



Active learning methods for the development of specific interventions for women with schizophrenia: project-based learning and cooperative working strategies

Alexandre González Rodríguez¹; Mentxu Natividad¹; Mary V. Seeman²; Eloïsa Román¹; Bruma Palacios³; Jennipher Paola Paolini¹; Ariadna Balagué¹; Ricardo León¹; Eduard Izquierdo¹; Mónica Hernández¹; José A. Monreal¹

¹Department of Mental Health. Mutua Terrassa University Hospital. UB. CIBERSAM; ²Department of Psychiatry. University of Toronto, Toronto, Canada; ³Perinatal Mental Health Research Laboratory. Autonomous University of the State of Morelos

Introduction

Active learning methods (ALM) are teaching methods aiming to actively engage students in the learning process. In healthcare systems, AL is critical to good practice and useful for updating and sharing medical evidence.

Aims

We aimed to describe two ALM as applied to the clinical care of women with schizophrenia-spectrum disorders (SSD).

Methods

The Mutua Terrassa-Functional Unit for Women with Schizophrenia is a specific unit for the clinical care of SSD. Clinical “observatories” are monthly staff meetings designed to prevent, monitor, and manage clinical and social health problems: somatic morbi-mortality, hyperprolactinemia, substance use disorders, social exclusion/discrimination and drug safety. Two ALM were used at these meetings: (1) Project-Based Learning (PBL) and (2) Cooperative Working (CW).

Results

Applied ALM:(1) PBL is based on four main skills: collaboration, critical thinking, communication, and creativity. (2) CW is the use of small groups of clinicians working on a specific topic. The small size increases participation and, allows interaction between clinicians working at two different community mental health centres.

Experiences: (1) Jigsaw: This is a cooperative learning strategy that enables each member of the unit to become an expert on a specific topic (5 observatories). Persons responsible for each topic share their findings on optimal monitoring and treatment of a particular case with the clinician/case-manager.

Digital Tools: (1) Google Jamboard: This is a digital whiteboard that facilitates collaboration in real time.

Conclusions

It is expected that the use of ALM will hasten the development of effective interventions for women with schizophrenia and improve basic and specific competencies of clinicians.

DOI: <https://doi.org/10.60940/PsicosomPsiquiatrum270903>