



PUBLIC HEALTH & HEALTHCARE IN THE MOVE
**Opportunities and Challenges in Research,
Practice and Policy**

Tallinn 2020, October 28-30

Conference Proceedings

Editors

Kadi Lubi
Merle Talvik
Merle Ojasoo
Kadri Kööp

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Public Health & Healthcare in the Move – Opportunities and Challenges in Research, Practice and Policy

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October 28-30, 2020, Tallinn, Estonia

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Kadi Lubi
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Content

Keynote speakers.....	11
Agenda overview.....	13
Detailed program.....	14
Wednesday, 28 October - E-session (130/131) - 09:00 - 09:15	28
- Welcome (W28-W-1)	28
Wednesday, 28 October - E-session (130/131) - 09:20 - 10:00.....	28
Keynote lecture - Keynote lecture1 (W28-K-1).....	28
Wednesday, 28 October - E-session (130/131) - 10:15 - 11:15.....	28
Oral presentation - Session 1 (W28-O-1).....	28
.....	28
W28-O-1-01 Correlation between DALY and QALY for the management of hip prosthesis	28
Fabian Dehanne.....	28
W28-O-1-02 Data Collection Improved the Measurement Accuracy of the Blood Pressure Monitor Prototype	29
Theresa Eklund, Tiina Jaatinen	29
W28-O-1-03 Work Skills and Peer Support - Near and Far: Effective Remote Peer Support for Workers	30
Anne Boundy, Kirsi Järvinen	30
W28-O-3-01 The Experiences and Needs of Fathers' of Children With Cancer in Coping With the Child's Disease	31
Karina Lõbus, Silver Muld.....	31
Wednesday, 28 October - E-session (130/131) - 11:30 - 12:30.....	32
Oral presentation - Session 2 (W28-O-2).....	32
W28-O-2-01 Respecting patients dignity during nursing care in Vlora Regional Hospital ..	32
Erda Tozaj	32
W28-O-2-02 Trends and determinants of primary and secondary infertility.....	33
Sampurna Kundu.....	33
W28-O-2-03 WORK, VIOLENCE AND HEALTH SAFETY AT WORK, IN VLORA REGIONAL HOSPITAL OVER THE YEAR.....	34
Denada Selfo, Roza Luci.....	34
W28-O-2-04 Nursing students' knowledge about handling pressure ulcers.....	35
Kristina Lillemets, Janika Loog	35
Wednesday, 28 October - E-poster session - 13:30 - 14:30.....	36

- ePoster exhibition 1 (W28-P-1)	36
.....	36
W28-P-1-01 Advancing human resource mobility through nursing management	36
Johanna Karhukorpi, Piritä Susi	36
W28-P-1-02 Breast cancer screening and reasons for non-participation in Europe.....	37
Diana Sokolova ¹ , Marilyn Koor ² , Kadi Lubi ^{1,2} , Taisi Kõiv ³	37
W28-P-1-03 The Use of simulation in professional learning based on examples of nursing education in Tallinn Health Care College	38
Isabel Paul ¹ , Urve Kaasik-Aaslav ¹ , Kadi Lubi ²	38
W28-P-1-04 Transforming transnational intercultural sensitivity for midwifery students through an inclusive mobility model.....	39
Marleen Rooveer, Katrin Kurvits, Annely Kärema, Silja Mets-Oja.....	39
W28-P-1-05 National EU-funded More Remotely – Work in Social and Health Care Is Changing project. Presentation concentrate on remote work supervision.	40
Satu Kalliokoski, Pauliina Mikkonen	40
Wednesday, 28 October - E-poster session - 13:30 - 14:30	41
- ePoster exhibition 2 (W28-P-2)	41
.....	41
W28-P-2-01 Nursing management of a Patient with Acute Alcoholic Pancreatitis	41
Alvar Andres Virkus, Ljudmila Linnik	41
W28-P-2-02 Quality of nursing documentation in the nephrology department of West- Tallinn Central Hospital	42
Ergo Mets ¹ , Jekatrina Curikova ¹ , Tatjana Popel ¹ , Lily Parm ¹ , Irma Nool ¹ , Marika Peralaan ²	42
W28-P-2-03 Estonian men's mental health problems in nursing care.....	43
Eduard Lehmus, Aivar Pärn	43
W28-P-2-04 Nursing Care of the Adult Patient During Bronchoscopy Peri-procedural Period	44
Aleksei Judin, Veera Gulevskaja	44
W28-P-2-05 Quality of nursing documentation in the cardiology department of West-Tallinn Central Hospital.....	45
Anne-Ly Kvade, Evelin Trusova, Annabel Kohy, Chris-Lyn Kuill, Evelin Trusova, Lily Parm, Irma Nool, Marika Peralaan, RN.	45
W28-P-2-06 Quality of nursing documentation in the Internal Medicine Department of the Internal Medicine Clinic of the West Tallinn Central Hospital	46
Daniel Barinov, Inge Jatsko, Heike-Brit Röss, Aleksei Djužev.....	46
Wednesday, 28 October - E-poster session - 13:30 - 14:30	47
- ePoster exhibition 3 (W28-P-3)	47

W28-P-3-01 NURSING ACTIVITIES DIRECTED TO ASSESS THE NECESSITY FOR PHYSICAL RESTRAINTS OF PATIENTS AND TO PREVENT COMPLICATIONS CAUSED BY THIS	47
Jekaterina Tomberg	47
W28-P-3-02 Experiences and needs of mothers of children with cancer in coping with a child's illness.	48
Maarja Karbus, Elsbet Lippmaa, Mare Tupits, Kadri Kööp	48
W28-P-3-03 Catering and counselling for students with special dietary needs in school nursing.....	49
Olga Gurjanova, Anastasia Koit, Elina Litovkina.....	49
W28-P-3-04 Rinnavähiga patsientide infovajadus ja kogemus selle rahuldamisestTHE NEEDS FOR INFORMATION OF A BREAST CANCER PATIENT AND THE EXPERIENCE OF SATISFACTION	50
Sandra Liivrand, Kerttu Valt, Eva-Liisa Rimm, Egelyn Oja	50
W28-P-3-05 Õendusabi unehäiretega täiskasvanud patsiendile esmatasandi tervishoius	51
Ene Pilliroog, Marit Jaakson, Kadri Kööp	51
W28-P-3-06 Õendusabi kroonilise obstruktiivse kopsuhaigusega patsiendile	52
Terje Valk.....	52
Wednesday, 28 October - E-session (130/131) - 14:30 - 15:30.....	53
Oral presentation - Session 3 (W28-O-3).....	53
W28-O-1-04 Instructional videos on creating sterile field, intimate washing and indwelling catheterization for clinical nursing.....	53
Ave Allik, Ly Murd, Agne Annuk, Kristel Roose	53
.....	53
W28-O-3-02 ÖÖTÖÖST TULENEVAD RISKID ÕDEDE VAIMSELE TERVISELE JA TERVISERISKIDE ENNETAMISMEETMED	54
Ksenia Kozlova, Olesja Zeel.....	54
W28-O-3-03 Quality of nursing documentation in the 2nd Department of Neurology Clinic of West Tallinn Central Hospital.	55
Monika Linamägi, Irina Lukashenko, Irina Višnevskaja, Anna Kušnikova.....	55
W28-O-3-04 Nursing care for an adult patient with sedative addiction and anxiety disorder	56
Grete Meiusi, Elina Saar	56
Thursday, 29 October - E-session (130/131) - 09:00 - 09:15.....	57
- Welcome (T29-W-2).....	57
Thursday, 29 October - E-session (130/131) - 09:30 - 10:15.....	57
Keynote lecture - Keynote lecture 2 (T29-K-2).....	57
T29-K-2-01 If only our nurses could be a little more stupid, then everything would be alright again	57
Michael Traynor.....	57

Thursday, 29 October - E-session (130/131) - 10:30 - 11:15.....	58
Keynote lecture - Keynote lecture 3 (T29-K-3).....	58
T29-K-3-01 The legend of Salome, the doubting midwife: an interdisciplinary study	58
Jane Salvage	58
Thursday, 29 October - E-session (130/131) - 11:30 - 12:50.....	59
Oral presentation - Session 1 (T29-O-1).....	59
T29-O-1-01 Pharmacotherapeutic aspects of uses of metronidazole in dental medicine	59
Sylvia Stamova ¹ , Svetlana Georgieva ¹ , Nadya Agova ¹ , Neli Ermenlieva ² , Emilia Georgieva ³	59
T29-O-1-02 Simulation Task in Blended Learning Framework - Treatment of Chronic Wound for Nursing Students.....	60
Ljudmila Linnik, Merle Talvik, Kateriina Rannula, Siret Piirsalu.....	60
T29-O-1-03 Antibacterial activity of new Metronidazole derivatives.....	61
Sylvia Stamova ¹ , Svetlana Georgieva ¹ , Nadya Agova ¹ , Neli Ermenlieva ² , Emilia Georgieva ³	61
T29-O-1-04 "USING SIMULATION TRAINING IN MENTAL HEALTH NURSING" ...	62
Marianne Annion.....	62
Thursday, 29 October - E-session (122/129) - 11:30 - 12:50.....	63
Oral presentation - Session 2 (T29-O-2).....	63
T29-O-2-01 Mistakes in health care: What factors contribute and shape the attitude towards mistakes in eye care?.....	63
Karola Panke, Kristine Kokare, Gunta Krumina.....	63
T29-O-2-02 Students' Awareness and Perception of Professional Ethical Aspects and Support System in Study Environment: Research in Tallinn Health Care College	64
Kate-Riin Kont, Kateriina Rannula, Marina Kopti, Kristiina Puura.....	64
T29-O-2-03 "The Health Service": Training in Health, in the Preventive Service	65
Christine Caltero ¹ , Nadia Cherchem ²	65
T29-O-2-04 Leadership, work supervision and peer support in social and health care is changing by digital tools	66
Laaksonen Hannele, Kivinen Pirkko.....	66
Thursday, 29 October - E-session (130/131) - 14:00 - 15:20.....	67
Oral presentation - Session 3 (T29-O-3).....	67
T29-O-3-01 Master's theses – What are their benefits to organizations?.....	67
Aino Rantamäki ¹ , Hannele Laaksonen ²	67
T29-O-3-02 eBooks vs Printed Books: Research in Tallinn Health Care College	68
Kate-Riin Kont, Siret Piirsalu	68
T29-O-3-03 Estonian ambulance crew leader's experience about managing ambulance calls caused by social problems.....	69
Argo Soolep ¹ , Eduard Gusarov ² , Ere Uibu ³	69

Thursday, 29 October - E-session (122/129) - 14:00 - 15:20.....	70
Oral presentation - Session 4 (T29-O-4).....	70
T29-O-4-01 Memory-friendly environment.....	70
Sari Teeri ¹ , Riikka Tupala ¹ , Hanna Hannukainen ¹ , Paula Hellberg ²	70
T29-O-4-02 Supervising work-based learning: Tallinn Health Care College care-workers supervisors ratings.....	71
Maarika Veigel, Piret Tamme	71
T29-O-4-03 Interdisciplinary co-operation and field work as part of rehabilitation programs at URI-So a.....	72
Katja Ronchi, Nataša Ogrin Jurjevi	72
T29-O-4-04 Patients‘ Experiences and Needs with Lifestyle Counselling in Family Health Centers.....	73
Kadri Kööp ¹ , Tiina Tõemets ² , Ruth Kalda ³	73
Thursday, 29 October - E-session (130/131) - 15:25 - 16:10.....	74
T29-K-4-01 Global patient safety through semantic interoperability – the univocal identification of medicinal products.....	74
Karl Stroetmann	74
Keynote lecture - Keynote lecture 4 (T29-K-4).....	74
Thursday, 29 October - E-poster session - 16:15 - 17:15.....	75
- ePoster exhibition (T29-P-1)	75
T29-P-1-01 Development of a checklist for intrahospital transport of emergency department patients	75
Jekaterina Demidenko	75
T29-P-1-02 Midwife’s activities during pregnancy and childbirth and postnatal period in Northern and Eastern Afghanistan: Based on the interviews.....	76
Marika Merits ¹ , Kaire Sildver ² , Irena Bartels ³ , Kristina Krivats-Arba ⁴ , Kirlin Meejärv ⁵ , Sandra Tamme ⁶	76
T29-P-1-03 Empowering Schoolgirls and Women in Reproductive Health in Afghanistan .	77
Silja Mets-Oja, Marika Merits, Katrin Klein	77
T29-P-1-04 Tallinn Health Care College Midwife Students and East-Tallinn Central Hospital Mentors Satisfaction with Professional Practice	78
Kaire Sildver ¹ , Marika Merits ² , Hanna Maria Aavik ³ , Hanna Maria Trei ⁴ , Cathlin Pilliroog ⁵ , Anna Makaronskaja ⁶	78
T29-P-1-05 Interrelationships between planned and actual healthcare quality processes on policy, community, and individual level in obstetric care in Estonia.	79
Silja Mets-Oja ¹ , Kadi Lubi ¹ , Anu Toots ² , Annely Kärema ¹	79
T29-P-1-06 Connection and Influence Between GAS Scale and COPM Assessment at University Rehabilitation Institute Republic of Slovenia	80
Anita Merhar, Nataša Ogrin Jurjevi	80
T29-P-1-07 Estonia Caesarean section trends 1992-2016	81
Kaire Sildver ¹ , Piret Veerus ² , Katrin Lang ³ , Mika Gissler ⁴	81

T29-P-1-08 Sleep Well – Work Well: The role of work life in quality of sleep	82
Päivi Franssila, Raija Kuisma	82
T29-P-1-09 Development and implementation of standardized electronic nursing care plan in East-Tallinn Central Hospital.....	83
Angela Paulin ¹ , Tene Tammearu ²	83
T29-P-1-10 Dozen years for well-being of heart on the example of heart failure appointments in East Tallinn Central Hospital	84
Svetlana Udalova, Kaidi Traumann	84
T29-P-1-11 Call and connect: Estonian Rheumatology nurses’ helpline	85
Darja Batšinskaja, Katti Kõrve.....	85
T29-P-1-12 Physical closeness of fathers and their preterm infants in the East-Tallinn Central Hospital, Estonia.....	86
Reet Vinkel, Pille Andresson, Kati Korjus	86
Friday, 30 October - E-poster session - 09:00 - 10:00	87
- ePoster exhibition (F30-P-2).....	87
F30-P-2-01 Florence Nightingale’s Influence on the Development of Estonian Nursing	87
Merle Talvik, Taimi Tulva, Ülle Ernits.....	87
F30-P-2-03 Practice Based Theses in Physiotherapy Education	88
Raija Kuisma, Anne Ryhänen	88
F30-P-2-04 Physiotherapy students’ practice education in Finnish University of Applied Sciences: The foundation of career path.	89
Tarja Pesonen-Sivonen, Raija Kuisma.....	89
F30-P-2-05 ENNHANCE – The Nordic-Baltic Network for Health Care Education	90
Yvonne Hilli ¹ , Merle Talvik ² , Elisabeth Carlson ³ , Meeri Koivula ⁴ , Monika Koskinen ⁵ , Ann-Helén Sandvik ⁶ , Sirkka Saranki-Rantakokko ⁷ , Maria Skyvell-Nilsson ⁸ , Kari Marie Thorkildsen ⁹	90
F30-P-2-06 Gerontological competence – prerequisite for high quality services for older adults	91
Sari Teeri, Päivi Kankaanranta.....	91
F30-P-2-07 Breastfeeding and Early Interaction integrated course.	92
Annely Kärema ¹ , Aino Ezeonodo ² , Leena Hannula ² , Marge Põldma ¹	92
F30-P-2-08 Historical development of training of Estonian nurses.....	93
Ülle Ernits, Merle Talvik, Taimi Tulva, Kristi Puusepp.....	93
F30-P-2-09 Pregnancy-related DIC syndrome and midwifery	94
Kairi Ansper ^{1,2} , Urve Kaasik-Aaslav ³ , Katrin Klein ⁴	94
F30-P-2-10 HEALTH PROMOTION IN YOUTH WORK: ESTONIAN YOUTH WORKER’S OPINIONS	95
Marelle Grünthal-Drell, Maarika Veigel.....	95
F30-P-2-11 Tallinn Health Care College Midwifery Students’ Satisfaction with Clinical Practice Based on The Example of East-Tallinn Central Hospital Women’s Clinic	96

Hanna Maria Aavik ¹ , Hanna-Maria Trei ² , Kaire Sildver ³ , Marika Merits ³	96
F30-P-2-12 Validity of the method for the determination of the newborn transdermal serum bilirubin content compared to the invasive method	97
Reet Vinkel, Grethel Tarmas.....	97
Friday, 30 October - E-session (130/131) - 10:00 - 10:45	98
Keynote lecture 5 (F30-K-5).....	98
.....	98
F30-K-5-01 Health as a public good in difficult times.	98
Tarmo Jüristo.....	98
Friday, 30 October - E-session (130/131) - 11:00 - 12:20	99
Oral presentation - Session 5 (F30-O-5)	99
.....	99
F30-O-5-01 Physicians' perceived barriers to addressing patients' smoking habits: data from cross-sectional studies in 2002 and 2014 in Estonia.....	99
Mariliis Pöld, Kersti Pärna	99
F30-O-5-02 Understanding substance use prevention in vocational schools based on one vocational education centre in Estonia.....	100
Brith Kupper, Nele Kunder	100
F30-O-5-03 Preventing falls in the home care of Kokemäki municipality.....	101
Soile Ojala-Seppä.....	101
F30-O-5-04 Incidence of depressiveness among middle-aged and older Estonians.....	102
Liili Abuladze ¹ , Galina Opikova ¹ , Katrin Lang ²	102
Friday, 30 October - E-session (122/129) - 11:00 - 12:20	103
Oral presentation - Session 6 (F30-O-6)	103
F30-O-6-01 Common Nursing Diagnosis and Impact of Training on the Quality of Nursing Documentation in Nursing Clinic	103
Irma Nool, Mare Tupits, Lily Parm.....	103
F30-O-6-02 Sleep Well – Work Well: Training of managers to implement sleep friendly working environment	104
Päivi Franssila, Raija Kuisma	104
F30-O-6-03 Personnel orientation in well-being and work productivity	105
Kari Hyvärinen, Marjatta Komulainen, Leena Rekola, Elina Förster.....	105
F30-O-6-04 Genetic Nursing	106
Tiina Mäkinen	106
Friday, 30 October - E-session (130/131) - 13:30 - 14:50	107
Oral presentation - Session 7 (F30-O-7)	107
F30-O-7-01 Empowering immigrant women: need for information and support in motherhood and parenting.....	107

Sini Eloranta, Susanna Mört, Sirppa Kinos.....	107
F30-O-7-02 Midwives help overcome nipple confusion in newborn baby to achieve successful breastfeeding. Case study.	108
Marge Põldma	108
F30-O-7-03 PATIENT SAFETY CULTURE AT SURGERY AND INTERNAL HOSPITAL UNITS.....	109
Ruta Jurgelioniene, Jurgita Zubiene.....	109
F30-O-7-04 A Systematised Review Exploring the Evidence Relating to Promoting Prolonged Breastfeeding	110
Aet Leberecht	110
Scientific and Organising Committee of PHHM2020	111

Welcome from the Rector of Tallinn Health Care College



Tallinn Health Care College is one of two health care colleges in Estonia. Our mission is to train innovatively and critically thinking health professionals with technological competences. This autumn, on the 16th of October, we are celebrating our 80th anniversary and for the last 15 years of it, we have been a state institution of professional higher education. The college has a lot of international connections and its programs are part of different international networks. Estonia is quite small, so because of that we have an almost equal amount of national and international collaborations. We are constantly working for the health of our people, supporting employers and different professional associations.

The topic of this conference was put in place before the virus started to spread, now the whole world is different. Luckily, in many different ways, the world is ready – we can continue with our collaboration and the conference can still happen digitally. In this new world we have to learn to study and work again, healthcare professionals can do it perfectly, because already from the roots of our calling, we are the ones finding solutions for every situation.

I wish you all the most enjoyable conference experience and even better health. This time we can't be in the same room, but surely the time will come.

Yours,

Ülle Ernits, PhD

Keynote speakers

Prof. Dickon Weir-Hughes



Professor Dickon Weir-Hughes is very proud to be visiting Professor of Nursing at Tallinna Tervishoiu Kõrgkool and is in love with Estonia! Amongst other roles, he is the former CEO of the UK Nursing & Midwifery Council (the world's largest professional regulator) and Chief Nursing Officer & Deputy CEO of the world's oldest specialist cancer hospital, The Royal Marsden, in UK. He also lectures regularly in New Zealand and the Middle East and is President of the NANDA Foundation based at Boston College School of Nursing, USA. He is Chair, Clinical Governance Board for digital healthcare company, DoctorCareAnywhere.com an online primary health care practice and virtual hospital. Dickon is British but lives in South West France.

Prof. Michael Traynor



Michael Traynor was born in London. He read English Literature at Cambridge University, then completed nursing and health visiting training. He moved to Australia where he was a researcher for the South Australian Health Commission. He worked at the Royal College of Nursing in London and at the Centre for Policy in Nursing Research at the London School of Hygiene & Tropical Medicine. He is now Professor of Nursing Policy at the Centre for Critical Research in Nursing and Midwifery at Middlesex University. He is editor of the journal *Health: an interdisciplinary journal for the social study of health, illness and medicine*. He recently wrote *Critical Resilience for Nurses*, and *Stories of Resilience in Nursing*, both published by Routledge (2017 and 2020).

Prof. Jane Salvage



I first visited Estonia in 1995 when, as head nurse at the World Health Organization European Region, I ran a policy leadership workshop for Estonian nursing leaders. This is still the focus of my work as an independent consultant, including as programme director of the Global Nursing Leadership Institute, International Council of Nurses. I'm also working on a study of the apocryphal midwives at Jesus' nativity, using a cross-genre approach to tell their story, explore their meanings, and consider their fate - framed and informed by my career as a global nursing leader, writer and policy activist.

Prof. Dr. Karl A. Stroetmann MBA FRSM



Prof. Stroetmann is senior research fellow with Empirica Communication & Technology Research in Bonn, Germany, adjunct ass. professor at the School of Health Information Science, University of Victoria, BC, Canada, and Lifetime Fellow of the Royal Society of Medicine, London, UK. Karl's research has focused for more than 20 years on Digital Health and health systems. He has been a consultant to the European Parliament, various Directorate Generals of the European Commission, the Organisation for Economic Co-operation and Development (OECD), the World Health Organisation (WHO), the European Space Agency (ESA) as well as various national governments, global industrial players, healthcare service providers, healthcare insurances, and other stakeholders.

