



NurSus

NurSusTOOLKIT: A Teaching and Learning
Resource for Sustainability in Nursing

2014-1-UK01-KA203-001645



Funded by the European Union

NEWSLETTER 7 - SEPTEMBER 2017



WELCOME WORDS BY PROF DR. NORMA MAY HUSS



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Welcome Words

by Prof. Dr. Norma Huss / University Esslingen



After three years of lively and intensive collaboration with our partners in Plymouth, Jaén and Maastricht and 6 successfully completed newsletters down the line, the Esslingen Team has had great fun in preparing the final newsletter which we know you are going to enjoy reading! This final issue focuses on the very successful NurSusTOOLKIT Teaching and Learning Launch Event which took place in Esslingen University in June 2017.

We would also like to take this opportunity to thank all the team members for supporting us and making our job easier by submitting the required information and proof-reading whenever asked, meeting deadlines and much, much more. Finally, we would like to thank you all for being a part of this exciting and innovative project, supporting and encouraging us in the development of the NurSusTOOLKIT. We hope very much that you will enjoy using it.

Prof. Dr. Norma Huss / University Esslingen

News and Infos from the NurSus Project

WINNER OF THE THOREAU AWARDS JAÉN

The University of Jaén awards the best research reports on sustainability of its students, within the framework of the IX Green Week. These are the Thoreau Awards, promoted by the Aula Verde of the Projection of the Culture, Sports and Social Responsibility Vicechancellorship, with which they have recognized the best research reports Degree, Master and Doctorate related to the defense of Sustainability and in which Cristina Álvarez García tutored by the teacher Isabel María López Medina received an award for her Master's Degree Project: Construction and validation of a knowledge questionnaire on children's health and environment in Nursing students (March 21, 2017).

NURSus PODCAST

In March 2017 an interview with Carmen Álvarez on the European NurSus Project was broadcast on the radio of the University of Jaén (UNIRADIO). Link to the podcast:

<http://uniradio.ujaen.es/programas/almas-de-butaca/podcast/levelling-45>

NURSus PUBLICATION REGARDING ACTIVITY 1

A Paper called „Curriculum nurse and strategies training on environmental sustainability and climate change” by Carmen Álvarez-Nieto, Isabel María López-Medina, Manuel Linares Abad, María Luisa Grande-Gascón and Cristina Álvarez-García was published in July 2017. It can be found under: <http://dx.doi.org/10.6018/eglobal.16.3.243151>



PRESENTATION OF THE STANDARD UNE 71362: 2017 QUALITY OF DIGITAL EDUCATIONAL MATERIALS PUBLICATIONS

On July 4, 2017, during the Spanish Association for Standardization UNE of AENOR (Spanish Association of Normalization and Certification) Conference, and as part of the presentation of the standard UNE 71362: 2017 Quality of digital educational materials, the teachers Isabel María López-Medina and Carmen Álvarez-Nieto, of the Spanish NurSus Team, participated in the „Applications of the UNE 71362” Conference. They presented their contribution to the standard through the European NurSus project.

Different speakers attended the day of presentation of the standard from diverse fields of interest, both educational and technological, from several Spanish universities. It should be noted that from the Ministry of Education, Culture and Sports, Pilar García Freire that belongs to the Digital Educational Resources Area at the National Institute of Educational Technologies and Teacher Training, was really interested in the Nursus Project results.

For more information on UNE 71362: 2017 Quality of digital educational materials consult: <http://www.aenor.es/aenor/normas/normas/fichanorma.asp?tipo=N&codigo=N0058497&PDF=Si#.WWZUccabLwe>

NurSus Launch Event: The Panel Discussion

At the NurSusTOOLKIT launch in Esslingen Germany this June we had a panel discussion with a number of leading figures in nursing across Europe. We were lucky enough to have senior representatives from the Nursing bodies in each of the NurSus Project partner countries: Janet Davies, Chief Executive and General Secretary Royal College of Nursing (RCN) UK; Franz Wagner, President of the German Nurses Association (Deutscher Berufsverband für Pflegeberufe (DBfK); Julio Fernández Garrido, President of Spanish Conference of Deans and Dean of Nursing and Podiatry Faculty at University of Valencia; and Marlies Orsel-van Dam, Nursing Pedagogic Hogeschool Windesheim in The Netherlands. The NurSus team were absolutely delighted to receive unanimous praise for their work from all four representatives.

Franz Wagner spoke for all the leaders describing the importance of having nurses leading the changes needed to work towards reducing the carbon output of healthcare:

"I think nurses are in the perfect position to have a major impact on improving sustainability and sustainability behaviour because they are close to the patient and the patients' living condition. Here they can see what can be changed, and if they have the knowledge about climate change and sustainability, they can use that and at the same time educa-

te patients and their families about how to change certain patterns of behaviour for a better and more sustainable lifestyle, which would result in better health. The NurSusTOOLKIT is the perfect means to support nurse educators to include pieces of sustainability in nursing education. It is full of resources so you just can use the evidence there, and it contains perfect case study examples. It is interesting and even contains a fun methodology for use in the education of nurses".

