



# PROCARE

Professional Caregivers  
Burnout Prevention Initiative

# NEWSLETTER

# April 2023



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## PROJECT MEETING and Training of Trainers Activity in Athens /GR/

Elena Spyropoulou - IASIS

We are pleased to share with you the highlights of our recent project meeting in Athens, Greece in the framework of "PROCARE" project, held on March 23rd, 2023. The meeting was a great success, with project partners coming together to discuss various important aspects of the PROCARE project.

We are pleased to share that the meeting was a productive one, with project partners discussing important matters such as the PROCARE Policy Paper and the Pilot Test for Training Mentors. We also had fruitful discussions on outlining and drafting the Policy Paper and the work plan with timing, deadlines, and steps.

The Multiplier events in each Partner's country were also a significant topic of discussion, with each partner sharing their plans, timing, budget, and ideas. This discussion provided us with valuable insights into the progress of the project and the upcoming steps.

We would like to extend our gratitude to KUL and DEKAPLUS for their efforts in leading the meeting and ensuring its success. We are also thankful to all the project partners for their participation and contributions to the meeting.

We look forward to the next steps in the ProCare project and the upcoming 1:1 session with partners.

Stay tuned for more!



# The PROCARE Training Curriculum for Educators and Long-term Care Managers is complete!

**Pavlos Panagiotou - DEKAPLUS Business Services Ltd**

The PROCARE Training Materials cover the development of a range of key skills and competences that mentors are required to have, in order to support their caregiving staff through mentoring programmes.

By carrying out an analysis of the training needs of Long-term Care Managers in Slovakia, Greece, Cyprus, Poland, the Czech Republic and Italy, the consortium identified 6 Knowledge Areas that are covered by the PROCARE Training Course. Specifically, the knowledge areas covered by the PROCARE Course are:

1. The Context of Mentoring for Caregivers
2. Mentoring Programme and Mentoring Session Design
3. Ethics, Confidentiality and Trust Building
4. Mentoring Activities and Tool Uses
5. Strategies for Overcoming Mentoring Barriers and Best Practices in Mentoring
6. Mentoring Review and Assessment

The PROCARE Consortium has produced a comprehensive training package with 6 Modules in total; each Module, comes with a corresponding text with theory and exercises, presentation, and trainer's guide.

Learners and Educators can access the PROCARE Training Materials on the project website in English, Greek, Slovakian, Czech, Polish and Italian. The Materials can be used in physical, digital and blended training seminars.



# The burnout syndrome among healthcare staffs during pandemic of Covid-19

Elżbieta Talik - John Paul II Catholic University of Lublin

The burnout syndrome has been conceptualized as a state of physical and emotional exhaustion characterized by lack of enthusiasm, feelings of frustration, apathy, perception of excessive demands, and decreased performance. It seems to be consequence of continued exposure to stress in demanding performance circumstances (Maslach & Jackson, 1981). Burnout affects professions that are overloaded and stressful, with social and emotional demands, such as caregivers, health workers, social workers and teachers. Undoubtedly, the pandemic of Covid-19 was very stressful time, especially for healthcare staffs. In the article: [Coronavirus stress and covid-19 burnout among healthcare staffs: The mediating role of optimism and social connectedness](#) Yıldırım, Çiçek & Şanlı, 2021 aimed to understand the underlying mechanism of the burnout. This study aimed to examine if optimism and social connectedness mediated the relationship between coronavirus stress and **burnout** in healthcare staffs. Participants included 1046 healthcare staffs (56.8% females) aged 20–61 years (mean age = 30.29 years, SD = 7.80). Females reported more coronavirus stress and **burnout** and less social connectedness. The results indicated that coronavirus stress did not only have a direct effect on increased **burnout** but also had an indirect effect on it through reduced optimism and social connectedness. These results are important for future intervention efforts aimed at reducing coronavirus stress and burnout – professionals should also focus on increasing the level of optimism and social connectedness.

Maslach, C., & Jackson, S. E. (1981). *The measurement of experienced burnout*. *Journal of Organizational Behavior*, 2(2), 99–113. <https://doi.org/10.1002/job.4030020205>

Yıldırım, M., Çiçek, İ., & Şanlı, M. E. (2021). *Coronavirus stress and covid-19 burnout among healthcare staffs: The mediating role of optimism and social connectedness*. *Current Psychology: A Journal for Diverse Perspectives on Diverse Psychological Issues*. <https://doi.org/10.1007/s12144-021-01781-w>



# Project partners



**The European Ageing Network (E.A.N.)** groups more than 10.000 care providers across the European continent. Members represent all types of organisations and individuals active for older persons and all types of ownership including for profit, not-for-profit and governmental organisations. It is their vision and mission to improve the quality of life for older persons and support them in making each day a better day by providing high quality housing, services and care. EAN is present in 25 European countries.



**Eduforma** is an Educational Center accredited in Veneto Region for Lifelong Learning training interventions, vocational education and training (VET), as well as for Guidance Services and Labour. Founded in 2003, Eduforma offers training and management consulting services; it is specialized in the development of human resources, increasing people's skills to face professional problems concerning their specific competences. Eduforma drafts, coordinates and manages training projects funded by the Veneto Region (through the ESF), targeted to unemployed youth and adults. Eduforma is accredited as "Youth Corner" to implement the European Plan "Youth Guarantee". Thanks to the implementations of different EU projects - Eduforma has now a strong experience in new models of training methods development.



**DEKAPLUS** is a vocational education and training organisation, primarily focusing on the development of competences and skills of SMEs and NGOs. The company has a dedicated department managing EU projects. It undertakes the role of the project writer, project leader or project partner, depending on the nature of the project. Furthermore, since 2014 DEKAPLUS has been the contact point of the "Erasmus for Young Entrepreneurs" Programme in Cyprus.



The Non-Profit Organisation **IASIS** was founded in 2005 in Athens, Greece. The main objectives of the organization are to provide psychosocial support, to combat social exclusion, to provide psychological and counseling services, to create equal opportunities and new perspectives for vulnerable groups, to promote mental health, to provide psychiatric care in the Community based on the principles of Social Psychiatry and Psychosocial Rehabilitation and psychoeducational interventions, based on the standards of Psychiatric Reform and World Health Organization.



**The John Paul II Catholic University of Lublin** is the oldest university in Lublin and one of the oldest universities in Poland. It was founded in 1918 on the initiative of Father Idzi Radziszewski, who became the first rector. From the beginning, the University's mission is to serve God and Homeland - Deo et Patriae. KUL conducts scientific activity and educates Polish and foreign students in 6 faculties: Theology; Law, Canon Law and Administration; Philosophy; Humanities; Social Sciences; Exact Sciences and Health Sciences; Branch of the John Paul II Catholic University of Lublin in Stalowa Wola. A total of 9818 students are enrolled at the University.



**Centrum MEMORY, n.o.** is the model institution for caring for people with dementia. It is first contact for people interested in memory and memory problems and specialised facility for people with Alzheimers disease in the Slovak Republic. It provides early diagnostics of Alzheimers disease. The organization also focuses on prevention, cognitive trainings, runs educational programmes for professionals and also operates a day care center.



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