

International and interdisciplinary conference
**“EMPOWERMENT OF PUBLIC
HEALTH, HEALTH CARE AND
WELLBEING - EDUCATION,
RESEARCH, AND PRACTICE”**

November 10, 2022



TALLINN
HEALTH CARE
COLLEGE



Conference Proceedings

Editors

Jekaterina Šteinmiller
Marianne Paimre
Kadri Kööp

Tallinn Health Care College, 2022

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Empowerment of Public Health, Health Care and Wellbeing - Education, Research, and Practice

Conference Proceedings

November 10, 2022, Tallinn, Estonia

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Jekaterina Šteinmiller

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Kadri Kõöp

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Welcome from the Rector of Tallinn Health Care College

Dear reader,

Tallinn Health Care College invites you to its international conference "Empowerment of Public Health, Health Care and Wellbeing - Education, Research, and Practice."

In this era of digital opportunities, our world is expanding beyond limits, as demonstrated by our conference - you can participate without travelling to Estonia. It is unfortunate that some conference participants cannot travel to Estonia this time, but saving time and being environmentally friendly are important values. The Covid pandemic fundamentally changed the world, and today we have adapted and embraced new opportunities to learn and work.

With the advancement of health awareness, disease prevention and treatment, and recovery options, more and more health workers are needed. In addition, thanks to science, human life expectancy has increased and with it the number of years spent ill has also grown. In order for healthcare to be of high quality, evidence-based data and quality education are needed. An essential component of quality education is its evidence-based nature. Today, the process of research and the application of the results are now a natural part of health education. If our students acquire the basic knowledge and skills of ethical research during their studies, they are expected to put them into practise as graduates.

Technology and science are progressing rapidly, but the outcomes are resource-intensive and not accessible to everyone. How to distribute limited resources as wisely and as fairly as possible? This is an ethical issue on the one hand and a management task on the other.

In the light of the above, it is clear that individuals with experience and knowledge must make wise decisions when resources are limited.

Enjoy the conference and I wish you success in the dissemination of research results! Hopefully we will see you soon and we look forward to welcoming you to Estonia on your next vacation!

Ülle Ernits, PhD



Welcome from the Deputy Mayor at Tallinn City

Dear all,

Tallinn is quite a small city if we compare it to the world capitals, but in the case of our country, it is a big city with over 450,000 inhabitants. This means that different levels of the local government take on many responsibilities daily, and the role of the Tallinn City Government is to adapt and take greater account of the needs in the community, especially regarding health awareness issues.

The last couple of years have been challenging because of the coronavirus pandemic, but at the same time, we were convinced how significantly the healthcare system, for example, health promotion and disease prevention impact all aspects of our life. We all still feel the consequences of the public health crisis, both short-term and long-term, everywhere: in the economy, culture, education, and undoubtedly also in the social sphere.

Two years of the global pandemic has also highlighted the problems that need special attention and immediate city government response. One of the most important problems is the mental health of our citizens, but equally important is, for example, the prevention of drug use, especially among our youth.

But alongside all this, we have many other challenges that require individual solutions – from the aging population or childhood obesity to the military invasion of Ukraine, which brought the war to the European continent. New challenges and the global agenda have a huge impact on our citizens mental health, and we are facing it by working every day with our citizens who are worried about their future, financial stability and safety all of which brings additional stress to their lives.

Local governments play a key role in supporting their citizens and taking care of health issues, especially during such dramatic and difficult times. That is why Tallinn has never stopped working on the health promotion of its population. Despite the efforts and resources devoted to solving the crisis, we also plan and consistently implement activities in the city that promote a healthier lifestyle for our citizens – safe and comfortable combined pedestrian and bicycle paths, a well-functioning public transport system, free sports programs, free biometric screenings and examinations during health fairs and much more.

However, the city cannot solve all problems alone. That is why we continue to strengthen the cooperation with our partners. For many years, we have been cooperating with higher education institutions and research institutions in Tallinn. Together, we believe, we can create a better future. Also, Development Strategy Tallinn 2035 will come true only thanks to our cooperation with previously named institutions.

To provide the best care and make the right decisions that affect more than 400,000 people we use knowledge-based management. We want to create a functional and safe environment for all our citizens and to make our hometown a better place for everyone regardless of disability, age, gender, or wealth.

And of course, our children are our future, and the city of Tallinn does everything to make their childhood happy and special so that they would like to connect their life with Tallinn and feel proud to be a valuable part of the community.



Betina Beškina

Deputy Mayor at Tallinn City Office

Member of the Council at East Tallinn Central Hospital

Member of the Council at West Tallinn Central Hospital

Member of the Council at Tallinn Health Care at School Foundation

Keynote speakers' biographies

Prof. Natalja Fatkulina (Istomina), RN, PhD, is a Director of Institute of Health Sciences, Head, Professor and Senior Researcher at the Department of Nursing of Faculty of Medicine of Vilnius University. She was graduated from international nursing doctoral school in Finland and defended her doctoral thesis in Turku University (Finland). Natalja Fatkulina has wide research experience in international projects financed by European Funds (Baltic Sea Region Programme, Leonardo da Vinci, Mari Curie, Erasmus plus, Urbact II). Also, she was a leader of successful projects in Lithuania. Natalja Fatkulina has experience of 20 years in teaching for nursing and health care students in Bachelors', Masters' and Doctoral studies programmes in Lithuania (Klaipėda University, Vilnius University), Finland (University of Turku), Kazakhstan (Karaganda Medical University, Astana Medical University), Russia (Kaliningrad Federal University of Kant, Stavropol State Medical University), Greece, Cyprus and others. She is a member of EANS from 2005, elected EANS Board member since 2019. Natalja has rich experience in highest level management and leadership. In 2014-2016, she worked a vice-minister of Ministry of Education and Science of Lithuanian Republic. In 2011-2016 was an elected member of Klaipėda city Council. Her main research interests are nurse competence and nurse education, physical activity and patient education, quality of nursing care, health education at the schools, health policy.



Prof. Omar Cauli was born in Sardinia in Italy where he completed the Pharmacy bachelor's degree at University of Cagliari and then when he moved to Valencia (Spain), he completed Medicine bachelor's degree. After his PhD in Neurosciences at University of Valencia he worked at Research Center Principe Felipe until 2011 and he works as Associate Professor at the Nursing Department, Faculty of Nursing and Pediatrics University of Valencia till now. He is a Section editor-in-Chief of the journal Diseases and belongs to several Editorial Boards of high indexed journals (Biological Research for Nursing, Toxicology, Metabolic Brain Disease, Endocrine, Metabolic & Immune Disorders - Drug Targets, Biomolecules, Pathophysiology). He has published more than 170 articles and he is currently the Head of Frailty Research Organized Group (FROG) and the Director of Chair of Healthy, Active and Participatory Ageing.



Detailed program

10:00-10:15	Welcome and opening Chair Jekaterina Šteinmiller	Betina Beškina <i>Deputy Mayor, Tallinn, Estonia</i>
10:15-10:45	Keynote speaker Health and well-being: the links between policy-making, healthcare and public involvement	Prof. Natalja Istomina Vilnius University, Lithuania
10:45-11:00	Session I Chair Maarja Randväli <u>Merits, M., Lubi, K., Aavik, A.</u> Interventions in occupational therapy to support women with impaired physical mobility during pregnancy and postpartum period <i>Estonia</i>	Parallel Session I Chair Triin Jerlei <u>Paimre, M.,</u> Willingness to get vaccinated against Covid-19 and its relations with the use of digital technology for health purposes and health information seeking among Estonian older adults <i>Estonia</i>
11:00-11:15	<u>Rosenperk, R., Mets-Oja, S., Lubi, K.</u> Establishment of a postpartum home visit model and its implementation strategy for the development of a community midwifery care service in Estonia <i>Estonia</i>	<u>Šteinmiller, J.</u> User experiences of the national digital decision support system <i>Estonia</i>
11:15-11:30	<u>Lubi, K., Varsamaa, M., Kala, L., Torop, A., Sildver, K., Rooden, M.</u> Implementation of person-centredness under structural constraints: the case of HPV-vaccination <i>Estonia</i>	<u>Trei, H-M., Lubi, K., Haage, B.</u> Health Communication Tools in Supporting Men During the Ante- and Postnatal Period <i>Estonia</i>
11:30-11:45	Kunder, N., <u>Liiv, K., Riisenberg, L., Purru, T., Seema, K.</u> Strategic planning of health promotion in Estonian local governments - opportunities and obstacles <i>Estonia</i>	<u>Linnik, L., Talvik, M., Allikas, A., Vipper, K., Väli, M-L.</u> Problems causing work-related stress and solutions suggested by nurses <i>Estonia</i>
11:45-12:00	B R E A K	
12:00-12:15	Chair Jaana Sepp Keynote speaker Sleep quality and its association with substance abuse in Health sciences University students	Prof. Omar Cauli <i>Valencia, Spain</i>
12:15-12:30	Session II Chair Kurt Cassar	Parallel Session II Chair Jaana Sepp

