



# FAITH research Summer School

12-15 June 2023

Groningen, The Netherlands





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# Program day by day

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## Monday 12 June 2023

*Theme: Health of the population: concepts and developments*

Location: Hanze University of Applied Sciences, Groningen

### Room B0.08

- 9:00 – 10:00 Welcome and introduction  
Prof. Harriët Jager-Wittenaar
- Challenges in Health and Health Care*
- 10.00 – 10.45 Population health – a public health perspective  
Prof. Fons van der Lucht
- 10.45 – 11.00 Tea/coffee break: **Central Hall**
- 11.00 – 11.45 Health Care Challenges  
Mr. Klaus Boonstra
- 11.45 – 12.05 Wrap up and General Discussion  
Mr. Klaus Boonstra and Prof. Fons van der Lucht
- 12.05 – 13.00 Lunch break: **Central Hall**
- 13.00 – 15.00 Design for mental health – workshop  
Prof. Job van 't Veer and Mr. Lars Veldmeijer
- 15.00 – 15.20 Introduction assignment  
Prof. Job van 't Veer
- 15.20 – 15.40 Tea/coffee break: **Central Hall**
- 15.40 – 16.25 How to support a healthy lifestyle for people with intellectual disabilities? An Integral Lifestyle Approach for professionals  
Dr. Annelies Overwijk
- 16.25 – 17.05 Interprofessional collaboration; from practice to measurement  
Dr. Jan Jaap Reinders
- 17.05 – 18.00 Working on the assignment
- 18.00 Social program – dinner and dance salsa  
Floreshuis, Floresplein 19, 9715 HH Groningen

## Tuesday 13 June 2023

*Theme: Citizens/patients perspective and involvement*

Location: Hanze University of Applied Sciences, Groningen

**Room B0.08**

- 9:00 – 10:00 Developing Health Literacy Tools  
Dr. Sandra Jorna-Lakke and Mrs. Nicole Bruin
- 10.00 – 10.15 Tea/coffee break: **Central Hall**
- 10.15 – 11.00 People oriented and value- driven care  
Dr. Gera Welker and Mrs. Hanneke van der Wal
- 11.00 – 12.00 Citizen Science; how to involve citizens in health and healthcare  
Dr. Rhoda Schuling
- 12.00 – 12.30 Lunch break: **Central Hall**
- 12.30 – 13.00 Meet and greet Future Health Summer School: **Central Hall**
- 13.00 – 14.00 Back to the human size: how can we find effective solutions to tackle poverty  
Mrs. Ellen de Bruin
- 14.00 – 15.00 Promoting vitality among students  
Dr. Pepijn Roelofs
- 15.00 – 15.20 Tea/coffee break: **Central Hall**
- 15.20 – 17.00 Working on assignment



## Wednesday 14 June 2023

*Theme: Healthcare (innovations): prevention in the care system, technology and reablement*

Location: Sûnenz ZuidOostZorg, Burgemeester Wuiteweg 140, 9203 KP Drachten

**Room: Sunlab**

- 9:30 – 10:00 Prevention in Healthy Ageing  
Prof. Hans Hobbelen
- 10.00 – 10.30 Reablement in care for older people: from mindset  
to implementation  
Mrs. Karine van der Kraan
- 10.30 – 10.40 Short break
- 10.40 – 11.20 Guided tour - Best practices in care for older people  
Location: Sûnenz  
Inez Overwijk
- 11.20 – 11.40 Tea/coffee break
- 11.40 – 12.25 Health and care in patients that undergo major surgery  
Prof. Geert van der Sluis
- 12.25 – 13.15 Lunch to go and traveling to Hanze University of Applied Sciences, Groningen
- Location: Hanze University of Applied Sciences, Groningen
- Room B0.08**
- 13.15 – 14.00 Working on assignment
- 14.00 – 15.00 Equity in health and healthcare  
Prof. dr. Hajo Zeeb
- 15.00 – 15.20 Tea/coffee break: **Central Hall**
- 15.20 – 16.20 Vitality capacity  
Prof. dr. Ivan Bautmans
- 16.20 – 17.30 Working on assignment
- 17.30 Traveling and dinner  
Van der Valk Hotel Groningen – Hoogkerk, Borchsingel 53, 9766 PP, Eelderwolde