Tarmo Jüristo, MA



Tarmo Jüristo is a CEO of Praxis, a universal and independent policy think tank in Estonia since 2016. He holds a MA in Finance from Tartu University. Previously he has a background in finance, having worked as a partner in the regional investment bank for more than fifteen years and across several different countries, specializing in M&A, corporate finance and venture capital. He has taught courses in finance, cultural studies and philosophy, written plays for theatre and authored and co-produced a ten-episode TV drama. He actively participates in public debates, including in the areas of health policy, pension reform etc. and writes opinion articles in daily newspapers.

Agenda overview

	Wednesday, 28 October	Thursday, 29 October	Friday, 30 October
09:00			
	09:00 - 09:15 E-session (130/131)	09:00 - 09:15 E-session (130/131)	09:00 - 10:00 E-poster session
09:15	W28-W-1	T29-W-3	F30-P-2
09:20			
09:30	09:20 - 10:00 E-session (130/131)		
10:00		09:30 - 10:15 E-session (130/131)	
10:15			10:00 - 10:45 E-session (130/131)
10:30	10:15 - 11:15 E-session (130/131)		
10:45		10:30 - 11:15 E-session (130/131)	F30-K-5
11:00	W28-O-1		
11:15		T29-K-3	11:00 - 12:20 E-session (130/131)
11:30			F30-O-5 E-session (122/129) F30-O-6
	11:30 - 12:30 E-session (130/131)	11:30 - 12:50 E-session (130/131)	
12:20	W28-O-2	T29-O-1 E-session (122/129)	
12:30		T29-O-2	12:20 - 13:30 :Lunch
12:50	12:30 - 13:30 :Lunch		
13:30		12:50 - 14:00 :Lunch	
14:00	13:30 - 14:30 E-poster sessions (W28-P-1, W28-P-2, W28-P-3)		13:30 - 14:50 E-session (130/131)
14:30		14:00 - 15:20 E-session (130/131)	F30-O-7 E-session (122/129)
14:50	14:30 - 15:30 E-session (130/131)	T29-O-3 E-session (122/129)	F30-O-8
		T29-O-4	14:50 - 15:00 E-session (130/131)
15:00	W28-O-3		Closing
15:20			
15:25			
15:30		15:25 - 16:10 E-session (130/131)	
	15:30 - 15:45 E-session (130/131)		
15:45	Closing	T29-K-4	
16:10			
16:15			
		16:15 - 17:15 E-poster session	
17:15		T29-P-1	

Detailed program

Wednesday, 28 October	
09:00 - 09:15	<p>Welcome Room: E-session (130/131). Chair Maria Liiger</p>
09:20 - 10:00	<p>Keynote lecture 1: Prof. D. Weir-Hughes: One vision - many voices: preparing for the second 80 years of professional practice in Estonia Room: E-session (130/131). Chair Maria Liiger</p>
10:15 - 11:15	<p>Session: Parallel session no. 1 with oral presentations Room: E-session (130/131). Chair Maria Liiger</p>
10:15	<p>W28-O-1-01 Correlation between DALY and QALY for the management of hip prosthesis <u>Fabian Dehanne</u> <i>CHU UCL Namur</i></p>
10:30	<p>W28-O-1-02 Data Collection Improved the Measurement Accuracy of the Blood Pressure Monitor Prototype <u>Theresa Eklund, Tiina Jaatinen</u> <i>Metropolia University of Applied Sciences</i></p>
10:45	<p>W28-O-1-03 Work Skills and Peer Support - Near and Far: Effective Remote Peer Support for Workers <u>Anne Boundy, Kirsi Järvinen</u> <i>Tampere University of Applied Sciences (TAMK)</i></p>
11:00	<p>W28-O-1-04 The Experiences and Needs of Fathers' of Children With Cancer in Coping With the Child's Disease <u>Karina Lõbus, Silver Muld</u> <i>Tallinn Health Care College</i></p>
11:30 - 12:30	<p>Session: Parallel session no. 2 with oral presentations Room: E-session (130/131). Chair Maria Liiger</p>
	<p>W28-O-2-01 Respecting patients dignity during nursing care in Vlora Regional Hospital <u>Erda Tozaj</u> <i>University "Ismail Qemali" Health Faculty</i></p>

	<p>W28-O-2-02</p> <p>Trends and determinants of primary and secondary infertility</p> <p><u>Sampurna Kundu</u></p> <p><i>International Institute for Population Sciences</i></p>
	<p>W28-O-2-03</p> <p>WORK, VIOLENCE AND HEALTH SAFETY AT WORK, IN VLORA REGIONAL HOSPITAL OVER THE YEAR</p> <p><u>Denada Selfo</u>, Roza Luci</p> <p><i>1Nursing Department Faculty of Public Health, University Ismail Qemali of Vlore, Albania</i></p>
	<p>W28-O-2-04</p> <p>Nursing students' knowledge about handling pressure ulcers</p> <p><u>Kristina Lillemets</u>, <u>Janika Loog</u></p> <p><i>Tallinn Health Care College</i></p>
12:30 - 13:30	Lunch and networking
13:30 - 14:30	Session: ePoster exhibition (group 1) Room: E-poster session
13:30	<p>W28-P-1-01</p> <p>Advancing human resource mobility through nursing management</p> <p><u>Johanna Karhukorpi</u>, <u>Pirita Susi</u></p> <p><i>Tampere University of Applied Sciences</i></p>
13:42	<p>W28-P-1-02</p> <p>Breast cancer screening and reasons for non-participation in Europe</p> <p><u>Diana Sokolova</u>¹, Marilyn Koor², Kadi Lubi¹, Taisi Kõiv³</p> <p><i>¹ Tallinn Health Care College, Health Education Center, Curriculum of Midwifery, ² Tallinn Health Care College, Health Education Center, Curriculum of Health Promotion, ³ Estonian Health Insurance Fund</i></p>
13:54	<p>W28-P-1-03</p> <p>The Use of simulation in professional learning based on examples of nursing education in Tallinn Health Care College</p> <p><u>Isabel Paul</u>¹, Urve Kaasik-Aaslav¹, Kadi Lubi²</p> <p><i>¹ Tallinn Health Care College, Health Education Center, Curriculum of Midwifery, ² Tallinn Health Care College, Health Education Center</i></p>
14:06	<p>W28-P-1-04</p> <p>Transforming transnational intercultural sensitivity for midwifery students through an inclusive mobility model</p> <p><u>Marleen Rooveer</u>, <u>Katrin Kurvits</u>, Annely Kärema, Silja Mets-Oja</p>

	<i>Tallinn Health Care College</i>
14:18	<p>W28-P-1-05</p> <p>National EU-funded More Remotely – Work in Social and Health Care Is Changing project. Presentation concentrate on remote work supervision.</p> <p><u>Satu Kalliokoski</u>, <u>Pauliina Mikkonen</u></p> <p><i>Tampere Universe of Applied Sciences- TAMK</i></p>
13:30 - 14:30	<p>Session: ePoster exhibition (group 2)</p> <p>Room: E-poster session</p>
13:30	<p>W28-P-2-01</p> <p>Nursing management of a Patient with Acute Alcoholic Pancreatitis</p> <p><u>Alvar Andres Virkus</u>, <u>Ljudmila Linnik</u></p> <p><i>Tallinn Healthcare College</i></p>
13:40	<p>W28-P-2-02</p> <p>Quality of nursing documentation in the nephrology department of West-Tallinn Central Hospital</p> <p><u>Ergo Mets</u>¹, <u>Jekatrina Curikova</u>¹, <u>Tatjana Popel</u>¹, <u>Lily Parm</u>¹, <u>Irma Nool</u>¹, <u>Marika Peralaan</u>²</p> <p>¹ <i>Tallinn Healthcare collage</i>, ² <i>West - Tallinn Central Hospital</i></p>
13:50	<p>W28-P-2-03</p> <p>Estonian men’s mental health problems in nursing care</p> <p><u>Eduard Lehmus</u>, <u>Aivar Pärn</u></p> <p><i>Tallinna Tervishoiu Kõrgkool</i></p>
14:00	<p>W28-P-2-04</p> <p>Nursing Care of the Adult Patient During Bronchoscopy Periprocedural Period</p> <p><u>Aleksei Judin</u>, <u>Veera Gulevskaja</u></p> <p><i>Tallinn Health Care College</i></p>
14:10	<p>W28-P-2-05</p> <p>Quality of nursing documentation in the cardiology department of West-Tallinn Central Hospital</p> <p><u>Anne-Ly Kvade</u>, <u>Evelin Trusova</u>, <u>Annabel Kohv</u>, <u>Chris-Lyn Kuill</u>, <u>Lily Parm</u>, <u>Irma Nool</u></p> <p><i>Tallinn Health Care College</i></p>
14:20	<p>W28-P-2-06</p> <p>Quality of nursing documentation in the Internal Medicine Department of the Internal Medicine Clinic of the West Tallinn Central Hospital</p>

	<p><u>Daniel Barinov</u>, Inge Jatsko, Heike-Brit Röss, Aleksei Djužev Tallinn Health Care College</p>
13:30 - 14:30	<p>Session: ePoster exhibition (group 3, in Estonian) Posterettekannete sessioon toimub eesti keeles. Room: E-poster session</p>
13:30	<p>W28-P-3-01 NURSING ACTIVITIES DIRECTED TO ASSESS THE NECESSITY FOR PHYSICAL RESTRAINTS OF PATIENTS AND TO PREVENT COMPLICATIONS CAUSED BY THIS <u>Jekaterina Tomberg</u> Student</p>
13:40	<p>W28-P-3-02 Experiences and needs of mothers of children with cancer in coping with a child's illness. <u>Maarja Karbus</u>, Elsbet Lippmaa, Mare Tupits, Kadri Kööp Tallinn Health Care College</p>
13:50	<p>W28-P-3-03 Catering and counseling for students with special dietary needs in school nursing <u>Olga Gurjanova</u>, <u>Anastasia Koit</u>, <u>Elina Litovkina</u> Tallinn Health Care College</p>
14:00	<p>W28-P-3-04 Rinnavähiga patsientide infovajadus ja kogemus selle rahuldamisest THE NEEDS FOR INFORMATION OF A BREAST CANCER PATIENT AND THE EXPERIENCE OF SATISFACTION <u>Sandra Liivrand</u>, <u>Kerttu Valt</u>, <u>Eva-Liisa Rimm</u>, <u>Egelyn Oja</u> <u>Kerttu Valt</u>, <u>Eva-Liisa Rimm</u>, <u>Egelyn Oja</u>, <u>Sandra Liivrand</u></p>
14:10	<p>W28-P-3-05 Õendusabi unehäiretega täiskasvanud patsiendile esmatasandi tervishoius <u>Ene Pilliroog</u>, <u>Marit Jaakson</u>, Kadri Kööp Tallinn Health Care College</p>
14:20	<p>W28-P-3-06 Õendusabi kroonilise obstruktiivse kopsuhaigusega patsiendile <u>Terje Valk</u> Student</p>
14:30 - 15:30	<p>Session: Parallel session no. 3 with oral presentations (in Estonian) Sessioon toimub eesti keeles.</p>

	Room: E-session (130/131)
14:30	W28-O-3-01 Instructional videos on creating sterile field, intimate washing and indwelling catheterization for clinical nursing. <u>Ave Allik</u> , <u>Ly Murd</u> , <u>Agne Annuk</u> , <u>Kristel Roose</u> <i>Tallinn Health Care College</i>
14:45	W28-O-3-02 ÕÖTÖÖST TULENEVAD RISKID ÕDEDE VAIMSELE TERVISELE JA TERVISERISKIDE ENNETAMISMEETMED <u>Ksenia Kozlova</u> , <u>Olesja Zeel</u> <i>Tallinn Health Care College</i>
15:00	W28-O-3-03 Quality of nursing documentation in the 2nd Department of Neurology Clinic of West Tallinn Central Hospital. <u>Monika Linamägi</u> , <u>Irina Lukashenko</u> , <u>Irina Višnevskaja</u> , <u>Anna Kušnikova</u> <i>Tallinna Tervishoiu Kõrgkool, students</i>
15:15	W28-O-3-04 Nursing care for an adult patient with sedative addiction and anxiety disorder <u>Grete Meiusi</u> , <u>Elina Saar</u> <i>Tallinn Health Care College</i>
15:30 - 15:45	Closing Room: E-session (130/131). Chair Maria Liiger
Thursday, 29 October	
09:00 - 09:15	Welcome Room: E-session (130/131). Chair Kadri Kööp
09:30 - 10:15	Session: Prof. M. Traynor: If only our nurses could be a little more stupid, then everything would be alright Room: E-session (130/131). Chair Kadri Kööp
09:30	T29-K-2-01 If only our nurses could be a little more stupid, then everything would be alright again <u>Michael Traynor</u> <i>Middlesex University London</i>
10:30 - 11:15	Session: Prof. J. Salvage: The legend of Salome, the doubting midwife: an interdisciplinary study Room: E-session (130/131). Chair Merle Talvik

10:30	T29-K-3-01 The legend of Salome, the doubting midwife: an interdisciplinary study <u>Jane Salvage</u>
11:30 - 12:50	Session: Parallel session no. 1 with oral presentations Room: E-session (130/131). Chair Kaie Eha
11:30	T29-O-1-01 Pharmacotherapeutic aspects of uses of metronidazole in dental medicine <u>Sylvia Stamova</u> ¹ , Svetlana Georgieva ¹ , Nadya Agova ¹ , Neli Ermenlieva ² , Emilia Georgieva ³ ¹ Department of Pharmaceutical Chemistry, Faculty of Pharmacy, Medical University of Varna, ² Department of Microbiology and Virology, Faculty of Medicine, Medical University of Varna, ³ TS Medical Laboratory Assistant, Medical college of Varna, Medical University of Varna, Bulgaria
11:50	T29-O-1-02 Simulation Task in Blended Learning Framework - Treatment of Chronic Wound for Nursing Students <u>Ljudmila Linnik</u> , Merle Talvik, Kateriina Rannula, Siret Piirsalu Tallinn Health Care College
12:10	T29-O-1-03 Antibacterial activity of new Metronidazole derivatives <u>Sylvia Stamova</u> ¹ , Svetlana Georgieva ¹ , Nadya Agova ¹ , Neli Ermenlieva ² , Emilia Georgieva ³ ¹ Department of Pharmaceutical Chemistry, Faculty of Pharmacy, Medical University of Varna, ² Department of Microbiology and Virology, Faculty of Medicine, Medical University of Varna, ³ TS Medical Laboratory Assistant, Medical college of Varna, Medical University of Varna, Bulgaria
12:30	T29-O-1-04 "USING SIMULATION TRAINING IN MENTAL HEALTH NURSING" <u>Marianne Annion</u> Tallinn Health Care College
11:30 - 12:50	Session: Parallel session no. 2 with oral presentations Room: E-session (122/129). Chair Merle Ojasoo
11:30	T29-O-2-01 Mistakes in health care: What factors contribute and shape the attitude towards mistakes in eye care? <u>Karola Panke</u> , Kristine Kokare, Gunta Krumina Department of Optometry and Vision Science, University of Latvia

11:50	<p>T29-O-2-02</p> <p>Students' Awareness and Perception of Professional Ethical Aspects and Support System in Study Environment: Research in Tallinn Health Care College</p> <p><u>Kate-Riin Kont</u>, Kateriina Rannula, Marina Kopti, Kristiina Puura <i>Tallinn Health Care College</i></p>
12:10	<p>T29-O-2-03</p> <p>"The Health Service": Training in Health, in the Preventive Service</p> <p><u>Christine Caltero</u>¹, Nadia Cherchem²</p> <p>¹ Director of Nursing Institutes and Specialties ERFPS CHU Rouen, ² nursing teacher - Erasmus Coordinator</p>
12:30	<p>T29-O-2-04</p> <p>Leadership, work supervision and peer support in social and health care is changing by digital tools</p> <p><u>Laaksonen Hannele</u>, <u>Kivinen Pirkko</u> <i>Tampere University of Applied Sciences</i></p>
12:50 - 14:00	Lunch and networking
14:00 - 15:20	Session: Parallel session no. 3 with oral presentations Room: E-session (130/131). Chair Merle Talvik
14:20	<p>T29-O-3-01</p> <p>Master's theses – What are their benefits to organizations?</p> <p><u>Aino Rantamäki</u>¹, <u>Hannele Laaksonen</u>²</p> <p>¹ Pirkanmaa Hospital District, ² Tampere University of Applied Sciences</p>
14:00	<p>T29-O-3-03</p> <p>eBooks vs Printed Books: Research in Tallinn Health Care College</p> <p><u>Kate-Riin Kont</u>, Siret Piirsalu <i>Tallinn Health Care College, Lifelong-Learning Centre</i></p>
14:40	<p>T29-O-3-05</p> <p>Estonian ambulance crew leader's experience about managing ambulance calls caused by social problems</p> <p><u>Argo Soolep</u>¹, Eduard Gusarov², Ere Uibu³</p> <p>¹ Tallinn Health Care College, ² Sotsiaalkindlustusamet, ³ Tartu Ülikool</p>
14:00 - 15:20	Session: Parallel session no. 4 with oral presentations Room: E-session (122/129). Chair Kadri Kõöp
14:00	<p>T29-O-4-01</p> <p>Memory-friendly environment</p> <p>Sari Teeri¹, <u>Riikka Tupala</u>¹, Hanna Hannukainen¹, Paula Hellberg²</p>

	¹ Satakunta University of Applied Sciences, ² Interior Design Paula Hellberg
14:20	T29-O-4-02 Supervising work-based learning: Tallinn Health Care College care-workers supervisors' ratings <u>Maarika Veigel, Piret Tamme</u> Tallinn Health Care College
14:40	T29-O-4-03 Interdisciplinary co-operation and field work as part of rehabilitation programs at URI-So a <u>Katja Ronchi, Nataša Ogrin Jurjevi</u> URI-So?a
15:00	T29-O-4-04 Patients' Experiences and Needs with Lifestyle Counselling in Family Health Centers <u>Kadri Kõöp</u> ¹ , <u>Tiina Tõemets</u> ² , <u>Ruth Kalda</u> ³ ¹ Tallinn Health Care College, ² Child Welfare Development Center, ³ Institute of Family Medicine and Public Health, University of Tartu
15:25 - 16:10	Session: Prof. K. A. Stroetmann: Global patient safety through semantic interoperability - the univocal identification of medicinal products Room: E-session (130/131). Chair Merle Ojasoo
15:25	T29-K-4-01 Global patient safety through semantic interoperability – the univocal identification of medicinal products <u>Karl Stroetmann</u> empirica Gesellschaft für Kommunikations- und Technologieforschung mbH
16:15 - 17:15	Session: ePoster exhibition Room: E-poster session
16:15	T29-P-1-01 Development of a checklist for intrahospital transport of emergency department patients <u>Jekaterina Demidenko</u> Tallinn Health Care College, Chair of Nursing
16:20	T29-P-1-02 Midwife's activities during pregnancy and childbirth and postnatal period in Northern and Eastern Afghanistan: Based on the interviews <u>Marika Merits</u> ¹ , <u>Kaire Sildver</u> ² , <u>Irena Bartels</u> ³ , <u>Kristina Krivats-Arba</u> ⁴ , <u>Kirilin Meejärvi</u> ⁵ , <u>Sandra Tamme</u> ⁶

	<p>¹ Tallinn Health Care College, ² Tallinn Health Care College, ³ East Tallinn Central Hospital Womens Clinic, ⁴ Tallinn Health Care College, ⁵ East Tallinn Central Hospital Womens Clinic, ⁶ Family Centre Remedium</p>
16:25	<p>T29-P-1-03</p> <p>Empowering Schoolgirls and Women in Reproductive Health in Afghanistan</p> <p><u>Silja Mets-Oja</u>, Marika Merits, Katrin Klein</p> <p><i>1 Tallinn Health Care College</i></p>
16:30	<p>T29-P-1-04</p> <p>Tallinn Health Care College Midwife Students and East-Tallinn Central Hospital Mentors Satisfaction with Professional Practice</p> <p><u>Kaire Sildver</u> ¹, Marika Merits ², Hanna Maria Aavik ³, Hanna Maria Trei ⁴, Cathlin Pilliroog ⁵, Anna Makaronskaja ⁶</p> <p><i>¹ Tallinn Health Care Collage, ² Tallinn Health Care Collage, ³ West Tallinn Central Hospital, ⁴ East Tallinn Central Hospital, ⁵ Health Centre, ⁶ West Tallinn Central Hospital</i></p>
16:35	<p>T29-P-1-05</p> <p>Interrelationships between planned and actual healthcare quality processes on policy, community, and individual level in obstetric care in Estonia.</p> <p><u>Silja Mets-Oja</u> ¹, Kadi Lubi ¹, Anu Toots ², Annely Kärema ¹</p> <p><i>¹ Tallinn Health Care College, ² Tallinn University</i></p>
16:40	<p>T29-P-1-06</p> <p>Connection and Influence Between GAS Scale and COPM Assessment at University Rehabilitation Institute Republic of Slovenia</p> <p>Anita Merhar, <u>Nataša Ogrin Jurjevi</u></p> <p><i>University Rehabilitation Institute Republic of Slovenia URI-So?a</i></p>
16:45	<p>T29-P-1-07</p> <p>Estonia Caesarean section trends 1992-2016</p> <p><u>Kaire Sildver</u> ¹, Piret Veerus ², Katrin Lang ³, Mika Gissler ⁴</p> <p><i>¹ Tallinn Health Care Collage, ² Pelgulinna Maternity Hospital, ³ University of Tartu, ⁴ National Institute for Health and Welfare</i></p>
16:50	<p>T29-P-1-08</p> <p>Sleep Well – Work Well: The role of work life in quality of sleep</p> <p><u>Päivi Franssila</u>, Raija Kuisma</p> <p><i>Karelia University of Applied Sciences</i></p>
16:55	<p>T29-P-1-09</p>