Speaking about the content of the TOOLKIT Janet Davies pointed out that:

"So the NurSusTOOLKIT is a fabulous resource for student nurses and also I think the universities and teachers. I think it would be very useful for the new nursing competencies, and the fact that it's evidence-based gives it the edge over other resources that we might see. It is convincing and we need to see how we can actually make it work for qualified staff, for example in continuing professional development. It actually has the flexibility to allow us to provide specific packages for specific people, so I am looking forward to working with it".

NurSus Launch Event: The Panel Discussion

This was echoed by Marlies Orsel-van Dam of the Dutch network Bachelor Nursing 2020(national curriculum):

"NurSus is a can of knowledge and tools and can be used in nursing projects that focus on Sustainability".

The leaders were asked how they might integrate the NurSusTOOLKIT materials into practice. Janet Davies recognised the value of having materials which had been developed using extensive evidence:

"Because these materials are evidence-based we don't need to reinvent the wheel".

She was keen to see the materials used as part of CPD for qualified nurses either as a standalone topic or linking the materials to other topics. Franz Wagner highlighted the value of the materials to nurse educators:

"I am deeply impressed – the extent of the modules available is amazing....This might be a life saver if you are a teacher".

He went on to say

"National level curriculum developers need to be targeted. In Germany the new curricula comes out

these days but the 16 states will have responsibility to embed sustainability. It's a good time in Germany to embed this".

Julio Fernández Garrido of the Spanish Nurses Association went further saying:

"If NurSus wasn't available we would have to invent it".

Following discussion about the uses of the TOOLKIT across the four countries the leaders were asked about next steps, for example how the materials could be developed going forward.

Julio Fernández Garrido pointed out that if colleagues were to be convinced of the value of embedding sustainability education then it was important to:

"... show we have saved money by instigating NurSus".

In order for that to be possible he suggested:

"We can identify agents of change in schools (green champions)".

He felt that students were the most likely to lead the pressure to embed sustainability because:

"We need to involve students in this, they are on the ri-

NurSus Launch Event: The Panel Discussion

*ver of their lives and they
can get the message across".*

COMMITMENT FROM THE NURSING LEADERS

We encouraged commitment from each leader to take back to their own countries and organisations ideas and plans for using the NurSusTOOLKIT.

Janet Davies said she would take the information to the next Council of Deans meeting in the UK. She was happy to make sure that the NurSus link was made available in the RCN online library resource list.

Marlies Orsel-van Dam of the Dutch Network Bachelor Nursing 2020:

"I am a member of the National Curriculum Change and I will report about NurSus and discuss how to change the curriculum; in my own University I will discuss how we can implement NurSus".

Julio Fernández Garrido of the Spanish Nurses Association felt that he needed to improve his own knowledge about sustainability and climate change but he committed to introduce NurSus to the Spanish nursing curricula. He also said:

"There is a congress on October 19th 2017 and the NurSusTOOLKIT will be introduced".

Student representatives from all four participating conferences had an opportunity to question the leaders and ask for change. Together in a session facilitated by Dr Maud Huynen (see Maud's report in this Newsletter), they had prepared a number of questions:

"How do we engage senior nurse leaders in a more sustainable dialogue?"

"You have the enthusiasm to make changes, take action on stuff like the lifecycle of stuff you use and prepare your environment" Julio Fernández Garrido

"Keep questioningIn assignments about quality of care think about sustainability and how it is related for example to hand washing and waste management" Marlies Orsel-van Dam

"Have your facts straight – prepare your arguments around saving money and the benefits of behaving sustainably"
"Find an official leader – it's about power and diplomacy"
Franz Wagner

"You have a responsibility to challenge poor practiceIn the UK hospitals there is someone responsible for sustainability so let them know when you see poor practice" Janet Davies

NurSus Launch Event: The Panel Discussion

What can you do to implement sustainability in education?

“Sustainability has to be part of continuing education – do we need a steward or an expert on every curriculum development team? I think you have to embed the subject across the board and not just depend on experts” Franz Wagner

“I will discuss with the NurSus team how we can embed sustainability” Marlies Orsel-van Dam

“We need to get hospitals onside and we need to educate nurses Nurses need jobs and this will be the added extra to get them those jobs” Julio Fernández Garrido

Do you have ideas who might disseminate NurSus internationally?

“We can prepare a special session for Erasmus students ... We can look at partners for help e.g the International groups for healthy universities” Julio Fernández Garrido

“I collaborate with many countries so I will think about it” Marlies Orsel-van Dam

Franz Wagner told the students he was both a member of the International Council of Nurses (ICN) and the European Federation of Nurse Associations (EFN) and would bring the NurSus TOOLKIT to the attention of members at the next meetings.