	<p><u>Rannus, K.</u> The evolving roles of the Advanced Practice Nurse in postgraduate studies <i>Estonia</i></p>	<p><u>Kööp, K.</u>, Tupits, M. The Experiences and Needs of Parents` of Children with Asthma in Coping with a Child's Disease <i>Estonia</i></p>
12:30-12:45	<p>Kõrgemaa, U., Sisask, M., <u>Ernits, Ü.</u> Well-being of patients as perceived by nurses <i>Estonia</i></p>	<p><u>Nool, I.</u>, Tupits, M., Lubi, K., Mets-Oja, S. Reasons for not participating in breast cancer screening, ways to obtain information and measures to improve participation in screening <i>Estonia</i></p>
12:45-13:00	<p><u>Enkeleint A. Mechili.</u>, Bucaj, D., Hoxhaj, I., Rakipaj, M., Sifaki-Pistolla, D., Bucaj, J., Kokalla, E., Chatzea, V-E. Measuring the bullying phenomena among school students in Albania: A cross-sectional study <i>Albania</i></p>	<p><u>Šteinmiller, J.</u> Family nurses` perceptions of risk patients` proactive management <i>Estonia</i></p>
13:00-13:15	<p><u>Kööp, K.</u>, Ernits, Ü., Vauhkonen, A., Kommusaar, J., Mikiver, M., Saaranen, T. Development of the occupational well-being of health care teachers – action research in Tallinn Health Care College <i>Estonia</i></p>	<p>Aasmäe, B., <u>Lubi, K.</u> Factors Influencing Participation In Shared Decision Making In The Oncological Setting <i>Estonia</i></p>
13:15-13:30	<p><u>Nool, I.</u>, Parm, L., Tupits, M., Prits, I., Kuhi, M., Raudsepp, V., Eensalu-Lind, A., Männiksaar, L. Nursing students` assessment to the clinical learning environment and mentoring in medical-surgical wards <i>Estonia</i></p>	<p>Tupits, M., <u>Tarraste, S.</u> The Experiences and Needs of Parents` of Children with Juvenile Idiopathic Arthritis in Coping with a Child's Disease <i>Estonia</i></p>
13:30-14:00	B R E A K	
14:00-14:15	<p>Session III Chair Jekaterina Šteinmiller</p> <p><u>Kärema, A.</u>, Mets-Oja, S., Borrelli, S., Walker, L., Coolin, K., Spiby, H., Konstantinidis, S., Fumagalli, S., Nespoli, A., Smit, A.-M., Van Oost, M. Midwifery students` perspectives of physical and virtual mobility activities including preferences for e-learning: A cross-sectional survey <i>Estonia</i></p>	<p>Parallel Session III Chair Liis Roostik</p> <p><u>Talvik, M.</u>, Tulva, T., Puusepp, K., Ernits, Ü. Nurses` professional activity and work culture during the Soviet era and the transformation period in the view of senior nurses <i>Estonia</i></p>

14:15-14:30	<u>Ristikivi, J.</u> , Nool, I., <u>Kööp, K.</u> , Kaasik-Aaslav, U. Impact of Simulation Training on Pre-clinical and Clinical Practice on the example of Tallinn Health Care College <i>Estonia</i>	<u>Jerlei, T.</u> Mother-child relations in the Soviet Estonian magazine Nõukogude Naine, 1952-1989 <i>Estonia</i>
14:30-14:45	<u>Annion, M.</u> , Ojasoo, M., Ernits, Ü., Puusepp, K. Emotional coping of nursing students in mental health nursing simulation training <i>Estonia</i>	<u>Vadi, E.</u> , Kasemaa, A. Healthcare workers' perceptions of their managers' leadership behavior and emotional intelligence: a quantitative study in an Estonian hospital <i>Estonia</i>
14:45-15:00	<u>Kowalska, M.</u> , Gajda, M., Szymon, S. Mental health of Polish medical students and its potential impact on future work in hospitals <i>Poland</i>	<u>Harmoinen, M.</u> Appreciative management motivates to stay in health care in Estonia <i>Finland</i>
15:00-15:15	<u>Kamberi, F.</u> , Stramarko, Y., Maasen, S. Educational and promotional intervention for mental health of adolescents through peer education in low resource settings - study research protocol <i>Albania</i>	<u>Merkuri, L.</u> , Dervishi, D., Kamberi, F. Knowledge, attitudes, and behaviors of primary health staff about palliative care <i>Albania</i>
15:15-15:30	<u>Hoppe, P.</u> , Scheweder, M., Hinkle, M., Frenner, I. Association and prevention of Work-related Musculoskeletal Disorders in radiologic technologist students' future practice <i>Austria</i>	<u>Põldma, M.</u> , Ezeonodo, A., Kärema, A., Hannula, L. 10 years of breastfeeding counselling skills blended intensive international course for healthcare students <i>Estonia</i>
15:30-15:45	<u>Jovanović, Ž.</u> , Vranješević, M. Use of addictive substances by secondary school students in Vukovar-Srijem County <i>Croatia</i>	<u>Gerikienė, V.</u> , Vaikasienė, V. Challenges and Opportunities of Patients with Dementia in Home Health Care <i>Lithuania</i>
15:45-16:00	<u>Linnik, L.</u> , Nool, I., Villo, A., Undrits, M. Nurses' knowledge and self-efficacy on using personal protective equipment with COVID-19 patient <i>Estonia</i>	<u>Oruč, M.</u> New approach methodologies of nurses' competencies evaluation with specific view in Palliative care (PALCOM) <i>Bosnia and Herzegovina</i>
C L O S I N G		

10:00-15:45 **E-poster session:**

P1 Ojaste, C., Usberg, G.

The burnout of physiotherapists in healthcare and social welfare – a survey based on self-assessment

P2 Sepp, K.

Pharmacy based vaccination patients' perception during the second wave of COVID 19 in Estonia

P3 Jovanović, Ž., Šarić, M., Dodoš, O., Kocic, Z.

Knowledge and habits of nursing students about causes and prevention of obesity

P4 Kõrgemaa, U.

Challenges in nursing education: nurses' perspective on their education

P5 Hyska, J., Bushi, E.

The impact of interventions implemented for salt iodization to ensure optimal iodine nutrition intake of the Albanian population

P6 Eiche, G., Tigerstedt, H., Põldma, H-M., Didrik, K., Rasmussen, B., Broge, J., Holmlund, M.

Project BANISTER: Baltic-Nordic collaboration regarding the alignment of standard knowledge within the field of sensory integration at the bachelor and postgraduate level

P7 Tamme, P., Põldma, H-M., Costa, B.N., Veide, L., Rentel, K.

Developing the sexual behaviour of a client with a mental disability

INTERVENTIONS IN OCCUPATIONAL THERAPY TO SUPPORT WOMEN WITH IMPAIRED PHYSICAL MOBILITY DURING PREGNANCY AND POSTPARTUM PERIOD

Merits, M.¹, Lubi, K.², Aavik, A.¹

¹ Tallinn Health Care College, Estonia

² Tallinn University of Technology, Estonia

Background: Women with disabilities are more likely to be deprived of the health care they need, including maternity care, due to difficulties in accessing health care. In Estonia, occupational therapeutic support for women with impaired physical mobility during pregnancy and in the postpartum period has not been studied before.

Objective: The aim of the research is to analyse the problems related to the physical and social environment, awareness of the occupational therapist's service and opportunities in occupational therapy to support women with impaired physical mobility during pregnancy and the postpartum period.

Methods: In describing the results of the empirical research, the semi-structured interviews were used as a qualitative method with the target group. The interviews were recorded and transcribed verbatim. The data analysis was based on qualitative content analysis.

Results: Physical access to various health services is a significant problem that requires solutions to support women with impaired mobility in general, as well as during pregnancy and postpartum. According to the participants the social environment has a positive attitude towards their general social inclusion as well as support during pregnancy and the postpartum period. Negative attitudes towards women with impaired mobility are associated with one's own prejudices and feelings rather than social condemnation.

Conclusions: There is lack of knowledge among people about the nature of the occupational therapist's profession and service. Women with physical impairment have a need for specific counselling and information about assistive devices within interventions in occupational therapy to support them.

USE OF ADDICTIVE SUBSTANCES BY SECONDARY SCHOOL STUDENTS IN VUKOVAR-SRIJEM COUNTY

Jovanović, Ž.¹, Vranješević, M.²

¹ University of Rijeka, Croatia

² Josip Juraj Strossmayer University of Osijek, Croatia

Background: Addictive disorders are a major public health problem among young people, and it is important to develop effective prevention programs.

Objective: The aim was to collect data on the prevalence of addictive substance use and the factors underlying the use behavior among secondary school students in Vukovar-Srijem County.

Methods: A cross-sectional study was conducted among the students of the Technical School in Vinkovci and the High School in Vukovar. Percentages were used for descriptive statistics as an indicator of structure and frequency of occurrence.

