Open Universiteit

Detailed Course Descriptions

Erasmus+ course catalogue | Psychology - Health

Erasmus+ course catalogue of the Open University of the Netherlands. Each course has an English title; the Dutch name, as used in our course offer, is shown as well. Descriptions have been translated into English.

Questions? Please contact subsidieadvies@ou.nl

Each course shows: type, language of the course, ECTS (study credits) and price in euros. A dash instead of a price means that no price is charged.

Psychology - Health

12 courses and programmes in this document.

GB0002 - Introduction to Health Sciences
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GM0402 - Legal aspects of health care
MAGW-2026-2027 - Master's programme in Health Sciences

GB0002 - Introduction to Health Sciences

Dutch name: Introductie in de gezondheidswetenschappen **Type:** Standard product **Language:** Dutch
ECTS: 5 **Price:** € 410.00

You become acquainted with the most important key concepts, theories and methods that form the basis of Dutch public health and healthcare. You also become acquainted with the main systems of the human body. You gain insight into the indicators and measures for measuring (public) health and disease, you learn the basic principles of prevention within public health and care, and you gain insight into the principles of health promotion. You also learn the basic principles of infectious disease control and screening for health risks. Finally, you gain insight into the organisation, financing, governance and quality of healthcare in the Netherlands. This course gives you the necessary basic knowledge to gain admission to the Master's programme in Health Sciences.

Learning objectives

After completing this course, you can:

- describe the concepts of public health, health, disease and functioning and give their definitions;
- describe the general structure, function and working of the main systems of the human body;
- name and describe indicators and measures for various aspects of public health and disease;
- describe and explain differences in (inter)national public health and disease using (the interaction between) individual and environmental factors;
- describe and distinguish the concepts of primary prevention, secondary prevention, tertiary prevention, health protection, health promotion, disease prevention, universal prevention, selective prevention and indicated prevention;
- know and explain the concept of health promotion and its associated characteristics;
- demonstrate knowledge of the principles of infectious disease control and, in that context, describe types of infections, transmission, reproduction (R), primary prevention and secondary prevention;
- describe the goals, settings, characteristics and trade-offs of screening;
- recognise and describe the governance, care delivery, financing, funding and goals of the care system;
- recognise and describe the different aspects of the quality of healthcare.

GB0112 - Introduction to Management Sciences

Dutch name: Introductie in de managementwetenschappen **Type:** Standard product **Language:** Dutch
ECTS: 5 **Price:** € 410.00

This course is built around four themes:

Theme 1: Management and strategy

An organisation has to take its environment into account. From time to time, management will have to evaluate its position to see whether the organisation is still sufficiently competitive. Strategy is a permanently evolving process. An introduction to strategy gives you a first impression of how you can improve the quality and effectiveness of an organisation. This internal and external analysis offers perspectives on and insight into how an organisation can develop.

Theme 2: Human resources management

People work in organisations and it is the task of a manager to achieve the organisation's objectives together with employees. In the theme human resource management (HRM), you become acquainted with various aspects of HRM and look at management from the perspective of tasks, leadership, competences and decision-making. Starting points, dimensions, perspectives and strategic choices that you work with actively as a manager are addressed.

Theme 3: Organisation and structure

This theme focuses on how organisations function (organisational structure and organisational divisions). Structural elements such as division of tasks and cooperation are addressed, as well as various forms of communication and information provision.

Theme 4: Process management

Process management focuses on ways of controlling and improving operational processes. This means that the coherence between business processes must be known. A business process is a series of activities to achieve a particular outcome (service or product). In this theme, the design, control, management and improvement of processes are addressed.

Learning objectives

After completing this course, you can:

- define the concepts of management, organisation and manager and distinguish between different forms of organisations;
- describe the different approaches to strategy and the phases of strategic management in the main models of strategy development;
- describe and recognise the mission and vision of organisations;
- describe and apply an internal and external analysis when determining a strategy;
- describe different aspects of managers and leadership, such as the tasks and characteristics of managers, and different leadership styles;
- recognise and describe the different aspects of decision-making;
- indicate what HRM is and how competences play a role within HRM;
- name the main aspects of (designing) the organisational structure and describe the differences between the structures;
- recognise and describe different forms of communication, information and organisational structures and cooperation;
- map the processes of an organisation using methods from the handbook and describe how [...]