## Thursday 15 June 2023

*Theme: interventions and policy – crossing borders & student presentations*

Location: Hanze University of Applied Sciences, Groningen

**Room B0.08**

- 9:00 – 10:00 Healthy ageing starts in childhood  
Prof. Janneke Metselaar
- 10.00 – 10.40 Lessons learned from the corona pandemic-policy recommendations  
Mrs. Djoeke Besselink
- 10.40 – 11.00 Tea/coffee break: **Central Hall**
- 11.00 – 12.30 Preparing presentations for Advisory Board FAITH research  
Mrs. Ineke de Jong
- 12.30 – 13.00 Lunch break: **Central Hall**
- 13.00 – 14.00 Presentations by FAITH Summer School participants to  
Advisory Board FAITH research
- 14.00 – 14.30 Product market Future Health Summer School: **Central Hall**  
Mr. Carst Buissink
- 14.30 – 15.00 Evaluation Summer School and closing



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# Speakers

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## **Prof. dr. Ivan Bautmans – Vrije Universiteit Brussel (BE)**

Ivan Bautmans (°25 FEB 1973, ORCID: 0000-0002-6820-9586) is MSc Physiotherapy & PhD Medical Sciences, and an expert in biogerontological research: physical training of older persons, sarcopenia and inflammation. He obtained funding from FWO, VUB, Willy Gepts Fund, EU (FP7, AAL). Ivan is full-time appointed as tenured full professor (Gewoon Hoogleraar) at the Vrije Universiteit Brussel (VUB) where he is head of the Gerontology and Frailty in Ageing research (<https://fria.research.vub.be>) departments. He coordinates an Interdisciplinary Research Program @VUB on Active and Healthy Ageing, and a Strategic Growth Research Program @VUB on the anti-inflammatory effects of exercise in the aged. At the VUB he is coordinator of the Research Master of Gerontological Sciences ([www.vub.ac.be/en/study/research-master-gerontological-sciences](http://www.vub.ac.be/en/study/research-master-gerontological-sciences)) where he gives lectures on healthy ageing & research methodology. He is also board member (President elect in 2013-2015) of the Belgian Society for Gerontology & Geriatrics ([www.geriatrie.be](http://www.geriatrie.be)) and founding board member of the Belgian Ageing Muscle Society ([www.ageingmuscle.be](http://www.ageingmuscle.be)). At SOMT University of Physiotherapy (Amersfoort, The Netherlands) he is scientific advisor. At Hanze Hogeschool Groningen (Groningen, The Netherlands) he is visiting guest professor Healthy Ageing. He is leading the WHO Working Group on Vitality Capacity and co-leading the EUGMS SIG on Sarcopenia. *Email: [ivan.bautmans@vub.be](mailto:ivan.bautmans@vub.be)*

## **Djoeke Besselink – Hanze University of Applied Sciences (NL)**



Djoeke Besselink is a PhD-student in the Research Group Healthy Ageing, Allied Health Care and Nursing at the Hanze UAS. After finishing a Master's Degree in Global Health, Djoeke became a Public Health Advisor at GGD Groningen, the regional Public Health office of Groningen. Here she works closely with municipalities on how to protect and promote the health of citizens. In her work as a PhD-student, Djoeke combines both quantitative and qualitative studies to investigate the impact of the COVID-19 pandemic on frailty in older people living in Northern Netherlands. The results of the studies will be translated into (policy) recommendations how to minimize negative effects of lockdowns and other restrictive measures during a large infectious disease outbreak on frailty among older people. *Email: [d.besselink@pl.hanze.nl](mailto:d.besselink@pl.hanze.nl)*

## **Mr. Klaus Boonstra – GGD Fryslân (NL)**



Klaus Boonstra (b. 1958) began his career as a nurse. In 1994 he graduated as a nursing scientist. Klaus developed himself in management and administration in health care and education and was, among other things, director at a home care organization and at the College of Healthcare Education. In recent years he has been involved as a consultant in various care and education innovations and supervises research on these.