	<p>Development and implementation of standardized electronic nursing care plan in East-Tallinn Central Hospital. <u>Angela Paulin</u> ¹, <u>Tene Tammearu</u> ² ¹ <i>East-Tallinn Central Hospital</i>, ² <i>East-Tallinn Central Hospital</i></p>
17:00	<p>T29-P-1-10 Dozen years for well-being of heart on the example of heart failure appointments in East Tallinn Central Hospital <u>Svetlana Udalova</u>, <u>Kaidi Traumann</u> <i>East Tallinn Central Hospital</i></p>
17:05	<p>T29-P-1-11 Call and connect: Estonian Rheumatology nurses helpline <u>Darja Batšinskaja</u>, <u>Katti Kõrve</u> <i>East-Tallinn Central Hospital</i></p>
17:10	<p>T29-P-1-12 Physical closeness of fathers and their preterm infants in the East-Tallinn Central Hospital, Estonia <u>Reet Vinkel</u>, <u>Pille Andresson</u>, <u>Kati Korjus</u> <i>East-Tallinn Central Hospital</i></p>
Friday, 30 October	
09:00 - 10:00	<p>Session: ePoster exhibition Room: E-poster session</p>
09:00	<p>F30-P-2-01 Florence Nightingale's Influence on the Development of Estonian Nursing <u>Merle Talvik</u>, <u>Taimi Tulva</u>, <u>Ülle Ernits</u> <i>Tallinn Health Care College</i></p>
09:05	<p>F30-P-2-02 Practice Based Theses in Physiotherapy Education <u>Raija Kuisma</u>, <u>Anne Ryhänen</u> <i>Karelia University of Applied Sciences</i></p>
09:10	<p>F30-P-2-03 Physiotherapy students' practice education in Finnish University of Applied Sciences: The foundation of career path. <u>Tarja Pesonen-Sivonen</u>, <u>Raija Kuisma</u> <i>Karelia University of Applied Sciences</i></p>
09:15	<p>F30-P-2-04 ENNHANCE – The Nordic-Baltic Network for Health Care Education</p>

	<p><u>Yvonne Hilli</u> ¹, Merle Talvik ², Elisabeth Carlson ³, Meeri Koivula ⁴, Monika Koskinen ⁵, Ann-Helén Sandvik ⁶, Sirkka Saranki-Rantakokko ⁷, Maria Skyvell-Nilsson ⁸, Kari Marie Thorkildsen ⁹</p> <p>¹ Nord University, ² Tallinn Health Care College, ³ Malmö University, ⁴ Tampere University, ⁵ Abo Academi University, ⁶ Boras University, ⁷ Lapland University of Applied Sciences, ⁸ University West, ⁹ West Norway University of Applied Sciences</p>
09:20	<p>F30-P-2-05</p> <p>Gerontological competence – prerequisite for high quality services for older adults</p> <p><u>Sari Teeri</u>, Päivi Kankaanranta</p> <p>Satakunta University of Applied Sciences</p>
09:25	<p>F30-P-2-06</p> <p>Breastfeeding and Early Interaction integrated course.</p> <p><u>Annely Kärema</u> ^{1,1}, Aino Ezeonodo ^{1,2}, Leena Hannula ^{1,2}, Marge Põldma ^{1,1}</p> <p>¹ Tallinn Health Care College, ² Metropolia University of Applied Sciences</p>
09:30	<p>F30-P-2-07</p> <p>Historical development of training of Estonian nurses</p> <p><u>Ülle Ernits</u>, Merle Talvik, Taimi Tulva, Kristi Puusepp</p> <p>Tallinn Health Care College</p>
09:35	<p>F30-P-2-08</p> <p>Pregnancy-related DIC syndrome and midwifery</p> <p><u>Kairi Ansper</u> ^{1,2}, Urve Kaasik-Aaslav ³, Katrin Klein ⁴</p> <p>¹ Alumna of Tallinn Health Care College, ² Midwife at Lääne Tallinna Keskhaigla, ³ MD, MA, Lecturer at Tallinn Health Care College, ⁴ RM, MSc, Head of Curriculum and lecturer at Tallinn Health Care College</p>
09:40	<p>F30-P-2-09</p> <p>HEALTH PROMOTION IN YOUTH WORK: ESTONIAN YOUTH WORKER'S OPINIONS</p> <p><u>Marelle Grünthal-Drell</u>, <u>Maarika Veigel</u></p> <p>Tallinn Health Care College</p>
09:45	<p>F30-P-2-10</p> <p>Tallinn Health Care College Midwifery Students' Satisfaction with Clinical Practice Based on The Example of East-Tallinn Central Hospital Women's Clinic</p> <p><u>Hanna Maria Aavik</u> ¹, <u>Hanna-Maria Trei</u> ², Kaire Sildver ³, Marika Merits ⁴</p> <p>¹ West Tallinn Central Hospital, ² East-Tallinn Central Hospital, ³ Tallinn Health Care College, ⁴ Tallinn Health Care College</p>

09:50	F30-P-2-11 Validity of the method for the determination of the newborn transdermal serum bilirubin content compared to the invasive method <u>Reet Vinkel</u> , <u>Grethel Tarmas</u> <i>East-Tallinn Central Hospital</i>
10:00 - 10:45	Session: T. Jüristo: Health as a public good in difficult times Room: E-session (130/131). Chair <u>Nele Kunder</u>
10:00	F30-K-5-01 Health as a public good in difficult times. <u>Tarmo Jüristo</u> <i>Think Tank Praxis</i>
11:00 - 12:20	Session: Parallel session no. 5 with oral presentations Room: E-session (130/131). Chair <u>Nele Kunder</u>
11:00	F30-O-5-01 Physicians' perceived barriers to addressing patients' smoking habits: data from cross-sectional studies in 2002 and 2014 in Estonia <u>Mariliis Pöld</u> , <u>Kersti Pärna</u> <i>University of Tartu Institute of Family Medicine and Public Health</i>
11:20	F30-O-5-02 Understanding substance use prevention in vocational schools based on one vocational education centre in Estonia <u>Brith Kupper</u> , <u>Nele Kunder</u> <i>Tallinn Health Care College</i>
11:40	F30-O-5-03 Preventing falls in the home care of Kokemäki municipality <u>Soile Ojala-Seppä</u> <i>Satakunta University of Applied Sciences</i>
12:00	F30-O-5-04 Incidence of depressiveness among middle-aged and older Estonians <u>Liili Abuladze</u> ¹ , <u>Galina Opikova</u> ¹ , <u>Katrin Lang</u> ² ¹ <i>Estonian Institute for Population Studies, Tallinn University</i> , ² <i>Institute of Family Medicine and Public Health, Faculty of Medicine, University of Tartu</i>
11:00 - 12:20	Session: Parallel session no. 6 with oral presentations Room: E-session (122/129). Chair <u>Kadri Kõöp</u>
11:00	F30-O-6-01 Common Nursing Diagnosis and Impact of Training on the Quality of Nursing Documentation in Nursing Clinic

	<p><u>Irma Nool</u>, Mare Tupits, Lily Parm <i>Tallinn Health Care College</i></p>
11:20	<p>F30-O-6-02 Sleep Well – Work Well: Training of managers to implement sleep friendly working environment <u>Päivi Franssila</u>, Raija Kuisma <i>Karelia University of Applied Sciences</i></p>
11:40	<p>F30-O-6-03 Personnel orientation in well-being and work productivity <u>Kari Hyvärinen</u>, <u>Marjatta Komulainen</u>, Leena Rekola, Elina Förster <i>Metropolia University of Applied Sciences</i></p>
12:00	<p>F30-O-6-04 Genetic Nursing <u>Tiina Mäkinen</u> <i>Tampere University of Applied Sciences</i></p>
12:20 - 13:30	Lunch and networking
13:30 - 14:50	Session: Parallel session no. 7 with oral presentations Room: E-session (130/131). Chair Merle Talvik
13:30	<p>F30-O-7-01 Empowering immigrant women: need for information and support in motherhood and parenting Sini Eloranta, Susanna Mört, <u>Sirppa Kinos</u> <i>Turku University of Applied Sciences, Health and Well-being</i></p>
13:50	<p>F30-O-7-02 Midwives help overcome nipple confusion in newborn baby to achieve successful breastfeeding. Case study <u>Marge Põldma</u> <i>East Tallinn Central Hospital Womens Clinic</i></p>
14:10	<p>F30-O-7-03 PATIENT SAFETY CULTURE AT SURGERY AND INTERNAL HOSPITAL UNITS <u>Ruta Jurgelioniene</u>, Jurgita Zubiene <i>Utena University of Applied Sciences</i></p>
14:30	<p>F30-O-7-04 A Systematised Review Exploring the Evidence Relating to Promoting Prolonged Breastfeeding <u>Aet Leberecht</u></p>

	<i>University of Salford</i>
14:50 - 15:00	Closing Room: E-session (130/131). Chair Merle Ojasoo

Wednesday, 28 October - E-session (130/131) - 09:00 - 09:15

- Welcome (W28-W-1)

Wednesday, 28 October - E-session (130/131) - 09:20 - 10:00

Keynote lecture - Keynote lecture1 (W28-K-1)

Wednesday, 28 October - E-session (130/131) - 10:15 - 11:15

Oral presentation - Session 1 (W28-O-1)

w28-o-1-01 Correlation between DALY and QALY for the management of hip prosthesis

Fabian Dehanne

CHU UCL Namur

The complication rate and the possible reduction in waste estimated by the OECD, we are not yet in a position to objectify the effectiveness of hip replacement treatment in Belgian hospitals. This objective study aims to propose a correlation through the use of a DALY-QALY ratio for hip replacement among 3 Belgian hospitals.

The DALY calculation was applied at the hospital level for complications. Mortality was calculated on the basis of the Belgian mortality and life expectancy tables. A DALY has been assigned to readmissions within 30 days. The costs of this study are the hospital costs of the PACHA hospital analysis. The adjusted values (costs and DALYs) were obtained by relating the observed value to the predicted value obtained from the linear regression model. The electronics PROMS (QALY-HOOS) were collected before the surgery and 6 month after the surgery from patients at 3 different hospitals.

The complication rate during hospital stays is estimated at 6.93% while the mortality rate is 1.20%. The average cost (ET) of a stay is €8,013 (€4,304). We have registered a total of 82 DALYs in the study. We ranked hospitals based on their financial results, quality of care and patient satisfaction with their care.

Our analysis invites the authorities to create good practice guides for common diseases such as hip replacement surgery. Based on this first experience for the orthopaedic sector, we are convinced of the usefulness of our approach in evaluating the "cost-effectiveness" of other care systems.

Keywords: performance - qaly - daly - patient safety

W28-O-1-02 Data Collection Improved the Measurement Accuracy of the Blood Pressure Monitor Prototype
Theresa Eklund, Tiina Jaatinen

Metropolia University of Applied Sciences

The purpose of the commissioned research was to design and implement the collection of blood pressure data. The aim was to collect blood pressure data from at least 200 subjects. The research was commissioned by Murata Electronics.

Blood pressure data was needed for product development of a continuous blood pressure monitor prototype. The aim was to collect data which is as diverse as possible and meets the quality requirements to be used in product development. The research was to be conducted in accordance with ethical guidelines.

The design of the research was based on the ethical principles and the good scientific practice. Ethical approval was obtained from the HUS Ethics Committee and a total of six research permits were applied for and granted.

Pulse wave data was collected from 253 subjects by using two continuous blood pressure monitors. Data was recorded 15 minutes simultaneously with the Murata prototype and with the reference blood pressure monitor.

The collected data is diverse and includes a wide range of personal parameters. The age range of the subjects was wide. 93 % of the data met the quality requirements to be used for product development of the blood pressure monitor.

The results of the research reached the goal in terms of data quality, quantity and versatility. The research was successfully carried out in accordance with ethical principles. As a result, the measurement accuracy of the blood pressure monitor prototype improved for both diastolic and systolic blood pressure.

Keywords: Research Ethics, Data Collection, Blood Pressure Monitor, Product Development, Pulse wave, Physiological Measurement

w28-O-1-03 Work Skills and Peer Support - Near and Far: Effective Remote Peer Support for Workers
Anne Boundy, Kirsi Järvinen

Tampere University of Applied Sciences (TAMK)

Work Skills and Peer Support - Near and Far: Effective Remote Peer Support for Workers

The national EU-funded More Remotely – Work in Social and Health Care Is Changing project (2019-2021) responds to present-day challenges in Finnish social and health care work by developing remote leadership, work supervision, peer support and change management. The national project is administrated and coordinated by Tampere University of Applied Sciences (TAMK), the other participants are the University of Eastern Finland, University of Lapland and Satakunta University of Applied Sciences. Tampere University of Applied Sciences' responsibilities are development of remote leadership, work supervision and peer support and is the coordinator of this project. The study involves about 120 participants from the Pirkanmaa region, half of them are employees.

The purpose of this study is to map the peer support and work community skills experienced by social and health care employees in social and health care organizations, both face-to-face and peer support to online methods. The aim of this study is to provide new knowledge on work community skills and peer support both in the immediate and remote contexts of the social and health sector.

This research will be carried out as a qualitative research method. The data will be collected as a theme interview of employees (n=20), which is conducted as a group interview in three groups. Documentary material is also available. The material will be analyzed by content analysis.

At the conference we will present the progress of the research process and preliminary results.

w28-0-3-01 The Experiences and Needs of Fathers' of Children With Cancer in Coping With the Child's Disease

Karina Lõbus, Silver Muld

Tallinn Health Care College

Aim. To describe the experiences and needs of fathers' of children with cancer in coping with the child's disease.

Background. Today, about 80% of children diagnosed with malignancy in developed countries survive. Despite the positive statistics, recovery is not always certain, treatment is often very intensive and long-term. Cancer is affecting an increasing number of the population, which is increasing the demand for quality care, but the nature of expected care is currently unclear. This topic is important for the development of professional practice, as nurses complain that their knowledge to deal with the relatives of a patient with a difficult diagnosis is limited and would therefore like additional information to deal with the situation.

Research problem. Few authors have studied the experiences and needs of fathers in their daily lives in raising a child diagnosed with a malignancy. It is important to find out what fathers' have experienced and their needs in caring for a child with cancer, and to understand how nurses can provide better needs-based care.

Design. Qualitative, empirical, descriptive research.

Method. Data collection is based on a qualitative research method and semi-structured interviews. The data is collected and analysed simultaneously, the interviews are transcribed and analysed as soon as possible after the interview. The authors use an inductive approach to data analysis, as the work examines the experiences and needs of fathers through interviews.

Keywords: father, coping, cancer, child, death

Wednesday, 28 October - E-session (130/131) - 11:30 - 12:30

Oral presentation - Session 2 (W28-O-2)

W28-O-2-01 Respecting patients dignity during nursing care in Vlora Regional Hospital
Erda Tozaj

University "Ismail Qemali" Health Faculty

Introduction: Dignity is essential to the well-being of every individual in all societies. It is a fundamental human right, and health care organizations should pay particular attention to this universal need. The purpose of this study is to assess the respect of patients' dignity during nursing care.

Methods: This *cross-sectional* study was conducted on 201 hospitalized patients in 5 wards at Vlora Regional Hospital (Albania) during the period March-June 2019. Patients unable to articulate were excluded from this study. Data were collected by a questionnaire consist of two sections: (a) demographic characteristics, and (b) patient dignity including 22 questions (3 sets of questions that provided information on respecting the nurse-patient relationship, maintaining privacy, and respecting patients' autonomy). The questionnaire contained simple questions and did not require information that could put the patient in difficulty while completing.

Results: According to the result, the majority of the respondents (59%) were aware of patient's rights. In the patients' view, dignity is more respected in the surgery ward.

Conclusions: In conclusion, the dignity of patients at the Vlora Regional Hospital has been respected enough, but work still needs to be done to achieve the standards that patients aspire to. The hospital environment should provide physical and managerial facilities to promote patient dignity. Further studies on the issue of dignity should be developed by looking at the perspective of nursing staff and the factors that deprive them of providing dignity in the way patients yearn for.

Keywords: Dignity, privacy, autonomy, information, nurse-patient relationship.

W28-O-2-02 Trends and determinants of primary and secondary infertility

Sampurna Kundu

International Institute for Population Sciences

WHO clinically defines infertility as “the inability of a sexually active, non-contracepting couple to achieve pregnancy in one year”. The relationship of lifestyle factors such as diet, physical activity, smoking, and alcohol intake, to chronic diseases is well known. In this study we want to explore how socio-demographic, lifestyle factors and diseases affect infertility among women, both primarily and secondarily. The data used for the study is all the four rounds of National Family Health Survey (NFHS) for analysing the overall trend and the recent round for the rest of the study. Statistical analysis such as bivariate and multivariate analysis is used for the study. Interestingly, infertility rate among those whose age at first marriage is more than 30 years is high compared to women whose age at first marriage is less than 30 years. Women who've had miscarriages and abortions tend to be more secondarily infertile. Among the lifestyle factors, number of sex partners also plays an important role, that is, with increasing number of sex partners infertility increases. In order to delay pregnancies or even before marriage when women do not want to get pregnant, they tend to use oral contraceptive pills, emergency contraceptives or injectables. Among the lifestyle factors, number of sex partners also plays an important role, that is, with increasing number of sex partners infertility increases. In order to delay pregnancies or even before marriage when women do not want to get pregnant, they tend to use oral contraceptive pills, emergency contraceptives or injectables. Drinking too much leads to obesity and obesity is an important cause of infertility. Obese and overweight women tend to be more infertile as compared to normal or underweight women. Thyroid is having a significant association with infertility, this can be related to the fact that obese women tend to be more infertile. The problem of infertility is more common among women from the underprivileged socioeconomic background. Awareness programs and low-cost reproductive health services should be provided so that people from every social strata are able to avail them.

Keywords: primary, secondary, infertility, lifestyle factors

W28-O-2-03 WORK, VIOLENCE AND HEALTH SAFETY AT WORK, IN VLORA REGIONAL HOSPITAL OVER THE YEAR

Denada Selfo, Roza Luci

Nursing Department Faculty of Public Health, University Ismail Qemali of Vlore, Albania

Introduction: Health is a state of complete physical, mental and social and not merely the absence of disease or physical strength without the body. Work and health are closely related to each other. There is the fact that work can damage health. Hospital employees, especially nursing staff, are exposed to a number of risks, such as physical agents, chemicals, body postures, violence. The effects of violence can be physical or psychological.

The purpose of the study: to assess the level of violence in Vlora Regional Hospital, as well as the knowledge that nurses have about the job, their health and safety.

Study Methodology: This is a descriptive analytical study conducted in Vlora Regional Hospital in the period November 2018- December 2019. Data collection is using a self-administered questionnaire was completed by the two departments nurses, nurse of surgery department and urgency.

Results: Noted that in the emergency ward nurses are more likely to be part of violent physical acts. Both pavilions have a high rate of verbal violence in the nursing work. Verbal violence is higher than physical violence. Nurses in both pavilions claim to be informed that procedures exist to denounce violence. Acts of violence have been increasing month by month. comparing to 2017-2018 this violence has been increasing.

Keywords: Workplace, nurses, violence, nurse-patient relationships, injuries, safety, health.

Keywords: Keywords: Workplace, nurses, violence, nurse-patient relationships, injuries, safety, health.

W28-O-2-04 Nursing students' knowledge about handling pressure ulcers
Kristina Lillemets, Janika Loog

Tallinn Health Care College

Pressure ulcer is a major health problem for a patient with mobility problems and one of the biggest daily challenges for a healthcare organization. It is not known whether the knowledge of nursing students is sufficient for handling pressure ulcers.

An empirical and quantitative method was chosen to do so. The sample consisted of second- and third-year nursing students who started in the autumn and have completed wound care studies. Data was collected from November 2019 to January 2020 at Tallinn Health Care College. The research used the Pieper-Zulkowski pressure ulcer knowledge test, which consists of 72 multiple-choice questions and the topics are divided into three blocks: prevention classification and wound care.

58.2% answered the questions correctly, 22.7% incorrectly and 19.2% did not know the answer. Results by topic. Prevention: 66% answered correctly, 21.9% incorrectly and 12.1% did not know the answer. Classification: 54.9% answered correctly, 25.1% answered incorrectly and 19.7% did not know the answer. Wound care: 51.8% answered correctly, 21.5% answered incorrectly and 26.7% did not know the answer.

The results of the research revealed that nursing students had better knowledge about how to prevent pressure ulcers, but the knowledge about classification and wound care was insufficient. Compared to surveys of nursing students conducted in other parts of the world, the knowledge remained weak. The survey revealed that there is a need for a larger study program to improve nursing students' knowledge about pressure ulcers. The results of this work can be used to improve the learning process.

Keywords: Wound care, Education

Wednesday, 28 October - E-poster session - 13:30 - 14:30

- ePoster exhibition 1 (W28-P-1)

W28-P-1-01 Advancing human resource mobility through nursing management

Johanna Karhukorpi, Pirita Susi

Tampere University of Applied Sciences

The aim of this study is to describe nursing managers' and the nursing staffs views of human resource mobility. This study is a Master's Thesis for the Master's Degree Programme in Management of Health Care and Social Services at Tampere University of Applied Sciences.

The research questions are: What views do the nursing managers and employees have about the mobility of human resources? What are the promoting and inhibiting factors regarding the mobility of human resources?

The purpose of this study is to produce information about the promoting and inhibiting factors that affect human resource mobility in healthcare. This information can be used in nursing management as means to further promote resource mobility. This study is qualitative in nature and based on the interviews of nursing managers and an electronic questionnaire conducted on the nursing staff.

The data of the study will be collected by means of question survey conducted for the nursing staff (N=417) and three group interviews conducted for the nursing managers (N=11). The data will be collected at Tampere University Hospital in March 2020. The preliminary results of the study will be presented in the student poster presentation in Tallinn October 2020. The results will be utilized to promote resource mobility in the changing hospital environment.

Keywords: Human resource management, resource mobility

W28-P-1-02 Breast cancer screening and reasons for non-participation in Europe
Diana Sokolova¹, Marilyn Koor², Kadi Lubi^{1,2}, Taisi Kõiv³

¹ Tallinn Health Care College, Health Education Center, Curriculum of Midwifery

² Tallinn Health Care College, Health Education Center, Curriculum of Health Promotion

³ Estonian Health Insurance Fund

Breast cancer is the most common malignant tumour in women. In order to diagnose breast cancer more effectively and at the early stages, European countries implemented mammographic screening programmes in 1989. Early diagnosis and treatment of malignant tumours have been shown to increase survival rate. The aim of the program is to screen target group women every two years. Nationwide breast cancer screening is being conducted in Estonia since 2002, screening women aged between 50 and 69.

