

VORES IDEER

SY & STRIKKEKLUB



2X OM UGEN FOR KVINDER

VI KAN DELE DET VI KAN



NEJ TAK! ER DER KUN NOGET FOR DANSKERNE DER HAR MED DRUK AT GØRE?

OG DET KAN VÆRE SVÆRT AT DELTAGE, NAR VI IKKE ER SÅ MANGE MED DANSK BAGGRUND

AKTIVITETER VI HAR NU...

...D AF AT DELTAGE? ...TAGER VI IKKE?

VI LÆRER NOGET!

DIABETES CAFÉ

FÆLLES MORGENMAD

FOR ALLE SYKKUBBEN STEEN & STOFFER

...GODT AT MØDE ANDRE!

...ER VI ...EN OM ...DER SAMLER ...SPROG?

MOTION FOR KVINDER

HAVEFORENINGEN

FYSISK AKTIVITET



- I BEBOERHUSET
- 1 GANG OM UGEN

FITNESS YOGA AFSLAPNING

Formål: FOREBYG ENSOMHED!

JEG SIDDER BARE HJEMME & FØLER MIG ALENE



HVOR? HVORNÅR? HVOR OFTE?

SPROGET ER LIGG I MEGET



I SVØMMEHA I KOMMUNEN



JULEMARKED



VI KAN GODT BETALE

Grafisk facilitering i workshops

Catharina Thiel Sandholdt, adjunkt
 Center for almen medicin,
 KU og Forskningsenheden for almen praksis
 casa@sund.ku.dk
 VID seminar d. 18.03.26



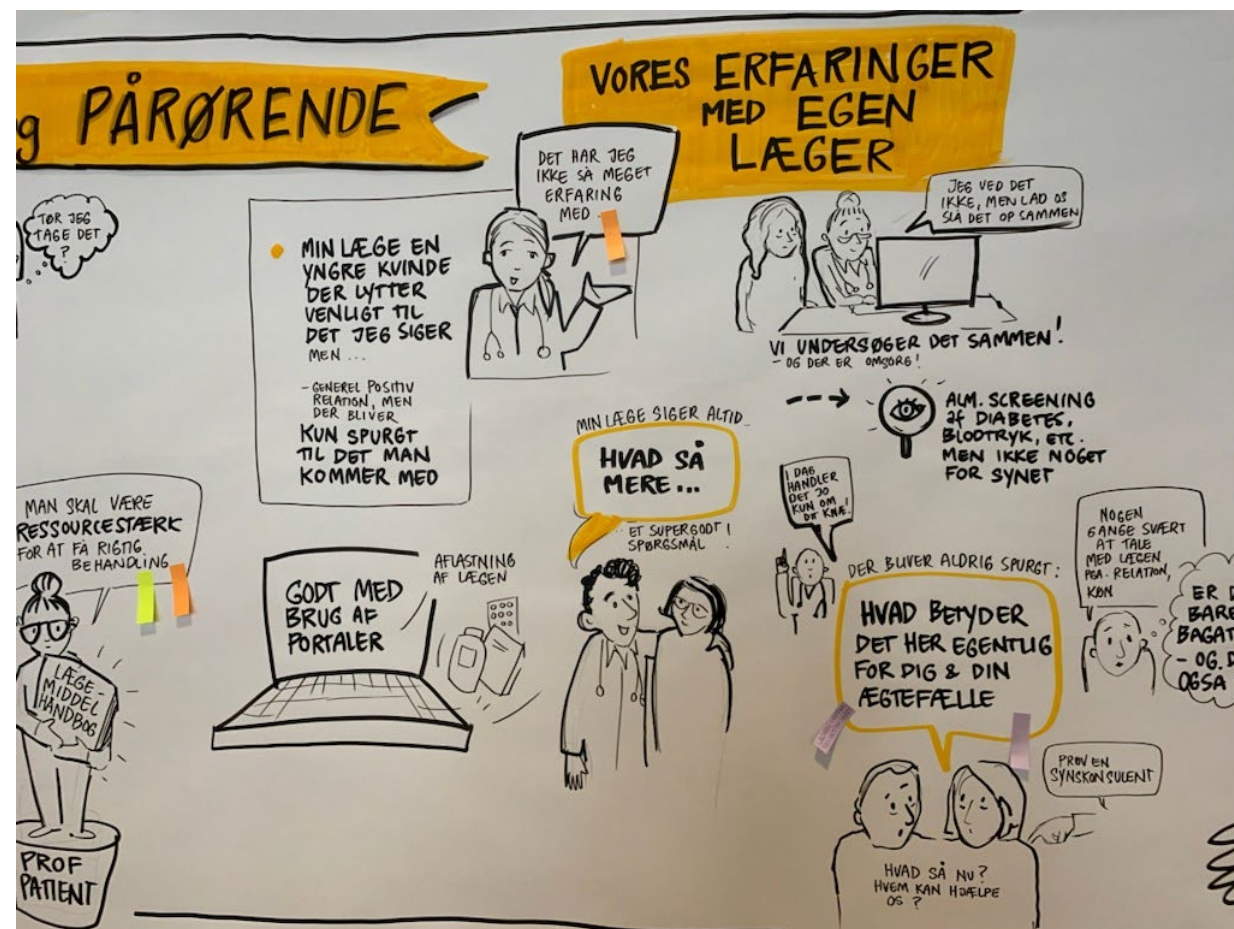
Hvordan forstås grafisk facilitering her?