Results: The questionnaire was completed by 341 participants. The majority believed that the use of addictive substances would increase in the future. 33.53% were smokers, most of whom had tried their first cigarette between the ages of 14 and 16 years. 77.06% reported drinking alcoholic beverages regularly. 36.01% reported that it takes less than an hour to get drugs. Most of them were happy and satisfied, but they were not sure about their future feelings.

Conclusion: The results showed that addictive substances are becoming more accessible to young people and that it would be useful to intervene as early as possible to reduce the prevalence of abuse. The prevalence of alcohol use is high, and they are beginning to use alcohol in increasing amounts, and it would be good to continue prevention programs and monitoring prevalence to reduce future use. Health education from an early age is a prerequisite for preventing substance abuse and promoting healthy lifestyles.

IMPLEMENTATION OF PERSON-CENTREDNESS UNDER STRUCTURAL CONSTRAINTS: THE CASE OF HPV-VACCINATION

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Background: Person-centredness is claimed to be one of the aims of health(care) placing the person at the center of healthcare (services). Yet, the implementation expects and stresses individual responsibility with limited structural support. This has led to the situation where despite the availability of HPV vaccination as the most beneficial preventive method, the coverage for girls between the ages of 12-and 14 is below recommended (>70%) rate. The global pandemic has risen new challenges due to lockdowns and limited access to healthcare services.

Objective: to analyse structural constraints that the parents of the target group of girls and service providers experienced regarding HPV vaccination under the circumstances of a global pandemic.

Methods: qualitative methods, namely in-depth interviews (n=14) with nurses and midwives and focus group interviews (3 with n=13) with parents of 12-14-years old girls were conducted. Thematic textual analysis was conducted. The research was granted ethical permission.

Results: for parents, the main challenges related to HPV vaccination are the decreased ability to find relevant information to support decision-making. For nurses, it is challenging to find appropriate ways to counsel and support parents and girls. The study revealed the lack of a country-wide crisis strategy as one of the weak links in supporting the continuation of necessary preventive activities despite the external situation.

Conclusions: for person-centred approach, the improvement of counseling skills and an updated health political (crisis) strategy are needed, including target group-specific innovative communicative and educational sources. The examples could be derived from other countries, but the country- and culture-specific analyses are needed.

KNOWLEDGE AND HABITS OF NURSING STUDENTS ABOUT CAUSES AND PREVENTION OF OBESITY

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Background: Childhood obesity in Croatia is a cause for concern and requires urgent action by society.

Objective: The aim of the study is to assess the knowledge and lifestyle habits of students and to investigate their knowledge about the influence of lifestyle habits on the occurrence of obesity.

Methods: The respondents were nursing students. An anonymous questionnaire was used to analyze students' attitudes about the causes and consequences of obesity, and descriptive statistics were used.

Results: There were 101 respondents, 80 women and 21 men, with an average BMI of 26.1%. Obesity is considered a public health problem by 95%. 53% eat breakfast regularly, 53% consume fruits and vegetables daily, 13% eat fish several times per week, and 23% consume snacks and sweets daily. 62% of students consume alcoholic beverages several times a month. Regularly smoke tobacco 27%. 68% of students exercise. 65% believe that the diet in kindergartens and schools is not age-appropriate. 81% of educators and parents are not adequately educated about obesity, and as many as 97% need additional education to prevent obesity. 95% of students believe that health education is needed in all kindergartens and schools.

Conclusion: students are well acquainted with the importance of obesity for public health in children and society in general, they have sufficient knowledge about obesity, but students' eating and living habits are not satisfactory. Health education and increase health literacy from kindergarten is a prerequisite for successful disease prevention and health promotion.

THE EXPERIENCES AND NEEDS OF PARENTS' OF CHILDREN WITH ASTHMA IN COPING WITH A CHILD'S DISEASE

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Background: About 14% of children have asthma, and despite effective treatments, the outcome is not always as expected, and hospitalization rates remain high. Parents of children with asthma experience stress, anxiety, and doubt their ability to cope with difficult situations. Parents complain that they have not sufficient information on the reduction of factors associated with disease exacerbation. They need knowledge and skills how to participate effectively in coping with the disease.

Objective: The aim of the research is to describe the experiences and needs of parents' of children with asthma in coping with the child's disease.

Methods: Design of the research is qualitative, empirical, and descriptive. The data were collected through semi-structured interviews and analysed by inductive content analysis method. The interviews were conducted in autumn of 2021. 8 subjects participated in the research.

Results: The results of the study showed that the parents' experiences in coping with the child's disease consisted of health-related experiences, life management and material challenges, experiences with relationships and various support systems. The needs of parents in dealing with a child's disease included the need for various services, the need for information, the need to support the child, and health needs of both them and the child.

Conclusions: A child's disease causes changes in family relationships, so parents need mental health support and counseling. Nurses could help parents by sharing sufficient information and providing emotional support and understanding.

FACTORS INFLUENCING PARTICIPATION IN SHARED DECISION MAKING IN THE ONCOLOGICAL SETTING

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Background: Growing prevalence of cancer and decline of oncology specialists in Europe's workforce has brought forth necessity for patients to self-manage their conditions with the help of a health care professional. Ensuring cancer patients' good understanding of molecular profiling data is crucial for their active participation in illness-related decisions. Although shared decision making (SDM) improves patients' knowledge and consideration of patients' needs, several difficulties remain in implementing SDM in cancer care.

Objective: To examine the causality between sociodemographic aspects and knowledge of cancer related topics and participation willingness in cancer care.

Methods: A cross-sectional study using a web-based questionnaire was conducted including 1066 respondents among the population of Estonia. Logistic regression was used to answer research question.

Results: From patients' and their relatives' side, there is a lack of knowledge and willingness to participate in SDM. Unlike previous studies, higher readiness for SDM was observed among ethnic minority and rural citizens.

Conclusions: In addition to the previously identified factors, there is a need to consider a potential role of cultural and historical background of healthcare system in determining the willingness and readiness of the general public to participate in SDM. These results show the potential uniqueness of societies, where paternalistic and autonomous approach in patient management collide and similar findings may be present in many countries of similar Soviet heritage. If there is a lack of readiness or willingness of a patient to participate in SDM, a physician should provide alternative options to support their patients.

THE IMPACT OF INTERVENTIONS IMPLEMENTED FOR SALT IODIZATION TO ENSURE OPTIMAL IODINE NUTRITION INTAKE OF THE ALBANIAN POPULATION

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Background: Albania is a country with limited environmental resources of iodine. For many years, Iodine Deficiency has constituted a significant public health problem.

Objective: Assessment of the impact of interventions implemented for salt iodization to ensure optimal iodine nutrition intake of the Albanian population - Achievements and challenges of the National Program for the Elimination of Iodine Deficiency in Albania (NPEIDA).

Methods: A cross-sectional analysis of interventions implemented over the years to ensure optimal iodine nutrition intake of the Albanian population and the results achieved, based on assessments of the nutritional status of iodine intake in the Albanian population after the use of iodized salt, during the implementation phases of the NPEIDA.

Results: The data obtained through the national studies of the impact of iodized salt on the iodine status of the Albanian population (respectively in the years 2006/2012/2021) have been used to draft and improve the national legal framework and the functioning of the National Iodized Salt Monitoring and Control System; to increase the capacity of the industry to produce and use adequately iodized salt and implement the campaigns to promote iodized salt.

Conclusions: The ongoing availability of non-adequately iodized salt in the Albanian market, its use by about one-third of the population and the resistance of the food industry to the use of iodized salt in the production and food processing emphasize the need for further interventions and cooperation with all stakeholders, as efforts to achieve Universal Salt Iodization through broad partnerships far beyond the health sector.

MEASURING THE BULLYING PHENOMENA AMONG SCHOOL STUDENTS IN ALBANIA. A CROSS-SECTIONAL STUDY

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Background: Nowadays, violence in schools is considered an important public health issue that concerns the majority of students and families worldwide. Nevertheless, in Albania, awareness on bullying is low, especially among teachers and administrative staff of schools.

Objective: The present study aimed to report on the current situation in Vlora and assess variation according to different parameters.

Methods: A cross-sectional study was conducted in six randomly selected public high schools in Vlora, Albania. The study population consisted of 800 students selected by systematic sample. Illinois Bully Scale (IBS) was used to measure bullying prevalence.

Results: Mean scores per dimension varied significantly; “Bully subscale”: Mean= 5.1 (SD 5.4), “Victim subscale”: Mean = 2.1 (SD 1.8), “Fighting subscale”: Mean = 2.4 (SD 3.2). Results of the multivariate logistic model showed that age, gender and learning progress were significant risk factors. Older children, boys and those who had lower learning progress were in higher risk.

Conclusions: According to the findings, prevalence of bullying, victimization and physical fights in Albania is high. This indicates the urgent need for bullying prevention programs in schools that facilitate social skills and emotional learning, address interpersonal conflicts, and educate management of emotions, in order to reduce youth violence and disruptive behaviors in the classroom. This study could serve as a map for relevant instances of Education in Albania, in order to gain valuable information and establish appropriate interventions towards enhancing existing prevention services and mechanisms to reduce bullying burden.