GM0002 - Development and implementation of interventions

Dutch name: Ontwikkeling en implementatie van interventies **Type:** Standard product **Language:** Dutch
ECTS: 5 **Price:** € 410.00

In this course, you learn to develop, implement, evaluate and assess health-promoting interventions in a planned way. Health-promoting interventions aim to prevent health problems (such as depression, diabetes or cardiovascular disease) or to reduce the impact of existing health problems by changing unhealthy behaviour and strengthening healthy behaviour. Think, for example, of helping people to stop smoking, or encouraging people to eat more healthily or exercise enough. Influencing healthy behaviour is often not simple. Behaviour is often related to a broad range of factors; think of both the cognitive factors that determine someone's behaviour (such as knowledge, motivation and self-efficacy expectations) and environmental conditions (such as sufficient cycle paths or regulations that prohibit smoking in restaurants). A good analysis of the health problem, the related health behaviour and the factors that in turn explain this behaviour is therefore an essential first step in the systematic development of health-promoting interventions. In this course, the use of the Intervention Mapping Protocol for the planned development, implementation and evaluation of interventions is central. You learn which sources you can use for an analysis of the health problem and to gain insight into the various (un)healthy behaviours associated with this health problem. On the basis of various behavioural and environmental theories and academic literature, you learn which determinants are relevant to the behaviour, and which methods and practical techniques are effective

for addressing these determinants. On the basis of this knowledge, you learn how to develop an intervention in a systematic way. You also learn to make a plan to evaluate the effectiveness of the intervention and what you need to take into account if you then want to implement this intervention in practice.

Learning objectives

After completing this course, you can:

- name the relevance of using the Intervention Mapping Protocol for the planned development of interventions, go through the associated steps and apply them to a current health problem;
- describe various analyses of a health problem and name which aspects must be taken into account, and incorporate this into an intervention plan;
- describe important behavioural and environment-related models and theories, relate their underlying concepts and determinants to a health problem, and incorporate this into an intervention plan;
- draw up a programme goal for the intervention on the basis of the problem analysis, including performance objectives and change objectives to achieve the programme goal, and incorporate these goals into an intervention plan;
- important methods [...]

GM0013 - Broad perspective on health I Health Sciences

Dutch name: Breed perspectief op gezondheid I Gezondheidswetenschappen **Type:** Standard product
Language: Dutch **ECTS:** 7.5 **Price:** € 615.00

In this first Master's course of the Master's programme in Health Sciences, you become familiar with the important characteristics of public health and healthcare and learn to apply this knowledge in various ways and to reflect on it. Basic knowledge includes the most important key concepts, theories and methods that form the basis of Dutch public health and healthcare. You gain insight into the indicators and measures for measuring (public) health and disease, and you look at the differences in health between individuals and groups and the factors associated with them. You study the meaning of the various forms of prevention in public health and healthcare and you gain insight into the principles of health promotion. You also become acquainted with the principles of infectious disease control and the backgrounds and characteristics of screening for health risks. Finally, you gain insight into the organisation, financing, governance and quality of healthcare in the Netherlands. However, this course goes beyond acquiring knowledge and insight. You acquire important basic knowledge (tested via self-tests), but above all you also learn to deepen this knowledge further through additional academic literature, and by making well-founded and skilful use of the Dutch evidence-based core websites on public health and care. You learn how these sources work and how to make well-founded and responsible use of them. You also learn to apply the knowledge and insights acquired to various socially relevant cases. And you learn to reflect on your own contribution and application. All this takes place via group meetings (using online virtual classes), processing assignments, contributions to discussion forums, and a final assignment in which you write an academic report containing a well-founded scenario and plan on the application of a current health case. In that report, you also reflect on the choices made.

Learning objectives

After completing this course, you can:

- name, describe, apply and reflect on concepts and definitions of public health, health, disease and functioning;
- name, describe and apply indicators and measures for various aspects of public health and disease;
- describe, explain and apply differences in (inter)national public health and disease using (the interaction between) individual and environmental factors;

- describe, explain and apply the relationship between health and the broad (environmental) determinants of health;
- describe, distinguish and apply the concepts of primary prevention, secondary prevention, tertiary prevention, health protection, health promotion, disease prevention, universal prevention, selective prevention and indicated prevention;
- different forms and perspectives of economic eval [...]