Despite the effectiveness of the screening, the participation rate in the program is on average 55%, which is lower than recommended 70%. Various European studies have highlighted the reasons for non-participation during mammography, such as economics, social status, education, culture, logistics and health problems. In Estonia, the last research of the reasons for non-participation was carried out in 2007 study. Thus, there is a need to investigate and analyse once again the reasons for non-participation.

The research is a part of the applied research of Tallinn Health Care College and Estonian Health Insurance Fund to investigate the reasons (grant no. 1-16/80). Preliminary data based on qualitative research has revealed that reasons can be emotional, practical and habitual. Follow-up quantitative research is carried out through 2020.

Keywords: breast cancer, breast cancer survival, breast cancer screening, mammography, reasons for non-participation.

W28-P-1-03 The Use of simulation in professional learning based on examples of nursing education in Tallinn Health Care College

Isabel Paul¹, Urve Kaasik-Aaslav¹, Kadi Lubi²

¹ Tallinn Health Care College, Health Education Center, Curriculum of Midwifery

² Tallinn Health Care College, Health Education Center

Simulation-based learning is widely used as a significant part of the learning process to prepare students for placement in working environments. It enables practicing and performing procedures related to the profession and resolve cases in a safe, lifelike environment. Simulation is followed by debriefing, during which students are provided constructive, yet benevolent criticism.

Study objective was to investigate second-year nursing students' experiences and achievement of learning outcomes in connection with the introduction of high-tech simulation-based learning in Tallinn Health Care College.

Data was collected through qualitative semi-structured interviews. Study participants were second-year nursing students from Tallinn Health Care College. The interviews were carried out individually during 11.12.–12.12.2017, shortly after the simulation-based learning in the subject "Clinical Nursing Procedures". Participation was voluntary and no personal data was collected. The interviews were recorded and transcribed verbatim. Analysis of the inductive transcription was performed in accordance with the research tasks.

Results were divided into two groups: 1. students' experiences with simulation-based learning in Tallinn Health Care College and 2. achievement of learning outcomes in connection with the introduction of simulation-based learning in education process. The interviewees felt that learning outcomes were mostly achieved. In conclusion, simulation is an indispensable part of the learning process before the clinical placement. Compared to the results of literature, no significant differences were found.

Conclusions: simulation is an indispensable part of the learning process before the clinical placement.

W28-P-1-04 Transforming transnational intercultural sensitivity for midwifery students through an inclusive mobility model

Marleen Rooveer, Katrin Kurvits, Annely Kärema, Silja Mets-Oja

Tallinn Health Care College

Contemporary higher education requires that all midwifery students have insight and understanding of global health practice and intercultural sensitivity. New model TOTEMM of Erasmus programme is finding and evaluating novelty ways to widen opportunities in transnational learning and the development of intercultural sensitivity is an urgent priority. TOTEMM promotes equity, social inclusion and participation of non-mobile midwifery students studying in England, Italy, Estonia and the Netherlands through the creation and implementation of a new inclusive mobility model based on a combination of virtual and physical mobility activities. During a three-year project there will be 15 midwifery educators, 2 information technology experts and 16 midwifery students involved who will contribute to the development of a European midwifery introductory e-learning package and four virtual mobility e-learning packages on public health. For creating e-learning packages, midwifery students' baseline data about intercultural sensitivity, motivation, confidence, resilience, language development, communication, knowledge of the public health, role of the midwife and teamwork skills will be collected during the assessment phase prior to the students completing the virtual and physical mobility activities from which an individual progress will be measured. The expected result of the project is that the midwifery students will gain significant benefits, including stimulating creativity, improving teamwork skills, increasing knowledge of inter-cultural midwifery-related topics and a long-term collaboration with partner institutions from different European regions will be established by the TOTEMM study. Furthermore, the e-learning packages will be made available to use by other higher education institutions, educators and students.

Keywords: e-learning, Erasmus program, inclusive mobility model, intercultural sensitivity, language development, midwifery education, midwifery students, public health.

W28-P-1-05 National EU-funded More Remotely – Work in Social and Health Care Is Changing project. Presentation concentrate on remote work supervision.
Satu Kalliokoski, Pauliina Mikkonen

Tampere Universe of Applied Sciences- TAMK

Valtakunnallinen EU-rahoituksella More Remotely – Work in Social and Health Care Is Changing -hanke (2019-2021) vastaa suomalaisen sosiaali- ja terveydenhuollon nykytyön haasteisiin kehittämällä etäjohtamista, työnvalvontaa, vertaistukea ja muutosjohtamista. Valtakunnallista hanketta hallinnoi ja koordinoi Tampereen ammattikorkeakoulu (TAMK) ja muut osallistujat ovat Itä-Suomen yliopisto, Lapin yliopisto ja Satakunnan ammattikorkeakoulu.

Tampereen ammattikorkeakoulun vastuualueita ovat etäjohtamisen, työnvalvonnan ja vertaistuen kehittäminen. Väitöskirjan tarkoituksena on selvittää kokemuksia Pirkanmaan alueen sosiaali- ja terveydenhuollon esimiesten etätyövalvonnasta Suomessa. Hankkeessa käytetään digitaalisia ja vuorovaikutteisia menetelmiä mahdollisuuksien ja toteutustapojen innovoimiseksi ja testaamiseksi tai etätyön valvomiseksi hajautetuissa organisaatioissa. Tutkimuksen tavoitteena on selkeyttää etätyön valvonnan hyviä käytäntöjä.

Tampereen seudulla hankkeeseen osallistuu yhteensä 84 esimiestä. Osallistujat jaettiin valmennusryhmiin. Osa kokouksista on toteutettu kasvokkain ja loput etäistuntona. Kokeilujakson aikana suunnitellaan erilaisia työnvalvonnan toteutusmuotoja yhdessä pilottiorganisaatioiden henkilöstön ja Suomen Työnjohtajat ry:n kanssa. Työnvalvonta edustaa uutta ja rohkeaa muutosta kasvokkain töiden valvonnasta verkkomenetelmiin.

Konferenssissa esittelemme tämän tutkimusprosessin ja alustavat tulokset.

Keywords: Remotely-work, remote leadership, work supervision, digitalization, development, peer support, remote, social care, health care, changing project, interactive, good practices.

Wednesday, 28 October - E-poster session - 13:30 - 14:30

- ePoster exhibition 2 (W28-P-2)

W28-P-2-01 Nursing management of a Patient with Acute Alcoholic Pancreatitis

Alvar Andres Virkus, Ljudmila Linnik

Tallinn Healthcare College

Background – Acute pancreatitis is the most common hospital presentation of gastrointestinal problem regarding hospital admissions (Xiao jt 2016:1) (Krenzer 2016:34) and it's incidence is going upwards (Johnstone, C. 2018:1). Acute Pancreatitis is a trending topic (Krenzer, M, E. 2016: 35-40) (Johnstone, C. 2018: 1-8), due to growing hospital admissions in Western countries and the world (Krishna jt 2017: 487). Acute pancreatitis takes up a huge part of intensive care resources. Even though 80% on acute pancreatitis go by mildly and need no interventions, 20% of cases need intensive care and are related with high hospital mortality (Dooley jt. 2015: 1). Nurses, who understand the altered physiology in acute pancreatitis can provide more effective and evidence based care thanks to understanding and choosing appropriate interventions (Johnstone, C. 2018: 7).

Aim – to describe acute alcoholic pancreatitis nursing management and most common nursing interventions used to prevent disease progression and recurrence.

Method – Literature overview.

Discussion- The thesis was chosen by the author due to a conflict in everyday practice. Author agrees with the points brought out by several articles, that acute pancreatitis is still a challenge for modern healthcare and takes up a big part of the resources (Dooley jt. 2015: 6). To fight the disease recurrence and to lower the need of resources consumed by acute alcoholic pancreatitis, author agrees that there is a need for nursing education in disease acknowledgement and nursing consultation (Lilija jt. 2008: 181-182).

Conclusions - Adequate nursing management involves patient monitoring according to disease specification, required nursing interventions and teaching patient to manage with the disease now and further on. Most common interventions needed are monitoring vitals and respiratory complications, assuring adequate infusion and haemodynamic stability, managing acute pain and starting enteral or parenteral feeding as early as possible. Teaching the patient with right information about alcohol consumption and consulting him can bring the disease recurrence risk to low (Nikkola jt. 2013: 485).

W28-P-2-02 Quality of nursing documentation in the nephrology department of West-Tallinn Central Hospital

Ergo Mets¹, Jekatrina Curikova¹, Tatjana Popel¹, Lily Parm¹, Irma Nool¹, Marika Peralaan²

¹ Tallinn Healthcare Collage

² West - Tallinn Central Hospital

Background: Correctly filled and good nursing records allows us to identify problems that have arisen and the action taken to rectify them and provide a integrated understanding in healthcare. Bad documentation is one of the reasons, why patient condition is going worse, instead of healing. (Gbobbo 2008:56; Prideaux 2011: 1450).

Aim: to describe the quality of nursing documentation in the nephrology department of West - Tallinn Central Hospital.

Methods: an empirical, quantitative study. D - Catch instrument for data collection and SPSS 19.0 for data analysis were used in this study.

Results: Before training there was 38 nursing diagnoses. Determinants and related factors wasn't used correctly and completely in any diagnoses. Determinants were missing fullfilly in 95,0% and related factors were missing fullfilly 85,0% nursing records. Most used nursing diagnose before training was „Risk for Unstable Blood Glucose Level“.

After training there was 25 nursing diagnoses. Determinants were missing fullfilly in 30,0% and related factors were missing fullfilly 100,0% nursing records. Most used nursing diagnose after training was „Readiness for enhanced health management “.

Before training in the nursing records there was highest rating in legibility quality and lowest assessment nursing diagnosis quantity. After training there was highest rating in legibility quality, nursing records quality and lowest rating was in results quantity.

Conclusions: After training nursing records were better in determinants and nurses were using PES format when they designated nursing diagnoses. Nurses were using more health promotion diagnoses. Nurses were better in filling the nursing records after training.

Keywords: Nephrology Department

W28-P-2-03 Estonian men's mental health problems in nursing care
Eduard Lehmus, Aivar Pärn

Tallinna Tervishoiu Kõrgkool

Background: Estonian men's mental health problems are not being addressed and researched properly in Estonia. There is a increase in Estonian men's mental health issues caused by substance abuse, depression. In addition to the mental health issue the other big problem is a high number of suicides in men's population.

Aim : The aim of the study is to find and analyse the mental problems that men in Estonia are facing. Authors of the study have concluded different countries experiences and information.

Methods: Methods that authors used were literature review and content analysis and case study.

Results and Conclusions:

Results of the study show that of current state of men's mental health in Estonia is caused by many large variables like depression and alcohol consumption, lack of mental health care service information accessibility and right tools to help. Furthermore the problem is the men's health care stigmas that stop some men getting the right treatment because of the fear of being open, prejudiced by others companions. Authors of this study find that there should be more "male-friendly" environments that would help men with socializing and engage them to better treatment and counselling process. Authors of this study find that subject should be more researched for better outcome in the future of men's mental health.

Keywords: mental health nursing, intervention, prevention, mental health risk factors, men's mental health

W28-P-2-04 Nursing Care of the Adult Patient During Bronchoscopy Periprocedural Period

Aleksei Judin, Veera Gulevskaja

Tallinn Health Care College

Bronchoscopy is an essential medical procedure with diagnostic or therapeutic purposes that allows to visualize upper airways and reach bronchial subsegments. Among endoscopy team members there are nurses, who guide patients through every stage by providing them nursing care. Nurses are obliged to be knowledgeable in correct patient preparation and education before and after the procedure. With the advances in technology and experience growth among pulmonologists bronchoscopy may be called a safe procedure. However quality nursing care is one of the factors that contribute to this tendency. Nursing knowledge and skills are based on theoretical materials, which historically were in form of lectures. However, in modern world such educational approaches are often reinforced by PowerPoint presentations and appropriate to the topic videos. Audiovisual materials may enrich teaching methodologies in nursing schools, thus facilitating the acquisition of professional skills. Innovative research work problem: not enough evidence-based audiovisual materials in Estonian language, which review nursing care in bronchoscopy pre-, intra- ja postprocedural stages. Thus, for students and working nurses there are less opportunities to get familiarized with nursing care during the procedure. In turn this may lead to low-quality nursing care. The purpose of this work is to prepare theory describing nursing care during bronchoscopy periprocedural period and create an educational video for students and nurses.

Methods. Databases: EBSCOhost (Medline, Health Source: Nursing/Academic Edition ja Academic Search Complete), PubMed, Google, Google Scholar, Google Books. Limitations: 2010 – 2019. Found and used: 19 books and 19 articles. Video creation included scenario and text preparation. Adobe Premiere, Adobe Photoshop CS6 for illustration drawing with Gaomon graphic tablet, YouTube Studio music, Trust microphone were used.

Result. Video length is 8 minutes, 2 parts. Division to 4 episodes. 26 illustrations. Educational video is giving a review on bronchoscopy procedure main steps, patient education and problems, but also on instruments and medication. Video demonstrates bronchoalveolar lavage in patient, who requires diagnosis clarification. Theory may be used independently from video as a detailed informational source. Conclusion. Audio-visual aid may help students to see a system in nursing care on bronchoscopy periprocedural example.

Keywords: Nursing care, adult, bronchoscopy, audiovisual material.

W28-P-2-05 Quality of nursing documentation in the cardiology department of West-Tallinn Central Hospital

Anne-Ly Kvade, Evelin Trusova, Annabel Kohv, Chris-Lyn Kuill, Evelin Trusova, Lily Parm, Irma Nool, Marika Peralaan, RN.

Background: Nursing documentation reflects patient-centred nursing activities planned and proved by a nurse. At the moment existing boundaries should improve documentation quality, but many nurses still have a lot of problems in compiling accurate and reliable documentation.

Aim: to describe the quality of nursing documentation in the cardiology department of West-Tallinn Central Hospital.

Methods: The method of research is quantitative and qualitative research. The research objects were 20 nursing records randomly selected from the cardiology department of West-Tallinn Central Hospital before and 20 nursing records 3 months after NANDA-I training. Data were collected using the D-Catch instrument. SPSS 19.0 descriptive statistics were used for data analysis.

Result: A total of 11 nursing diagnoses were erected before NANDA-I training: 9 problem-focused diagnoses and 3 risk diagnoses. After NANDA-I training, a total of 8 nursing diagnoses were erected: 6 problem-focused diagnoses and 2 risk diagnoses. Health promotion diagnoses were not established before and after the training.

Conclusion: The study of the nursing documentation of the cardiology department of West-Tallinn Central Hospital revealed that before NANDA-I training the most used nursing diagnoses were "Decreased cardiac output" and "Activity intolerance". After the training the most used nursing diagnosis was "Activity intolerance". Before training the quality of readability of nursing records was highest, which did not change after the training. Before the training, the quality of nursing assessment was lowest, which improved after the lecture. After the training the quality of nursing diagnosis was lower than before the training.

W28-P-2-06 Quality of nursing documentation in the Internal Medicine Department of the Internal Medicine Clinic of the West Tallinn Central Hospital
Daniel Barinov, Inge Jatsko, Heike-Brit Röss, Aleksei Djužev

Tallinna Tervishoiu Kõrgkool

The purpose of the final thesis is to assess nursing documentation quality in the Internal Medicine Department of the Internal Medicine Clinic of the West Tallinn Central Hospital.

The thesis is based on empirical, quantitative and qualitative study. The objects of study were 20 randomly picked nursing documents by internal diseases department before and after NANDA-I training. Nursing documentation was taken from LIISA system used by West Tallinn Central Hospital. Studied data contained nursing documentation, plan and a diary. The following criterias were set: patient should have been hospitalized for at least 3 days, patient's treatment case's dates are within 3 months before and after the NANDA-I training, patient has a personal nursing care plan. Data was collected using 4 observation protocols and diagnose analysis was based on PES format. D-Catch instrument, which is meant to assess the accuracy of nursing documentation in hospitals, was used for assessment. SPSS 19.0 program was used to analyse the results.

There were 30 nursing diagnoses established before NANDA-I training, which from 25 were problem based and 5 risk diagnoses. Diagnoses from before the training were in total of 6 different fields: health promotion, elimination and exchange, activity/rest, coping/stress tolerance, safety/protection and comfort. After the training there were established 28 nursing diagnoses, from which 21 were problem based and 7 risk diagnoses. The deviation was following: health promotion, elimination and exchange, activity/rest, coping/stress tolerance, perception/cognition, safety/protection and comfort. Statistically, before the training, the highest score received the quality of nursing documentation structure and the lowest in nursing diagnoses quantity. After the training the highest score was again in the quality of nursing documentation structure and lowest in evaluation quantity. There was no difference in the quality of readability of nursing documentation.

The training overall was successful. However, in some nursing plans decisive characteristics and related factors were still mixed up or missing.

Wednesday, 28 October - E-poster session - 13:30 - 14:30

- ePoster exhibition 3 (W28-P-3)

W28-P-3-01 NURSING ACTIVITIES DIRECTED TO ASSESS THE NECESSITY FOR PHYSICAL RESTRAINTS OF PATIENTS AND TO PREVENT COMPLICATIONS CAUSED BY THIS

Jekaterina Tomberg

Tallinn Health Care College

The author picked this topic because while working in hospitals, she saw cases of physical restraint that were performed without the use of any algorithms, without assessing the causes and without documenting these cases. The work examines the experiences of other countries in this field.

There are cases where physical restraint is unavoidable. This always causes discomfort to the patient. In such a situation, it is necessary to consider whether the discomfort caused is commensurate with the medical need. Restraint prolongs the patient's hospital stay, causes physical and mental complications, and increases morbidity and mortality. The use of this measure does not pay attention to the rights and privacy of the person, although the primary task of nursing staff is to protect the patient.

The training of nurses should address issues that would prepare them to respond appropriately to patient aggression, to create an environment that would replace physical restraint. The most important factors that increase the use of physical restraint are staff education and staff numbers. Staff shortages are a widespread problem in Estonian hospitals.

The work discusses how the need for the use of restraint could be assessed, possible risks and complications, and how they can be avoided by changing the attitudes of nurses. The author of the work has the opinion that physical restraint is not the solution to the main problem. And it is very important to determine the cause of the change in patient behaviour - this is a critical factor in ensuring patient safety.

W28-P-3-02 Experiences and needs of mothers of children with cancer in coping with a child's illness.

Maarja Karbus, Elsbet Lippmaa, Mare Tupits, Kadri Kööp

Tallinn Health Care College, Tallinn, Estonia

The aim is to describe the experiences and needs of mothers of children with cancer in coping with the child's illness.

Background. Cancer affects different life areas. Especially if it is a child, in this case the whole family is involved. Loved ones are mentally affected, there are limitations, and life changes need to be made to make the whole treatment regimen and recovery as comfortable as possible. Also, the whole process is expensive and time consuming. The research is part of a larger project that covers the experiences and needs of parents of children with chronic illness and coping strategies related to the child's illness.

Design. Qualitative, empirical, descriptive research.

Method. Data will be collected through semi structured interviews. Plan is to conduct 5-10 interviews. A member of the board of the Estonian Association of Parents of Children with Cancer gives the parents an invitation to the survey. Parents who agree to participate in the study will contact the investigator in charge of the study. To analyse the data inductive content analysis method will be used.

Keywords: cancer, mother, coping, child, need, experience, illness.

W28-P-3-03 Catering and counselling for students with special dietary needs in school nursing

Olga Gurjanova, Anastasia Koit, Elina Litovkina

Tallinn Health Care College

The aim of this research was to describe the organization and counselling of meals for students with special dietary needs in school nursing. The following research tasks resulted from the objective:

1. Describe the nutritional counselling and participation of school nurses in the organization of school meals;
2. Describe school nurses' self-esteem and training needs for special diets.

The research is quantitative, empirical and descriptive. Within the framework of the research, a targeted selection was prepared or only school nurses were included in the study. The final selection of the research consisted of 57 nurses working in general education schools.

The results show how multifaceted the role of a school nurse can be for students with special dietary needs. The research revealed that most school nurses do little to provide individual counselling to students and rarely advise parents and class teachers on the suitability of the school menu for children. Most nurses feel confident about diabetes, lactose intolerance and food allergy counselling. And the nurses felt the weakest in the field of phenylketonuria.

In the research is clearly visible the need for training on special diets, the great potential of applying nutritional knowledge in school nursing, as well as the demand for nutritional counselling. The collected data provide guidelines for the development of school nursing and so for improving the quality of school nursing care.

Keywords: special diet, students, school nursing, catering, counselling, diabetes, lactose intolerance, food allergy, phenylketonuria

W28-P-3-04 Rinnavähiga patsientide infovajadus ja kogemus selle rahuldamisest
THE NEEDS FOR INFORMATION OF A BREAST CANCER PATIENT AND THE EXPERIENCE OF SATISFACTION

Sandra Liivrand, Kerttu Valt, Eva-Liisa Rimm, Egelyn Oja

Tallinn Health Care College

Rinnavähiga patsiendi infovajadus on kõrge (Kowalski jt, 2014: 1; Goerling jt, 2020: 121) ja uuringud näitavad, et patsiendid ei saa tervishoiuteenuse pakkuvalt tihti rahuldustpakkuvat informatsiooni (Chua jt, 2018: 13; Christalle jt, 2019: 15).

Uurimistöö eesmärk on kirjeldada rinnavähiga patsiendi haiguspetsiifilist infovajadust ja kogemust informeerimisega Ida-Tallinna Keskhaiglas.

Tegemist on kvalitatiivse empiirilise uurimistööga.

Rinnavähi patsiendid vajavad palju erinevat informatsiooni alates haiguse diagnoosimisest kuni ravijärgse taastumisperioodi lõpuni. Patsientide infovajadust mõjutavad lähisuhted, majanduslik toimetulek ja mitmed psühholoogilised tegurid.

Patsientide kogemused nende infovajaduse hindamisega ei ole alati rahuldustpakkuvad valdkondades, mis puudutavad tervishoiu- ja sotsiaalsüsteemi toimimist ning personaalset informeerimist. Patsientide kogemused infovajaduse rahuldamisega ei ole alati rahuldustpakkuvad valdkondades, mis puudutavad haiglasest informeerimist ja informatsiooni ajastatust.

W28-P-3-05 Õendusabi unehäiretega täiskasvanud patsiendile esmatasandi tervishoius

Ene Pilliroog, Marit Jaakson, Kadri Kööp

Tallinn Health Care College

Eesmärk: Kirjeldada õendusabi unehäiretega täiskasvanud patsiendile esmatasandi tervishoius.