- Værktøj til at inddrage stakeholders
- En stor, fysisk, tegning med tekst
- Laves 'on-sight' i en workshop
- *Det der bliver sagt bliver tegnet*
- Pennen føres af en grafisk facilitator. Workshoppen faciliteres generelt af projektansvarlig (forsker)
- Deltagerne har mulighed for at interagere med tegningen
- Tegningen fra mødet efterarbejdes af grafisk facilitator+forskere og valideres af deltagerne

Grafisk facilitering kan:

- Skabe en transparent proces
- Hjælpe med at alle føler sig repræsenteret i beslutningerne
- Gøre deltagelse tilgængeligt på tværs af sprog
- Skabe et overblik
- Aktivt projektværktøj efter workshop



Værdien af at involvere stakeholders i udviklingen af komplekse interventioner?

- Core element i MRC-rammearbejdet
- Fordele eksperticen i projektet
 - du faciliterer vidensproduktionen
- Kvalificere og validere
- Udfolde problemet: Hvad er det? Hvem oplever det? Hvor/hvornår? (kontekstforståelse)
- Bæredygtighed og øgede chancer for implementering
- Du kan blive mere bevidst om dine egne blinde punkter – mulighed for at udvikle dig som reflektiv forsker



Brug af grafisk facilitering i udviklingen af en kompleks intervention

DETECT-projektet:

*Kan almen praksis spille en større rolle
i opsporing af synsnedsættelse hos ældre
patienter?*

Støttet af:

VELUX FONDEN

DETECT

Opsporing af synsnedsættelse blandt ældre patienter i almen praksis



Projektinformation

Tre faser

- Forberedelsesfasen
- **Workshopfasen**
- Justér og validerfasen

Artikel under udarbejdelse til BMC Medical Research and Methodology:

Sandholdt, CT. Kristensen, MAT. Steinbo, E. Petersen, ML. Brost, AG. Reventlow, S. Waldorff, FB. Jensen, KT.: *Graphic facilitation as a method for engaging stakeholders in co-designing complex health interventions – investigated through an intervention detecting vision reduction in older patients in general practice, Denmark*



Forberedelsesfase

Open access Protocol

BMJ Open DETECT: DEveloping and testing a model to identify preventive vision loss among older patients in general practice – protocol for a complex intervention in Denmark. BMJ Open

