

Appendix 1. Structure of learning objectives and competences of the e-MPODERA project

Learning Objective A: To improve awareness of patients' and carers' empowerment

A1: To know the impact of patient empowerment and disempowerment

A2: To know interventions and their effectiveness to improve patient empowerment

Learning Objective B: To improve familiarity with the concepts of empowerment

B1: To identify the dimensions of patient empowerment and skills related to applying them

B2: To know the taxonomy related to patient empowerment

B3: To know the characteristics and the theoretical and conceptual approach of initiatives that work in patient empowerment

B4: To know new models and paradigms of patient-health professional relationships

Learning Objective C: To improve perceived self-efficacy and confidence in one's abilities

C1: To apply strategies and tools to facilitate patients' empowerment in daily practice

C2: To identify barriers to empowerment and establish improvement actions

C3: To develop content and materials on empowerment and/or feedback and to contribute new knowledge to the VCoP

Learning Objective D: To improve credibility and expectations about favourable results of empowerment

D1: To learn about Spanish, European and international initiatives of leaders or prominent organisations regarding empowerment

D2: To enhance feedback and dialogue with professionals about the empowerment strategies used

D3: To resolve myths and misconceptions about empowerment

VcoP = Virtual Community of Practice.