Taust: Täiskasvanud patsientidest on keskmiselt kuni 27%-l esinenud unehäirete tõttu kaebusi esmatasandi tervishoius. Unehäired on aladiagnoositud terviseprobleem. Uneprobleemide korral pööratakse pereõe poole harva, kuna patsiendid ei teadvusta piisavalt une vajalikkust. Lisaks on unehäirete tuvastamisel esmatasandi tervishoius probleemiks õdede vähesed oskused ja piiratud teadmised. See omakorda raskendab õigeaegset õendusabi planeerimist, mille tulemusel halveneb patsientide elukvaliteet ning süvenevad füüsilised ja psühhosotsiaalsed terviseprobleemid.

Metoodika: Uurimistöö on kirjanduse ülevaade. Kirjandusallikate leidmiseks on kasutatud uurimisandmebaaside kogu EBSCOhost WEB ning andmebaase PubMed ja Google Scholar.

Tulemused: Uurimused on näidanud, et unehäired ja unekvaliteedi säilitamine on aktuaalne teema, mis mõjutab täiskasvanud patsientide kognitiivset võimekust ja heaolu. Täiskasvanud patsientide puhul peetakse sageli unehäirete esinemist loomulikuks kaebuseks, mille leevendamiseks kasutatakse enamasti farmakoloogilist meetodit. Patsiendi unetusest tingitud terviseprobleemide puhul ei peaks piirduma ainuüksi und soodustavate ravimite tarvitamisega. Esmajoones tuleb kaaluda kognitiiv-käitumusliku teraapia kasu, mille puhul ei teki ravimitest tingitud ohtlikke kõrvalmõjusid.

Järeldused: Unehäiretega patsiendi füüsilised terviseprobleemid on uneaegsed hingamisraskused, südame-veresoonkonnahaigused, häiritud ainevahetus ja ülekaal, rahutute jalgade sündroom ning krooniline valu. Patsiendi psühhosotsiaalsed probleemid on pingestunud peresuhted, alkoholi kuritarvitamine, nikotiinisõltuvus, depressioon, ärevushäired ja stress.

Õendussekkumised füüsiliste terviseprobleemide korral on patsiendi informeerimine kvaliteetse une tähtsusest, unehäiretega seotud riskitegurite mõjust tervisele. Pereõde motiveerib ja toetab patsienti elustiili muutmisel ning nõustab unepäeviku täitmise vajalikkusest ja unehügieeni järgimisest. Pereõde soovitab vajadusel osalemist grupiteraapias ning kaasab patsiendi lähedased. Õendussekkumised psühhosotsiaalsete terviseprobleemide korral on selgitada välja patsiendi tervises seisund, kasutades emotsionaalse enesetunde küsimustikku. Nõustada patsienti stressi, depressiooni, ärevushäirete riskiteguritest ja nende toimest tervisele ning julgustada patsienti rääkima oma psühhosotsiaalsetest probleemidest.

Keywords: õendusabi, unehäired, täiskasvanud patsient, esmatasandi tervishoid

W28-P-3-06 Õendusabi kroonilise obstruktiivse kopsuhaigusega patsiendile
Terje Valk

Tallinn Health Care College

Taust: Krooniline obstruktiivne kopsuhaigus (KOK) on haiguse kõrge levimuse ja suremuse tõttu suur rahvatervise probleem ning selle põhiline riskitegur on suitsetamine. Eesti Haigekassa andmetel oli 2017. aastal Eestis ligikaudu 13 000 KOK-i patsienti. Õed saavad aidata ja suunata neid patsiente haiguse juhtimisel ja tervise parandamisel ning parandada seeläbi haigusega seotud elukvaliteeti.

Eesmärk: Kirjeldada õendusabi kroonilise obstruktiivse kopsuhaigusega.

Meetod: Uurimistöö on kirjanduse ülevaade, milles käsitletakse uurimisega seotud seisukohti ja tähtsamaid uurimistulemusi. Kirjandusallikate valiku aluseks on teemakohasus, kaasaegsus, usaldusväärsus ja tõendus põhjus.

Tulemused: Kroonilise obstruktiivse kopsuhaigusega patsientidel esinevad nii füüsilised kui ka psühhosotsiaalsed probleemid, mis mõjutavad nende igapäevast toimetulekut ja elukvaliteeti. Patsientide sagedasemad füüsilised probleemid on: hingeldus, õhupuudus, köha, rögaeritis, väsimus, unehäired ja lihastalitluse häired. Patsientide psühhosotsiaalsed probleemid on ärevuse ja depressiooni esinemine ning sotsiaalne isolatsioon. Telemeditsiini rakenduste kasutamine on üks õendusabi võimalustest, mis võimaldab pakkuda tervishoiuteenuseid distantsilt. Õendusabi sisaldab patsientide nõustamist suitsetamisest loobumiseks, ravisoostumuse jälgimist, inhalatsioonitehnika õpetamist, pulmonaalse ning psühhosotsiaalse rehabilitatsiooni võimaluste tutvustamist ning patsiendi käitumise mõjutamist motiveeriva intervjuerimise abil.

Järeldused: Mitmete uuringute andmetel on KOK patsientidel rahuldamata füüsilised ja psühhosotsiaalsed vajadused, neil on puudu teabest ja nad vajavad tervishoiutöötaja abi. Nende vajaduste rahuldamiseks saab õde lisaks patsiendiga otseselt kontakteerumisele rakendada uude meetodina ka telemeditsiini võimalusi.

Wednesday, 28 October - E-session (130/131) - 14:30 - 15:30

Oral presentation - Session 3 (W28-O-3)

W28-O-1-04 Instructional videos on creating sterile field, intimate washing and indwelling catheterization for clinical nursing.

Ave Allik, Ly Murd, Agne Annuk, Kristel Roose

Tallinn Health Care College

Among various technological resources, video clips are shown to be the most effective way to acquire knowledge that can be successfully used to increase nursing students' learning motivation and confidence in acquiring clinical skills. Audio-visual learning helps students to visualize and consolidate what they have studied, creating a tool, that provides better technical skills and improves clinical competence. In a study by Lee et al. (2016: 8), a video clip was developed to perform bladder catheterization, which was an effective tool in performing this procedure to increase nursing competence .

In order to meet the patient's clinical needs, it is necessary to maintain the quality and safety of nursing care, which is ensured by the nurses ability to perform various clinical procedures Clinical skills are one of the important learning outcomes in the subject program for nursing as they develop nursing skills and critical thinking.

The most important aspects in the preparation of a sterile table and in the catheterization of the bladder are septic and antiseptic technique in order to prevent contamination from the hands of healthcare professionals or from the means of the procedure. These procedures should be performed by appropriately trained and competent healthcare professionals. Thorough care of intimate area prior to perineal procedures is important to prevent and reduce the risk of urinary tract infection.

This study is built on a literature review.

W28-O-3-02 ÖÖTÖÖST TULENEVAD RISKID ÕDEDE VAIMSELE TERVISELE JA TERVERISKIDE ENNETAMISMEETMED

Ksenia Kozlova, Olesja Zeel

Tallinn Health Care College

Öises vahetuses töötamine on viimastel aastakümnetel oluliselt suurenenud. Eestis on antud teema, mis puudutab otseselt kõiki õdesid, praeguseni vähe uuritud ja väärrib edaspidi suuremat tähelepanu. Probleem on aktuaalne eriti praegusel ajal, mil õed töötavad mitmel töökohal ja käivad ühelt töölt teisele.

Uurimistöö probleem seisneb selles, et öötöö mõjutab negatiivselt õdede vaimset tervist ja elukvaliteeti. Õel, kes töötab öösiti suureneb ärrituvus ja rahutus, häirib see keha ööpäevast rütmi, rikub organismi tasakaalu, kutsub esile depressiooni ja unehäireid ning võib viia tõsiste tervisehäireteni. (Nena jt, 2018: 30).

Käesoleva uurimistöö eesmärgiks on kirjeldada öötööst tulenevaid riske õdede vaimsele tervisele ja terviseriskide ennetamise meetmeid.

Läbitöötatud kirjanduse põhjal autor väidab, et öötöö on tihedalt seotud mitmete terviseriskidega ning tööst tulenev negatiivne mõju vaimsele tervisele on vältimatu. Töötamine öisel ajal on inimesele väsitav ja pinget avaldav, kuna organismi loomulik ööpäevane rütm on häiritud. Sageli väljendub see unetuses, väsimuses, pingeseisundis või meeleolu kõikumistes, mis põhjustab omakorda stressi, depressiooni või läbipõlemissündroomi ja võib viia erialalt lahkumiseni või enesetapu mõteteni. Vaatamata sellele, mitmeid öötöoga seotud terviseriske õdede vaimsele tervisele saaks ennetada. On väga tähtis, et õed oskaksid õigel ajal märgata vaimse terviseprobleemide esmast teket ja kulgu, et nendega kohe tegelema hakata. Terviseriski ennetamise meetmed on efektiivsed siis, kui need on loodud tööandja ja töötaja omavahelises koostöös ning nende kasutamine on järjepidev.

Keywords: Öötöö, õde, vaimne tervis, terviserisk, ennetamine

W28-O-3-03 Quality of nursing documentation in the 2nd Department of Neurology Clinic of West Tallinn Central Hospital.

Monika Linamägi, Irina Lukashenko, Irina Višnevskaja, Anna Kušnikova

Tallinna Tervishoiu Kõrgkool, õenduse õppetool,

The aim of the thesis is to describe the quality of nursing documentation in the 2nd Department of Neurology Clinic of West Tallinn Central Hospital. The thesis is an empirical quantitative and qualitative study. A D-catch instrument was used to collect and analyse data. Six different subjects were assessed: presentation of the structure of the nursing history, existence of a primary nursing history, establishment of a nursing diagnosis based on the PES format, nursing interventions, progress and results, and readability of nursing documentation. A 1-4 point Likert-type scale was used for this purpose. The sample consisted of nursing records of the 2nd Department of Neurology Clinic of West Tallinn Central Hospital, which met the sample criteria. The sample consisted of 20 nursing records before and 20 nursing records after NANDA-I nursing diagnosis training. Social sciences statistical package SPSS 19.0 programs were used to analyse the results. The results of the research revealed that the most commonly used nursing diagnosis before NANDA-I nursing diagnosis training was impaired physical mobility (00085) and after the NANDA-I nursing diagnosis training the most commonly used nursing diagnosis was disturbed comfort (00214). Keywords: Nursing Diagnosis, NANDA, nursing documentation, quality, neurology clinic, Multiple Sclerosis, D-Catch.

Keywords: Nursing Diagnosis, NANDA, nursing documentation, quality, neurology clinic, Multiple Sclerosis, D-Catch.

W28-O-3-04 Nursing care for an adult patient with sedative addiction and anxiety disorder

Grete Meiusi, Elina Saar

Tallinn Health Care College

Nursing care for an adult patient with sedative addiction and anxiety disorder. Tallinn Health Care College, Chair of Nursing.

This thesis was compiled as a review of the literature. Various thematic evidence-based scientific articles in English and Estonian and legislative acts were used in the thesis. The aim of this thesis was to describe nursing care for an adult patient with sedative addiction and anxiety disorder.

According to the Estonian Health Insurance Fund, benzodiazepines and hypnotics were prescribed to about 139,000 people in 2014, which is more than 10% of the population; in 2012, 131,000 people were prescribed the same drugs. Up to 33.7% of the population. Prescription drug abuse and addiction have grown over the years throughout the Western world.

As a problem with the research, it was pointed out that patients who constantly use sedatives to cope with anxiety may develop tolerance to the effects of sedatives, which in turn may cause problems with coping with anxiety and lead to intentional use of increased amounts.

Nurses have an important role to play in detecting and intervening in the patient's sedative abuse problem. As nursing interventions, it is important to listen to the patient, draw the patient's attention to the patient's complaints and introduce the patient to non-pharmacological measures to deal with the anxiety disorder, so that the patient does not always have to use a sedative as a first choice.

Thursday, 29 October - E-session (130/131) - 09:00 - 09:15

- Welcome (T29-W-2)

Thursday, 29 October - E-session (130/131) - 09:30 - 10:15

Keynote lecture - Keynote lecture 2 (T29-K-2)

T29-K-2-01 If only our nurses could be a little more stupid, then everything would be alright again

Michael Traynor

Middlesex University London

Professionalisation can be, and has been, understood as a striving for the standing and material benefits that accrue from professional status, as a way of putting a boundary around certain work that excludes other types of worker and as a way of gaining and maintaining power. But when looking at nursing, worldwide, professionalisation can be linked with progressive social change. Entrance to university-based education and the benefits of supportive professional networks along with access to and mentoring from individuals in established policy-making and policy-influencing positions can allow nurses to move into such policy-influencing positions themselves. We can consider this as having a potential to advance social change not because this process might advance the standing of nursing but because it can bring hitherto relatively disadvantaged groups such as women and those from less privileged class and minority ethnic backgrounds into these positions. Also, to the extent that nurses genuinely advocate for their patients and clients, which might include various marginalised groups such as the elderly, those with mental health problems or drug users, they may be able to act as a force for social justice. Not surprisingly, nurses' progress is always under threat from social conservatism sometimes in the form of sexism and the power of other professional elites.

Thursday, 29 October - E-session (130/131) - 10:30 - 11:15

Keynote lecture - Keynote lecture 3 (T29-K-3)

T29-K-3-01 The legend of Salome, the doubting midwife: an interdisciplinary study
Jane Salvage

My study begins 2000 years ago, with two famous health workers now hidden from history. In the apocryphal Legend of the Doubting Midwife, Salome the midwife examines Mary just after Jesus' birth. Her hand is withered, then healed, a miracle witnessed by her colleague Zebel and the holy family. Paintings, sculptures, sermons, plays and poems retold the story over many centuries across Christendom.

This study is framed and informed by my life and career as a global nursing leader, writer and policy activist, and my scholarship in literature, nursing and sociology. I adopt a cross-genre approach to tell the midwives' story, explore their meanings, and consider their fate in the light of historical changes in women's lives and midwives' status. It synthesises women's history, art history, social history, the history of medicine, and memoir.

The two nativity midwives were co-opted for moral lessons and antisemitic propaganda, and virtually disappeared in the 18th century. Their many representations show women down the ages looking after other women, looked at by women. Their role and meaning was mostly ignored by pre-feminist art historians. Today they occasionally appear in academia and novels, but are still largely unknown.

The story of the Doubting Midwife and her many sisters, and the issues it raises, remain relevant to women's position in society, their work, control of childbirth and public image. I aim to rehabilitate them, and situate them in the current subordination of women health workers. In this Year of the Nurse and Midwife 2020, Salome speaks.

Keywords: maternal and child health, and changes in professional roles

Thursday, 29 October - E-session (130/131) - 11:30 - 12:50

Oral presentation - Session 1 (T29-O-1)

T29-O-1-01 Pharmacotherapeutic aspects of uses of metronidazole in dental medicine

Sylvia Stamova¹, Svetlana Georgieva¹, Nadya Agova¹, Neli Ermenlieva², Emilia Georgieva³

¹ Department of Pharmaceutical Chemistry, Faculty of Pharmacy, Medical University of Varna

² Department of Microbiology and Virology, Faculty of Medicine, Medical University of Varna

³ TS Medical Laboratory Assistant, Medical college of Varna, Medical University of Varna, Bulgaria

Anaerobic bacteria are major causative agents of infections in the oral cavity. The treatment has to be strongly targeted to eliminate bacteria. Thus the pharmacotherapeutic control of medication of dental infections has a huge role in the management of it. Nowadays the most commonly used drugs are antibiotics. They are active against aerobic and anaerobic bacteria. But the healing must be directed strictly to a specific causative agent. Metronidazole is an anti-infection drug that is imidazole derivative. It has specific action to anaerobic bacteria, protozoal and microaerophilic bacterial infections. It is absorbed well from the gastrointestinal tract and can be detected at bactericidal levels in blood and saliva within one hour ingestion. It is very important that the drug does not affect the commensal flora. Metronidazole has been applied for many specific pathologic conditions such as periodontitis, acute ulcerative gingivitis, infected socket, osteomyelitis, etc. The present review is literature summary of the uses of metronidazole in dental medicine.

Keywords: Metronidazole, oral cavity, anaerobic bacteria

T29-O-1-02 Simulation Task in Blended Learning Framework - Treatment of Chronic Wound for Nursing Students

Ljudmila Linnik, Merle Talvik, Kateriina Rannula, Siret Piirsalu

Tallinn Health Care College

Pressure ulcers are problematic for patients as they must live with an open wound and at the same time problematic for health care workers as they must determine the cause of the ulcer and choose an efficient treatment option. Nurses only beginning their professional careers are not as confident in evaluating chronic ulcers as the experienced nurses are, while students demonstrate insufficient knowledge on the care of pressure ulcers. An international project at THCC titled "Care of Pressure and Venous Ulcers in Simulation Environment" has compiled an e-learning course and 5 simulation tasks on the care of chronic wound. The prebriefing stage of one simulation includes students' manual activity where ulcers of different stages are made. CLIL methodology is used to acquire specialty terms while blended learning method promotes students learning on the beforementioned subject.

Aim: to describe the effect of blended learning on nursing students' outcomes on the care of pressure ulcers.

Sample: the target group of the research are second year nursing students of THCC. Total population sampling is used (N=120).

Data was collected using Pieper-Zulkowski (2018) "Pressure Ulcer Knowledge Test" and via focus group interview. Inductive content analysis was used to identify themes emerging from the data.

Results: focus group knowledge on the care of pressure ulcers has significantly improved compared to the control group. Statistically significant differences are present between the two groups.

T29-O-1-03 Antibacterial activity of new Metronidazole derivatives

Sylvia Stamova¹, Svetlana Georgieva¹, Nadya Agova¹, Neli Ermenlieva², Emilia Georgieva³

¹ Department of Pharmaceutical Chemistry, Faculty of Pharmacy, Medical University of Varna

² Department of Microbiology and Virology, Faculty of Medicine, Medical University of Varna

³ TS Medical Laboratory Assistant, Medical college of Varna, Medical University of Varna, Bulgaria

Metronidazole is a widespread drug and first choice of treatment for different bacterial and protozoal infections. The most common of them are amebiasis, trichomoniasis, giardiasis, severe anaerobic infections, and many others. Structurally metronidazole has been considered at 5- nitroimidazole drugs. The presence of NO₂ group on 5 position in the imidazole ring is required and connected strongly with the mechanism of action of the molecule. It is manifested with various antibacterial and protozoal activities. Nowadays the growing resistance of general antibacterial drugs is a global problem. Microbial infections are one of the leading disease, which are reason for lethal outcome for millions of people every year due to lack of effective antimicrobial therapy. The combination of non-effective therapy and microbial resistance to conventional antibiotics attracts scientists from the whole world to synthesize and modify molecules of already known and pharmacologically active substances. The evolution of new antimicrobial and antiparasitic agents offers the possibility of generating structures of increased potency. The present review is a literature summary of the determination of the antibacterial activity of new metronidazole derivatives.

Keywords: Metronidazole, new derivatives, antibacterial activity

T29-O-1-04 "USING SIMULATION TRAINING IN MENTAL HEALTH NURSING"

Marianne Annion

Tallinn Health Care College

Background: Mental health disorders are becoming a major problem in Estonia. There is an increasing number of patients with some form of mental health problem, disorder or illness. Every healthcare institution must provide qualitative nursing care for those patients. Mental Health Simulation enables for nursing students to practice mental health nursing skills in a safe environment.

Aim: The aim of the development project is to launch simulation study in nursing basic education at the Mental Health Nursing School at Tallinn Health Care College and to study students' experiences with simulation education.

Methods: The development project is being carried out in the Department of Nursing, Tallinn Health College, within the framework of Mental Health. The research methodology is empirical, quantitative survey and qualitative content analysis.

Results and Conclusions: The main results of the quantitative analysis showed that the quality of the learning process was generally satisfied, using a 1- to 5-point scale. The mean score of the questionnaire analysis estimates was 4.7 and the significance score was 4.8.

The emotions that emerged in the learning process were: fear, anxiety, empathy, compassion and irritability. Students found simulation learning useful, productive, thought-provoking, and offered a better opportunity to learn theory. Students experienced increased empathy, confidence, and diminished fear. As a result of the development project, simulation training is integrated into basic nursing education at Tallinn Health Care College, the subject of mental health.

Keywords: mental health nursing, simulation learning, student, learning experience.

Thursday, 29 October - E-session (122/129) - 11:30 - 12:50

Oral presentation - Session 2 (T29-O-2)

T29-O-2-01 Mistakes in health care: What factors contribute and shape the attitude towards mistakes in eye care?

Karola Panke, Kristine Kokare, Gunta Krumina

Department of Optometry and Vision Science, University of Latvia

An anonymous multi-institutional online attitudinal survey was distributed to Latvian clinical optometrists during December 2019. Survey consisted from 36 statements that optometrists were asked to express agreement, likelihood or frequency of described statements using Likert scale consisting of answers *Always - Often - Sometimes - Rarely - Never - Hard to tell*.

Forty nine optometrists (estimated 20-25% from all clinical optometrists that practice in Latvia) completed the survey. Psycho-emotional status of patient is significant contribution factor - for 45% responders it can *always or often* facilitate mistakes (especially for professionals aged less than 40 years ($p = 0.004$)) whereas for 76% their personal psycho-emotional status *never* or *almost never* can be attributed to mistakes. Along with increasing professional experience ($p = 0.028$), age ($p = 0.015$) and company size ($p = 0.03$) the likelihood of mistakes associated with too short appointment time decrease. Our results highlight that it is more common to not report mistake in micro sized companies ($p = 0.016$) along with conception that mistake reporting will negatively affect personal or company reputation more prone to professionals working in micro and small sized companies ($p = 0.023$). Younger professionals with less experience and from smaller companies more frequently experience stress and guilt while the strongest condemnation from colleagues and employer is experienced by early and mid-level professionals working in eye care from 3 to 10 years ($p = 0.01$).

Keywords: optometry, eye care, mistakes in health care, reporting mistake

T29-O-2-02 Students' Awareness and Perception of Professional Ethical Aspects and Support System in Study Environment: Research in Tallinn Health Care College
Kate-Riin Kont, Kateriina Rannula, Marina Kopti, Kristiina Puura

Tallinn Health Care College

Ethical dilemmas are experienced by all fields in higher education but are especially prevalent among health care professionals. Health care specialists' professional ethics includes their values, rights, duties, and responsibilities, and is used to interact with patients, clients, patients' family and colleagues. Research was started by the Ethics Committee of Tallinn Health Care College with the aim to investigate students' awareness and perception of ethical aspects emerging in the study environment as well as on existing support systems.