GM0103 - Broad perspective on health II: Management Sciences

Dutch name: Breed perspectief op gezondheid II: Managementwetenschappen **Type:** Standard product **Language:** Dutch **ECTS:** 7.5 **Price:** € 594.00

In this second Master's course, you gain knowledge about the business-administration aspects that are relevant to management in healthcare, and you will apply this knowledge in various ways and reflect on it. The basic knowledge includes the most important business-administration key concepts, theories and methods that are important for the management of Dutch healthcare. You become acquainted with the process of strategy formation, the objectives and stakeholders of an organisation, and strategy in healthcare. You gain insight into the concepts of governance and network governance, and into key governance issues. You can also distinguish and recognise policy-science perspectives in a care context. You study basic concepts of organisation and organisational design in terms of processes, systems and structures and you learn to recognise and describe related general organisational issues and dilemmas in the care context. You gain insight into the role of leadership and management, and learn to understand and recognise the role of HRM and HRM policy in the care context. In addition, you learn to identify key HR issues and motivation theories in a care context, and you learn how to use this knowledge to analyse HR issues from a strategic and sustainable perspective. You learn to make the connection between marketing strategy and organisational strategy, and from there to work with communication management as an umbrella for different forms of communication in healthcare. You learn to translate characteristics of business-to-business services marketing to the care context. You also gain insight into the importance and possibilities of online marketing and how service quality can be measured and related to customer satisfaction. You also become acquainted with concepts relating to financial reporting and analyses in the care context and learn, on the basis of financial figures, to interpret annual reports, to understand investment analyses and cost analyses, and to analyse a budget in a care context. But this course goes beyond acquiring knowledge and insight. You also learn to apply the knowledge and insight acquired to socially relevant cases. And you learn to reflect on your own contribution and application. This takes place via two group meetings, by carrying out processing assignments, and by completing an interim assignment in which you apply the academic knowledge and academic skills acquired to a care organisation and reflect critically on the applicability of the theoretical knowledge acquired.

GM0112 - Evidence-based eHealth

Dutch name: Evidence based eHealth **Type:** Standard product **Language:** Dutch **ECTS:** 5 **Price:** € 410.00

eHealth is no longer to be imagined away from the field of prevention and care. The possibilities for developing effective eHealth and other digital applications that can support health and care are legion, and new and more advanced technologies are constantly becoming available. On the one hand, eHealth applications can contribute to more control over, and better care for, their own health by citizens, for example apps aimed at promoting healthy lifestyle behaviour or supporting self-management in illness. On the other hand, digital applications can lighten the work of care providers, make it more efficient and improve its quality, for example through the use of digital records and support in counselling. Artificial Intelligence (AI) will play an important role in the further development of eHealth. Despite the many possibilities, there are

also still major challenges in the field of eHealth. For example, interventions can only be effective if they have a good substantive basis, if they match the wishes and needs of patients/clients and care providers, if they fit well in the context in which they are to be implemented, if they can reach a diverse audience and do not exclude groups, and if ethical and legal requirements are taken into account. New insights are needed to respond optimally to these points. For health scientists, it is important to be able to navigate the rapidly changing field of eHealth and to make a meaningful contribution to developing new eHealth applications, evaluating eHealth interventions, implementing interventions sustainably and contributing to the (care) transformations needed to embed eHealth sustainably in prevention and care. The aim of this course is to acquire the knowledge, insights and skills needed to play a leading role in the further development and integration of eHealth in prevention and care. To achieve this, in the course you become acquainted with the various application areas of eHealth, theories and models for developing and implementing eHealth interventions, and you apply these insights to practical cases.

Learning objectives

After completing this course, you can:

- explain what eHealth is, give examples of eHealth applications in prevention and care and argue the added value of eHealth in a given setting;
- name ethical, legal and financial aspects of eHealth and AI and explain how to take these into account in the development and implementation of eHealth applications;
- explain the essence of the CeHRes Roadmap and describe and apply factors that are important in the systematic and holistic development and (economic) evaluation of eHealth applications in practical cases;
- effective elements for eHealth interventions [...]

GM0113 - Broad perspective on health II Management Sciences

Dutch name: Breed perspectief op gezondheid II Managementwetenschappen **Type:** Standard product
Language: Dutch **ECTS:** 7.5 **Price:** € 615.00

In this second Master's course, you gain knowledge about the business-administration aspects that are relevant to management in healthcare, and you will apply this knowledge in various ways and reflect on it.