NURSES' PROFESSIONAL ACTIVITY AND WORK CULTURE DURING THE SOVIET ERA AND THE TRANSFORMATION PERIOD IN THE VIEW OF SENIOR NURSES

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Background: The territory of the Republic of Estonia was occupied by Soviet Russia from 1940 to 1991. The “new period of awakening” started under Gorbachev’s perestroika and glasnost (1985–1991), beginning a process of democratisation. After the collapse of communism in 1991 the country began building a new European health care system. This was the period of rapid changes in the organisation of nursing care.

Objective: The aim of the study was to analyse nurses’ professional activity and work culture during the Soviet era and the transformation period of the 1990s in the view of senior nurses.

Methods: Research was conducted in 2021 and 2022. The sample consisted of senior nurses who worked both during the Soviet era and the transformation period. Thematic interviews were conducted in written form (13 respondents) and one focus group interview was carried out (8 respondents). A thematic content analysis was performed.

Results: The nurses’ daily work during the Soviet era was characterized by poor working conditions, hierarchical employment relationship and miserable career prospects. Nursing as many other fields was influenced by ideology. The relationship between the nurses was mutually supportive and friendly.

Conclusions: The period of transformation brought about a chaotic situation – the ways of working of the previous period were considered out of date, but no new directions had yet emerged. Changes in the professional activities of nurses also affected the relationship between doctors and nurses. The situation became more open and democratic. Nurses’ horizons widened, thanks to access to hospitals abroad and relevant training.

FAMILY NURSES' PERCEPTIONS OF RISK PATIENTS' PROACTIVE MANAGEMENT

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Background: Primary care is the prime level of care, where patients starting their treatment journey. Care management or proactive management at primary care level improves health access and quality of care through proactive approach for specific patient sub-groups, improves integration of care at different levels of the health care system, and increase patient outcomes.

Objective: The aim of the study was to describe family nurses' perceptions of risk patients' proactive management.

Method: Empirical study design was used. Convenience sample of 16 nurses were recruited. The study was conducted at four Estonian primary health centers. Data were collected by Modified Patient Assessment of Chronic Illness Care (MPACIC) online questionnaire. Ethical approval was obtained.

Results: Family nurses valued their proactive management of risk patients highly. The higher results were related to patient support, encouragement, involvement in everyday care, and individual goal setting questions. The lower results were related to referral to professionals, follow-up visits, and suggesting specific health related programs and events from which patients can benefit.

Conclusions: Family nurses have a great role and responsibility in supporting the health and well-being of the family and their members with chronic conditions. Nurses need specific knowledge of risk patients' proactive management and treatment plan, which can be ensured through systematic training. In order to ensure integrity, the impact of training should be assessed, involving evaluators at different levels. Consider the use of qualitative study design in the further assessment of nurses' perceptions.

NURSING STUDENTS' ASSESSMENT TO THE CLINICAL LEARNING ENVIRONMENT AND MENTORING IN MEDICAL-SURGICAL WARDS

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Background: Student satisfaction with clinical practice is a complex and multifactorial issue. Students expect to be able to implement theoretical knowledge into practice, enhancement of self-management, a supportive atmosphere and consideration of their psychological needs. Those aspects are not always taken into account during practical training and thus may increase students' stress.

Objective: To describe nursing students' assessment to the clinical learning environment and supervision in medical-surgical wards.

Methods: 110 students participated in the study. For data collection Clinical Learning Environment, Supervision and Nurse Teacher (CLES + T) scale was used. IBM SPSS Statistics 26.0 was used for data analysis. Descriptive statistics and the Mann-Whiney U test were used.

Results: 60% of the students were satisfied with their practical training environment, 70.9% of the students had mentor as the nurses and 14.5% nurse managers. 62.7% of students had an individual mentor. Satisfaction with the mentoring rated the highest (4.4 ± 0.82), and cooperation between nursing teacher and ward team the lowest (3.6 ± 0.79). There were no statistical differences between wards in the overall satisfaction with mentoring, but significant differences in students' assessments in two separate statements: students who completed practical training in the medical ward rated contact with the ward team ($p = 0.041$) and cooperation between the nursing teacher and the hospital team ($p = 0.033$) higher.

Conclusions: The results showed high satisfaction with the supervision in the practical training. The results of the research show improvement need in the cooperation between the school and practical placement institution.

MIDWIFERY STUDENTS' PERSPECTIVES OF PHYSICAL AND VIRTUAL MOBILITY ACTIVITIES INCLUDING PREFERENCES FOR E-LEARNING: A CROSS-SECTIONAL STUDY

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Background: The International Confederation Midwifery (ICM) standards (2021) require that midwifery education should integrate into the study process more ICM Essential Competencies to increase the awareness of midwives of global health practice. Erasmus mobility programs have been designed to provide physical mobility study options, but today's experience shows that many students cannot do internships due to the limited placements in Erasmus + programs. The current study is the part of Erasmus+ project, transforming transnational intercultural sensitivity for midwifery students through an inclusive mobility model (TOTEMM), whose goal is to promote equity, social inclusion, and participation of non-mobile midwifery students.

Objective: To investigate midwifery students' international physical mobility activities and factors that affect mobility; to determine midwifery students' learning needs and preferences for related e-learning packages.

Methods: Descriptive quantitative survey. Four European Higher Education Institutions based in the United Kingdom, Estonia, Italy, and the Netherlands offering an undergraduate midwifery programme. The sample included 205 midwifery students from Italy (n = 93), the Netherlands (n = 51); United Kingdom (n = 35) and Estonia (n = 26). Data were collected through an online cross-sectional.

Results: There was a high level of interest for shorter opportunities including 1/2-week experiences. Possible barriers were mentioned financial constraints, fitting it in within the midwifery programme. Facilitators to engagement in mobility activities were mentioned that it would add value to their development as a midwife.

Conclusions: The barriers identified require new approaches to enable all midwifery students to benefit from transnational learning.

IMPACT OF SIMULATION TRAINING ON PRE-CLINICAL AND CLINICAL PRACTICE ON THE EXAMPLE OF TALLINN HEALTH CARE COLLEGE

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Background: The simulation environment and high-fidelity simulators set new challenges for lecturers. The positive impact of simulation training on the development of student knowledge and skills is confirmed, but little research has been conducted on the factors that are the key elements to performance (Shin *et al* 2015).

Objective: To assess the impact of simulation training to the acquisition of students' skills/learning outcomes in pre-clinical practice and in a practical working environment.

Methods: Current study is empirical and descriptive, using qualitative and quantitative methods. The studies were carried out 2017-2018 and continued 2019-2021. The sample consisted of second-year students and faculty members with simulation teaching experience. The semi-structured interviews with university lecturers and 16 students were conducted. The Educational Practices Questionnaire (78 students) and the SET-M Simulation Effectiveness Tool (83 students) were used and the 138 students' students' practice documentation was assessed. The interviews and documents were analyzed using a qualitative content analysis method and the quantitative data was analyzed using the SPSS version 22.0. The whole of the impact assessment of the simulation training was visualized by the Kirkpatrick's (2006) the Four-Level of Training Evaluation Model.

Results: Simulation training improves the ability to establish links, consolidate knowledge and helps to cope with stressful clinical situations. Negative aspects were video criticism as a part of teaching method, lack of clarity of learning outcomes, limited individual feedback and distortion of reality in the clinical setting.

Conclusions: The effectiveness of simulation training is influenced by the teaching staff's competence and the student's prior experience in the clinical setting.

HEALTHCARE WORKERS' PERCEPTIONS OF THEIR MANAGERS' LEADERSHIP BEHAVIOUR AND EMOTIONAL INTELLIGENCE: A QUANTITATIVE STUDY IN AN ESTONIAN HOSPITAL

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Background: Healthcare managers' emotional intelligence and quality of leadership have an important role to develop values, beliefs, and behaviours among employees. Managers' emotional intelligence and transformational leadership behaviour have positive impact on the employees' job

satisfaction and work commitment, reducing subsequently turnover of employees and developing the quality of patients' treatment.

Objective: The aim of the research was to find out the relationships between healthcare workers' perceptions of managers transformational and transactional leadership behavior and emotional intelligence, and to identify the link between respondents' perceptions and sociodemographic data.

Methods: A quantitative and cross-sectional study design was used. Data were collected in January 2020. The sample consisted of 231 healthcare workers. The study used three instruments: Transformational Leadership Behaviour Inventory, Leader Reward and Punishment Questionnaire and Genos Emotional Intelligence Inventory. The data were analysed using descriptive and inferential statistics.

Results: Statistically significant positive relationships were between emotional intelligence and transformational leadership dimensions. Contingent and non-contingent reward were positively related to emotional intelligence, while contingent and non-contingent punishment was negatively related to emotional intelligence. The study discovered a link between managers' leadership behavior and respondents' nationality, tenure, and qualifications.

Conclusions: Skills in emotional intelligence help healthcare managers develop their leadership competence. It can be necessary for managers to understand the diversity of employees for the planning leadership strategies to achieve employees' full potential. Offering continuing education to develop managers' emotional intelligence and leadership behaviors could have significant implications for healthcare systems.

