

| HEALTH CARE                           | PRESENTER   | TITLE   | ABSTRACT   |
|---------------------------------------|---|---|--|
| <b>TUESDAY 23.3.</b>                  |   |   |  |
| 9:00 (CET) /<br>10.00 (Finnish time)  | Botha, Elina  | Don't shake the baby!<br>Mothers' self-efficacy,<br>satisfaction and<br>excessive infant crying<br>during the postpartum<br>period. | Presentation by PhD researcher/senior lecturer Elina Botha.  |
| 10:00 (CET) /<br>11.00 (Finnish time) | Pirhonen,<br>Jukka-Pekka                              | Cutting out hereditary<br>diseases and other<br>future possibilities of<br>health technology.                                       | Health technology is a rapidly growing field with constant innovation, and it will also become one of Finland's main exports in the near future. Come listen to a quick overview on the wild possibilities these novel technologies will bring with them.  |
| 12:00 (CET) /<br>13.00 (Finnish time) | Östring, Elina  | Cognitive ergonomics.   | Digitalisation and information work have increased and influenced the work and the demands of the work. Work is carried out under conditions that increase brain load: floods of information, disturbances, interruptions and time pressure weaken a person's ability to cope with work which includes a lot of information and brain work. Not forgetting how to manage with new tools and practices.<br>When the demands of work are consistent with the abilities and limitations of human information processing, people have the opportunity to do their best at work. Good cognitive ergonomics improves the productivity and well-being at work: work is more fluent, human error is reduced and work is better for everyone. During the lecture, the load factors and solutions related to information and brain work will be discussed. |
| 13:00 (CET) /<br>14.00 (Finnish time) | Isokoski,<br>Annukka                                  | Gender and Health.  | Lecture about gender and health.   |
| 14:00 (CET)/<br>15.00 (Finnish time)  | Lagnason,<br>Rhea, Makona,<br>Sylvia, Piirto<br>Sarah | Incorporating the<br>"Foreign" in Nursing at<br>Tamk.   | Join the lively discussion hosted by students from 20Nurse group, sharing feelings, comments and feedback with the focus on incorporating the foreign in nursing, studies and practice.  |
| <b>WEDNESDAY 24.3.</b>                |   |   |  |
| 9:15 (CET)/<br>10.15 (Finnish time)   | Kangaspunta,<br>Johanna                               | Major incidents/Acute<br>care nursing.  | Lecture: What is a major incident? How can you prevent, prepare and act in case of major incident?   |
| 10.00 (CET)/<br>11.00 (Finnish time)  | Kangaspunta,<br>Johanna                               | Major incidents/Acute<br>care nursing.  | Lecture continues: What is a major incident? How can you prevent, prepare and act in case of major incident?   |
| 12:00 (CET)/<br>13.00 (Finnish time)  | Hakala, Ella,<br>Laiho, Sanna,<br>Varamäki,<br>Katja  | Internationalisation in<br>the Degree Programme<br>in Nursing.  | Presentation and discussion: International and global degree programmes in Nursing. Studies are organised in English and partly in Finnish, with possibilities for internationalisation during the studies.<br>In the future, there will be more emphasis on international students' Finnish language studies and skills. Let's discuss how to provide quality education, and how to ensure good communication skills in Finnish and English for future nurses working with clients and patients in the global health care field.  |
| 13.00 (CET)/<br>14.00 (Finnish time)  | Hautsalo, Katja                                       | Brain health and<br>wellbeing.  | In this workshop we will first have a look to basic elements of brain health, and we will try to break a few myths related to them. There will be also small group discussions of participants' own views on brain health. Do good to your brain!  |
| 14.00 (CET)/<br>15.00 (Finnish time)  | Jones McGuire,<br>Jaez-Shadey,                        | Experiences as an<br>international student<br>living in Finland.  | In this presentation the students from 18Nurse group will share their experiences and feelings after being an international nursing student in Tampere for over two years.   |

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|                                      | Malackanicová,<br>Bianka                    |   |   |
| <b>THURSDAY 25.3.</b>                |   |   |   |
| 9:00 (CET)/<br>10.00 (Finnish time)  | Heinonen,<br>Tarja                          | Virtual Lab for Social<br>and Health Care - close<br>to users and<br>companies. | The presentation will focus on TAMK's Virtual Lab for Social and Health Care, which is an innovative learning and RDI environment for companies, service providers, TAMK's teachers and students. In the Virtual Lab we focus on remote and digital services such as telerehabilitation and remote care.  |
| 10:00 (CET)/<br>11.00 (Finnish time) | Isokoski,<br>Annukka,<br>Smolander,<br>Nina | Patient's Digital<br>Guidance -<br>International<br>Curriculum<br>Development.  | This presentation will introduce intensive and successful international project's results and achievements.   |
| 12:00 (CET)/<br>13.00 (Finnish time) | Annion,<br>Marianne                         | Simulation in<br>Undergraduate Mental<br>health Nursing<br>Education.           | <p>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.</p> <p>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. 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. 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.</p> |
| 13:00 /CET)/<br>14.00 (Finnish time) | Taulo, Gitte                                | Short exchange in<br>Tenerife.  | This presentation will share experiences Senior Lecturer Gitte Taulo has planned and organized for Tamk Nursing students to visit different health care facilities in Tenerife, Spain.  |