Catharina Thiel Sandholdt^{1,2}, Alexandra Brandt Ryborg Jønsen^{1,2}, Susanne Reventlow^{1,3}, Daniela Bach-Holm^{3,4}, Kessel Line^{3,4}, Miriam Kolko^{3,5}, Marie Honoré Jacobsen¹, Olivia Hjulsgaard Mathiesen¹, Frans Boch Waldorff¹

To cite: Sandholdt CT, Jønsen AB, Reventlow S, et al. DETECT: DEveloping and testing a model to identify preventive vision loss among older patients in general practice – protocol for a complex intervention in Denmark. *BMJ Open* 2023;15:e009874. doi:10.1136/bmjopen-2022-009874

ABSTRACT
Introduction The number of people living with visual impairment is increasing. Visual impairment causes loss in quality of life and reduce self-care abilities. The burden of disease is heavy for people experiencing visual impairment and their relatives. The severity and progression of age-related eye diseases are dependent on the time of detection and treatment options, making the timely access to healthcare critical in reducing visual impairment. General practice plays a key role in public health by managing preventive healthcare, diagnostics and

STRENGTHS AND LIMITATIONS OF THIS STUDY
 ⇒ Visual impairment and vision loss are important health problems, but the role of general practices in relation to detection of visual impairment remains unclear. Through the Medical Research Council framework for complex interventions, this study seeks to unfold the potentials and limitations of the general practitioners (GPs) role concerning visual impairment and vision loss.
 ⇒ The study applies a participatory approach and ex-

RESEARCH



The role of general practice in the identification of age-related vision impairment and chronic eye diseases: a systematic review

Marie Honoré Jacobsen^{1,2}, Olivia Hjulsgaard Mathiesen^{1,3}, Emma Katrine Frøhke Steinbo¹, Agnes Galbo Brost^{1,4}, Frans Boch Waldorff¹, Catharina Thiel Sandholdt^{1*}

¹Research Unit for General Practice and Section for General Practice, Department of Public Health, University of Copenhagen, Copenhagen, Denmark; ²National Centre for the Working Environment, Copenhagen, Denmark; ³Danish Research Centre, Copenhagen, Denmark; ⁴Department of Ophthalmology, University Hospital Rigshospitalet-Glostrup, Copenhagen, Denmark

RESEARCH



Older adults' perceptions of navigating eye health care in Denmark: a qualitative study

Catharina Thiel Sandholdt^{1*}, Marie Honoré Jacobsen¹, Olivia Hjulsgaard Mathiesen¹, Alexandra Brandt Ryborg Jønsen^{1,2}, Andrea Nedergaard Jensen^{1,3}, Emma Katrine Frøhke Steinbo¹, Susanne Reventlow¹, Frans Boch Waldorff¹

¹Research Unit for General Practice & Section of General Practice, Department of Public Health, University of Copenhagen, Copenhagen, Denmark; ²Department of People and Technology, Roskilde University, Roskilde, Denmark; ³Department of Public Health, University of Copenhagen, Copenhagen, Denmark; ⁴Department of Ophthalmology, Zealand University Hospital, Roskilde, Denmark

Abstract

Background: Vision impairment can have an impact on cognition, health, and social function. Vision loss may be avoided if detected early and treated promptly. Eye health is a minor topic in general practice, but the ongoing relationship between doctor and patient has the potential to assist the patient in navigating the healthcare system and guaranteeing timely healthcare service delivery.

Aim: To explore the attitudes of older members of the public (aged ≥60 years) towards navigating primary sector eye health care in Denmark, with a focus on optometrists, practising ophthalmologists (POs), and GPs.

Design & setting: Qualitative study in Copenhagen, Denmark.

Method: Focus group interviews were performed in the spring of 2022 with 21 older members of the public.