REASONS FOR NOT PARTICIPATING IN BREAST CANCER SCREENING, WAYS TO OBTAIN INFORMATION AND MEASURES TO IMPROVE PARTICIPATION IN SCREENING

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Background: Breast cancer is the most diagnosed tumor in women in the world. Early detection and treatment of breast cancer has an impact on life expectancy, reduced mortality, and improved quality of life. The reduction in mortality depends largely on interventions.

Objective: Describe the reasons for not participating in breast cancer screening, ways to obtain information and measures to improve participation in screening.

Methods: The survey was conducted among 1200 women in age 50-69 in Estonia. Statistical data analysis was performed with SPSS 26.0, using descriptive statistics. For comparison the results with background data Mann Whitney U test and Chi-square test were used.

Results: The main reason for not participating in the breast cancer screening was the absence of symptoms. Mostly, the information on breast cancer and breast cancer screening is obtained from friends and acquaintances, and the least from the mobile application and on breast cancer screening. The most desirable information about breast cancer is from the information leaflet and the family doctor and the least from the internet. Convenient access to a mammography examination and a GP initiative support, while the information in women's magazines and social media has low importance on participation. Used information channels were related to age, native language, and level of education. Residence did not affect access to information.

Conclusions: The results show that women seek information primarily from friends and acquaintances, although they are most likely to seek information from a leaflet or a family doctor indicating the need for more emphasis on this source. Different sociodemographic variables should be considered in related communication.

PROBLEMS CAUSING WORK-RELATED STRESS AND SOLUTIONS SUGGESTED BY NURSES

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Background: Nurses play a vital role in battling COVID-19 disease. Researching stressful situations of nurses during pandemics provides with the essential overview or their experiences, which help to find possible measures to alleviate stress and burnout.

Objective: Aim of applied research was to describe main problems causing work-related stress among nurses in COVID-19 department, and solutions offered by them.

Methods: Semi-structured interviews were used to collect data; the analysis was performed by inductive content analysis. Interviews were conducted between 02.06. – 30.09.2021, with 16 interviewees. Subjects were nurses working in COVID-19 ward of West Tallinn Central Hospital. Interviews were recorded, transcribed, and analysed.

Results: Main problems were related to management, interpersonal relationships, and workload. Heavy workload and little rest time caused physical and mental health problems. Insufficient support from management, unclear instructions, lacking knowledge of appropriate use of PPE and nurses' different understanding of organisation of work were problematic. Solutions suggested by nurses focused on needs for additional study sessions and trainings, increasing number of nurses, improving communication and more access to mental health support.

Conclusions: Factors causing work-related stress among nurses were derived from unexpected situations, making decisions quickly, difficult ethical decisions, overburden, and rapid changes, physical complains caused by overburden, lack of support and authoritarian attitude by management, lacking information and preparation for working in COVID-19 ward. Lack of staff caused overburden and burnouts. Solutions suggested by nurses were additional trainings and study sessions, increasing number of nurses, improving communication, and considering their opinion.

NURSES' KNOWLEDGE AND SELF-EFFICACY ON USING PERSONAL PROTECTIVE EQUIPMENT WITH COVID-19 PATIENT

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Background: Health care systems all over the world have been extremely challenged by new coronavirus, which mutates easily and may result in new pandemics. Personal protective equipment (PPE) and isolation methods are applied in hospitals to avoid the spread of microorganisms. Employee's sufficient knowledge and high self-efficacy are required.

Objective: Aim of applied research was to describe nurses' knowledge and self-efficacy on using PPE with COVID-19 patient.

Methods: „The General Self-Efficacy Scale“ was used. Value of metrics Cronbach α was 0.90. Features' values were ranked on 4-point scales. Census sample was used in the study N=45 of nurses taking part in THCC simulation trainings from December to March 2022. Data were collected after the training, 43 nurses (96%) answered. IBM SPSS Statistics 26.0 was used for data analysis.

Results: Mean value of self-efficacy was 3.0. Average values are between 2.76-3.38. The lowest rate was 2.76 (focusing on goal and its achievement is easy) and the highest 3.38 (I solve all problems on putting effort on it). Variability of features' values is homogenous. Mean of nurses' knowledge was 72%. The lowest (n=30%) knowledge was of the order of using PPE.

Conclusions: Rate of nurses' self-efficacy and knowledge on PPE were low, there is initial knowledge of the phenomenon. The results can be used on trainings aimed to improve nurses' self-efficacy and knowledge.

THE EVOLVING ROLES OF THE ADVANCED PRACTISE NURSE IN POSTGRADUATE STUDIES

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Background: The definition of an Advanced Practise Nurse (APN) and the minimum competences required were established in Estonia in 2020. However, the future of Advanced Practise Nursing depends on consensus and clarity about the roles, qualifications, and rights of APNs in the national health system. As there is some intra- and interprofessional resistance to expanding the boundaries of nursing in Estonia, it is necessary to first understand what the roles of APNs mean within the profession.

Objective: To describe and understand Advanced Practice Nursing students' identification with their higher-level roles in their specialty.

Methods: In this qualitative study, an inductive content analysis was conducted to analyse a total of 183 Health Sciences master's students' narrative essays about their role in professional development written during the second semester of their studies, in 2019-2022.

Results: Eight categories of Advanced Practice Nurses' roles were identified: the continuously evolving direct care provider; the experience counselor; the improving practitioner; the team player; the fighter and the advocate; the developer and the promoter; the leader; the advancer on the move.

Conclusions: Advanced Practise Nursing students focus on the patient and the provision of a higher level of direct patient care in their specialty, while having acquired and applying all the other core competencies of an APN. Over the past four years, the worsening socio-economic challenges and the pandemic have strengthened master's students' readiness to work in, build and lead a team, and advocate for nursing practise and patients' rights to improve the quality of care.

THE EXPERIENCES AND NEEDS OF PARENTS' OF CHILDREN WITH JUVENILE IDIOPATHIC ARTHRITIS IN COPING WITH A CHILD'S DISEASE

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Background: The most common rheumatological disease in children is juvenile idiopathic arthritis (JIA). Parents may be worried about the future or feel alone in dealing with the illness. At the beginning of the disease, the predominant emotions of the parents are growing anxiety, fear, confusion and a continuing denial of the disease.

Objective: The aim of the thesis is to describe the experiences and needs of parents' of children with JIA in coping with a child's disease

Methods: Design of the research is qualitative, empirical, and descriptive. The data were collected through semi-structured interviews and analysed by inductive content analysis method. The interviews were carried out in the year 2021 and 8 subjects participated in the research.

Results: The parents' experiences in coping with a child's disease consisted of adaptation to the disease, family relationship, the nature and treatment of the disease, support from the health care system. At the beginning of the disease, fear and anxiety were experienced. The needs of parents were related to understanding the nature of the disease, social and emotional coping, organizing access to health care. There was a need for information and social support that was expected from meetings and sharing experiences with other families. In order to cope with a child's disease, a smoother work organization in health care institutions is needed.

Conclusions: Parents of children with JIA do not receive enough support and information about child's health problems, social benefits and services. Families should feel supported by the healthcare professionals.

CHALLENGES IN NURSING EDUCATION: NURSES' PERSPECTIVE ON THEIR EDUCATION

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Background: Many studies state that nurses who have graduated from nursing school do not have the skills and competencies expected in a clinical setting. There is a gap between theory and practice, and leaders find that graduates' skills are inadequate. The analysis of nurses' competencies and performance provides valuable insights for creating new plans for the education of qualified nurses, developing nursing curricula, applying new teaching methods and improving the quality of nursing education.

Objective: The aim is to analyse the impact of social and educational changes on nurses' views of their nursing education and nurses' evaluations of their nursing education.

Methods: A cross-sectional survey design was used. Data were collected using an online questionnaire and analysed using descriptive statistics. Data analysis was performed using the data analysis programme IBM SPSS Statistics 22.0.

Results: The sample consisted of nurses working in the hospital departments of the hospital network development plan with at least one year of professional experience as a nurse. 171 nurses responded to the questionnaire. More than half of the nurses fully agree and more than 30% agree that their nursing education was based on scientific research.

Conclusions: Overall, the nurses rate their education as good. The nurses highly value learning-centred learning approaches in their training. Teaching-centred learning approaches were rated rather low. It seems that the nurses are rather satisfied with their nursing education and consider the acquired education as their vocation for life.

WELL-BEING OF PATIENTS AS PERCEIVED BY NURSES

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Background: Higher self-reported patient well-being has been shown to be associated with fewer hospitalizations, first aid and medication use. Regardless of patients' health status, their well-being, which is directly related to health, is important. When a person is ill or has a chronic illness, it affects their wellbeing, so wellbeing is linked to every health-related life experience. Ensuring and enhancing well-being is one of the main goals of nursing.

Objective: The aim of the study was to address nursing activities in Estonian hospitals from the nurses' perspective and to show the relationships between physical, mental, social, and religious nursing care and the characteristics of patient well-being.