Learning objectives

After taking the course, you can:

- Strategy: reflect critically on the importance of strategic innovation in light of trends, developments and challenges within the care field;
- Governance: recognise and explain the concepts of governance, network governance and the various theories and forms;
- interpret the importance of and recent governance developments within the care sector from different perspectives;
- Organising: analyse and assess organisational and change-management issues in Dutch care on the basis of social developments, care agreements and concrete cases from hospitals, elderly care and community care;
- HRM: analyse and solve HRM issues in the care sector from a strategic, sustainable and people-centred perspective;
- develop insight into how HRM policy can contribute to quality of care, job satisfaction and organisational continuity;
- Finance: make clear how the financing of care and of a care organisation works and contribute to efficient and future-proof care;

- Marketing: make clear how an effective marketing strategy is developed and deployed in a care organisation to strengthen client focus, and be able to apply this.

But this course goes beyond acquiring knowledge and insight. You also learn to apply the knowledge and insight acquired to socially relevant cases. And you learn to reflect on your own contribution and application. This takes place via group meetings, carrying out processing assignments and completing a compulsory case assignment in which you apply the academic knowledge and academic skills acquired to a care organisation and reflect critically on the applicability of the theoretical knowledge acquired.

GM0202 - Data science

Type: Standard product **Language:** Dutch **ECTS:** 5 **Price:** € 410.00

An enormous amount of health-related data is nowadays collected from people and recorded in digital form. Think of electronic patient records, but also all kinds of apps in which people keep track of information about their health and share it with others. This course addresses how these data can be used to answer questions in the context of the health sciences. The first part of the course looks at the problem from a broader perspective, such as the role of data within the health sciences and ways of handling data collected within healthcare responsibly. The course then focuses on techniques for analysing data using modern machine learning algorithms. You learn to make a reasoned choice for a machine learning algorithm on the basis of the properties of the data and the problem you want to solve. In addition, you learn how to evaluate and present the results of these analyses in an academically responsible way. This course has a practical slant: you work yourself with the statistical programming language R to analyse a dataset. The course will make use of the popular tidyverse packages within R (tidyr, dplyr, ggplot and tidymodels).

Learning objectives

After completing this course, you can:

- describe the role of data science in the health sciences;
- name the most important concepts for the acquisition, storage and use of biomedical data;
- describe the principles of a data mining process;
- name the difference between descriptive, prescriptive and predictive analysis, as well as the difference between the use of these analyses in the health sciences;
- clean a health-related dataset and make it suitable for analysis;
- provide insight into health datasets by means of various visualisation techniques;
- describe the principles of the most important elements of machine learning, such as dataset, classification algorithm, label, accuracy and cross-validation;
- apply and evaluate machine learning algorithms (classification, regression, clustering and text mining) on data from the health sciences;
- generate results by interpreting data science techniques in relation to existing knowledge in the health sciences.

GM0203 - Project

Type: Standard product **Language:** Dutch **ECTS:** 7.5 **Price:** € 615.00

Design science is increasingly used in business, at educational institutions and in government to develop solutions to complex problems that society faces. This methodology combines knowledge from the academic world with knowledge arising from a specific and practical context in which a problem occurs. In this course, you work with the design science method and learn how to apply it to develop solutions to complex problems. You learn what the different phases of design science involve, what is important in each phase and how you can apply this knowledge in practice. With this methodology, you can actually implement all the ideas you

develop in practice. For the actual implementation, you develop both theoretical knowledge and skills, such as conducting interviews, that are needed to carry out the design science track, and how to carry out a literature synthesis. You also apply all the knowledge in a group assignment, in which you yourself actually design a solution to a relevant healthcare problem from the perspective of the various stakeholders, using the methods and tools learned. Together with your group, you also draw up a project plan to develop and implement the improvement, and to validate and evaluate it. The course consists of an individual part and a group part. In the individual part, you reflect critically on the learning and group process and the product that you will ultimately deliver with your group. In the group part, you go through the design science method and the associated steps by applying them to a practical problem.

Learning objectives

After completing this course, you can:

- analyse a socially relevant healthcare problem from the perspective of the various stakeholders;
- design a design-science-based improvement for this problem;
- draw up a project plan for developing and implementing this improvement;
- validate or evaluate the design and the implementation strategy;
- collaborate in a multidisciplinary team;
- present an implementation strategy and plan;
- reflect critically on your own approach, your own role in group work and your own learning experiences.