Janet Davies is also a member of the EFN. She stresses that the ‘Blueprint for Nursing’ is currently being prepared and sustainability will be included. All the leaders said they would disseminate the TOOLKIT at International conferences.

Including a panel discussion in the NurSusTOOLKIT launch event proved to be popular with the participants. It was an excellent opportunity for the NurSus project team and the students to hear about the commitment from leading nurse (education) experts and professionals to embedding sustainability in nursing education.

For photos of the panel discussion and the whole Nursus Teaching and Learning event please visit our photo pages at the end of this newsletter!

Student Engagement at the NurSus TOOLKIT launch meeting

A report by Hazel Wood, Third Year Child Student Nurse at Plymouth University

I was fortunate enough to be selected to represent UK nursing students at the NurSusTOOLKIT launch event held in Esslingen, Germany. To be considered for the trip we were required to write a 500 word essay about how health care and sustainability were connected and our main thoughts about this issue. I was absolutely thrilled when I was told I had been chosen to go as a student representative. All the profiles have scored the material as good or very good quality, although the group of teachers has given the better score.

In advance of the meeting, I met with Tracy Mutandwa (my fellow student who was also selected as student representative) and with Jane Grose to talk about preparations for the upcoming event. Tracy and I did some reading of current studies and research for sustainability in health care. We additionally reflected on what we had experienced so far in both our academic studies and whilst on placement at hospitals in the South West of England. We also spent some time looking at the NurSusTOOLKIT material to familiarize ourselves with it prior to the launch meeting.

On arriving at the beautiful city of Esslingen for the NurSusTOOLKIT launch event we were introduced to all members of the NurSus team from Plymouth, Jaen, Esslingen and Maastricht. We also met the students representing the German and Spanish universities involved with the project (Box 1). This was something I particularly enjoyed as it was fantastic to discuss with other students what their universities were doing for healthcare students and sustainability, and for Tracy and I to talk about what we do at Plymouth University.

Box 1: Student representatives at the NurSusTOOLKIT Launch meeting in Esslingen:

Plymouth University:

- *Hazel Wood, 3th year Child Student Nurse*
- *Tracy Mutandwa, 1st year Adult Nursing*

Esslingen University of Applied Sciences:

- *Sandra Heiligmann, student Nursing Teacher Education*
- *Patrick Ecker, student Nursing Sciences*
- *Melanie Weinheimer, student Nursing Sciences*

University of Jaén

- *María Ruiz Zambrana, student Nursing Degree*
- *Cristina María García-Láez Camacho, student Nursing Degree*
- *José Luis Castillo Galán, student Nursing Degree*

At the first day of the conference we were introduced to CEO and General Secretary of the Royal College of Nursing, Janet Davies. It was a huge honour to have the chance to talk about current student issues related to sustainability with such an esteemed member of the nursing community. It was also encouraging to see someone in such a high position take an interest in sustainability and be keen to hear ideas of students.

Student Engagement at the NurSus TOOLKIT launch meeting

During the conference we had the opportunity to meet together with the other student representatives. We discussed what other student groups might do in future projects on sustainability in nurse education (Box 2), and we formulated some questions to put to the expert panel (Janet Davies, Franz Wagner, Julio Fernández Garrido, and Marlies Orsel-van Dam) (Box 3). I think this was particularly important, as it gave us the chance to ask these individuals what they planned on doing next in order to support us as sustainable nursing students. We felt that the expert panel was keen to hear the student voices about sustainability.

Box 2: What might a student group do in future projects on sustainability in nurse education: ideas from the UK, German and Spanish student representatives

- *Be more active in social media such as twitter and facebook*
- *Student could study their own curricula in order to identify and suggest possibilities to integrate NurSus TOOLKIT materials.*
- *Students could rise awareness and also teach the lectures by choosing sustainability related topics for their Bachelor/Master thesis. By reading the thesis the lecturer will also learn more about the topic.*
- *Write articles about the work or engagement in sustainability that is*

done at your university and publish it diverse media (e.g. social media, university newspapers) so other students get to know about what is done at their own university

- *Implement a Green Office at your university*
- *Develop a Sustainability App with push up news*
- *Create your own YouTube videos/ YouTube channel that comments on the recent new items that link to sustainability and health (care), including sustainability lifestyles and practice*

Box 3: Questions to the Expert Panel from the UK, German and Spanish student representatives

- *As students is difficult to challenge unsustainable practices in placement. What do you think you can do to support us?*
- *Education on sustainability is also required for qualified nurses! Is this also on your agenda and what can you to implement this?*
- *How are you going to lobby for the inclusion of sustainability in (inter)national Codes of Ethics or Standards?*

Student Engagement at the NurSus TOOLKIT launch meeting

+ Quotes from our experts

Overall it was an interesting and thoroughly enjoyable week. I was sad to say goodbye to my fellow students and to the academics who attended. I think it would be great to get more students excited about sustainability and to spark an interest in small changes they can make that would make a big difference to the environment and health.