Methods: Data were collected in 2021. A quantitative data analysis method was used.

Results: A total of 212 nurses with at least 1 year of work experience in the inpatient department participated in the survey. The study revealed that the most natural activities for nurses are related to the physical nursing care of the patient, as 63% of respondents rated it as very natural. The least natural activities for nurses are related to the patient's religious nursing.

Conclusions: As a result of the study, it can be stated that nurses consider the achievement of the goals characteristic of physical nursing as the most important in their daily work when it comes to the well-being of the patient. Mental health and social nursing are also considered by the nurses as important for the well-being of the patients. The proportion of religious nursing activities is remarkably low.

APPRECIATIVE MANAGEMENT MOTIVATES TO STAY IN HEALTH CARE IN ESTONIA

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Background: Creating an attractive workplace in health care is an issue which will be tried resolve in many countries because of a global shortage of health professionals.

Objective: The purpose of the study was to describe how health care staff in Estonia assessed appreciation and appreciative management to be connected to the country and workplace in which they would choose to work outside Estonia.

Methods: Quantitative descriptive study was conducted by means of an electronic survey among social and healthcare staff.

Results: Over half of the respondents (53.7 %, n=151) had no intention to leave the workplace and more than three of five (64.4%, n=181) had no intention to leave the profession within a year. The more there was appreciative management like systematic management, equality and promotion wellbeing at work the less the respondents were considering moving. Appreciation of know - how had not statistically significant connection to considering moving into the other country.

Conclusions: As conclusion only, few were willing to leave their workplace and/or their profession. Appreciative management may be one issue to further promote workplace attractiveness and staff's intention to stay. The workplaces in health care are part of their country and environment meaning that international reputation of all these three are meaningful when one is wondering where to live and work. This study implied that just few health professionals were willing to leave their workplace and/or their profession or even Estonia. This is a positive acknowledge on which to base the development of health care in Estonia.

THE BURNOUT OF PHYSIOTHERAPISTS IN HEALTHCARE AND SOCIAL WELFARE – A SURVEY BASED ON SELF-ASSESSMENT

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Background: Burnout is the result of long-term work stress and an imbalance between work and rest, which manifests in various areas of life. Burnout decreases professional dedication and affects social relationships at work and in private life, so it is a multidimensional phenomenon with a direct negative impact on physiotherapists, patients and service quality. However, knowledge about burnout and its contributing factors among physiotherapists in Estonia is scarce, but it is crucial for offering qualitative service, improving working conditions and maintaining physiotherapists' sustainability working in healthcare and social welfare.

Objective: Describe how physiotherapists working in healthcare and social welfare in Estonia view the various dimensions of burnout, and to investigate associations with background information and between dimensions.

Methods: The data were collected in 2021 with self-administered web-questionnaire. The target group (n = 99, response rate ~18%) were Estonian physiotherapists employed in healthcare and social welfare. Copenhagen Burnout Inventory was used to measure burnout in three dimensions of respondents: personal, work-related, and patient-related burnout. The data were analysed with statistical methods.

Results: Respondents considered their burnout in the dimension of personal and professional life moderate, but in the patient-related dimension it was low. Respondents estimated their job as emotionally exhausting and physically demanding. The burnout was estimated higher among women and respondents with a professional higher education, lower among respondents with part-time workload.

Conclusion: Based on these results, it is essential to pay attention to the workload of physiotherapists, allow flexible work hours and promote balance between professional and family life.

EMOTIONAL COPING OF NURSING STUDENTS IN MENTAL HEALTH NURSING SIMULATION TRAINING

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Background: Simulation training within mental health nursing is a teaching method used to increase a student's understanding of mental illness and develop empathic practices. Simulation training within mental healthcare has proven to be an effective teaching method within the nursing curriculum.

Objective: The aim of this study is to evaluate the emotional coping of nursing students participating in simulation training and create an educational model for emotional preparation and support in mental health simulation training.

Methods: The research methodology is empirical qualitative content analysis.

Results: Results from the current research can provide lecturers with the information needed to plan the study process more effectively and address the emotional needs.

Conclusions: Simulation training in subjects related to mental health nursing can significantly improve the attitudes of the students, while positively influencing their negative emotions. It can also help to future nurses' emotional preparedness and help them develop and manage their attitudes and emotions, for situations where they must encounter patients with mental health disorders so they can understand and treat them more effectively, which allows them to provide resulting in higher quality nursing care.

DEVELOPMENT OF THE OCCUPATIONAL WELL-BEING OF HEALTH CARE TEACHERS – ACTION RESEARCH IN TALLINN HEALTH CARE COLLEGE

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Background: Health care education is facing common education sector challenges such as aging staff, hurry, digitalization, and COVID-19 pandemic. This study is part of a larger participatory international action research titled Developing Occupational Well-being of Health Care Teachers in Estonia, 2021–2023.

Objective: To describe and evaluate health care teachers' occupational well-being at the pre-test phase of a larger action research project and describe the occupational well-being development plan and related development activities in Tallinn Health Care College.

Methods: The participants of this study were 46 health care teachers (N=100). The data were collected by questionnaire including quantitative and qualitative variables. Data were analysed by statistical method and grouping of data.

Results: Teachers were satisfied with their physical environment in general. Many employees consider their work important, and they were also satisfied with working time arrangements. Based on the pretest results, occupational well-being development plan was created. Improving communication and ergonomic were formed as the main objectives in the development plan. The improvement activities will be part of the college's new development plan. Various activities have been planned to promote occupational well-being and the planned activities have already begun such as seminars about communication and ergonomics in workplace and home office. Results from the development activities are expected in spring 2023.

Conclusions: The information can be utilized to develop occupational well-being long-term in Tallinn Health Care College and facilitate occupational well-being working culture. The results and good practices can support decision making and education at local, regional, national, and international levels.

ESTABLISHMENT OF A POSTPARTUM HOME VISIT MODEL AND ITS IMPLEMENTATION STRATEGY FOR THE DEVELOPMENT OF A COMMUNITY MIDWIFERY CARE EVICE IN ESTONIA

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Background: In the healthcare system in Estonia, there are limited community opportunities in terms of proximity to the home and the availability of woman-centered maternity care services, a postpartum home visit, included. Also the postpartum midwifery service is the least developed service area, there is no uniform model for providing the service and postpartum home visits made by midwives in Estonian regions are based on different institutional models, they are uneven and varying in extent.

Objective: The aim of the study was to describe and analyze the expectations and needs of women for the women-centered maternity care service and develop a model of postpartum home visit and a strategy for its implementation.

Methods: The development project was created and based on a systematic literature review, and analyzing the results of semi-structured interviews in West-Estonian region with women whose last labour was no longer 1,5 years ago, n=5. Different postpartum homevisit models in ohter countries , current situation of community midwifery services, legislative acts and development trends in Estonian healthcare system were analyzed and compaired.

Results: A model of postpartum home visit and a strategy for its implementation for the development of community midwifery services was created, based on the needs and preferences of women and their families, living the West-Estonian community.

Conclusions: The implementation of the home visit model will improve maternity care for women living in rural areas. The development project will be implemented in order to provide accessible women-centered health care services in Lääne County.

HEALTH COMMUNICATION TOOLS IN SUPPORTING MEN DURING ANTE- AND POSTNATAL PERIOD

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Background: The contemporary approach to the ante- and the postnatal period calls for greater participation of men and by men themselves. Even though national health politics have described a necessity for implementing a person-centred approach, it is not clear if and how it manifests in reality, as men continue to feel left out of the ante- and postnatal care process.

Objective: Identify information sources men in Estonia currently rely upon regarding the ante- and postnatal period, both to understand possible areas of development and the potential application of health communication tools to support men in ante- and postnatal care.

Methods: A qualitative study was conducted during which 13 interviews were held with men who met the inclusion criteria. Directed content analysis was performed to explore collected data.

Results: Despite the new standards, there are no targeted support systems in place to address men's information needs in Estonia – a problem highlighted by the COVID-19 pandemic. Currently information access requires advanced skills in source criticality, languages, health and digital literacy. An issue that can be resolved through conscious use of health communication tools, which must be person-centred in form – easily found, user-friendly and logically structured.

Conclusions: In reality, supporting men during the ante- and postnatal period is not based on person-centredness in Estonia. A systemic approach must be developed to further support men. Health communication strategies can mediate such an approach by being able to accommodate to a wider range of skills and preferences.

DEVELOPING THE SEXUAL BEHAVIOUR OF A CLIENT WITH A MENTAL DISABILITY

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Background: Care workers don't pay enough attention to sex education, justifying the desire to protect vulnerable people. To their opinion, teaching sexual topics can cause inappropriate sexual behaviour. However, developing sexual behaviour is an important task for care worker. They complain that there is a lack of training on sexuality and intellectual disability and particular lack of guidance materials.

Objective: To describe the care workers attitudes and knowledge to instruct clients on sexual health and respective behaviour. The outcome is a virtual study material for care workers.

