

## **Scientific Report from Lucerne COST Training School of February 12<sup>th</sup> to 14<sup>th</sup> 2018**

International Training School funded by the EU ISCH COST Action IS1405 in **Building Intrapartum Research Through Health - an interdisciplinary whole system approach to understanding and contextualising physiological labour and birth (BIRTH)**

# **INNOVATION IMPLEMENTATION IN PRACTICE THROUGH INTERDISCIPLINARY RESEARCH**

**Meeting date:** 12<sup>th</sup> to 14<sup>th</sup> February 2018

**Organised by:** Lucerne University of Applied Sciences and Arts

**Aim:** The aim of the Training School was to facilitate, foster and support the development and implementation of participants' ideas and projects focusing on issues related to how to do research and implement change in organisations and societies in challenging circumstances.

**Attendance:** The meeting was attended by 28 participants both members of the COST Action and other applicants. The Training School had 42 applicants. The scientific committee of the Training School (Professor Soo Downe, Professor Bengt Lindström, Dr. Ramon Escurié, Ms. Elena Skoko and Professor Claudia Meier Magistretti) appointed 22 funded participants following a list of quality criteria. The other participants attended the Training School at their own expense.

**Venue:** The Training School opened on Sunday, February 11<sup>th</sup> at Lucerne University of Applied Sciences and Arts. The courses took place at KKL Beromünster, a cultural center for science, arts and innovation. Due to the lack of appropriate public transports, a shuttle bus service from Lucerne to Beromünster was provided for the participants.

**Leisure program:** There were leisure programs offered in the evenings: a common dinner and a special program of Lucerne carnival.

**Concept:** Innovations and changes are generated not only by intellectual work, but by unusual ideas, imagination and inspiration and they are realised by coincidences as well as by strategies. Therefore, the Training School followed the concept of rhizomatic learning and research, which integrates both, scientific methods and intuitive exploration. Participants therefore followed lectures and courses as well as they attended inputs and performances of artists in the cultural centre. Both kind of teachings were adapted to the participants own projects which they developed in five coached workshop groups. Groups and coaches were the following:

- implementation of research results into practice (Professor Bengt Lindström)
- intervention research or action research (Professor Claudia Meier Magistretti)
- innovation through and within research (Elena Skoko)
- initiating or supporting change in organizational and professional practice (Professor Soo Downe)
- innovation through best practice (Dr. Ramon Escuriet)

## **Proceedings**

### **Sunday, February 11<sup>th</sup>: Opening venue**

Coaches met in the afternoon for a briefing session where they discussed details of the program and received didactic material prepared by the Training School host to conduct the workshops. In the evening, an opening venue at Lucerne University of Applied Arts and Sciences offered the opportunity to meet with the Training School leads and coaches and to get to know the participants coming from various countries all over Europe.

### **Monday, February 12<sup>th</sup>: Innovation in thinking**

Training School started at 9:00 am with an introduction on rhizomatic research and an overview of the program by the Training School lead, Professor Claudia Meier Magistretti. Professor Soo Downe, Chair of COST Action, gave a welcome and introduction to COST Action and the Training School background in the overarching topic of "Building Intrapartum Research Through Health". Silas Krähenbühl, director at the KKL Center for Culture and Art, then guided the participants on a tour in the various exhibitions at KKL, explained the history and philosophy of the centre and its relation to research and maternity care as well as their various projects of "art in hospital" at birth houses and hospital maternity wards. Participants then gathered in the audience room to follow two presentations by invited speakers. Professor Ignasi Clos from Oberta University of Catalunya (Spain) framed innovation and innovation processes in the context of complexity, uncertainty and acceleration and defined innovation as a practical solution to a problem that produces a significant, sustainable and sustained change compared to an existing situation. Professor Clos provided the participants with orientation and criteria for the development of their projects. Professor Bengt Bjornson Lindström from NRTU in Trondheim (Norway) then gave an analytic historical overview about the breakthrough of salutogenic theory in his speech

“Theory in action: the example of Salutogenesis” showing the mechanisms and challenges of innovation in research and practice of health promotion.