I would like to say a huge thank you to the NurSus-team and I am really excited to continue being a NurSus student representative and speaking to my classmates about sustainability and the important part we play as nursing students and future nurses.



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Note: Box 1 and Box 3 resulted from the student discussion session at the NurSusTOOLKIT launch in Esslingen (June 20, 2017). The text in Box 2 was prepared by Sandra Heiligmann, Esslingen University of Applied Sciences.



"I think nurses are in the perfect position to have a major impact on improving sustainability and sustainability behaviour because they are close to the patient and the patients' living condition. Here they can see what can be changed, and if they have the knowledge about climate change and sustainability, they can use that and at the same time educate patients and their families about how to change certain patterns of behaviour for a better and more sustainable lifestyle, which would result in better health. The NurSusTOOLKIT is the perfect means to support nurse educators to include pieces of sustainability in nursing education. It is full of resources so you just can use the evidence there, and it contains perfect case study examples. It is interesting and even contains a fun methodology for use in the education of nurses".

Franz Wagner, CEO of DBfK, Germany

Quotes from our experts



"So the NurSusTOOLKIT is a fabulous resource for student nurses and also I think the universities and teachers. I think it would be very useful for the new nursing competencies, and the fact that it's evidence-based gives it the edge over other resources that we might see. It is convincing and we need to see how we can actually make it work for qualified staff, for example in continuing professional development. It actually has the flexibility to allow us to provide specific packages for specific people, so I am looking forward to working with it".

Janet Davies, Chief Executive and General Secretary of the Royal College of Nursing, UK

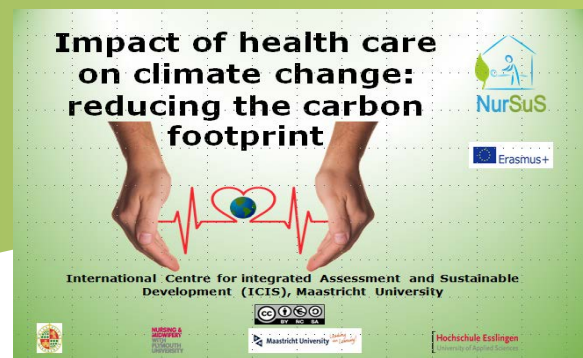


Working against climate change can be achieved by nurses when they are supported in the knowing that the patients are well cared for. The NurSusTOOLKIT is a great way in supporting nurses in this. Teachers and students can find the best way together to adopt the materials for the purpose they want to achieve.

Christel Bienstein, President of DBfK, Germany

The NurSus Launch Event:

A Presentation by Dr. Maud Huynen



On the second day of the NurSusTOOLKIT launch in Esslingen, Dr. Maud Huynen (ICIS, Maastricht University) presented one of the topics developed within the NurSusTOOLKIT project. The lecture was intended as an example of the type of materials freely available for nurse teachers, but also sparked some excellent content-related questions and discussions with the participating stakeholders. It provided some important 'food for thought' regarding the role of nurses in (the discussions about) the reduction of greenhouse gas emissions (i.e. climate mitigation) within the health care sector and beyond. Moreover, participants argued that these education materials could also be used in teaching other health professionals about this topic.



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The lecture by dr. Maud Huynen was entitled '**Impact of health care on climate change: reducing the carbon footprint**' (NurSusTOOLKIT topic M2_A2). This topic focuses on the health care sector's contribution to climate change and on the reduction of greenhouse gas emissions (climate mitigation) in health care settings. More specifically, the objectives of this lecture include:

- To understand the health care's contribution to climate change
- To raise awareness about the various health care activities that result in greenhouse gas (GHG)
- To explore a range of climate mitigation opportunities in health care systems (e.g. climate friendly hospitals)
- To understand the health, economic and social co-benefits of climate mitigation and recognize that they provide additional arguments for taking action
- To raise awareness about the various avenues for nurses to become involved in climate mitigation

The lecture elaborates on the health care's carbon footprint, (the need for) climate friendly hospitals, and the (health) co-benefits of climate mitigation. Several real-life example cases of climate mitigation actions within the health care sector are provided. The final part of the lecture illustrates developments and initiatives that are relevant for climate mitigation in health care settings and explores the role of nurses in mitigating climate change. The lecture also includes some very illustrative videos.