Methods: qualitative study is based on two stages. Thematic interviews with care workers (25) and focus group interviews with sexual behaviour experts (6). The semi-structured interviews took place in Zoom between December 2020 and January 2021.

Results: Care workers consider sexuality of a person with an intellectual disability to be normal, part of life, but its manifestation is mainly associated with inappropriate behaviour at a public place and often when the behaviour is towards themselves. Usually, no prevention is foreseen. The main strategy is isolation. However, majority of care workers are willing to discuss with clients about sexuality, but these discussions follow their own beliefs and not knowledge gained. Many prefer sex education specialist, to talk to people with intellectual disabilities about sexuality. Experts also pointed out the urgent need for training materials covering following topics: vocabulary, basic attitudes in sex education, taboo topics, teamwork, modern approaches to shaping sexual behaviours, communication, different means of expression, hygiene, and diseases.

Conclusions: Care workers are ready to instruct their clients, but they need support and guidance.

PROJECT BANISTER: BALTIC-NORDIC COLLABORATION REGARDING THE ALIGNMENT OF STANDARD KNOWLEDGE WITHIN THE FIELD OF SENSORY INTEGRATION AT THE BACHELOR AND POSTGRADUATE LEVEL

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Background: Sensory Integration (SI) focuses on the collection and processing of sensory input (e.g. tactile, vestibular, proprioceptive). The number of children with special needs is increasing, making SI based treatment important, as difficulties with SI often coincide with learning disabilities and dysfunctional behaviour. The Erasmus+ Strategic Partnership project BANISTER helps to prepare therapists from Denmark, Estonia, Finland, and Sweden with better knowledge about SI and to introduce an evaluation tool “Evaluation in Ayres Sensory Integration” (EASI) to be the first reliable assessment instrument in Baltic-Nordic countries for SI.

Objective: The project aims to develop a Baltic-Nordic Higher Education curriculum to promote professional skills within the field of SI, in order to strengthen the ability of practitioners to conduct a systematic assessment of SI and provide SI intervention within their own countries. In addition, to lay the foundations for future Baltic-Nordic cooperation in the field of SI.

Methods: Providing SI Basic Courses in Estonia and Sweden, starting standardization and validation of EASI, compiling study materials, and conducting the first Baltic-Nordic Sensory Integration Congress.

Results: The study materials were created for SI Basic Course consisting of three modules, and 74 therapists were trained. Altogether 200 on-site and virtual participants from all over the world attended the first Baltic-Nordic SI Congress. The standardization and validation process of EASI was started and corresponding learning materials created.

Conclusions: The impact of the project in all participating countries are improved competencies of students and practitioners which promotes occupational performance of children with special needs.

MENTAL HEALTH OF POLISH MEDICAL STUDENTS AND ITS POTENTIAL IMPACT ON FUTURE WORK IN HOSPITALS

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Background: Medical students are exposed to multiple risk factors during academic and clinical training which deteriorate their mental health and well-being. Additionally, the COVID-19 pandemic fundamentally changed the form of teaching at universities and significantly limited contact between the academic community. Physicians are under additional pressure due to acute stress, frustration, isolation, and a high risk of infection.

Objective: The main goal of the study is to recognize determinants of QoL and mental health in medical students.

Methods: Presented paper is related to two projects, the first (POLLEK) is related to the quality of life and mental health of medical students. The second (METEOR) is focused on the mental health and well-being of European health care workers. Both cross-sectionally projects are oriented on determinants of the quality of life level (QoL) and job retention in hospital care workers such as medical doctors and nurses.

Results: We identified that the major risk factors of hazardous/harmful drinking were male gender. Poor QoL was associated with a poor financial situation and bad self-assessed health status. It is necessary to implement screening of alcohol consumption and develop health promotion programs in medical school. Moreover, we documented a high percentage of dropouts in nurses (29%) and physicians (25%) in Polish partners' hospitals. Now we start to recognize the motivation of job dissatisfaction and determinants of job retention.

Conclusion: We confirmed the urgent need to develop health promotion programs for medical students aimed at enhancing pro-health behavior. Moreover, we documented that physicians or nurses employed in hospitals in Poland need support and health policy recommendations that help them to decide to stay at work.

EDUCATIONAL AND PROMOTIONAL INTERVENTION FOR MENTAL HEALTH OF ADOLESCENTS THROUGH PEER EDUCATION IN LOW RESOURCE SETTINGS – STUDY RESEARCH PROTOCOL

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Background: Studies suggest that the COVID-19 pandemic has affected the mental health of all groups of the population; health workers, the elderly, as well as young people and adolescents, increasing the incidence of suicide, mental disorders, eating disorders, and social isolation.

Objective: The main objective of the study research is to create in high school students a culture of mental well-being by identifying factors, eliminating barriers, and addressing the problem through peer education.

Methods: The study population will include high school students aged 14–18 years old, parents of students involved in the community school initiative and teachers. To intervene as a method is intended to use peer education where one group of students themselves informs the other group. The purpose of the method is to recognize and promote the active role of adolescents who become aware and protagonists of their education.

Results: It has been seen that this model is more effective as young teenagers are more inclined to talk to their peers about delicate issues such as mental health education, with a significant difference from the interventions undertaken by adults. The project initially aims at recruiting and educating the peer group of educators, and the next phase is the intervention by the teenagers themselves in the high school, in addition to the final presentation of the project with parents and teachers.

Conclusions: Positive approach due to study research protocol of educational institutions with wide participation of students and teachers.

ASSOCIATION AND PREVENTION OF WORK-RELATED MUSCULOSKELETAL DISORDERS IN RADIOLOGIC TECHNOLOGIST STUDENTS ´ FUTURE PRACTICE

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Background: In 2019, work-related musculoskeletal disorders (WRMSD) were the second most common cause of sick leave in Austria. Interventions such as training or implementing ergonomic changes in the workplace can reduce WRMSD. As the 2012 EU Health Literacy (HL) survey indicates a problematic level of health literacy in Austria, health literacy should be strengthened during vocational education and training.

Objective: The objective was to develop occupation-specific workshops for radiologic technology students to improve their HL to reduce WRMSD and to identify possible relationships between awareness of MSDs and work scenarios.

Methods: 51 students participated in four 45min workshops with different contents (“ergonomic computer work”, “transfer from bed”, “transfer from wheelchair”, “Balancing exercises”). A self-developed questionnaire with the parts "satisfaction with the workshop" and "future application in professional practice" was used for evaluation. Descriptive statistics, correlation analysis and linear regressions were applied to identify predictors for the transfer into practice.

Results: The most common self-reported complaint is lower back pain (56%). In addition, significant correlations (all $p < .05$) between 0.32 to 0.5 were found between the benefit of our workshop content for future practice and the intention to transfer this content into practice. Furthermore, the regression model identified MSDs among our participants as significant predictor for applying the workshop contents into a future work environment.

Conclusions: The results show an association between workshop content and the intention to transfer its contents. Interestingly, the occurrence of MSDs might be a predictor for transport the topic “patient transfer” into a future work environment.

MOTHER-CHILD RELATIONS IN THE SOVIET ESTONIAN MAGAZINE NÕUKOGUDE NAIN, 1952-1989

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Background: Monica Rüthers (2019) suggests that within Soviet propaganda, constructing visual representations of ‘happy childhood’ played an important role. However, the depictions of the relationship between mother and child and to what extent it was used as a propagandistic tool have not been studied extensively so far. This research analyses the depictions of mother-child relationship in the widely read weekly magazine *Nõukogude Naine [Soviet Woman]*, which was published in Soviet Estonia in 1952-1989 and intended to promote the ideal Soviet woman (Peri 2018).

Objective: This presentation analyses how mother-child relations were introduced and depicted in state publication *Nõukogude Naine [Soviet Woman]* in Soviet Estonia in 1952-1989. This research is situated within the discipline of health humanities. A study of historical representations of motherhood allows contemporary health care professionals to better understand challenges related to mother-child relations and wellbeing.

Methods: For this research, author carried out visual analysis of the illustrations published within the popular Soviet Estonian women’s magazine *Nõukogude Naine [Soviet Woman]* in 1952-1989. The photos and drawings related to motherhood and mother-child relations were analysed in terms of existence of state symbols or references to communist or socialist ideology.

Results and Conclusions: This research demonstrated that although motherhood as a concept was often used for propagandistic reasons in Soviet Estonia, the actual depictions of mother-child relationship in state-controlled media were generally void of references to communist or socialist ideologies. Values praised by communism were mostly expressed through references to school or kindergarten.

STRATEGIC PLANNING OF HEALTH PROMOTION IN ESTONIAN LOCAL GOVERNMENTS – OPPORTUNITIES AND OBSTACLES

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Background: Although the health and well-being profile provides input for the work of the health promoter, the development and updating of these mandatory strategic documents have not been sufficient since the administrative reform in Estonia. In addition to a lack of knowledge and skills, there are additional barriers that need further research and explanation.

Objective: Explaining the attitudes, needs and opportunities of Estonian local government leaders in the context of strategic planning of health promotion and the efficient use of the health and well-being profile.