GM0302 - Digital transformation

Dutch name: Digitale transformatie **Type:** Standard product **Language:** Dutch **ECTS:** 5 **Price:** € 410.00

Healthcare is changing rapidly and faces major organisational challenges. Think of rising care costs, pressure on staff, capacity shortages, the introduction of digital innovations and the gradual blurring between classical physical and digital service delivery. But how do you ensure that care remains of good quality, accessible and affordable? And how can you offer tailored care? What role and meaning does digital innovation have for the functioning of care organisations? Digital transformation seems essential to make care more sustainable and innovative. It is a process that aims to improve an organisation (or another entity) by implementing substantial and sometimes radical changes in processes through combinations of data, information and integrated systems. Digital transformation touches many aspects of organisations. Think of the organisational structure, the way services are offered, but also the goals an organisation pursues. It is therefore not only about technology and system implementations, but also about organising, getting people on board and designing processes differently, new ways of thinking and innovative business models. We address the question of what digital transformation means for care organisations and how managers, doctors and other care professionals can make an important contribution to the digital transformation of their own organisation. In doing so, we choose a broad angle that does justice to the complexity involved in such transformations. The course is divided into four blocks: 1) basic concepts, 2) digital innovations, 3) privacy, security and data interoperability, 4) people, adoption and implementation. You also work on an empirical study of digital transformation. As a small group, you choose one case organisation for which you map and evaluate the impact of digital transformation on the organisation. You also individually make a short video pitch in which you address the role and meaning of a digital innovation for the care organisation.

Learning objectives

After completing this course, you can:

- explain the impact of important new digital innovations (for example artificial intelligence, cloud, Internet of Things, big data analytics) on healthcare;

- argue how digital transformation of healthcare can contribute to better quality of care, more efficient processes, new products and services, improved accessibility of care and improved patient experiences;
- in a balanced way, map and evaluate the impact of digital transformations (including quality, efficiency, effectiveness) on organisations;
- name what role privacy, security and ethical issues play around digital transformations;
- argue in what way [...]

GM0402 - Legal aspects of health care

Dutch name: Juridische aspecten van de gezondheidszorg **Type:** Standard product **Language:** Dutch
ECTS: 5 **Price:** € 410.00

Law plays a role in every dimension of society, including in the field of healthcare. Think, for example, of the patient who files a complaint against a care provider with the disciplinary tribunal, the mental health institution that may only provide compulsory care under certain legal conditions, or the Dutch Data Protection Authority that imposes a fine on a hospital because of insufficient internal protection of patient records. As a health scientist, you not infrequently encounter legal issues in daily professional practice. It is therefore important that you are aware of the most important laws and rules in this area and that you can recognise legal bottlenecks in care in good time and, if necessary, consult the lawyer about them. These legal aspects of healthcare are addressed. You become acquainted with various legal rules, you learn to recognise legal bottlenecks and you learn how to assess a simple care case, using a collection of statutes, for legal risks. Much use is made of case material, so that there is a good connection with the daily professional practice of health scientists.

Learning objectives

After studying this course, you can:

- describe what the legal sources of health law regulate;
- apply the sources of health law to a (simple) care case;
- explain the most important health-law concepts and doctrines;
- make an initial assessment of a care case for legal risks;
- identify significant legal bottlenecks in care.

MAGW-2026-2027 - Master's programme in Health Sciences

Dutch name: Master Gezondheidswetenschappen **Type:** Training **Language:** Dutch **ECTS:** 60 **Price:** -

In the Master's programme in Health Sciences, you first acquire a broad scientific foundation. After six months, you choose between two specialisations: Health Promotion or Management & Quality of Care. Health Promotion goes deeper into encouraging a healthy lifestyle and effective care delivery, with a strong focus on e-health and data science. The specialisation Management & Quality of Care focuses specifically on the rapid digital transformation of healthcare and what this involves in terms of policy, governance and law. You gain insight, among other things, into what is needed to bring about the digitalisation of care processes. The aim is to improve the quality of care and people's health. The programme is closely connected to what is happening in healthcare practice today. In the course Project, you work together with fellow students from both specialisations to solve a relevant care or health issue. You complete the programme with a graduation research project in which you apply your academic knowledge and skills to understand a current problem in healthcare or public health. Would you like to know more about the content? Then request the study guide.