Below, some of the main points discussed in the lecture are highlighted:

- In 2009, the UCL-Lancet Commission on Managing the Health Effects of Climate Change stated that climate change is the biggest global health threat of the 21st century. In a 2015 statement on this issue, the World Health

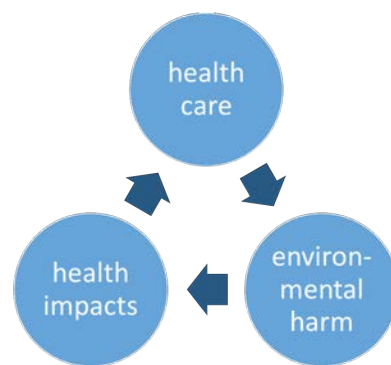
The NurSus Launch Event:

A Presentation by Dr.
Maud Huynen

Organization (WHO) agrees that 'climate change is the defining issue for the 21st century.' Moreover, the International Council of Nurses (international federation of national nurse associations) has identified climate change 'as an important issue for the nursing profession, particularly in the light of the impact on people's health and nursing's shared responsibility to sustain and protect the natural environment' (ICN's 2008 position statement 'Nurses, climate change and health'). Hence, it is becoming increasingly important that nurse students are educated about health care's contribution to climate change and that they start exploring possible climate mitigation actions.

- Health care services emit high levels of greenhouse gasses through, for example, heating, electricity, procurement of energy-intensive goods and services, and the generation of waste. The health care sector is a major contributor to climate change, although the extent of its global contribution to greenhouse gas emissions is difficult to calculate. The National Health Service (NHS) in England estimates that their annual carbon footprint in 2010 was responsible for 25% of total greenhouse gas emissions in the public sector. This means that carbon dioxide (CO₂) emissions from the NHS in England are exceeding the total emissions from all flights departing from Heathrow airport (based on 2012 data).

- So while nursing focusses on improving health and well-being, nurses are inadvertently causing harm. Due to its relatively large CO₂ emissions healthcare is ultimately compromising public health and damaging the ability of future generations to meet their own (health) needs. This raises the question whether climate mitigation is our moral obligation based on the First-do-no-harm principle. Evidently, the paradox of providing health care while simultaneously harming health must be confronted and eliminated.



This graphic from the from the lecture slides illustrates the paradox of providing health care while simultaneously harming health

- Next to tackling climate change, there are important co-benefits of reducing the health sector's carbon footprint. For example, many climate mitigation efforts often aim to reduce energy use from the combustion

A Presentation by Dr. Maud Huynen

- The health care sector must play a leadership-role in addressing climate change, advocating for a healthy and sustainable future. Reducing the carbon footprint of healthcare requires action to reduce (fossil-based) energy use; action to reduce resource use and to minimize waste; and the design of low carbon care pathways. Well informed and motivated nurses can play a key role in this urgently needed transition towards a more sustainable health care!

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The NurSus Launch Event:

A Detailed Presentation of the website in Spanish

JUNE 20TH 2017

Session 1 (14:00 - 15:30): Detailed presentation and Introduction to the website in Spanish Language

In this session, the teacher Carmen Álvarez Nieto gave an extensive and detailed presentation of the global NurSus project, the project website and how to access and use the NurSusTOOLKIT teaching platform. Five main themes are available that in turn contain 10 core topics offered in different languages. Each topic contains different resources (Description of Materials, Teacher Guidance, Powerpoint Slides, Lecture Notes, Activities, References and Resources) for the teacher and for the student that are needed for the teaching-learning process. There is also a post-use feedback that will allow us to collect suggestions from the users for improving of NurSusTOOLKIT.

This session was attended by, among others, the President of the National Conference of Nursing Deans of Spain (Julio Fernández Garrido) and the Dean of the Faculty of Health Sciences of the University of Jaén (M^a José Calero García).

JUNE 21TH 2017

Afternoon Session (14:00 - 17:00): Presentation of a selected Teaching Unit in Spanish Language

During this session each University worked with two activities of the core topics of the NurSusTOOLKIT in the respective languages:

English, Spanish and German. The Spanish team worked with the following topics:

- J3_A1 Children's health and environment.

- E3_B2 Our Climate our Health

Prior to the development of the activities, the teachers Isabel M^a López Medina and Gema Parra Anguita made both topic presentations on which the activities were based.

The first activity consisted of a board game with several tests (questions, drawings, mimicry, forbidden words and lip reading) designed by the University of Jaén on Children's health and environment. The second activity was a contest on Our climate our Health designed by the University of Esslingen. This fun and didactic session was attended by some students from University of Plymouth in addition to the Spanish attendees to the Launch Event in Esslingen.



Interactive activities like this board-game are an important part of the TOOLKIT

The NurSus Launch Event: The World Café Session

The final morning of the NurSusTOOLKIT launch event in Esslingen took a World Café format. There were four tables, each with specific questions for participants to discuss and make comments. A large sheet of paper was available on each table for participants to make notes and record any comments. The purpose of the session was to gain feedback about the event and the NurSusTOOLKIT, but also to encourage suggestions for dissemination and next steps for the NurSus project team. A project team member remained at the table for the duration of the session in order to summarise the contributions. Whereas all participants spent 15 minutes at each table, moving to another table of their choice at the end of the 15 minutes allocated. This allowed them to make a contribution to all questions and suggest the way forward for the project.