Methods: Data were collected by semi-structured interviews, the results of which were later analyzed using qualitative content analysis. The use of the convenience sample allowed local governments to be filtered into three groups - the first group had recently updated their health and well-being profile, the second group had started updating their health and well-being profile, and the third group had not recently updated or started updating their health and well-being profile.

Results: A couple of local government leaders claimed that the local government's development plan is the main strategic document and combining it with the health and well-being profile would make the process of strategic planning more complex. However, another group of leaders are convinced that it provides a good overview of the health condition of the population and thus assists with planning and developing the community.

Conclusion: Lack of time, knowledge and financial resources are the main reasons for insufficient strategic planning of health promotion in local governments.

WILLINGNESS TO GET VACCINATED AGAINST COVID-19 AND ITS RELATIONS TO THE USE OF DIGITAL TECHNOLOGY FOR HEALTH PURPOSES AND HEALTH INFORMATION SEEKING AMONG ESTONIAN OLDER ADULTS

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Background: Vaccination is one of the most effective ways to protect oneself against Covid-19. The most vulnerable contingent on Covid-19 has been older people.

Objective: This article analyses the relationships between willingness to get the Covid-19 vaccine, readiness to receive health information using digital technology, and health information seeking among ≥ 50 people living in Estonia.

Methods: A cross-sectional survey was conducted one month after the end of the first lockdown in the summer of 2020.

Results: According to the results, 268 (53.5%) respondents agreed to vaccinate, 153 (30.5%) expressed skepticism, and 80 (16%) were against it. Being male and having a higher education level significantly supported vaccination readiness. The more often the respondent felt the need for health information and the more recently (s)he had searched the internet for it, the more (s)he agreed to be vaccinated. A weak positive correlation ($\rho = .25$, $p < .01$) emerged between vaccination readiness and the need for a digital health application. Those interested in vaccination tended to use a wider range of health information sources than uninterested and hesitant respondents. The difference was statistically significant, $p < .05$, $F(2,498) = 3.52$, $\eta^2 = .014$.

Conclusions: The results indicate that being online expands the range of sources of health information and broadens the possibilities for making better health decisions among older adults, which is especially important during a crisis. This must be considered when developing health communication strategies.

PHARMACY-BASED VACCINATION PATIENTS' PERCEPTION DURING THE SECOND WAVE OF COVID 19 IN ESTONIA

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Background: In Estonia, the influenza vaccination coverage poor among people over 65 only 15% (EU average 42 OECD,2021 Engagement of other healthcare professionals and settings are considered effective to reach patient groups at risk.

Objective: To evaluate public experiences and expectations towards pharmacy-based influenza vaccination and willingness to vaccinate against COVID 19.

Methods: Quantitative cross-sectional survey among pharmacy customers who received influenza vaccination in community pharmacies (n=15) in October November 2020. Validated survey instrument consisted of 17 multiple choices and open-ended questions and was available in Estonian and in Russian. An Ethics Committee approval (No 327T 29) was received for this study.

Results: Of 382 study participants 65% (n=248) were female, 23 % over 65 years old and 19% had at least one chronic condition. For 21% participants received flu vaccination first time and for 69% it was first time to receive it in a community pharmacy. The decision to vaccinate in pharmacy was influenced by the convenient access to the service (location and opening hours). Satisfaction with the pharmacy-based service was high (92%) and most of participants (95%) would recommend it to others. More than 3/4 participants would have been willing to vaccinate against COVID 19 and considered pharmacy accessible for this service. Lack of information about COVID 19 vaccines and fear about potential adverse drug reactions were considered as a main barrier for vaccination.

Conclusions: It is important to employ different settings and specialists in healthcare to deal with emerging health threats. Pharmacy based vaccination service is highly valued by pharmacy customers.

USER EXPERIENCES OF THE NATIONAL DIGITAL DECISION SUPPORT SYSTEM

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Background: Digital Decision Support System (DDSS) supporting clinical decision-making. Its use is increasing worldwide. National DDSS was implemented in 2020 at primary care level. This is a first-time user experience study.

Objective: To describe user experiences of the national DDSS.

Methods: Qualitative, descriptive study. Semi-structured interviews were conducted among family physicians (n=9), as well as casual observations of the patients' health records visited family physicians of the one primary health center were conducted. Ethical approval was obtained.

Results: Family physicians in general were positive about using the DDSS. They found that it supports their clinical work, including prescribing medicines. At the same time, family physician stated that there is a need for developments and improvements. As a result of the observation, it was found that some of the recommendations provided by DDSS were not related to the patient. DDSS displayed previous patients' data. Based on the health records' documentation, doctor followed one of three recommendations provided by DDSS. The system offered an empty cell to the user, while clicking on it reveals a treatment recommendation. One of the warnings remained incomprehensible since the analysis result was not found.

Conclusions: Insufficient documentation of patients' health records affected reading of data by the DDSS and offering recommendations. Systematic evaluation is important in evaluating the quality of decisions and improving the user experience. In the future, observation of the patients' health records on a larger scale to evaluate the recommendations provided by the DDSS and the activities documented by the physicians should be considered.

KNOWLEDGE, ATTITUDES, AND BEHAVIORS OF PRIMARY HEALTH STAFF ABOUT PALLIATIVE CARE

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Background: Globally, the need for palliative care will continue to grow because of the aging population and the rising prevalence of a range of non-communicable diseases as well as some infectious diseases. The health care team is important in providing palliative care and supporting patients and their families.

Objective: The objective was the assessment of the knowledge, attitudes, and behaviors of the health staff will help to address the barriers that prevent the provision of palliative care and design interventions that increase ability and improve attitudes, and skills of health staff about palliative care.

Methods: This descriptive study was conducted among a representative sample of 254 health staff in rural and urban areas. The data were collected by a semi-structured questionnaire.

Results: Health personnel has a lack of information, misunderstandings, unfair attitudes, and inappropriate behavior on many issues related to palliative care, with no obvious differences between the districts included in the study. 71.1% of health personnel had no information on the services that offered palliative care in their areas or at the national level. There were unprofessional attitudes regarding the continuation of end-of-life care, and only 58.7% of staff preferred to provide palliative care at home. Most of them had no experience in palliative care, and 82.7% had never been in palliative care training.

Conclusions: Capacity building of primary health care personnel through their continuing education is necessary to enable them to provide quality palliative care.

10 YEARS OF BREASTFEEDING COUNSELLING SKILLS BLENDED INTENSIVE INTERNATIONAL COURSE FOR HEALTHCARE STUDENTS

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Background: With the global target of exclusive breastfeeding rate 70% by 2030 there is a great need for educated and skillful multi professional healthcare teams to support, protect and promote breastfeeding. Health-facility staff who provide maternity and infant feeding services, including breastfeeding support, should have sufficient knowledge, competence, and skills to support women to breastfeed. The Erasmus+ programme for the period 2021-2027 supports the take-up of digital technologies, innovative and open pedagogies in education and training and is also designed to reach out to a larger and more diverse group of students and staff in higher education.

Objective: The objective is to facilitate collaborative online learning exchange and teamwork with different healthcare professionals.

Methods: Several stakeholders' views are presented on the course to give a decent overview of the field. Teaching methods like simulations and seminars enable students to gain international perspective about breastfeeding and parenting and to be prepared for evidence based culturally sensitive breastfeeding counselling.

Results: Training and continuity of care and workload management supported by national breastfeeding policies could improve breastfeeding rates and experiences. After the course, students can give clinical breastfeeding counselling and help mothers with lactation problems. Depending on the national standards the trainees receive either a certificate of breastfeeding counsellors or a certificate of attendance.

Conclusions: Intercultural experiences will help the development of intercultural sensitivity and health care workers' ability to interact and work with patients from different cultures. The course also has the role of mediator of contacts: it connects hospitals, peer organizations and health care providers to share their experiences which has led to some collaboration spin offs.

CHALLENGES AND OPPORTUNITIES OF PATIENTS WITH DEMENTIA IN HOME HEALTH CARE

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Background: Alzheimer's Disease International estimates that 75% of people with dementia are not diagnosed globally, with that rate believed to rise as high as 90% in some lower and middle-income countries. The number of people living with dementia – estimated to stand at 55 million in 2019 – is expected to rise to 139 million in 2050, according to the most recent World Health Organization figures.

Objective: to analyze the experiences of a community nurse and caregiver in nursing of patient who suffering dementia at home.

Methods: Qualitative research was performed: a semi-structured interview analyzing the data using the content analysis. The study involved 9 nurses and 7 caregivers.

Results: Community nurses encounter the following problems of practice: lack of time, stigmatization of the disease, insufficient of communication and cooperation with the patient, his/her caregivers and other members of the health care team, integration of caregivers to the nursing process. Caregivers of patient with dementia point out the burden of nursing and the need of interrelation with community nurse.

Conclusions: Constant and continuous interrelation with the community nurse, direct and indirect contact using various modern forms and methods of communication, organizing and implementing specialized training could ensure quality of health care of patient with dementia.

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