Qualitative approach was used and 7 focus group semi-structured interviews with students from all higher education curricula of the college were conducted. Thematic Content Analysis (TCA) was used to describe and categorize qualitative data; relevant topics were chosen from the interviews and horizontal analysis employed.

The importance of ethical communication and behavior was highlighted by all respondents. Empathy, ethical feedback and confidentiality were perceived to be an integral part of ethical standards in study and training environment. Most respondents possess information on the existence of support system in the college, but awareness on different services in the support system varies. Current support system has been available to all students who have needed it.

The ethics support system in education needs to be further promoted among students in order to raise students' awareness on it. Lecturers should be prepared and trained to counsel the students when faced with unethical situations while current support system needs to be maintained in order to provide continuous support to students.

Keywords: ethics, ethics in health care, professional ethics, learning environment, support system

T29-O-2-03 “The Health Service”: Training in Health, in the Preventive Service
Christine Caltero¹, Nadia Cherchem²

¹ Director of Nursing Institutes and Specialties ERFPS CHU Rouen

² nursing teacher - Erasmus Coordinator

The Health Service provides training and familiarization of students with the challenges of primary prevention, but also to allow them to collaborate (nurse doctors, pharmacists, midwives and physiotherapists) on the same theme during their studies.

Through this partnership, students will discover another dimension of Care in a multidisciplinary team in structures where health is often not a priority, Schools and colleges, as well as in associations, enterprises and carceral environment. The emphasis will be given to sensitive environments and areas where the propensity to give up care is perhaps the most important.

The prevention themes selected are: food (nutrition throughout life), physical activity, addictions (alcohol, tobacco, cannabis and other illicit drugs), emotional and sexual life (sexuality education integrating the prevention of infections, and other sexually transmittable diseases as well as contraception and the prevention of sexual abuse).

These principals themes have been selected for their impact on health according to national public healthcare priorities and regional policies. By selecting prevention through the Health Service, the government also wishes to reduce the costs generated by avoidable morbidity. The challenge for the Health Service, notwithstanding its primary function of prevention, is finally a long-term transformation of the action of healthcare professionals by a modernization of the curriculum and adapting it to France's needs in terms of prevention.

Keywords: health students - nurses - doctors - physiotherapists - midwife - pharmacists - health promotion - prevention - interdisciplinarity

T29-O-2-04 Leadership, work supervision and peer support in social and health care is changing by digital tools

Laaksonen Hannele, Kivinen Pirkko

Tampere University of Applied Sciences

The national EU-funded More Remotely – Work in Social and Health Care Is Changing project (2019-2021) responds to present-day challenges in Finnish social and health care work by developing remote leadership, work supervision, peer support and change management. The national project is administrated and coordinated by Tampere University of Applied Sciences (TAMK) and the other participants are the University of Eastern Finland, University of Lapland and Satakunta University of Applied Sciences.

Tampere University of Applied Sciences' responsibilities are development of remote leadership, work supervision and peer support. The project uses digital and interactive methods to innovate and test possibilities and implementation manners of remote supervision and peer support in decentralised organisations. During the trial period, different implementation forms of remote leadership, work supervision and peer support are planned together with the pilot organisations' staff and the Finnish Supervisors' Association. Remote leadership, work supervision and peer support represent a new and courageous change from face-to-face leadership, work supervision and peer support to online methods.

A total of 84 superiors and 54 employees participate in the project in the Tampere Region. The participants were divided into six coaching groups with both face-to-face and remote meetings. The conference workshop presents building of remote leadership, work supervision and peer support models in the project's coaching groups and the preliminary results.

Keywords: remote leadership, supervision of remote work, remote peer support, digital tools

Thursday, 29 October - E-session (130/131) - 14:00 - 15:20

Oral presentation - Session 3 (T29-O-3)

T29-O-3-01 Master's theses – What are their benefits to organizations?

Aino Rantamäki¹, Hannele Laaksonen²

¹ Pirkanmaa Hospital District

² Tampere University of Applied Sciences

This presentation examines the theses written for the master's degree program in Management of Health Care and Social Services at the Tampere University of Applied Sciences between 2010 and 2016. Our study questions are "which management models were studied in the theses?" and "what benefits have the theses brought to the students' organizations?" This study is novel because the subject has not been studied previously. The data, which consist of 113 master's theses, were analyzed through deductive content analysis.

The theses (N=113) mostly studied human resource and knowledge management (31%), quality management (12%), process management (10%) and safety and welfare management (10%). Out of all theses, 27% involved a new operating model, a developed service or a technological solution, 11% involved the production of client or training material and 62% involved the creation of new knowledge to aid the organization's development.

The results raise many questions about the application of UAS master's theses. It would be important to broaden the study of management from personnel management to areas such as economic and strategic management. This could make theses valuable even in a financial sense. It is also worth considering whether UAS master's theses should become more practice-oriented by re-focusing the thesis writing on creating immediately useable materials or developing the organization during the process. Creating theses as part of larger projects would benefit a greater number of groups than just the student's employer.

Keywords: higher education, master's degree program, theses, benefits, organizations

T29-O-3-02 eBooks vs Printed Books: Research in Tallinn Health Care College
Kate-Riin Kont, Siret Piirsalu

Tallinn Health Care College, Lifelong-Learning Centre

Using electronic information resources to support health care students has been common practice for a number of years now. Due to extremely full curricula and frequent and intensive clinical placements, health studies education relies heavily on remote access to learning and teaching and electronic library facilities are essential to its success. Libraries are continuously striving for seamless 24/7 access to health and medicine content to be available to students and lecturers at the point of need

The questionnaire study was conducted in a Tallinn Health Care College in 2019 among higher education and master students, and lecturers. The purpose of the research was to identify the awareness of eBooks, the level of eBook usage, book format preferences for study and research purposes, and discover factors that influence format selection.

A total of 345 of responses were returned in the full survey out of a target population of 1696, representing about a 20% response rate. The target population consisted of all undergraduate and master's programme students and lecturers registered in academic year 2019/2020.

The survey showed that eBook awareness among patrons at the Tallinn Health Care College is high but the level of eBook usage has been low so far. However, patrons are very ready to use eBooks in their subject area more frequently hereafter and expect more information added on the school website about open access eBooks and eThesises. Moreover, College should actively and attractively promote the open access eBooks through their website, library brochures, posters, training session or workshops.

Keywords: eBooks, electronic books, printed books, electronic library, health care students, lecturers, awareness, usage, preferences

T29-O-3-03 Estonian ambulance crew leader's experience about managing ambulance calls caused by social problems

Argo Soolep¹, Eduard Gusarov², Ere Uibu³

¹ Tallinna Tervishoiu Kõrgkool

² Sotsiaalkindlustusamet

³ Tartu Ülikool

Ambulance services are often used in situations which do not require emergency medical intervention as people's knowledge on where to seek help from is lacking. Solving patients' social problems is complex due to the lack of resources and skills during the ambulance stage. Information documented by the ambulance staff is dependent on the level of importance it is attributed or how vital the information is perceived to be. The aim of the research was to describe which ambulance calls are associated with social problems, how they are treated and documented based on the ambulance crew leaders' experience. The sample consisted of ambulance crew leaders (n=20) with at least one year working experience. Semi-structured interviews were used to collect data. Data was analysed using inductive content analysis. The results revealed that social problems leading to ambulance calls can be divided into problems concerning solitude and care deficit, social skills and social capability and health care and social system shortcomings. In order to manage with calls deriving from social problems, the patient is transported to hospital without specific indications, social workers are informed, or the problem is delegated to other agencies. Ignoring any social problems and deliberate distancing from non-medical situations has also been noted. It can be concluded that social problems in ambulance calls are connected to the problems of a single individual as well as to the health care and social system shortcomings and the treatment of which is varied depending on the personal characteristics and beliefs of the person.

Keywords: social problem, ambulance, ambulance crew leader

Thursday, 29 October - E-session (122/129) - 14:00 - 15:20

Oral presentation - Session 4 (T29-O-4)

T29-O-4-01 Memory-friendly environment

Sari Teeri ¹, Riikka Tupala ¹, Hanna Hannukainen ¹, Paula Hellberg ²

¹ Satakunta University of Applied Sciences

² Interior Design Paula Hellberg

A proper environment is crucial specifically for people with cognitive impairment. A memory-friendly environment provides positive experiences, encourages communality and maintenance of social relationships. It enables persons to function although their functional abilities and senses are weakening. A well-designed environment can maintain abilities, provide meaningful engagement by providing essential signs, accessibility, and reduce risks to support a person living with dementia. A good environment supports independence and offers activities as well as resting places.

The purpose of our project was to create a memory-friendly environment by modifying a ward in a nursing home in Finland. Our focus was on developing a more supportive and sense-friendly design for people with memory diseases by modifying the facilities to be better perceived. There was a need to redesign arrangement, accessibility and colouring of furniture, lighting, wayfinding cues and signs in order to enable better orientation and possibilities to function. Open concept floor design in the common facilities of nursing home was divided into more easily perceived parts. Some pieces of the furniture were changed into more accessible solutions and the colouring of the furniture was harmonized. The lighting as well as the colours of the walls were designed to be more pleasant for the senses to help in orientation and wayfinding by differences in contrasts and adjustments in lighting.

This project was an example of how an existing ward can be altered to have a positive impact on the daily lives of people with cognitive impairment.

T29-O-4-02 Supervising work-based learning: Tallinn Health Care College care-workers supervisors ratings
Maarika Veigel, Piret Tamme

Tallinn Health Care College

The article deals with aspects of work-based learning supervision at workplace. Individuals learn throughout their lifetimes. In particular, much learning takes place by doing. Seagraves et al. points out three strands: learning for work; learning at work; learning through work. Key stakeholders in work-based learning are learner, employer and school. Their interests in work-based learning will vary.

Tallinn Health Care College has provided workplace-based learning on vocational level for more than 10 years. The school-based collaboration model is characterized by close cooperation between the workplace and the educational institution. However, at workplace model supervisors support the learner even more. According to the constructivist theory learning is collaborative; learning and the achievement of goals are supported by cooperation between the supervisor and the learner. Internship plays an important role in vocational education, where the strong orientation to the labour market.

The aim of this article is to provide an overview of the workplace-based supervisors' ratings for supervising. For quantitative data collection 68 Estonian care-worker's work-based supervisors answered to the questionnaire (planning of mentoring; the content and motivation of work-based learning; areas of teaching) in 2018-2019. The results showed that most attention should give further to the purposeful and more quality supervising right from the beginning of the study period. Mostly were explained the teaching cases in care activities, computer use, finding materials, assistance in writing assignments, communication. The needs for further clarification are supervisor attitudes and perceptions of the adult learner support.

Keywords: care-worker, supervising, supervisor, vocational education, work-based learning

T29-O-4-03 Interdisciplinary co-operation and field work as part of rehabilitation programs at URI-So a

Katja Ronchi, Nataša Ogrin Jurjevi

URI-So?a

Quality of life after change in health status due to illness or trauma is a main goal of rehabilitation centre URI-So a. The bio-psycho-social perspective enables professionals of different professions cooperate in order to approach this goal. Rehabilitation programs, limited only to institutionalized environment, can lead to wrong perceptions, less suitable planning and home adjustment recommendations. The presentation focuses on cooperation of social worker and occupational therapist, and on the importance of seeing home environment when a person is still in a hospital treatment. The preliminary results of two case studies show the influence of the region (urban, rural), local community, environmental barriers, the social context, cultural background, social-economic status and personal beliefs on performance in daily life activities at home environment. Persons included in here mentioned case studies are resuming rehabilitation therapy within six months after discharge from inpatient rehabilitation (March 2020). We will evaluate the results of first rehabilitation and presumably set new goals. Evaluation will show if discharge planning was adequate and goals met. If the rehabilitation program has met their needs and wishes during first inpatient rehabilitation, new goals will emerge. Therefore, the final conclusions will be presented at the conference.

Keywords: Social work, occupational therapy, home environment, local community, bio-psycho-social perspective, social network, adaptation, medical devices, multidisciplinaryism

T29-O-4-04 Patients' Experiences and Needs with Lifestyle Counselling in Family Health Centers

Kadri Kööp¹, Tiina Tõemets², Ruth Kalda³

¹ Tallinn Health Care College

² Child Welfare Development Center

³ Institute of Family Medicine and Public Health, University of Tartu

Aim. To describe patients' experiences and needs with lifestyle counselling in family health centers.

Background. Lifestyle counselling in family health centers allows to influence the risk factors of lifestyle-related chronic diseases, but health care workers acknowledge that patient-side barriers are the main obstacles to efficient lifestyle counselling. Research regarding patients' experiences with, and needs for lifestyle counselling would enable to support patients' efforts to make lifestyle changes and as a result lifestyle counselling could be effective and patient-centred.

Design. Qualitative, empirical, descriptive research.

Method. Data were collected through semi structured interviews that were carried out between May and September 2015. The sample (n=15) consisted of patients from two family health centers (one from town and one from countryside) who have been diagnosed with type II diabetes or hypertension or had cardiovascular disease risk (SCORE- systematic coronary evaluation system risk over 5%). To analyse the data inductive content analysis method was used.

Findings. Data analysis led into the development of subcategories which were divided under two main categories: patients' experiences about lifestyle counselling and patients' needs about lifestyle counselling. Patients' experiences encompassed experiences with a counsellor, counselling service recipient and counselling process. Patients' needs in relation to lifestyle counselling included needs concerning professionalism and individuality.

Conclusions. The research showed that patients had experienced counsellors' friendliness and attentiveness. However, it was also experienced that counsellor had not been sufficiently focused and could not motivate the patient. Patients valued highly the development of trusting contact, justification of recommendations given and offering of alternatives.

Keywords: Keywords: patient, experiences, needs, lifestyle counselling, family health centre

Thursday, 29 October - E-session (130/131) - 15:25 - 16:10

Keynote lecture - Keynote lecture 4 (T29-K-4)

T29-K-4-01 Global patient safety through semantic interoperability – the univocal identification of medicinal products

Karl Stroetmann

Empirica Gesellschaft für Kommunikations- und Technologieforschung mbH

In its report “To Err is Human: Building a Safer Health System” the USA Institute of Medicine in 1999 identified medical errors as a most serious danger to the life of patients, causing between 44,000 - 98,000 people to die annually just in hospitals, with a cost attached of \$17 billion – \$29 billion pa. Many of these deaths, and many more adverse events occurring during hospitalization relate to medication errors. More than 700,000 outpatients are treated in emergency departments every year for an adverse event caused by a medication in ambulatory care; 120,000 of these patients require hospitalization. For Europe, similar data have been reported.

To improve patient safety, it is mandatory to have relevant data on each patient at the point of care at the right time. A core data item is medications taken. And this must be presented in a semantically interoperable form and shared across clinical episodes and pathways such that medical professionals, pharmacists and patients can univocally identify all medicinal products taken or prescribed, even across linguistic borders. The basic tool to achieve this is the ISO IDMP suite of standards for the identification of medicines. To implement it, national drug agencies, pharma industry, software developers, national eHealth agencies and many others work together across Europe. This will lead to improved regulatory processes, safe cross-border ePrescription/eDispensation, and more effective pharmacovigilance. The health policy context, national and international processes to achieve these impacts, as well as the benefits for patients, health professionals, Public Health, but also for industry and start-ups involved will be explored and discussed.

The will be based on experience in the UNICOM project on “Up-scaling the global univocal identification of medicines”. It is funded by the European Commission under its “Horizon 2020” Research and Innovation Programme. The project has a value of €21 million, with EC funding of €19 million. The Estonian National Medicines Agency Ravimiamet (EESAM) is a member of the consortium, which is composed of 40 partners from Europe and the USA representing all stakeholders relevant for such a huge undertaking

Thursday, 29 October - E-poster session - 16:15 - 17:15

- ePoster exhibition (T29-P-1)

T29-P-1-01 Development of a checklist for intrahospital transport of emergency department patients

Jekaterina Demidenko

Tallinn Health Care College, Chair of Nursing

Background

Some patients admitted to the emergency department (ED) require additional therapeutic intervention at the hospital. The decision to transfer the patient to another department should be taken by a multidisciplinary team in collaboration with patient's family. Intrahospital transport involves several risks. A comprehensive intrahospital transport checklist can improve the standard and quality of care, help guarantee the safety of the patient, and reduce treatment costs by preventing adverse events.

The aim of this study was to develop a checklist for intrahospital transport of ED patients to other departments.

Method. A two-step approach was used to develop the checklist. Published guidelines and existing checklists related to the topic were examined. Recent studies describing adverse events as well as nurse and physician experiences regarding patient transfer were then analysed.

Results. A number of guidelines, checklists, and studies have proposed several core elements when planning intrahospital transport, including risk assessment, required equipment, and documentation. Patient intrahospital transport is multiphase. Elements of each phase described in this study can be used to develop a checklist for the intrahospital transport of patients who require continuity of care. Further study is required to test the feasibility and usability of the checklist in order to implement it in practice.

Keywords: Checklist, intrahospital transport, emergency department patients

T29-P-1-02 Midwife's activities during pregnancy and childbirth and postnatal period in Northern and Eastern Afghanistan: Based on the interviews

Marika Merits¹, **Kaire Sildver**², **Irena Bartels**³, **Kristina Krivats-Arba**⁴, **Kirlin Meejärv**⁵, **Sandra Tamme**⁶

¹ Tallinn Health Care College

² Tallinn Health Care College

³ East Tallinn Central Hospital Womens Clinic

⁴ Tallinn Health Care College

⁵ East Tallinn Central Hospital Womens Clinic

⁶ Family Centre Remedium

Background The research is carried out in the framework of the development project "Improving Quality of Medical and Info-technological education in North and East Afghanistan in 2014-2016." The Afghan midwives were educated about contemporary professional theoretical and practical skills within the training, whereas prior it was necessary to determine the existing knowledge and skills of the target group. The aim is analyse midwife's activities during pregnancy and postnatal period in Northern and Eastern Afghanistan . **Methods** The research method is qualitative based on semi-structured interviews. The target group comprised nine Afghan midwives from North and East Afghanistan. The questionnaire consisted of questions, which were divided into three themes: Muslim cultural beliefs; contraception and pregnancy; childbirth and postnatal care including neonatal care. **Results** According to interviews, in Afghanistan, a variety of contraception is available. There are several factors hindering the use of contraceptives and family planning in Afghanistan, such as family-related or societal religious standards and values etc. Midwifery care in Afghanistan is unevenly distributed and available to less than half of pregnant women and women giving a birth. Hospitals cannot accommodate the needs of women and there are many women giving birth in wards. Rural women use to give birth at home due to lack of midwifery service. Maternal and neonatal mortality in Afghanistan is very high. Many obstacles to maternity care are related to cultural beliefs.

Keywords: Midwifery, pregnancy, birth, postnatal period, contraception, cultural beliefs, maternal and neonatal mortality

T29-P-1-03 Empowering Schoolgirls and Women in Reproductive Health in Afghanistan

Silja Mets-Oja, Marika Merits, Katrin Klein

1 Tallinn Health Care College

This paper focus is on challenges to empower reproductive health of schoolgirls and women in Eastern and Northern Afghanistan through the development of e-learning courses for midwives in Afghanistan. Over the last 5 years, Afghan women's access to health care has significantly improved, but still on high level. Deaths are related to a woman's education and habitat, and are usually higher in rural areas, where secondary education accounts for 5% of women. Media plays an important role in providing information, as 47% of women receive important information there. By creating e-learning programs which have been varied over a 4-year period from 3 to 9 months of online training demonstrates that 120 Afghan midwives have been trained through various health educational projects, who have acquired knowledge in counselling, woman's life, family planning, pregnancy, childbirth and postnatal care, and new-born and infant care. And the telephone consultation line were opened for piloting four month where called by clients 284 times and 94 times were recalled by the professionals to the client to check their health conditions. Although the online course has not reached a quick significant impact to the all Afgan women reproductive health but the courses have proven to be very useful as local communities have recognized the direct health benefits of women and schoolgirls, for example by raising awareness of reproductive health among more than 4,000 Afghan schoolgirls. The telephone line proved to be very effective, which also encouraged men to make phone calls about their women's health issues.

Keywords: reproductive health, Afghanistan, midwives, women, schoolgirls, e-learning, empowering

T29-P-1-04 Tallinn Health Care College Midwife Students and East-Tallinn Central Hospital Mentors Satisfaction with Professional Practice

Kaire Sildver¹, **Marika Merits**², **Hanna Maria Aavik**³, **Hanna Maria Trei**⁴, **Cathlin Pilliroog**⁵, **Anna Makaronskaja**⁶

¹ Tallinn Health Care Collage

² Tallinn Health Care Collage

³ West Tallinn Central Hospital

⁴ East Tallinn Central Hospital

⁵ Health Centre

⁶ West Tallinn Central Hospital

Background. Mentoring has played an important role in the development and support of healthcare students during the last 15 years. Constant monitoring performed by a mentor and their constructive feedback is the key to success in professional practice. The greatest factor having a negative influence is lack of time. Midwifery student's satisfaction with practical training is mainly affected by the clinical practice environment. The pedagogical atmosphere holds significant meaning.

Aim is to describe and analyse the satisfaction levels of the midwives at East-Tallinn Central Hospital Women's Clinic and Tallinn Health Care College midwifery students with the clinical practice environment, practice management and mentors/students, co-workers

Methods. Midwives and midwifery students were included in the study. East-Tallinn Central Hospital midwifery mentors were interviewed on the basis of semi-structured interviews with three different focus groups. Surveys were handed out to Tallinn Health Care College midwifery students who had participated in a practice at the East-Tallinn Central Hospital during their professional studies.

Results. The mentors are aware that their responsibilities include the instruction, training and assessment of the trainees, and they believe that a safe environment has an important role in passing the training successfully. Additionally, it turns out that the most challenging aspect of providing instruction from the view of the mentors is the resultant lack of time. Students are satisfied with the mentors, co-workers, wards and overall practical training at the East-Tallinn Central Hospital Women's Clinic. Students satisfaction with the topics related to practical training show a positive trend from 2016–2019.