World Café Table 1: When you look back over the last three days....

Question 1. Which moments impressed you most of all?

Discussion and comments focused on the open, friendly, and motivating atmosphere, with a comment from one of the student participants about the fact that there was 'no hierarchy'. This comment about lack of hierarchy was reflected in the 'great social time for discussion and

teambuilding', where senior nursing leaders and students shared food, laughter and experiences. 'Learning new information', 'using the toolkit' and the 'mixture of didactic and interactive' sessions had worked well, together with 'huge knowledge of the speakers'. The contribution of International speakers and the bringing together of people from different cultures and organisations was seen as impressive, as was the introduction to the NurSus project on the first day.

The talks by Dr Maud Huynen on the Delphi study that underpinned the prioritisation of content for the NurSusTOOLKIT, and her presentation of one topic was thought to be particularly impressive. The contribution of Tim Eden (Membership and Development Office form Health Care Without Harm) was seen as very motivating.

Participants indicated the importance of the panel discussion (made up of senior nursing leaders) and the promise of taking it forward. The event provided a good space for newer members of the wider sustainability and nursing community to network. Meeting the head of the RCN (UK) and other participants, together with student engagement (despite different languages) was highlighted, with comments about 'a well organised programme'. In spite of the event venue having no air-conditioning (with temperatures at 36 degrees centigrade), the hotel, event dinners and sustainable catering were seen as positive, and 'Esslingen is great'.

The NurSus Launch Event: The World Café Session

Question 2. What Was The Most Exhausting thing That You Experienced?

Two things were seen as most exhausting: the heat, and lots of talks in different languages, the latter proving a challenge for some who did not have English as a first language. On a practical note the internet access was intermittent and the walking 'the steps (to the venue) every day, exhausting but healthy!' The German students found it 'hard to combine meetings and study' as they were also involved in their course.

Question 3. Did you enjoy the time spent (and how could it have been even better?)

Enjoyed the 'time getting in contact with other people and hearing their opinions' in a 'positive collegiate atmosphere', the event had a 'calm organised manner'. It would have been nice to have 'more time for questions from speakers' and 'perhaps more people attending'. It was nice to have the 'opportunity to speak other languages'



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World Café Table 2. You have heard a lot about the NurSusTOOLKIT:

Question 1. What do you consider as most useful for nursing practice?

Participants recognised that nurses not only provide healthcare (services) but also health (prevention / environment); that they can function as educators (trusted, role model), and that information is important to learn AND to teach as this provides motivation. It was indicated that 'sustainability is LIFE! (not just a separate academic subject)' and should be embed in curriculum; 'nurses can realise that while caring for patients, they should also care for the planet'. The NurSusTOOLKIT was considered to have 'lots of good arguments to convince the sceptics'. It was thought to be 'perfect for inclusion in the curriculum to create awareness'. Participants commented on the 'big variety of tools and materials' and range of resources and references, suggesting that the 'games are entertaining and engage emotions'.

Question 2. What did you find unimportant or unnecessary?

Participants indicated that generally everything in the NurSusTOOLKIT was important. They provided some suggestions for going forward that included:

The NurSus Launch Event: The World Café Session

Making it searchable, highlighting which unit is more relevant for different professional groups, and linking topics to behaviour change and motivational interviewing. Some technical suggestions were made including gamification, flipping the classroom, active learning, and TED-Ed examples. It was indicated that 'nurses are tired after work and don't have time for traditional learning'; a badge or certificate could be provided for best nursing practice using the NurSusTOOLKIT.

World Café Table 3: As a nursing professional....

Question 1. How do you think NurSus will be accepted into nursing practice?

'All teaching should be through a sustainability-lens' and this can be done by 'involving it in the mission statement' and 'involve it in health managers' training'. It was suggested that 'sustainability education should be empowering not a burden' and that Universities could 'raise the profile of peer-assisted learning student leaders to work with other students' (peer to peer education). This was suggested by a student: 'to have sustainability in our learning outcomes for current modules at University would help us to apply sustainability to everyday practice rather than have it as a standalone subject'.

Question 2. Would you now be interested in learning more about the contents?

'Case studies are helpful and appropriate'. Additionally, 'knowing where things come from is essential, so for example the Supply Chain Game is appropriate'. It was also suggested that 'activities should be aimed at both personal and professional behaviours'. In discussing the content there was a comment that it is 'important to open it to other disciplines'.

Question 3. Do you consider the scope of the exercises appropriate?