*Email: [klaus@klausboonstra.nl](mailto:klaus@klausboonstra.nl)*

## **Mrs. Nicole Bruin – Patyna and Hanze University of Applied Sciences (NL)**



Nicole Bruin is a junior researcher and geriatric physical therapist at the Hanze University of Applied Sciences and Patyna. Her research focusses on communication between physical therapist and patients with limited health literacy. Her research is part of the Com-In-Actie and Bewust-In-Actie projects. *Email: [n.bruin@pl.hanze.nl](mailto:n.bruin@pl.hanze.nl)*

### **Mrs. Ellen de Bruin – NHL Stenden University of Applied Sciences (NL)**



Ellen de Bruin is working at the Academy of Social Studies of NHL Stenden and is the founder of the Inclusive Community Lab Fryslân. Over all she has been working for 30 years in the social domain in different roles. She is an experienced social worker who has worked with various vulnerable groups in society. Also has she been a strategic manager Social Domain for the local government and was and is involved in national platforms to shape the transformation concerning social work and health care. She also trains professionals in the public domain for the Northern Academy of Public Management.

During her career she was especially involved in issues concerning poverty and socio-economic problems in society. At NHL Stenden she works on creating innovative education in a quadruple helix, to find different and more effective answers to wicked problems. She is the coordinator of the Social Innovation Hub at RUN EU, a collaboration of nine universities in Europe. For her is the knowledge of experience -experts crucial in finding the right information to find back the human size in our world where we like to think in systems and not in people.

*Email: [ellen.de.bruin@nhlstenden.com](mailto:ellen.de.bruin@nhlstenden.com)*

### **Prof. Hans Hobbelen – Hanze University of Applied Sciences (NL)**



Hans Hobbelen (PhD, PT) started his career as a physiotherapist in a nursing home in the city of Eindhoven the Netherlands and stayed at this job for 22 years. In 2001, he received his master degree in human movement sciences. He received his PhD in 2010 on the topic of paratonia, a distinctive form of hypertonia in dementia. This made him a leading scientist in the field of paratonia and movement disorders in dementia. He is since 2012 professor (Lector) in Ageing and Allied Health Care at the Hanze University of Applied Sciences in Groningen, The Netherlands. Besides movement disorders in dementia his main field of interest is frailty, in specific the multi-dimensionality of Frailty. Hans is pioneer of FAITH Research (funded by SIA-SPRONG). FAITH is the abbreviation of Frailty by Assessment, Intervention and Technology towards Health and entails the development of an infrastructure of research on frail and vulnerable populations. The FAITH consortium is a consortium of the professorships of the northern Universities of Applied Sciences (Hanze Hogeschool and NHL-Stenden) with expertise on frail elderly and 25 partners ranging from care organisations, SMEs and health insurers.

Furthermore Hans is member of the scientific board of the Dutch physiotherapy association (WCF, KNGF), member of the Clinical Consortium on Healthy Ageing of the World Health Organisation (WHO) and since may 2019 President of The International association of Physiotherapists working with Older People (IPTOP, official subgroup of WCPT) *Email: [j.s.m.hobbelen@pl.hanze.nl](mailto:j.s.m.hobbelen@pl.hanze.nl)*