Results: Older members of the public perceived optometrists and POs to be the most relevant health professionals to consult about eye health. Opportunities were identified for enhancing the function of general practice including detecting early signs of visual impairment, being in charge of further referrals, and managing issues affecting quality of life such as dry eyes.

Conclusion: Older members of the public sought help from health professionals who are directly qualified to treat symptoms of vision impairment that patients are experiencing or expect to face in the near future. Participants identified a potential for GPs to address vision impairment. This included focusing on the patient's general health and function, as well as potential comorbidities influencing treatment trajectories. The current denigration of general practice risks missing out on the potential benefits of robust engagement from general practice in eye health.

age-related vision impairment (ARVI) is associated with an increased risk of dementia and can affect older patients' overall health and ability to manage everyday tasks. Symptomatic making it difficult to detect. The World Health Organization (WHO) primary care settings for identification of ARVI, underscoring the importance of general

practitioner knowledge on identifying ARVI in general practice within countries with primary healthcare systems.

Key message: A systematic literature review searching for published research focused on ARVI and chronic eye diseases in general practice.

The review was conducted in June 2024 across PubMed, Web of Science, and Scopus. It included empirical, peer-reviewed studies focused on ARVI or eye diseases in adults aged 60 years and older, conducted in countries with well-established primary healthcare systems, and published in English or three Scandinavian languages (Danish, Swedish, and Norwegian). Acute eye diseases were excluded. Twenty articles were included. A thematic qualitative synthesis of included articles was conducted.

Three themes were identified: (1) general practice screenings and referrals, (2) limited knowledge of eye health, but a high focus on diabetic retinopathy (DR); (3) differences between general practices and other health professions, implied the importance of collaboration; and (4) potentials in general practice for detecting ARVI, through continued professional development, systematic DR screening, and more focus on patient education.

The review highlights the need for more research in detection of ARVI and prevalent eye diseases in general practice.



*For correspondence: casa@sund.ku.dk

Competing interest: The authors declare that no competing interests exist.

Received: 27 June 2023

Accepted: 28 October 2023

Published: 20 March 2024

© This article is Open Access: CC BY license (<https://creativecommons.org/licenses/by/4.0/>)

Author keywords: eye problems, eye, care of older people, aged, qualitative research

How this fits in

In general practice, eye health is a poorly investigated topic. This study has shown how older members of the public navigate their health-seeking behaviours in primary care for vision and eye health, including the importance of general practice in identifying and managing eye health.

- Litteratursøgning
- Interviews med patienter og pårørende
- Observationer i almen praksis, optikerbutikker, privatpraktiserende øjenlæger og øjenafdelingen på hospital
- Rekruttering af deltagere til workshops

Workshopfasens tandhjul:

- Planlæg workshop
 - Facilitér workshop
 - Færdiggør tegning, validér og analysér
- gentag mellem hver workshop

Tre indholdsudviklende workshops



Første workshop med patienter og pårørende

Workshop 2: Inddrage de relevante sundhedsprofessionelle

ALMEN PRAKSIS' MULIGHEDER

BARRIERER
FOR HVAD ALMEN PRAKSIS KAN BYDE IND MED...

- SOCIALT UDSATTE** (Socially vulnerable)
- DIGITALT UDSATTE** (Digitally vulnerable)
- MANGLENDE TID** (Lack of time)
- ØKONOMI** (Economy)
- MODSTAND** (Resistance)
- KONFLIKT** (Conflict)
- PÅKØRENDE PROBLEMATIKKER** (Pressing problems)
- GRØN STAR** (Green star)
- IMPLEMENTERING HVORDAN?** (Implementation how?)