Keywords: mentor; midwifery; student; clinical practice;

T29-P-1-05 Interrelationships between planned and actual healthcare quality processes on policy, community, and individual level in obstetric care in Estonia.
Silja Mets-Oja¹, Kadi Lubi¹, Anu Toots², Annely Kärema¹

¹ Tallinn Health Care College

² Tallinn University

Aging population and urbanization influence the organization and centralization of the hospital network, which is nothing fundamentally new. The novelty of the issue is in understandings of good governance and the delivery of quality healthcare by different parties. The networking of county and regional hospitals ensure access to quality healthcare, has reduced the discretion of county hospitals and increased centralization of services. Estonian doctors emphasize the need to regulate and stimulate the decentralization more at national level. Since 2002, six delivery units have been transformed to the regional or central hospitals. During the last closure in 2018, community members became active, they highlighted the unequal decisions between departments or other hospitals and that contradictory messages caused confusion. In the theoretical approach, the research analyses different (political, health, community etc.) aspects and opportunities of the closure of obstetric units in Estonia. The method includes document analysis of counties' and hospitals' development plans, national strategies and other health political documents. The findings indirectly indicate the cost-effectiveness and lack of specialists due to the decrease of the number of births to be the reasons for the decision. This, in turn, could jeopardize equal access to high quality obstetric care for women living in rural areas. However, when planning the restructuring of health services the societal dimension must be taken into account and obstetric services could be based on cost- and resource-efficient solutions. The future research of the project addresses the complexity of the problem at different levels.

Keywords: health policy, quality of healthcare, civic activism, obstetric units , restructuring of health services, cost- and resource-efficient

T29-P-1-06 Connection and Influence Between GAS Scale and COPM Assessment at University Rehabilitation Institute Republic of Slovenia
Anita Merhar, Nataša Ogrin Jurjevi

University Rehabilitation Institute Republic of Slovenia URI-So?a

Using the Canadian Occupational Performance Measure (COPM) and Goal attainment scaling (GAS) in combination to set and implement goals, lead to goal-oriented rehabilitation. To explore how they connect and influence each other a multi-case survey emerged. It involved clients with injuries, peripheral nervous disorders and rheumatoid disease enrolled in occupational therapy rehabilitation programme at URI-So a. By using COPM as initial step empower the clients as equal team member with setting goals and GAS scale as suitable assessment instrument for reaching that goals. The preliminary result showed that increase in GAS scale influence on change in self-assessment scale for activity satisfaction and performance of clients. That leads to second question, is the increase linear? The survey focused on three occupational performance area self-care, productivity and leisure. The third question therefore focused on which activities were most often exposed, is there difference between gender and age? The survey is still in progress, therefore, the final outcome will be presented at the conference.

Keywords: occupational therapy, goal-oriented rehabilitation, self-assessment, semi structured interview, satisfaction, performance, occupation, client-centred, planning, evaluation

T29-P-1-07 Estonia Caesarean section trends 1992-2016

Kaire Sildver¹, Piret Veerus², Katrin Lang³, Mika Gissler⁴

¹ Tallinn Health Care Collage

² Pelgulinna Maternity Hospital

³ University of Tartu

⁴ National Institute for Health and Welfare

Background: Already in 1985, WHO deemed it necessary to determine the optimal proportion of Caesarean section to be 10-15%. Many years later, it is also found that the percentage of Caesarean section of over 10-15% is medically unjustified. The proportions of Caesarean sections in Europe vary largely. According to a study conducted based on the Euro-Peristat data, the proportions of Caesarean sections in the European countries were 14.8% - 52.2% in 2010. The general number of Caesarean sections in the country are most affect increased Robson groups R1, R2, and R5.

The aim is to provide an overview of Caesarean section trends in Estonia 1992-2016.

Methods: All women who have given birth in Estonia in the years 1992-2016 are included a total of 356 063 births. The study examined maternal descriptive characteristics, clinical and obstetrical factors. The 24-year study period Robson groups R1, R2, R5 and total SC rate (all births) changes over time were analysed by Poission regression analysis and adjusted for maternal age.

Results: In Estonia, the proportion of Caesarean sections has been increasing rapidly, in 1992, 6.5% of all deliveries ended with Caesarean section and in 2016, the corresponding number was 20,9%. Total SC rate is increased in 1992-2009 ~ 5% every year (IRR 1.057, 95% CI 1.055-1.059) and in 2010-2016 comes the stabilisation and small reduction (IRR 0.987 , 95% CI 0.981-0.994).

T29-P-1-08 Sleep Well – Work Well: The role of work life in quality of sleep
Päivi Franssila, Raija Kuisma

Karelia University of Applied Sciences

Introduction. Third of the working age population in Finland experience insomnia and the use of sleep medicine has tripled in the last thirty years. Sleeplessness is a complicated phenomenon influenced by multiple factors in person's life. It has been shown that rapid changes in working life, continuous new demands, shift work and irregular working hours have an impact on person's sleep.

Long-term sleep deprivation and daytime fatigue are risk factors in accidents, depression, memory disorders, non-communicable diseases and mortality. It also has financial consequences, e.g. increased absence of work and use of health and social care services.

Aims. This paper presents a summary of a project, which aimed to explore the multifaceted factors and how to influence them in working life to improve employees' quality of sleep. During the preparation phase, it was discovered that employees and employers do not have enough knowledge of and concrete, proactive solutions to sleeping difficulties, that support the work organisation and enhance employees' wellbeing.

Methods. The focus of interventions was on the work itself and on work performance by implementing group training for employees and providing management strategies for employers,

Results. As a result, organisations were provided with an operation model using flexible, individualised solutions. The effects can be seen as employees' improved wellbeing at work, a reduced absence, improved competence of supervisors in situations when work demands change.

The project is implemented by Karelia University of Applied Sciences and Savonia University of Applied Sciences. The project period is 1.1.2019- 31.12.2020.

Keywords: insomnia, quality of sleep, work performance

T29-P-1-09 Development and implementation of standardized electronic nursing care plan in East-Tallinn Central Hospital.

Angela Paulin¹, Tene Tammearu²

¹ East-Tallinn Central Hospital

² East-Tallinn Central Hospital

Background. Based on nursing documentation audits done every year in East-Tallinn Central Hospital, the quality of non-structural nursing care plans have been inconsistent. Due to that reason, there is a need to develop a structured electronic nursing care plan that consists of standardized nursing language and terminology.

Aim. To improve the quality of information about patient care in electronic health records by using standardized nursing language and terminology.

Method. An electronic nursing care plan was developed in 2016, which is based on the nursing process model - assessing, planning, implementing and evaluating patient situations. The nursing care plan consist of nursing diagnosis (NANDA-I), nursing outcomes and nursing interventions. The piloting of the care plan that included 26 nursing diagnoses took place in March 2018. After the piloting, changes were made, based on feedback from the nurses. The electronic nursing care plan was available for everyone to use in September 2018.

Results. The electronic nursing care plan was used the most in two clinics out of seven – medical rehabilitation and nursing care clinic. The nurses were satisfied with the structure of the care plan – quick and easy to use, pre-filled with standardized nursing language and terminology. On the other hand, the quality of the care plans was uneven.

Conclusions. A standardized and structured electronic nursing care plan improves the quality of information about patient care and reduces the time nurses spend on writing nursing care plans. However, nurses need further training in documenting patient care.

T29-P-1-10 Dozen years for well-being of heart on the example of heart failure appointments in East Tallinn Central Hospital
Svetlana Udalova, Kaidi Traumann

East Tallinn Central Hospital

Background: Approximately 2% of Estonian people suffer from heart failure. Diseased-ones number is in increase and related to rate of elderly people and occurrence of chronic diseases. Treatment is lifelong for chronic diseases and it is successful only in cooperation between patient and healthcare professional. East Tallinn Central Hospital was unique in Estonia starting receptions of heart failure patients in 2008.

Goal: To describe nurse's role improving the health of heart failure patient. To give an overview of supportive legislation and interfering circumstances in daily practice.

Method: Descriptive study about peculiarities in heart failure reception and half-year long retrospective to needs that patients had during period 01.01.-30.06.2019.

Results: 4% of patients with basic diagnosis of heart failure from cardiologist's reception are on nurse's supervision.

According to examples from heart failure appointments most of patients have complaints related to dyspnea, edema, fatigue and loss of appetite. Patients need information to evaluate health status at home (e.g. measurement of blood pressure, fluid intake, medication instruction) and in lifestyle questions (e.g. disease-based nutrition education, choice of physical ability).

Patient-centered and guideline based patient-involving teamwork ensures patient's confidence, better treatment consent and desired outcome.

Nurse's outpatient receptions are possible thanks to Estonian legislation, official requirements and recommendations and code of conduct as a result of afore-mentioned. There is plenty of challenges in the future considering the needs and expectations of society to ensure the well-being of patient and the best result with existing resources.

Keywords: Heart failure, outpatient's reception, counselling

T29-P-1-11 Call and connect: Estonian Rheumatology nurses' helpline
Darja Batšinskaja, Katti Kõrve

East-Tallinn Central Hospital

Rheumatic diseases are chronic diseases that affect a person's ability to cope physically, psychologically and socially throughout the duration of their lives, which, in turn, necessitates prompt and appropriate advice for dealing with health issues or other problems related to coping with the disease.

In order to ensure access to better information for the population suffering from this disease, the Rheumatology Center in East Tallinn Central Hospital, in cooperation with the Estonian Rheumatism Association, has provided a nationwide rheumatology nurse helpline since January 2019. The helpline is staffed with nurses who have many years of experience in the field of rheumatology.

East Tallinn Central Hospital Rheumatology Center is the only specialized rheumatology center in Estonia that provides both in-patient and out-patient healthcare by a highly qualified team.

The rheumatism helpline provides general information on how to deal with bone and joint diseases. The helpline is available Monday through Friday. The counselling service is based on agreements and treatment guidelines in the field of healthcare as well as in the field of rheumatology.

Years of experience show that the rheumatology nurse helpline is valued by patients, family members in need, family doctors and other social services.

The next challenge is to raise public awareness about the Rheumatology nurses helpline. The professional competence of the nurses and their willingness to improve the quality of life of rheumatic patients by sharing much needed information ensures the sustainability of the Rheumatology nurses' helpline.

Keywords: Chronic diseases, Rheumatology nurse's helpline, experience in the field of rheumatology

T29-P-1-12 Physical closeness of fathers and their preterm infants in the East-Tallinn Central Hospital, Estonia

Reet Vinkel, Pille Andresson, Kati Korjus

East-Tallinn Central Hospital

Preterm infants (<35 gw) who needed intensive care are often physically separated from their families. One way of helping to form closeness (skin-to-skin contact) between them is to involve the both parents in the intensive care teams of preterm infants

Fathers are actively using the opportunity provided by the East-Tallinn Central Hospital to stay at the hospital with their preterm infant. While fathers continue to need encouragement to establish early physical contact, families with the father present are already favoured over the duration of the skin-to-skin contact.

Friday, 30 October - E-poster session - 09:00 - 10:00

- ePoster exhibition (F30-P-2)

F30-P-2-01 Florence Nightingale's Influence on the Development of Estonian Nursing **Merle Talvik, Taimi Tulva, Ülle Ernits**

Tallinn Health Care College

Florence Nightingale (1820–1910), the originator and founder of modern nursing, had influence on the whole Europe, including Estonia.

The aim of the research is to analyse how nursing developed and nurses' training began in Estonia and how it was related to Florence Nightingale's ideas. The historical research method used involves studying, understanding and interpreting past events. The analysis of historical documents was conducted between 2018 and 2020.

The results of the research allow to point out the following – there were four developmental periods in the history of Estonian nursing: since the early 18th century, the first Republic of Estonia (1918–1940), Soviet time (1940–1991) and re-independent Estonia. During the first Republic of Estonia, two trainers and promoters of nursing rose and began to convey the ideas of Nightingale in Estonia. Anna Erma led the school for nurses at the University of Tartu and founded the Estonian Nurses' Association. Anette Massov worked as a head nurse and was a successful Red Cross initiator and Florence Nightingale's medal was awarded to her in 1939. During the period of Soviet regime Ilve-Teisi Rimmel as an innovative promoter of nursing emerged. She continued her activities in re-independent Estonia. The new era brought about a lot of challenges. Nightingale's ideas withstood the changes in the society: they were transmitted from person to person, from nurse to nurse. During the teaching reforms, these ideas have always been considered as timeless. They have been constantly updated and are further developed by current students.

Keywords: development of Estonian nursing, Florence Nightingale, Anna Erma, Anette Massov, Ilve-Teisi Rimmel

F30-P-2-03 Practice Based Theses in Physiotherapy Education **Raija Kuisma, Anne Ryhänen**

Karelia University of Applied Sciences

Introduction. Physiotherapy education in Finland is at Bachelor level and takes place in Universities of Applied Sciences (UAS). This offers some exceptional features, compared to studies in Science Universities. This paper presents the unique approach to research projects using the Karelia UAS as an example.

The legislation concerning UAS regulates the approach to education of professionals stating that "...they shall also carry out ..development and innovation activities ...that promote industry, business and regional development.... The final year project must focus on key content of physiotherapy theory and practice and also demonstrate competencies in research, development and professional communication skills...".
https://www.finlex.fi/en/laki/kaannokset/2014/en20140932_20160563.pdf .

Practice based theses. The project ideas come from working life and the project is commissioned by a community partner. The product of the project is developed for the partner. The project can also be conducted by a multi-professional group of students.

In practice-based theses the development of services, or other products are based on solid evidence and the needs of the commissioning partner. The report of the project is presented in the form of theses, where knowledge base, development plan, activities and evaluation as well as reflection of learning are testified.

Conclusion. Practice based theses benefit the working partner by developing current or new innovative services and products.

Students learn academic research, professional knowledge and practice, networking in professional and business community and applying research and development strategies in real working life environment.

Keywords: Practice Based Theses, working life, commissioning partner

F30-P-2-04 Physiotherapy students' practice education in Finnish University of Applied Sciences: The foundation of career path.

Tarja Pesonen-Sivonen, Raija Kuisma

Karelia University of Applied Sciences

Background

This paper presents the unique approach to practice education in Universities of Applied Sciences (UAS) in Finland using Karelia UAS as an example. The legislation concerning Finnish UAS regulates the approach of professional practice education stating "that UAS mission is to ... to support the professional growth of students....they shall also carry out ..development and innovation activities ...that promote industry, business and regional development..."
https://www.finlex.fi/en/laki/kaannokset/2014/en20140932_20160563.pdf

Methods. In Karelia UAS physiotherapy students seek out their own practice placements ensuring that they achieve their learning outcomes and can demonstrate their competencies based on the EQF.

"Jobiili", a common platform of most UAS in Finland, offers variety of placements across the country. Student can apply for placements via Jobiili but can also approach placement providers directly.

Karelia UAS also offers practice placements in its own facilities "Voimala" and "Fysiotikka". Voimala is a multiprofessional unit offering health promotive and preventive services for local population, from babies to older people. Fysiotikka is a clinic offering physiotherapy and rehabilitation services for local people without the need of referral.

Results. Students practice in environment that fits in their own career plan, but also fulfil the requirements for entry to the profession. This process facilitates professional growth, entrepreneurship and leads to employment and often also creation of services in areas that do not have them.

Discussion (limitations). This paper will discuss the practical arrangements, the variety of placements and the role of UAS and physiotherapy students in developing services in their own communities.

Keywords: practice education, career development

F30-P-2-05 ENNHANCE – The Nordic-Baltic Network for Health Care Education

Yvonne Hilli¹, **Merle Talvik**², **Elisabeth Carlson**³, **Meeri Koivula**⁴, **Monika Koskinen**⁵, **Ann-Helén Sandvik**⁶, **Sirkka Saranki-Rantakokko**⁷, **Maria Skyvell-Nilsson**⁸, **Kari Marie Thorkildsen**⁹

¹ Nord University

² Tallinn Health Care College

³ Malmö University

⁴ Tampere University

⁵ Abo Academi University

⁶ Borås University

⁷ Lapland University of Applied Sciences

⁸ University West

⁹ West Norway University of Applied Sciences

The ENNHANCE network consists of nine organisations with different programs in health care education. The programs included are on both bachelor and master's level. The participating Universities and Universities of Applied Sciences are from Finland (n=3), Norway (n=2), Sweden (n=3) and Estonia (n=1). Nord University in Bodö, Norway is the coordinating partner.

The overall purpose of this network is to increase the collaboration by sharing experiences and knowledge between the faculties in the Nordic and Baltic countries. Three annual on-site meetings are arranged and in-between the network meets online. The network will promote didactic knowledge acquisition across national boundaries taken into account different cultural and educational perspectives. The primary goal is to support learning and development of students in becoming qualified professionals and to strengthen the professional development of being and becoming teachers. The network will increase the quality of health care education across Nordic and Baltic countries. Furthermore, the network plans to arrange seminars for students and teachers once a year. The seminars will be an arena for students and teachers to meet and share knowledge and experiences. Conferences for students, teachers and health care personnel will be arranged every third year. Student and teacher exchange will be promoted from year 2022. The exchange will enhance professional confidence and broaden the perspective, knowledge and awareness of cultural strengths and differences. A long term goal is to develop joint courses on master's level. ENNHANCE is a joint network with shared activities.

Keywords: collaboration, health care education, Nordic and Baltic countries, student and teacher exchange

F30-P-2-06 Gerontological competence – prerequisite for high quality services for older adults

Sari Teeri, Päivi Kankaanranta

Satakunta University of Applied Sciences

The older adults are the biggest user group of social and health care services, so the ageing of the population affects significantly the increase in need for educated and competent workforce in social and health care sector. According to studies, especially competence, the right allocation of competence and competent management are connected to the quality and efficiency of services. It is important to ensure that the structure and the contents of the services are restructured in an innovative manner, as required by the changing needs of the clients. Based on these facts it is important to develop evidence based education.

One example is master degree programme of elderly care. The objective of this programme is to educate experts, developers and managers in elderly care with a comprehensive gerontological skill set. The graduates will be able to evaluate, support and promote the health, wellbeing and functional ability of the elderly as well as develop elderly care in social and health care service systems both regionally and nationally.

The emphasis of the professional competence in elderly care is on gerontological knowledge basis, evidence-based practice, service systems, social competence, ageing and wellbeing, digital services and the ethical issues in elderly care. Management and development part includes studying management from the perspectives of organization, personnel, client as well as processes and economy in changing environments. Development is focused on the planning and implementation of working life research and development processes.

F30-P-2-07 Breastfeeding and Early Interaction integrated course.
Annely Kärema¹, Aino Ezeonodo², Leena Hannula², Marge Pöldma¹

¹ Tallinn Health Care College

² Metropolia University of Applied Sciences

Introduction. For nearly all infants, breastfeeding is the best source of infant nutrition and immunologic protection and it has important health benefits for mother as well. Mothers need assistance and support from their health care providers, families, with the healthiest start to life. Together, we can support women to breastfeed and protect the health and well-being of future generations.

Tallinn Health Care College and Metropolia University of Applied Sciences have developed an integrated course to develop the basic breastfeeding counsellor skills / competence in the delivery of health care services. Furthermore, these studies lead to obtaining a sound foundation of knowledge concerning breastfeeding, and health promotion connected to human lactation.

Methods. Starting from year 2012 the two Universities have collaborated in organizing the Breastfeeding and Early Interaction course using integrated contact learning and virtual studies in e-learning environment. The course is for nursing, midwifery and public health nursing students and exchange students from both institutions. Part of the contact learning is practical simulated learning. After studying independently students answer to the questions provided in the home-exam tool.

Conclusions. After completing the Breastfeeding course students are capable of explaining the importance of breastfeeding to parents, know the principles of nutrition, can demonstrate correct sucking techniques and to advise mother how to use different breastfeeding positions. They have basic knowledge of peculiarities pertaining to feeding a handicapped child. As the course includes students from different countries, it gives a possibility for cultural exchange and increases awareness of breastfeeding problems in different countries.

Keywords: Breastfeeding, Internationalization, Teaching

F30-P-2-08 Historical development of training of Estonian nurses
Ülle Ernits, Merle Talvik, Taimi Tulva, Kristi Puusepp

Tallinn Health Care College

The purpose of the study is to analyse the development of nurses' training in Estonia in relation to the historical, social and political changes. The analysis resulted in four developmental periods.

The first period is characterized by the teaching of nurses at churches and monasteries. This first period up to 1918 could be called a religious period. In the mid-18th century, the first nurses trained in Russia came to work in the newly opened hospitals in Estonia. Later a number of nursing homes and nursing schools were opened.

During the period of the first Republic of Estonia (1918–1940) the profession of a nurse was characterized by high prestige. There were wide international contacts. Continuous training of nurses began, facilitated by the formation of Estonian Nurses Association. This period can be called a period of openness and professionalism.

During the period of Soviet regime (1940–1991) the previously built nursing training system was demolished. Nurses lost their professional standing and were trained in vocational schools. Suppression and hierarchy characterize this period – nurses were pushed down to the status of assistants.

Training of nurses during the period of reindpendence (since 1991) made through rapid changes. Nurses' training was adapted to applied higher education and to bachelor level. In 1998 in Tartu University, and 2018 at Tallinn and Tartu Health Care Colleges Master's studies were opened. International relations were restored and European curricula developed in cooperation with Nordic colleagues. The educational challenges have risen from our developmental story and social specificity.

Keywords: Nursing in Estonia, history of nursing, nurses' training

F30-P-2-09 Pregnancy-related DIC syndrome and midwifery

Kairi Ansper^{1,2}, **Urve Kaasik-Aaslav**³, **Katrin Klein**⁴

¹ Alumna of Tallinn Health Care College

² Midwife at Lääne Tallinna Keskhaigla

³ MD, MA, Lecturer at Tallinn Health Care College

⁴ RM, MSc, Head of Curriculum and lecturer at Tallinn Health Care College

Disseminated intravascular coagulation (DIC) is a syndrome characterized by a massive, widespread, and ongoing activation of the coagulation system. As many obstetric complications might trigger DIC, it is a common contributor to maternal morbidity and mortality and is associated with up to 25% of maternal deaths. For the purpose to analyse pregnancy-related DIC syndrome and midwifery care, a theoretical literature review was compiled in which 60 scientific articles were used. Also statistical data about DIC syndrome in Estonia was received from the Health Insurance Fund. Results showed that main pathologies associated with DIC syndrome according to incidence are premature placental abruption, postpartum haemorrhage, preeclampsia and HELLP syndrome, acute fatty liver of pregnancy, sepsis, amniotic fluid embolism and retained dead fetus. Importantly, many of these disorders either cause or are associated with substantive obstetric haemorrhage. Results also revealed that midwifery care associated with DIC syndrome is centered on two principles – early detection and multidisciplinary teamwork. This study emphasizes the importance of a preventive perspective.