### **Prof. Harriët Jager-Wittenaar – Hanze University of Applied Sciences (NL)**

Harriët Jager-Wittenaar, PhD, RD, is Professor of Malnutrition and Healthy Ageing in the Research Group Healthy Ageing, Allied Health Care and Nursing at the Hanze UAS, Groningen, The Netherlands. She is also appointed as senior researcher at the Department of Oral and Maxillofacial Surgery at the University Medical Center Groningen and Guest Professor at the Vrije Universiteit Brussel, Belgium. Prof. Jager-Wittenaar received her PhD degree (2010) in Medical Sciences at the University of Groningen, on the topic of malnutrition in patients with head and neck cancer. Dr. Jager-Wittenaar is an internationally recognized expert and leader in the field of malnutrition. Her current research program focuses on prevention and treatment of malnutrition in patient populations and older adults. Prof. Jager-Wittenaar is co-program leader of FAITH research. *Email: [ha.jager@pl.hanze.nl](mailto:ha.jager@pl.hanze.nl)*



### **Dr. Sandra Jorna-Lakke – Hanze University of Applied Sciences (NL)**



Sandra is part of the Research group Healthy Ageing, Allied Health Care and Nursing, Centre of Expertise Healthy Ageing at Hanze UAS and appointed as senior lecturer at the Department of Physical Therapy.

Sandra is motivated to improve health care through facilitating interaction between therapists, students, teachers, and researchers about offering high quality care to patients. She is especially interested in patients with other health literacy than the therapist who may have difficulties understanding the therapist's questions and information and above that,

may experience difficulties to convey their illness perceptions to the therapist.

This interest was awaked during the research topic of my PhD thesis which revealed that one of these most influencing factors of performance was the verbal and nonverbal behaviour of the physical therapist. I am interested in the effect of therapeutic verbal and nonverbal behaviour of during the therapeutic process.

Sandra is project leader of a project Com-In-Actie which developed a communication toolbox to enhance the communication with patients with other health literacy. And project leader of INPRO ([www.inproproject.eu](http://www.inproproject.eu))

References can be found under this [link](#) Email: [a.e.jorna-lakke@pl.hanze.nl](mailto:a.e.jorna-lakke@pl.hanze.nl)

### **Mrs. Karine van der Kraan – ZuidOostZorg (NL)**

Email: [k.vanderkraan@zuidoostzorg.nl](mailto:k.vanderkraan@zuidoostzorg.nl)

### **Prof. Fons van der Lucht – RIVM, Hanze University of Applied Sciences (NL)**



Fons van der Lucht is a senior public health researcher and project manager at the Dutch national Public Health Institute (RIVM). For many years, he has contributed to national health reporting and forecast studies for the ministry of health. Since 2018, he is also professor of Healthy Ageing and Public Health at the Hanze University of Applied Sciences in Groningen. Email: [f.van.der.lucht@pl.hanze.nl](mailto:f.van.der.lucht@pl.hanze.nl)

### **Prof. Janneke Metselaar – NHL Stenden University of Applied Sciences (NL)**



Janneke Metselaar is working as a professor in Child and Youth Care at NHL Stenden University of Applied Sciences. The professorship Child and Youth Care carries out research into effective methods and improvements in the training and skills of professionals in the youth sector. Youth care is developing due to a greater emphasis on adolescents' own strengths and the problem-solving abilities of families and their surroundings. These changes require innovative solutions and new working methods for professionals who are active in the youth sector. The Youth Care professorship aims to improve the skills and training of

professionals in the youth sector and to enhance the quality of youth care. E-mail:

[janneke.metselaar@nhlstenden.com](mailto:janneke.metselaar@nhlstenden.com)

### **Dr. Annelies Overwijk – Hanze University of Applied Sciences (NL)**



Dr. Annelies Overwijk is behavioral scientist, she is postdoc and educational advisor at the Academic Collaborative Centre for PIMD (people with severe or profound intellectual and multiple disabilities). Annelies is also affiliated to the Research Group Healthy Ageing, Allied Healthcare and Nursing of the Hanze University of Applied Sciences in the Netherlands. Besides, she is lecturer at Social Work. Her research topic mainly focuses on healthy lifestyle for people with moderate to profound intellectual disabilities. During her PhD research she explored the support needs of direct support professionals, after which a training and education program was developed, implemented, and evaluated. This

research is being continued in the 'LEEV!' project. Email: [a.overwijk@pl.hanze.nl](mailto:a.overwijk@pl.hanze.nl)