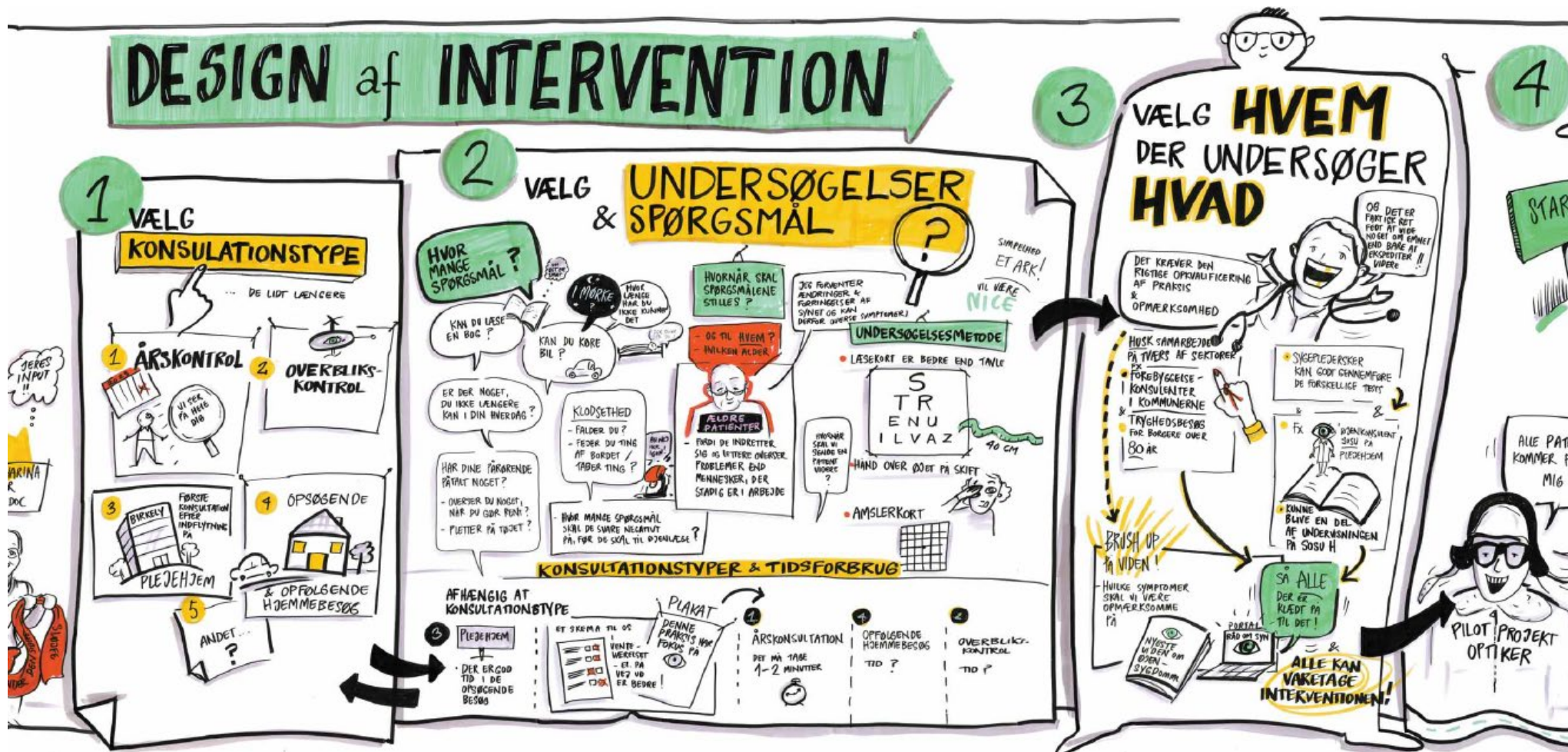
MULIGHEDER

- BRED KONTAKTFLADE** (Broad contact surface)
- SKEMATISERING / SYSTEMATIK** (Schematization/systematics)
- REDSKABER** (Tools)
- REMINDER** (Reminders)
- MULIGHED OBS** (Opportunity observation)
- VENTEVEREJLIGHED** (Waiting list)
- OPSPØRE FLERE / SKABE UØJNDIG BEKYMRING...** (Follow up more / create unnecessary worry...)