Keywords: Pregnancy, delivery, postpartum period, DIC syndrome, midwifery care.

F30-P-2-10 HEALTH PROMOTION IN YOUTH WORK: ESTONIAN YOUTH WORKER'S OPINIONS

Marelle Grünthal-Drell, Maarika Veigel

Tallinn Health Care College

Several researches revealed low health indicators and decreasing physical activity of Estonian young people. Maintaining and strengthening young people's health is a common task for all adults. Thus, it is important to pay more attention to these topics and health promotion also in the context of youth work. The theoretical framework of the research created Jansons' concepts of health education and Streimann, Hansen and Pertel characteristics of health promotion for youth workers. The aim of the current research was to ascertain the importance of health promotion in youth work and youth workers readiness to convey health promotion to the youth. The following research questions were formed: (1) what is the role of health promotion in youth work; (2) what characterizes health promotion in everyday youth work.

For qualitative data collection semi-structured interviews were conducted with 15 Estonian youth workers in 2017-2018. The data were analysed by using inductive content analysis. The results of the research revealed that youth workers were engaged in health promotion daily, but they would like to improve themselves in health education, because were not confident enough. Movement activities were often viewed as a priority by youth centers, but it always depends in youth worker's attitudes. It also appeared that the acquisition of practical skills are very important for youth workers to understand variety of different movement activities, to guide youth correctly and safely. For further clarification: youth workers professional skills for health promotion.

Keywords: health promotion, movement activities, youth, youth work

F30-P-2-11 Tallinn Health Care College Midwifery Students' Satisfaction with Clinical Practice Based on The Example of East-Tallinn Central Hospital Women's Clinic
Hanna Maria Aavik¹, Hanna-Maria Trei², Kaire Sildver³, Marika Merits³

¹ West Tallinn Central Hospital

² East-Tallinn Central Hospital

³ Tallinn Health Care College

Background: The curriculum of midwifery at Tallinn Health Care College consists of 270 ECTS, of that 114 ECTS (makes up 42,2% of the curriculum) is earned through practical training. Satisfaction with practical training is in correlation with students achieving goals set by the curriculum. As practical training is a significant part of training new medical staff then collecting data on students' satisfaction with practical training is crucial.

Aim: Give a detailed overview of Tallinn Health Care College midwifery students' satisfaction with the clinical practice environment, practice management and mentors, co-workers based on the example of the East-Tallinn Central Hospital Women's Clinic.

Method: The research method is empirical. The research was conducted as a cross-sectional study, a sub-category of the quantitative research method. Surveys were handed out to Tallinn Health Care College midwifery students who had participated in a practice at the East-Tallinn Central Hospital Women's Clinic during their professional studies. The information gathered was analysed and submitted as statistical data.

Conclusion: Midwifery students' satisfaction with practical training is mainly affected by the clinical practice environment. Mentors and link lecturers are a support system for the students. Successful cooperation with mentors, link lecturers and co-workers promotes the students' sense of belongingness in the clinical practice environment and their overall development. Tallinn Health Care College midwifery students are satisfied with mentors, co-workers, the clinical practice environment and their overall experience at the East-Tallinn Central Hospital Women's Clinic. Student satisfaction is lowest with the schools support during practical training.

Keywords: practical training, student, clinical practice environment, midwife, mentor, satisfaction

F30-P-2-12 Validity of the method for the determination of the new-born transdermal serum bilirubin content compared to the invasive method

Reet Vinkel, Grethel Tarmas

East-Tallinn Central Hospital

Validity of the method for the determination of the transdermal serum bilirubin content compared to the invasive method and the reliability of the measurement in the case of new-born hyperbilirubinemia.

Neonatal hyperbilirubinemia occurs in up to 85% of neonates. Physiological neonatal hyperbilirubinemia usually resolves spontaneously within 3-5 days without significant sequelae. Pathological neonatal hyperbilirubinemia can cause serious health problems. The major clinical problem is the neurotoxicity of bilirubin: bilirubin can damage brain cells through a variety of mechanisms.

Bilirubin levels in the new-born can be assessed by invasive measurement of serum / plasma photometry and non-invasively by transcutaneous route. To our knowledge, no published study to date has compared the BiliCare measurement to the Cobas 6000 analyser, which measures plasma bilirubin in an East-Tallinn Central Hospital (Estonia) central laboratory.

The study included 78 new-borns from September to December 2019. The new-borns transdermal and blood plasma content bilirubin values were compared

Friday, 30 October - E-session (130/131) - 10:00 - 10:45

Keynote lecture 5 (F30-K-5)

F30-K-5-01 Health as a public good in difficult times.

Tarmo Jüristo

Think Tank Praxis

The ongoing pandemic and crisis has reanimated several important questions concerning health and wellbeing that tend to lie dormant in more normal times. Some of them are pragmatic, others of very fundamental nature.

In order to approach the topic I would like to borrow a concept from Ulrich Beck's seminal book "Risk Society". There has been a slow but steady shift of consensus toward looking at health as public good rather than seeing health care as public service — and there are many good reasons for doing so. However, as Beck has pointed out: in our modern welfare societies it is not enough to merely be concerned about distribution of goods, which, for practical purposes, tends to be more or less uniform across members of any given society. It is as important — and perhaps more important — to consider what Beck refers to as "distribution of bads".

This is where the coronavirus crisis has brought to the fore some fundamental fragilities and vulnerabilities in our current models of health provision, that are mostly designed to cater for the needs of the average person in normal times. This means, however, that their ability to withstand shocks and stress is not uniformly distributed across all the different groups of population.

In my presentation I will aim to elaborate on some of the implications of this and look at health care provision from the viewpoint of "distribution of bads". I will argue that this will make a very compelling case for the design of health care systems on the basis of universal and unconditional access to health rather than insurance-based models that are currently being used.

Friday, 30 October - E-session (130/131) - 11:00 - 12:20

Oral presentation - Session 5 (F30-O-5)

F30-O-5-01 Physicians' perceived barriers to addressing patients' smoking habits: data from cross-sectional studies in 2002 and 2014 in Estonia

Mariliis Põld, Kersti Pärna

University of Tartu Institute of Family Medicine and Public Health

Background. Physicians' personal and contextual factors influence the provision of cessation advice. The objective of the present study was to describe frequency of addressing patients' smoking and physicians' perceived barriers to addressing patients' smoking habits in 2002 and 2014.

Methods. Study was based on sample of under 65-years-old physicians who had the opportunity to ask their patients about smoking habits in last 7 days (n=2488 in 2002, n=1791 in 2014). Age-standardized prevalence of addressing patients' smoking and agreement with statements concerning perceived barriers was determined, along with 95% confidence intervals (CI).

Results. The age-standardized prevalence of addressing patients' smoking at least once during last 7 days was significantly higher in 2014 than in 2002 (82.4%; 95% CI 80.7–84.1 in 2002 and 88.9%; 95% CI 87.3–90.5 in 2014). Lack of time as a barrier to addressing patients' smoking was significantly more prevalent in 2014 than in 2002 (38.4%; 95% CI 36.5–40.5 in 2002 and 59.0%; 95% CI 56.5–61.3 in 2014). Wish to respect patients' privacy as a barrier was significantly less prevalent in 2014 than in 2002 (18.5%; 95% CI 17.0–20.2 in 2002 and 15.3%; 95% CI 13.5–17.1 in 2014).

Conclusions. Prevalence of addressing patients' smoking habits was significantly higher in 2014 than in 2002. Reporting lack of time as barrier to addressing patients' smoking habits was more prevalent in 2014 than in 2002. Results of the present study are useful in organization and development of smoking prevention training and cessation services.

F30-O-5-02 Understanding substance use prevention in vocational schools based on one vocational education centre in Estonia

Brith Kupper, Nele Kunder

Tallinna Tervishoiu Kõrgkool

This qualitative research study was conducted to give an overview of the concept of substance use prevention in one Estonian vocational school and analyze the obstacles and possibilities. According to the statistics 91% of the Estonian vocational school students aged 16-18 have reported using alcohol and 51% of students have reported using illegal drugs. There are a lot of determinants, both individual and environmental, that influence student's substance use and the background of vocational students tends to be more complicated. In the light of the fact that vocational school can often be the last opportunity to change young person's health behaviour it is important that vocational schools take action to prevent and reduce substance use. A semi-structured paired interview and focus group interviews were conducted with the management, support center employers and teachers of vocational school. The study found that knowledge of substance use prevention amongst vocational school personnel is limited. In order to prevent substance use in school, students are provided with extracurricular activities and ineffective non-interactive activities. There is a lack of collaboration between school personnel and students. School personnel assumes, that students do not have enough social skills, which is also something, that is been poorly developed in the school programme. The study reveals that it is important to raise the vocational school personnel awareness of evidence based substance use prevention and to develop their skills in its implementation, therefore it is necessary to develop evidence based vocational school substance use prevention recommendations in Estonia.

Keywords: vocational school, substances, substance use prevention, school-based prevention

F30-O-5-03 Preventing falls in the home care of Kokemäki municipality
Soile Ojala-Seppä

Satakunta University of Applied Sciences

This text summarizes a thesis for the degree programme in elderly care in which the objective was to prevent the falling accidents of older people living at home.

When discussing the global phenomenon of aging populations, there is often talk of costs to the society as well as of the quality of life of the older people. When older and older people in poorer and poorer health are living at home, the risk of falls increases.

As the basis for the thesis I have collected the most recent information from literature, research and trainings as well as from the good practices tested in the home care of City of Turku. By taking into account local needs, it was possible to build a operating practice together with the nurses and their superiors. The result was a clear process flow chart with the help of which every employee is able to react quickly to the increased falling risk of an older person. The operating practice has proved to be working – for example the nurses said that they are now able to better observe the risk factors of falls and have the courage to get involved in creating a safe home and in counselling the relatives. The operating practice was eventually spread to several municipalities. At the same time, an opportunity to make the cooperation and reporting practices of public health care and municipal home care more consistent with each other was developed.

Keywords: Prevent. Cooperation.

F30-O-5-04 Incidence of depressiveness among middle-aged and older Estonians Liili Abuladze¹, Galina Opikova¹, Katrin Lang²

¹ Estonian Institute for Population Studies, Tallinn University

² Institute of Family Medicine and Public Health, Faculty of Medicine, University of Tartu

Background and Purpose. Mental health of middle-aged and older people is an increasingly important part of wellbeing in ageing societies. We analyse associated factors in the two-year and four-year incidence of depressiveness to understand the emergence of depressive symptoms better.

Methods. Depressiveness is defined based on the EURO-D indicator, collected in the Survey of Health, Ageing and Retirement in Europe (SHARE) for Estonia in 2011 - 2015. The sample includes 2513 people aged 53 and older in Estonia in 2013. Logistic regression models are run to establish associated factors with two- and four-year incidence of depressiveness.

Results. 21.9% of non-depressive respondents in 2013 became depressive in two years, and 16.1% of non-depressive persons in 2011 and 2013 became depressive by 2015. No age differences in the incidence remained after adjusting for all variables. Women have almost 50% higher odds of becoming depressive. Prior higher depressiveness score and having everyday activity limitations were important factors in the incidence. Also, people with a lower level of life satisfaction, worse computer skills, and those not solving crosswords/ puzzle games became significantly more likely depressive by 2015.

Conclusions. Changes related to ageing are important factors for incidence of depressiveness, not age itself. Focus on adjustment strategies such as creating new meaning and purpose in life, and non-judgemental reintegration after age-related changes and stressors occur might be helpful in Estonia in addition to addressing shortcomings in services provided for disabled people.

Keywords: Depressive symptoms, incidence, ageing, Estonia, EURO-D, SHARE

Friday, 30 October - E-session (122/129) - 11:00 - 12:20

Oral presentation - Session 6 (F30-O-6)

F30-O-6-01 Common Nursing Diagnosis and Impact of Training on the Quality of Nursing Documentation in Nursing Clinic

Irma Nool, Mare Tupits, Lily Parm

Tallinn Health Care College

Background: Standardized nursing language is needed to ensure better communication between nurses and other health professionals. Improved nurses' knowledge and skills for better documentation would ensure that NANDA-I terminology and nursing diagnoses are used in daily work.

Methods: Data was collected from nursing records using the D-Catch instrument and observation protocols. For qualitative data analysis, nursing diagnoses were categorized by NANDA-I II taxonomy to domains. The Statistical Package for the Social Sciences SPSS 19.0 was used for statistical analysis. For the differences between pre- and post-training the Chi-Square test and the Mann-Whitney U test were used.

Results: Prior to training, the most common problem-oriented nursing diagnosis was "adult failure to thrive" and after the training, "frail elderly syndrome". The most common risk diagnosis before and after training was the risk of falling. Domains of self-perception, role relationships, sexuality, and life principles were not addressed. Health promotion diagnoses were not established before or after training. After training, there was a statistically significant improvement in the quantity ($p = 0.015$), quality ($p < 0.0001$), and total score ($p < 0.0001$) of nursing diagnoses ($p < 0.0001$) and nursing interventions. The quantity of outcomes was worsened ($p = 0.009$).

Conclusions: The study showed positive changes in completing the nursing documentation at the Nursing Clinic. Nurses should consider using health promotion diagnoses (such as readiness for enhanced self-care).

Keywords: Nursing documentation, quality.

F30-O-6-02 Sleep Well – Work Well: Training of managers to implement sleep friendly working environment

Päivi Franssila, Raija Kuisma

Karelia University of Applied Sciences

Introduction. Sleeplessness is a complicated phenomenon influenced by multiple factors in person's life. Adults spend a large proportion of their day at work. It has been shown that rapidly changing working environment and demands, have an impact on person's sleep.

Long-term sleep deprivation and daytime fatigue are risk factors in accidents at work, impaired cognitive function, lowered problem-solving skills and work efficiency. They also have financial consequences both to the employer and employee with increased absence of work and medical costs

Aims. This paper presents a part of a larger project, which aimed to find and implement practices at work place that would improve employers' quality of sleep and thereby work efficiency and quality.

Methods. A series of five workshops with pre- and post- evaluations were held for employers. The ethos and aims were to develop managers' skills in employee centred change management in the organisation focusing on sleep as an aspect of health, a prerequisite for productive work. This paper will present details of those workshops, including the knowledge and skills acquired and examples of tools that can be used in creating sleep friendly working environment.

Conclusion. The project outcomes will be ready later in the spring and will be presented in the full paper.

The project is implemented by Karelia University of Applied Sciences and Savonia University of Applied Sciences. The project period is 1.1.2019- 31.12.2020.

Keywords: insomnia, quality of sleep, sleep friendly strategies, leadership designing

F30-O-6-03 Personnel orientation in well-being and work productivity
Kari Hyvärinen, Marjatta Komulainen, Leena Rekola, Elina Förster

Metropolia University of Applied Sciences

The aim of this paper is to describe the results of the Productively Diverse development -project, which aims at recognising and utilising the expertise of work communities in order to promote well-being at work and productivity. Attention was focused on ageing (>54 years) and multicultural staff members. The project explores how small and medium-sized enterprises (SME) contribute to the well-being and productivity through participatory measures, for instance in health care area in Finland. The actors in the ESR-financed project are two Finnish Universities of Applied Sciences (Metropolia and LAB).

The project carried out a company-specific development process in 21 SMEs, employing a total of more than 300 employees. Occupational well-being is examined from three perspectives: work, employee and work community. The resource-based approach of the perspective is based on Kanter's (1979) theory of structural change, focusing on organisational structures rather than individual characteristics.

The development process includes surveys, group interviews and workshops aiming to empower the staff to remove barriers of well-being and productivity, taking into account the diversity of the work community. The data from the stages of the development processes in SMEs was analysed using statistical methods and qualitative content analysis. A development tool of improving the occupational well-being and productivity was produced in the project. As a conclusion, there is greater need to improve the knowledge in diversity management in Finnish SME's. Involving staff in development work increases productivity and well-being. The operating model is suitable for the public sector.

Keywords: Work well-being, diversity, leadership, productivity, empowerment.

F30-O-6-04 Genetic Nursing
Tiina Mäkinen

Tampere University of Applied Sciences

Tampere University of Applied Sciences' PROFITU -project objectives are to invest in advanced research resources and facilities (well-being e.g. genomic data) and create innovative skills and capabilities, which are increasingly crucial for shaping a better future for clients, professionals and researchers of health services. The profiling of TAMK's health services into a new well-being data innovation and learning environment will produce skilled and talented staff for the health sector. The project is funded by the Ministry of Education and Culture for years 2019–2021.

Health care and medicine are undergoing a huge renewal. Recent advances in genomic research are leading to a new era, because use of genome data makes it possible to get information that is more precise on many illnesses. The change requires careful preparations in the health sector including research, development, management, clinical work and training.

Utilizing genomic data skilfully requires that the staff has topical information about any changes and, that the professionals personally participate in the development of operations. Expertise can be promoted with initial training that leads to basic qualifications, followed by supplemental training. One of the most important issue that we focus is the patient education where the patient is at the center. Curriculums will be modified with new courses and practical training as well as different guiding methods. TAMK conducts research in following areas: Information management, health care professionals' genetic literacy and ethical competence and citizens' genetic literacy.

Keywords: genetic nursing, genetic literacy, ethical competence

Friday, 30 October - E-session (130/131) - 13:30 - 14:50

Oral presentation - Session 7 (F30-O-7)

F30-O-7-01 Empowering immigrant women: need for information and support in motherhood and parenting

Sini Eloranta, Susanna Mört, Sirppa Kinos

Turku University of Applied Sciences, Health and Well-being

Background: Immigrant women may experience uncertainty in the new environment and culture. Sometimes, after migration to a new country, during pregnancy, childbirth and parenting, they maintain their cultural strategies and habits, which are not functional in the new environment. Therefore, support can be essential to women during this period of their lives.

Aim: The aim of this study is to gain understanding of support and information needs of immigrant pregnant women or women with small children, relating to motherhood, parenthood and well-being. This study is a part of the WoHealth project, funded by Central Baltic. In the project, Turku University of Applied Sciences from Finland and Flyktingmedicinskt centrum from Sweden develop methods for the empowerment of women in their knowledge and skills in health and wellbeing.

Methods: The data was collected from 24 immigrant women within seven interactive workshops and one workshop with professionals of maternity and child welfare clinics. Each workshop took 2 hours, facilitated by nurse students and teachers.

Results: The Immigrant women were content with the support they received from maternity and child welfare clinics. However, more information was required on childbirth, breastfeeding, infant care, role of the father and community support. Women received both oral and printed (patient?) education material in Finnish from the maternal and child welfare clinics. However, because of language, most of it was not understood by the women.

Summary: There is a need to improve health communication and health promotion, by e.g. co-developing improved easy-access, easy-to-read material.

Keywords: empowerment, immigrant women

F30-O-7-02 Midwives help overcome nipple confusion in newborn baby to achieve successful breastfeeding. Case study.

Marge Põldma

East Tallinn Central Hospital Womens Clinic

WHO has urged governments around the world to promote breastfeeding several decades. Although Baby Friendly Hospital Initiative is well known breastfeeding supporting intervention around the world still the world struggles with low rates of breastfeeding and widespread use of artificial breastmilk substitutes. The case study describes interventions by midwives and lactation consultants of an Estonian BFHI certified hospital delivery department which led to successful breastfeeding relationship of a mother and baby dyad after critical birth interventions and due to that separating mother and her new-born for 4 days. The goal of this paper is to draw attention to importance of having breastfeeding supporting strategy and continuous breastfeeding counselling training of health care workers.

F30-O-7-03 PATIENT SAFETY CULTURE AT SURGERY AND INTERNAL HOSPITAL UNITS

Ruta Jurgelioniene, Jurgita Zubiene

Utena University of Applied Sciences

Results of studies conducted on patient safety over the last 10 years have caused concern to patients, medical professionals, nurses, and health policymakers not only at national but also at international levels. Based on global statistics, adverse events at general medical hospitals are frequent and their price often poses a threat to the entire health care system. Errors negatively reflect on medical personnel including nurses responsible for general care. The real situation concerning adverse events in Lithuania, particularly in surgery and internal hospital units, is unknown, as no studies in this area are available. Based on global statistics, more than half of adverse events can be avoided not only through the improvement of health care service systems, but also, as a result, us, replacing from the culture of blame to one of openness and learning. Over the past ten years, patient safety has become a pressing problem for the health care system.

The aim of the research – to assess the level of patient safety culture at hospital surgery and internal hospital units.

The objectives: 1. To determine knowledge level of nurses responsible for general care regarding patient safety culture at the surgery and internal hospital units. 2. To reveal the attitudes of nurses responsible for general care regarding patient safety culture at surgery and internal hospital units. 3. To assess the opinion of nurses responsible for general care regarding errors and adverse events at the surgery and internal hospital units.

F30-O-7-04 A Systematised Review Exploring the Evidence Relating to Promoting Prolonged Breastfeeding
Aet Leberecht

University of Salford

Background: The importance of breastmilk and benefits of breastfeeding (BF) are widely recognised. The WHO recommends to breastfeed for two years or more with the addition of complementary foods starting from six months. Prolonged BF rates in the UK are one of the lowest in the industrialised world. Furthermore, only about a quarter of children in Estonia and Scandinavian countries are breastfed at the age of one. The aim of this systematised review is to explore the evidence relating to promoting prolonged BF. Methods: Electronic databases CINHAL (via EBSCOhost), Cochrane library, ScienceDirect, and MEDLINE (via EBSCOhost), grey literature, and article reference lists were searched for relevant studies. Results: Seven studies were identified that were relevant to the aim of the review. BF duration is influenced by a variety of multifaceted and intertwined factors. The prominent factors highlighted in the studies were working, culture, education, attitude, and support. Conclusions: Low BF rates have a negative impact on the health of people and the economy of countries. In order to increase BF rates and promote prolonged BF, a multifaceted approach is needed to bring about a change in the societal norms and attitudes with regards to prolonged BF. This must also include policy changes, and comprehensive data collection and analysis. BF education should be incorporated in school curriculums. Promotional materials that portray BF an older child in a public setting to introduce prolonged BF as a norm to the wider public should be distributed via various media outlets.

Keywords: Lactation, breastfeeding (BF), BF promotion, health promotion, BF duration, attitude, full-term BF, socioeconomic factors, educational attainment, tandem nursing, tandem BF

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