### **Mrs. Inez Overwijk – ZuidOostZorg (NL)**



Inez Overwijk has been working at ZuidOostZorg since 2016, first in the role of project leader and since September 2022 as program manager Sunenz. Sunenz is committed to supporting the elderly in an active lifestyle and a healthy lifestyle. With the aim of supporting the elderly in continuing to live at home. From Sunenz Inez works together with local partners such as the municipality, care organizations and associations. But her most important partners are the elderly themselves. They know exactly what they need to grow old happily. Together they are working on the development of a new healthcare landscape in which prevention is the starting point. *Email:* [i.overwijk@sunenz.nl](mailto:i.overwijk@sunenz.nl)

### **Dr. Jan-Jaap Reinders – Hanze University of Applied Sciences (NL)**



Dr. Jan-Jaap Reinders is senior researcher at the Hanze University of Applied Sciences and member of the FAITH Research Network. He is co-founder of the Research group IPE of LEARN, University Medical Center Groningen and he works for the Center for Dentistry and Oral Hygiene. Dr. Reinders is a speaker, author, lecturer, Aletta Jacobs Fellow, PhD supervisor and a board member of Interprofessional.Global, a worldwide confederation that represents various regional, national and international networks on interprofessional education and collaboration. As a work and organizational psychologist, Dr. Reinders investigates interprofessional identity and the socio-technical systems approach to interprofessional collaboration. He published a new scientific theory on interprofessional identity, extended professional identity theory (EPIT). To enable the measurement of EPIT-based interprofessional identity, he developed a new instrument, the extended professional identity scale (EPIS). So far, EPIT-based interprofessional identity is studied in the Netherlands, Lithuania, Germany, Switzerland, Austria, USA, Turkey, India, Oman, and Indonesia. In addition, he is also involved in research on interprofessional treatment of malnutrition and sarcopenia among community-dwelling elderly and is involved in setting up a research programme related to frailty and adequate care in rural areas. *Email:* [j.j.reinders@pl.hanze.nl](mailto:j.j.reinders@pl.hanze.nl)

### **Dr. Pepijn Roelofs – NHL Stenden University of Applied Sciences (NL)**



Dr. Pepijn Roelofs has been working at Rotterdam University of Applied Sciences (Research Centre Innovations in Care) since 2006. He has a background as a physiotherapist and Labour and Organizational Expert (health sciences). He received his doctorate in 2010 for his dissertation “Managing low back pain with lumbar supports and medication”. His doctoral research focused on the indicated preventive prevention of low back pain in homecare workers. Dr. Roelofs works also as a senior researcher health sciences at the University Medical Center Groningen and as a lecturer/researcher at Stenden University of Applied Sciences. Dr. Roelofs was the initiator of the SPRiNG study on nursing student dropout. Currently he is involved in the SPRiNG –Living Lab project. *Email:* [pepijn.roelofs@nhlstenden.com](mailto:pepijn.roelofs@nhlstenden.com)

### **Dr. Rhoda Schuling – Hanze University of Applied Sciences (NL)**



Dr. Rhoda Schuling has been working in the health sciences since 2012, when she started her PhD on mindfulness and compassion in recurrent depression at the Radboudumc, the Netherlands. After her PhD, Rhoda moved on to Sports, Active lifestyle and Healthy Ageing at the Hanzehogeschool. She is particularly interested in Citizen Science or Community Science: in her projects, she endeavors to co-create health solutions with all stakeholders of a certain issue or topic, with special emphasis on citizens or end-users. She is currently postdoc Citizen Science at the Hanze Centre of Expertise Healthy Ageing, and co-leads the Bridge2Health trajectory in which three universities of applied sciences in the Netherlands aim to further develop Citizen Science as a research methodology. She is also Chair of the ECSA (European Citizen Science Association) working group on Citizen Science for Health. *Email:* [r.schuling@pl.hanze.nl](mailto:r.schuling@pl.hanze.nl)

