in Nursing

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**NEWSLETTER 6 - MARCH 2017**



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**TRANSNATIONAL MEETING 5**



**FIVE QUESTIONS - FIVE ANSWERS FROM ANDREAS  
KÜPPER**



**FURTHER INFORMATION**

**SUSTAINABILITY  
WITH  
PLYMOUTH  
UNIVERSITY**



**Maastricht University** *Leading in Learning!*



**Hochschule Esslingen**  
University of Applied Sciences  
**For people and technology.**

# Transnational Meeting 5

17th to 19th October 2016, Plymouth (UK)

The NurSus team gathered at Plymouth University [UK] in October for Transnational Meeting number 5. In attendance at the meeting were: Norma Huss, Thomas Heidenreich, Eva-Maria Hönemann [Esslingen team]; Maud Huynen [Maastricht team]; Maria Luisa Grande Gascón and Gema Parra [Jaén team]. Jane Grose and Janet Richardson were supported by Mark Lyndon [Learning Technologist Manager] who is involved in the technical aspects of the NurSusTOOLKIT development. As this was to be the final meeting of the team before the launch of the NurSusTOOLKIT, some important decisions were to be made and details of the launch events discussed and agreed.



**The NurSus Team in Plymouth**

We started off the first day with a brunch meeting in a delightful café in Totnes. Our team has an appreciation of good coffee and

this provided us with an opportunity to come together again as friends as well as project partners. We began with an update of the project progression, and our achievements against the targets and planned outputs of the project. As the team meet almost monthly via Skype we are all aware of progress, however this provided an opportunity for discussion, and for individual teams to reflect on their achievements thus far. The main focus for this first day was on the 'content strategy' for the NurSusTOOLKIT and preparing for the meeting the following day with the technical team.

On the second day, Professor Bridie Kent [Head of the School of Nursing and Midwifery] joined us for coffee to meet the teams from Jaén, Esslingen and Maastricht, and to find out more about the project. We started the meeting with a presentation and workshop on 'Finding Open Media Online' facilitated by Ed Bremner [one of our Learning Technology team members at Plymouth University]. As we will be 'publishing' our materials online using open access, we need to ensure any images we use are created for 'Creative Commons'. Ed provided a stimulating presentation and workshop where we were able to understand issues regarding copyright and find appropriate images to use in our materials. Then, with help from Mark Lyndon, we finalised the format for the new NurSus website and the NurSusTOOLKIT which will enable access in a number of languages.

# Transnational Meeting 5

17th to 19th October 2016, Plymouth (UK)

During lunch we were joined by other Plymouth University colleagues who work in sustainability education [Professor Stephen Sterling and Dr Paul Warwick], Ali Bendall from the Institute for Health and Community, and Kirsty Henderson from the Sustainable Earth Institute [Ali and Kirsty are helping to organise the UK launch of the NurSusTOOLKIT]. The afternoon was spent discussing progress with the preparation of the TOOLKIT content, and agreeing which topics would be translated into all project languages. The content features teaching and learning materials on sustainability and nursing / health; almost 70 topics are grouped under five themes:

Theme 1: Underpinning concepts, sustainability and health

Theme 2: Links between providing health care and sustaining the global environment

Theme 3: Relationships between health and the environment

Theme 4: Healthy (sustainable) communities

Theme 5: Social and policy context

Based on the evidence gained through our project activities 1 – 4, and in particular data from the Delphi study conducted during Activity 2, we were able to agree on the eleven 'core topics' for translation into Dutch, English, German, Spanish, Polish and French.

The final two days of the meeting focused on organising the work schedule for writing all the materials for the topics, and plans for the UK launch in May 2017 and the main launch that will take place in Esslingen, Germany in June 2017. We also finalised project reports for completed activities, planned work towards writing papers for publication, and discussed opportunities to continue the work of NurSus beyond the timescale of this current funded project.

Finally, team members who were booked on later flights were able to spend a couple of hours exploring some of the delights Devon has to offer, by way of a short visit to Coleton Fishacre, a beautiful 1920s property with a wonderful garden by the sea.