(i) Critical appraisal

We encouraged participants to be critical of the NurSusTOOLKIT, feedback was very positive, with some critique about the breadth of the resources: 'this is very high brow and not appropriate for many nursing audiences it will put people off', and 'it will only work where the country's healthcare system is functioning and is willing to prioritise it', so for example other issues may be more prominent: 'in country politics, culture, education and finances (other priorities – basic needs)'. There were also some questions about the culture relevance: 'so much of NurSus relates to functional health and social care systems, and it is not appropriate in emerging economies where Governments are still wrestling with basic needs for the population'. This latter point is very important if we are to extend the NurSusTOOLKIT beyond the original (European) project remit.

The NurSus Launch Event: The World Café Session

(ii) NurSus +

Participants considered the next steps for the NurSus Project and suggested the team 'visit countries with insurmountable barriers (to including sustainability in nursing curricula)'. It was also suggested that we could 'make it exciting jolly and fun to a lower (educational) level', for example for nursing assistants. Another idea was to 'think about how to overcome barriers put up by individuals in the system such as "We are always busy" and "What's it got to do with us?"' So for example develop materials, exercises and cases studies to specifically address this. Furthermore, there were comments regarding making the NurSusTOOLKIT more easily accessible as a next step: 'make it searchable' and 'add rubrics'. Another suggestion was to 'make a snappy entertaining video to help people start using the kit', and 'make it relevant by using local examples'.

World Café Table 4. Please share with us...

Question 1. What are your next steps going to be?

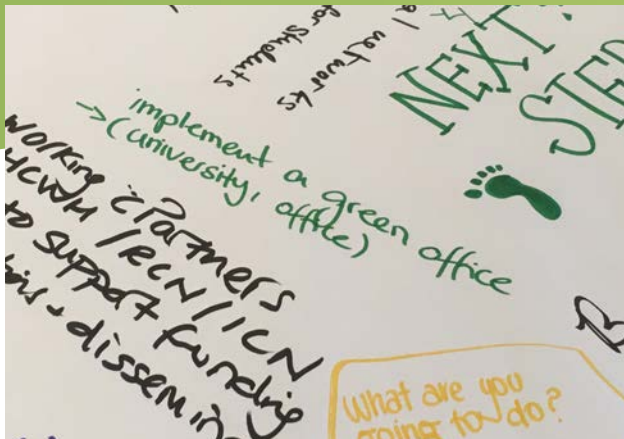
Participants planned to have conversations with other colleagues and fellow students and patients and 'meeting people at a potential transition point' to 'find the right language to use the NurSusTOOLKIT'. Students suggested they could contact other students

and exchange experiences between students via the Internet (or social media). One participant was intending to email their local NHS sustainability manager and procurement person to ask about current policies and practice. Another was intending to speak about the NurSusTOOLKIT at a forthcoming conference. Academic participants suggested they could get sustainability into learning objectives, outcomes and assessment into nursing curricula; linking to the 'European Blue Print for Nursing'. Other actions included 'implementing a 'green office' at the university'.

Question 2. Should we create a network for sustainability in nursing – if yes who should lead it?

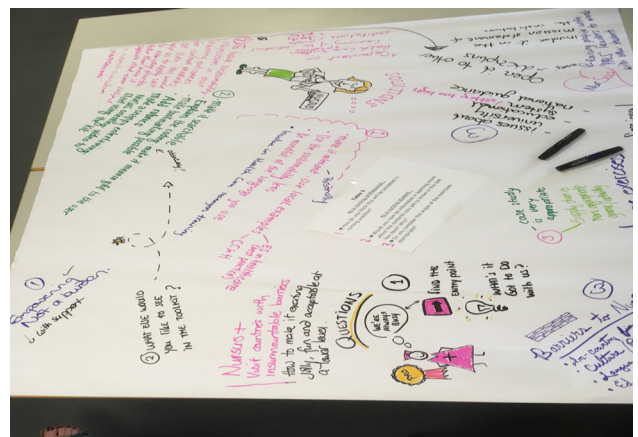
It was indicated that there was a need for a Nursing and Sustainability Network to encourage networking, advocacy, awareness and education. Organisations such as Health Care Without Harm or DBfK (Germany) and the RCN (UK) could contribute to creating this. Students suggested that they could create local networks for students (possibly using social media), for sharing experiences of working with sustainability and the NurSusTOOLKIT in practice with trained nurses and other health professionals. Another idea was to use social media to create Green Champion Networks, and have a NurSus Day, with student nurses having an opportunity to go on participating with the NurSus project once they have qualified.

The NurSus Launch Event: The World Café Session



Summary

The World Café session had a real buzz, and participants engaged with the activity, providing significant input in response to the questions posed by the NurSus Project team. All the contributions are being considered as the team moves to completing this current phase of the NurSusTOOLKIT project, developing future action for dissemination, and putting together plans for the next phase 'NurSusPlus'.