### **Dr. Geert van der Sluis – Nij Smellinghe hospital (NL)**



Geert van der Sluis graduated in 1998 as physical therapist in 2002 as radiotherapy technician and in 2007 he became is master in clinical health science. Since 2003 he was working as a physiotherapist in a regional hospital in Drachten (the northern part of the Netherlands). In 2013 he started with his PhD trajectory, with a focus on perioperative care for patients undergoing total knee replacement surgery. In April 2018 he started as project manager value based healthcare in a hospital in Amsterdam. After finishing his PhD in November 2018, he started as a project manager innovation and research in the hospital in Drachten again. *Email: [G.Sluis@nijsmellinghe.nl](mailto:G.Sluis@nijsmellinghe.nl)*

### **Prof. Job van 't Veer – NHL Stenden University of Applied Sciences (NL)**



Dr. Job van 't Veer is a lecturer of Digital Innovation in Healthcare and Welfare at the NHL Stenden University of Applied Sciences. Since 2004, he has been a lecturer for various healthcare and welfare programs, particularly at the Master Health Innovation program. As a (practical) researcher, he is always focused on the social participation of vulnerable groups, such as people with mental illness, mild intellectual disorders, and dementia. Since 2012, he has focused on digital innovation in healthcare and welfare. Within all research projects, the emphasis is on a design-oriented approach: how can you, together with

clients, residents, and professionals, innovatively and possibly digitally, improve healthcare and welfare?

*Email: [job.van.t.veer@nhlstenden.com](mailto:job.van.t.veer@nhlstenden.com)*

### **Mr. Lars Veldmeijer – NHL Stenden University of Applied Sciences (NL)**



Lars Veldmeijer is PhD-candidate at Utrecht University Medical Center and researcher and lecturer at NHL Stenden University of Applied Sciences. For his PhD, he combines his lived experience in mental health care with his expertise of design for health. His main research topic is exploring the potential of design research and co-creation for the diagnostic process of mental health conditions. At NHL Stenden, he lectures in the Master Health Innovation and is researcher at the research group Digital Innovation in Health.

*Email: [lars.veldmeijer@nhlstenden.com](mailto:lars.veldmeijer@nhlstenden.com) and [l.veldmeijer-2@umcutrecht.nl](mailto:l.veldmeijer-2@umcutrecht.nl)*

### **Mrs. Hanneke van der Wal - University Medical Center Groningen (NL)**



Hanneke van der Wal- Huisman works as a nurse scientist and nurse within the Surgery Department of the University Medical Center in Groningen (UMCG)- the Netherlands. She studied nursing at the Hanze University of Applied Sciences in Groningen and has worked in various fields and since 2004 she has been working at the UMCG as a (senior) registered nurse. In 2010 she completed the master's degree in Nursing Science at the University of Utrecht. Since 2009 she has fulfilled various positions in the field of nursing education and has been working as a nurse researcher within the Surgical Department and member of the research group CHANGE, which focuses on changing the care trajectory for (older) surgical

patients from disease driven to value driven care. Her field of research is the care of elderly surgical patients with regard to treatment decision-making, and interventions to promote the recovery of (elderly) surgical patients. In addition, she is a (board) member of several professional associations both national and international. *Email: [h.van.der.wal-huisman@umcg.nl](mailto:h.van.der.wal-huisman@umcg.nl)*

### **Dr. Gera Welker – University Medical Center Groningen (NL)**



Dr. Gera A. Welker has a master in organizational sociology, and holds her PhD in Management & Organization. She first worked as project manager logistics and quality manager in business. Then she started as lecturer/PhD researcher at the Faculty of Economics and Business of the University of Groningen and worked many years as assistant professor. In 2010 she started working at the University Medical Center Groningen (UMCG) as implementation fellow, trained in a ZonMw-program. Since then she works as consultant and researcher in many implementation projects in health care.