Other text on poster:

- VI HAR KENDSKAB TIL PATIENT OVER TID** (We have acquaintance with patients over time)
- VI KAN PASSE GODT PÅ SINE PATIENTER** (We can take good care of our patients)
- VI HAR KENDSKAB TIL PLEJERSKANSBESØGERE?** (We have acquaintance with nursing home visitors?)
- VI ELSKER AT LÆRE NYT!!** (We love to learn new things!!)
- VI KAN PASSE GODT PÅ VORES PATIENTER!!** (We can take good care of our patients!!)
- FORVILS PÅ SVIMMELHED & SANGENSBÆTTJELSER** (Dizziness and vertigo)
- MANGE ENTEN NEGLIGERER SYMPTOMER SÅR ER IKKE OPMÆRKSOMME** (Many either neglect symptoms so they are not attentive)
- OPSPØRE FLERE / SKABE UØJNDIG BEKYMRING...** (Follow up more / create unnecessary worry...)

Workshop 3: Design af interventionens kerneelementer med projektgruppen

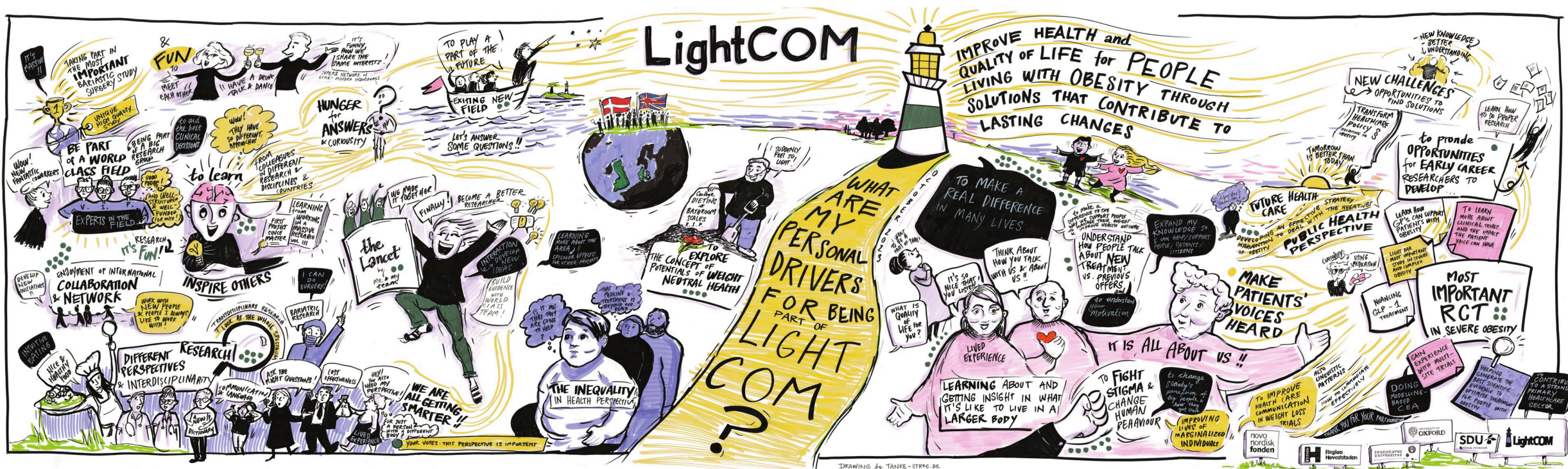


Kan også bruges i evalueringen af aktiviteter/interventioner



To refleksioner over metodens muligheder

- Kan være et redskab til at skabe partnerskaber – særligt relevant ift. at inddrage borgere/patienter vi har svært ved at engagere i workshops
- Værdifulde testimonials i projekter – kan skabe en fælles identitet og ejerskab



DRAWING by TANKE-STREKE.DK

Tak!
Spørgsmål?

