Development of ICOPE Curriculum and Training Module and Conduct Training of Trainer for Health Workers at the National and Sub-National Level

Background

In the last few decades, the advancements in most regions including Indonesia, has been accompanied by increases in life expectancy as well as reductions in fertility. This has created changes in the populations demographics, in which the proportion of older people has increased considerably. For older people, the risks of developing chronic disease, with the major burden of disability caused by heart diseases, stroke, chronic respiratory disorder, diabetes, musculoskeletal conditions, and dementia as well as their care dependency increase.

The Ministry of Health Indonesia has launched the National Action Plan on Elderly Health 2020-2024 which intertwines closely with the 2020-2024 RPJMN (National Medium-Term Development Planning). The government has also drawn up strategies in response to anticipate the needs of an ageing population and goal of ensuring a healthy and productive older population.

The World Health Organization has been developing an approach in the context of populations around the world ageing rapidly called the Integrated Care for Older People (ICOPE). ICOPE is a community-based approach that helps to reorient health services and build long-term care systems towards this more person-centered and coordinated model of care. The world has mandated to achieve SDGs 2030 agenda by pledging that no one will be left behind and that every human being will have the opportunity to fulfill their potential with dignity and equality. Integrated care is important to help older adults maximize their Intrinsic Capacity (IC) and Functional Ability (FA) in the community.

Professionals in clinical and non-clinical settings can detect the impairment and declines in IC and FA. Yet, the early findings of these impairments may not be identified, diagnosed, monitored, or treated. Many professionals still lack guidance or training to recognize and treat the impairments in older persons. There are urgencies to develop community-based approaches and to introduce interventions in primary health care level to prevent the declines further.

The Ministry of Health has applied the community approach for the elderly health. However, in accordance with the ICOPE approach, it is only applied partially. Therefore, Indonesia as one of WHO piloting countries for ICOPE implementation will need to enhance the capacity of health workers, including the caregivers and other non-health care workers. Activities conducted under this work are aimed to create the training curriculum and module for health care and non-health care workers by adopting existing modules developed by WHO to be adjusted into the country specific perspectives and standards. This activity is expected to improve health care and services for older person as well as to achieve the national target as stated in the RPJMN 2020-2024.

Objectives

The activity consists of two phases as follows:

Phase 1: Developing Training Curriculum and Module for Trainers (health care workers) and National Training (Non-health care workers)

1. To determine frame and scope of the ICOPE training for health and non-health care workers.

2. To develop and finalize the ICOPE training curriculum and module for trainers (health care workers) based on ICOPE technical guidelines, manuals, and handbooks.
3. To develop and finalize the ICOPE training curriculum and module for national training (non-health care workers) based on ICOPE technical guidelines, manuals, and handbooks.

Phase 2: Conducting Training of Trainer (TOT) for Health Care Workers

1. To conduct Training of Trainer (TOT) for Health Care Workers.
2. To develop follow up action following the training of trainers

Methodology

Eligibility of Technical Expertise

- The selection of the consultant will go through open bidding and meet the requirement as follows:
- Educational/experience background: Medical/Public Health, particularly on geriatric care and services.
- Having minimum 5 years of professional experiences on geriatric, preferably geriatric care, and services at the community level.
- Able to do program analysis related to capacity building and implementation.
- Understanding the Ministry of Health national target and goals.
- Commitment to work with MOH and WHO as well as other stakeholders/ institutions.

Scope of Work

In collaboration with the Productive Age and Elderly Unit MoH, as well as under the supervision by WCO Indonesia, the scope of work as below.

Phase 1: Developing Training Curriculum and Module for Trainers (health care workers) and National Training (Non-health care workers), the consultant will do:

- Desk review of the guidelines, algorithm, handbooks, and other global products which will be selected as references which available at WHO website.
- Determine framework and scope of the training, including identification of participants for national trainers (TOT) and national training in consultation with Ministry of Health and WHO.
- Small group consultation meeting with the experts for inputs and ways to operationalize newly drafted curriculum and module.
- Consultative meetings with relevant stakeholders and professional associations.
- Review meeting with Badan PPSDM (Agency for Development and Empowerment of Human Resources), Ministry of Health or other required human resource institution to brief and assign the resource persons/master of trainer/micro trainers as well as ensure the need and compliance of the MoH standards and principal for training.
- Support the MoH and the professional organization in the technical meeting towards the training, final check on the learning modules, development of the pre and post-test questionnaires, presentation and teaching materials, equipment preparation, and facilitation of the training venue.
- Complete the work timely as agreed by the contract timeline.

Phase 2: Conducting Training of Trainer (TOT) for Health Care Workers

- Arrange the eligibility of the trainees and coordinate with the institutions on the commitment, registration, and accommodation of the trainees.
- Identify trainer, desirably trainers who have trained as master trainer for ICOPE.
• Conduct training of trainers at the national level, possibly including field trial for teaching practices.
• Provide deliverable to be as the government reference in scaling up the ICOPE training through developing follow up actions for ICOPE implementation.
• Complete the work timely as agreed by the contract timeline.

Timeline

Ministry of Health to propose the time length of the project from June to December 2022.

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