Besides her work as implementation fellow she also works as senior consultant policy. She was one of the initiators of the Value Based Health Care program in the UMCG, which started in 2017, and is now program coordinator VBHC (people oriented and value driven). *Email: [g.a.welker@umcg.nl](mailto:g.a.welker@umcg.nl)*

**Prof. dr. Hajo Zeeb – Leibniz Institute for Prevention Research and Epidemiology (DE)**

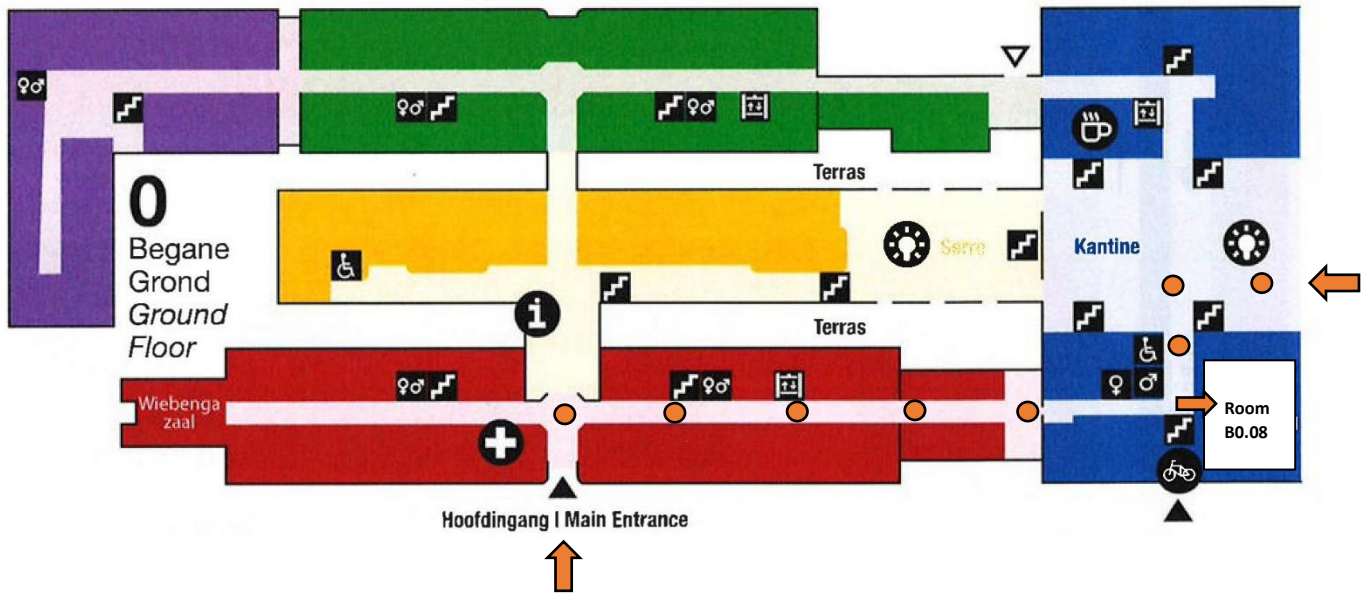


Hajo Zeeb is a professor of epidemiology at the University of Bremen, and head of the department of prevention and evaluation, Leibniz Institute for Prevention Research and Epidemiology –BIPS in Bremen. He teaches epidemiology and Public Health and conducts research in social and environmental epidemiology as well as in evidence-based Public Health and health promotion. He was the principal investigator of the AEQUIPA prevention research network in the North West region of Germany (Oldenburg-Bremen, 2015-2022) with a focus on healthy ageing, physical activity and equity. He also serves as speaker for the Leibniz Science Campus Digital Public Health Bremen. *Email:* [zeeb@leibniz-bips.de](mailto:zeeb@leibniz-bips.de)

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# Map Hanze University of Applied Sciences

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