Wonderful blue sky while exploring Plymouth

# Five Questions – Five Answers

from Andreas Küpper

## 1. WHAT DEGREE ARE YOU STUDYING FOR?

I'm studying for a Teaching Degree, Bachelor of Arts in Nurse Education and have just finished the fifth of, in total, seven semesters right now. From 2006 to 2009, before my studies in Esslingen, I trained as a nurse (which is not at academic level in Germany). and afterwards worked in different hospitals. At the moment I am working on an intensive care ward and besides my studies doing some part time teaching.

## 2. WHAT MOTIVATED YOU TO BECOME A MEMBER OF THE NURSUS STUDENT PANEL?

Two main things influenced my decision to become a member of the NurSus student panel. First, for me, ecological sustainability is one of the most, if not even the most important global topic in the long term. Working as a nurse I saw and still see a lot of structures and behaviours in the healthcare setting which require improving. Second, I wanted to use the chance to be part of an international project. I was really curious about how it works and hoped to gain experience in international exchanges.

## 3. WHAT DO YOU ENJOY MOST ABOUT BEING A MEMBER OF THE NURSUS STUDENT PANEL?

I really like the group meetings. It is interesting to hear and see, what the last steps in the project have been, what further steps are going to take place and what contents some of the other students have prepared. In addition I enjoy the discussions at those meetings, as these often help me to expand my own per-



Andreas Küpper

spective on sustainability and other topics. Also I am looking forward to the launch event of the NurSus Project in Esslingen this year.

## 4. WHAT DO YOU DO YOURSELF TO BE MORE SUSTAINABLE?

I use public transport or go by foot instead of using a private car. Stuttgart, where I used to live, is 'famous' for its air pollution and so I guess that is a quite suitable intervention. Another thing I am very aware of is separating different kinds of trash to maximize the recyclable parts of litter. Since being part of the project, I have started reflecting on and reducing my use of gloves and other non-reusable materials at work. Anyway, there are plenty of behaviours I could and should improve to support ecological sustainability, especially in the wide field of nutrition. But I am working on it.

## 5. WHAT IS YOUR SUSTAINABILITY TIP?

Thomas Heidenreich already mentioned my favourite tip in the last „5 questions“: Walking or cycling is not only reducing air pollution and oil consumption, but is also health promoting. To add something new: Not every text we are using in our studies needs to be printed! Last but not least: reflecting one's own behaviour before pointing the finger at others is a great way to act.

# Further Information

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## NURSusTOOLKIT LAUNCH EVENT

The Nursus Team is preparing for the NurSusTOOLKIT Launch Event which will take place at the University of Esslingen, Germany from Monday 19th – Friday 23rd June 2017. A wide variety of presentations, expert talks, practical examples and games are planned, demonstrating how Sustainability Competency and Literacy can be integrated into the nursing curriculum. This very important and innovative Teaching and Learning event will not only showcase the materials which have been developed over the past three years but will also exhibit ways of integrating these materials into lectures, seminars and nursing practice.

Participation is by invitation only so we are planning a seventh Newsletter in order to bring you the results from this five day event!

## 12TH MAY 2017 - INTERNATIONAL NURSES DAY

The topic for this year's toolkit is - Nurses: A Voice to Lead, Achieving the Sustainable Development Goals. Among other activities planned, the NurSus Team will hold a 'tweethon' sending out tweets all day using #nursingsustainably.

For more information: <http://www.icn.ch/publications/2017-nursing-a-voice-to-lead-achieving-the-sustainable-development-goals/>



## NURSus PUBLICATIONS

The NurSus project featured in the 2016 June issue of the Spanish Journal "Enfermería Facultativa" (the official journal of the National Nursing Council). The article "Sustainability and Climate change, a pairing to embed in Nursing Degree" is included in number 233 of this journal (pp. 20-21). The article updates the project for Spanish nursing staff and also gives a perspective of possible and anticipated outcomes of the NurSus project.

<http://www.consejogeneralenfermeria.org/index.php/sala-de-prensa/revista-colegial>

Following the article in September 2016 in the German nursing journal „Die Schwester - Der Pfleger" (mentioned in Newsletter 5) an interview with Norma Huss regarding the NurSus Project and its implications for nurses is to be featured in the May edition. Norma talks about the importance of reflecting on behaviours and how this not only affects sustainability but everyone's health.