Closing Words and Further Plans

by Prof. Janet Richardson



The funding for the NurSusTOOLKIT project is coming to an end and we are in the final phases of uploading all the teaching and learning materials. This has been an amazing project to be part of, we have a fabulous project team and all partners have been enthusiastic and fully engaged throughout the process. As a project team, we have worked hard to ensure that we have been inclusive in developing the depth and breadth of evidence, and the consultation process that underpins the NurSusTOOLKIT. We engaged nurse education experts, practitioners and students from the beginning, and would like to thank all those who have contributed to this process, this has helped us to ensure that we have an evidence-based and robust project output. Others (for example colleagues at the University of Lausanne) have worked with us on translating materials for wider use. The NurSusTOOLKIT launch event in Esslingen went extremely well, engaging students, nurse educators and nursing strategic leaders, and provided us with feedback and ideas for next steps. Our task as a project team now is to disseminate the NurSusTOOLKIT widely, through events, academic papers and professional networks. You can help us with this by sharing this Newsletter with your colleagues and your own networks and we hope you will do this. We also hope that you will make use of the NurSusTOOLKIT and let us know how you are adapting and using the materials. Based on feedback we have had so far, and discussions at the launch event in Esslingen we will be developing the next phase of the project 'NurSusPlus'. If you have any ideas for this next phase, based on what you have seen of the NurSusTOOLKIT so far, or would like to be involved, please do get in touch.'

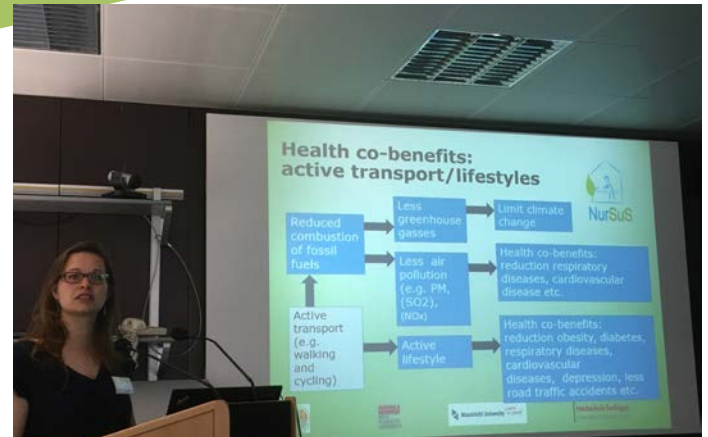
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Impressions from the NurSus Launch Event



Dr. Janet Richardson (University Plymouth) talking about Climate Change



Dr. Maud Huynen (University Maastricht) showing a NurSus TOOLKIT lecture



Students Hazel Wood and Tracy Mutwandwa from Plymouth talking about health systems in the UK



Tim Eden from Health Care without Harm Belgium held an inspiring presentation about sustainable health care



Esslingen student panel participants Patrick Ecker and Melanie Weinheimer showing their contribution to International Nurses Day

Impressions from the NurSus Launch Event



Lively World Café discussions (Manuel Linares Abad/University Jaén, Hazel Wood/University Plymouth, Johannes Nau/EBZ Stuttgart, Susan Bach/translator)



Sharing their experiences with the NurSus TOOLKIT (Tracy Mutandwa/University Plymouth, Marlies Orsel/ University Windeshei NL, Dr. Jane Grose/University Plymouth, Patricia Schwerdtle/Monash University Australia)



Attentive listeners at the Panel discussion



(c) dehweh/fotolia



Comparing Student Engagement: José Luis Castillo, María Ruiz, Cristina María García-Láez (Jaén) and Sandra Heiligmann (Esslingen)



Testing the NurSus Activities: The Team of University Jaén with Spanish students and guests

Impressions from the NurSus Launch Event



Even Australian experts came to explore the NurSus TOOLKIT: Patricia Schwerdtl from Monash University Melbourne with Thomas Heidenreich/University Esslingen



Discussing the global challenges for health and sustainability: Janet Richardson/ University Plymouth and Zrinka Puharic/ Technical College Bjelovar Croatia



The experts during the panel discussion had a lot of interesting points of view regarding sustainability and the implementation of the NurSus TOOLKIT (Janet Davies/RCN UK, Franz Wagner/DBfK Germany, Marlies Orsel/ Dutch Network Bachelor Nursing, Julio Fernández Garrido/President of Spanish Conference of Deans)



Expert talk during coffee break: Norma Huss / Hochschule Esslingen and Christel Bienstein /President DBfK Germany

Impressions from the NurSus Launch Event



The NurSus Team celebrating the successful Launch Event



Charming Esslingen provided beautiful summer temperatures



There is no wrong place for discussions about sustainability: NurSus guests and team members relaxing in a „Biergarten“ in Esslingen