The afternoon was dedicated to workshops. Following the method of structured analytic talks participants presented their projects and received a first detailed feedback about their ideas from both, trainees and coaches in order to reach the aim of the first working day, e.g. to build a clear idea about the direction of development of the initial project idea.

At the final plenary of the day, participants created a gallery exhibition of the inspiring photographs and objects they had brought to the Training School and they reported about the progress of their work of the first day.

### **Tuesday, February 13<sup>th</sup>: Innovation in action**

The aim of the second day’s workshops was to enable participants to define precise next steps to put their ideas of innovation into action. Therefore, the morning started with a number of presentations that showed examples of successful innovation. The Chair of COST Action, Professor Soo Downe from UCLAN University of Central Lancashire (UK) talked about “Innovations and implementation of change emerging from the COST Action” and explained both social innovation through COST Action in Bulgaria and scientific innovation integrating medical engineering and Salutogenesis in maternity care in the same COST Action. Dr. Ramon Escuriet from the General Health Planning Department of Catalonia (Spain) showed how they succeeded in “Bringing birth centers into the public health system”, a further impact of the COST Action in maternity care policy in Catalonia. Professor Claudia Meier Magistretti explained how COST action fostered the process of initiating a National Strategy of Early Childhood Care and Education in Switzerland, showing an example of “Small and slow but stable changes in a small and slow but stable country”. The perspective of activism was brought in by Elena Skoko from Roma TRE University (Italy), who presented two successful examples of changes in Italian maternity care through “Evidence based activism in childbirth”. The discussion with the participants following the presentation aimed at analyzing common patterns of successful changes and lessons learned from successful innovation.

The rest of the second day belonged to workshops, structured in three parts. The first part took place in the working groups of the first day. Participants elaborated their projects following the criteria of innovation given the day before, supported by their groups’ and their coaches’ ideas to define clear objectives for project elaboration. After this, there was time for inspiration in the second part of the workshop. Silas Krähenbühl, director of KKL B invited to a guided tour to the “Green Cathedral”, a gothic style Cathedral made from two hundred year old trees. The cathedral was “built” by the monks of the monastery nearby and it had been visited for contemplation and inspiration for many decades. The Training School participants instead used the walk (in snow and sunshine) to gather with participants from other working groups and to develop their ideas in a free discussion. Back to the KKL B, the Workshops continued with the third part. Coaches were rotated among the groups in order that every



participant could have the opportunity to discuss their individual project with every coach and get the maximum feedback and input needed. At the end of the day, all participants had a clear idea about the realisation of their innovation project.

### **Wednesday, February 14<sup>th</sup>: Innovation in communication**

“How to spread and anchor innovation?” This was the lead question of the third day of the Training School. Markus Theunert, Director of the Swiss Institute for Men’s and Gender issues and formerly a lobbyist for health promotion in the Swiss parliament, spoke about methods and successful examples of political communication in innovation processes. With a focus on how to advocate for so called “weak ideas” that do not immediately fit into the current mainstream, he explained the key elements of innovation communication: information, values, norms and structural change. He thought then how to create a message that is understandable and persuasive for policy makers, politicians and public decision-makers. In the following workshop - session participants identified the (most) relevant fields and frameworks of communication, elaborated corresponding key messages and discussed their solutions with the other members of their group, with their coach and with the speaker Markus Theunert.

The inspirational break of this day was a guided of the Training School exhibition, where participants explained the meaning and significance of the inspirational photographs they had brought to the Training School and exhibited in the KKLB centre.

The market place of innovation was the key element of the afternoon: every participant was given one minute time to explain her or his final poster and to present the key messages elaborated in the morning to the audience. Professor Soo Downe, invited speaker Markus Theunert as well as coaches and participants reflected and discussed the project in the plenary and they gave final feedback to the participants.

The Training School concluded with a performance of Wetz, the founder and director of the KKLB center who took all of us into a world of wonders, imagination and humor reinforcing what had happened during the Training School: cognitive understanding and intuitive creation as well as cognitive creation and intuitive understanding – each simultaneously.

Prof. Dr. Claudia Meier Magistretti

Local Organiser and Training School Lead