

TALLINN HEALTH CARE COLLEGE



**From
Higher Education Institutions
to Community**

Tallinn Health Care College International Week Conference „From Higher Educational Institutions to Community“. May 18-22, 2009.
Tallinn, Kohtla-Järve, Estonia.

Thesis review board:

Tiina Juhansoo

Mare Tupits

Virge Lind

Lilian Ruuben

Tõnu Kauba

Urve Kaasik-Aaslav

Piret Tamme

Edited by Tiina Juhansoo

Corrector: Gunnar Riisenberg

©Tallinn Health Care College and authors

Materials from the book can be used with references for educational purposes

Print: Auratrükk

ISBN 978 – 9985 – 9907 – 6 - 6

Printed with support from Lifelong Learning Programme/ERASMUS



TALLINN HEALTH CARE COLLEGE



From Higher Education Institutions to Community

Tallinn 2009

Contents

Welcome

As a Vice-Rector of Tallinn Health Care College, it is my pleasure to welcome you on the International Week of Tallinn Health Care College "From Higher Educational Institutions to Community", May 18-22, 2009.

This week is a milestone, presenting activities and research of students and teaching staff during a study year, giving possibility to present and introduce findings and outcomes to the community, discuss and make plans for future development and cooperation in the field of health care, welfare and pedagogy. This week is also for teacher, staff and student exchange and presentations in the framework of Lifelong Learning Programme/ERASMUS.

In this booklet you will find thesis in the alphabetical order. The number before the heading is also the number of the poster. At the end of the thesis you can find additional information: O.P. – oral presentation, P. – poster presentation and index of authors. I hope that this will help you to make easier to find the needed information.

I wish you a successful conference week and pleasant stay in Tallinn.

Tiina Juhansoo
a Vice-Rector of Development and International Relations of Tallinn Health Care College

Tallinn, May 2009

CONTACT LENS MATERIALS

Anastassia Abõzova, Regina Entson, Marek Leppik, Kerli Tarkin,
Svetlana Tsementkevitš, Kristina Valner, Tallinn Health Care College, Estonia

The main key-words used in the report, were: contact lens materials, polymethymethacrylate (PMMA), silicone hydrogel, hydroxyethylmethacrylate (HEMA), rigid gas permeable, hydrogels, soft lenses, hard lenses etc. One of the main resources was 'Contact lens materials' by B.J. Tighe, and 'Contact Lenses' by A. Phillips and L. Speedwell. We also used many internet resources to get more up-to-date information. The progress of contact lens materials has been quite fast in the last decade. But up until the late 1970's, contact lenses were only made from two materials. Hard contact lenses were made of PMMA, while the soft contact lenses were made of a hydrated polymer, HEMA. Nowadays the choice is much wider. PMMA is now obsolete, and is replaced with rigid plastics, mostly hydrophobic materials with high oxygen permeability. These lenses are called rigid gas permeable lenses. There is also a new hard lens material - Cellulose Acetate Butyrate. For the manufacture of soft lenses, HEMA is being replaced by polymers which contain as much as 80% water. There are new soft lens materials such as silicone rubber, hydrogel, silicone hydrogel. Rigid and soft contact lenses are the two main types of corneal contact lenses available today.

O.P., P.

OVERVIEW OF ACRYL: HISTORICAL VIEWPOINT

Tiina Alango, Siret Sepp, Kersti Kontus, Tallinn Health Care College, Estonia
Mentor: Tõnu Kauba, PhD, Tallinn Health Care College, Estonia

The taking into use of acryl in medicine was preceded by the use of caoutchouc at the end of the 18th century, especially the familiarizing with caoutchouc's vulcanizing process in the midst 19th century. Getting to know the polymerizing in the beginning of the 20th century enabled the spreading of acryl until today.

Nowadays, acryls are being used that are processed in different ways. In dental technology, hot, cold or light hardening acryls are known, all of which have different physical qualities.

Differently processed acryls are in use with various dental technological purposes, meeting with serving different dental restoration purposes.

In dental technology studies, the cornerstone in material studies is the understanding of reasons why certain substances are used. Influencing acryl in longitudinal observations or in short-term influencing with physical factors has been the main contents of research work since 2006.

O.P., P.

AUDIT – THE MULTI-PROFESSIONAL TRAINING PROGRAM IN HELSINKI

Leena Alho, Coordinator, City of Helsinki, Finland
Hillevi Öfverström-Anttila, Coordinator, City of Helsinki, Finland

We present the Audit - method which is based on the manual: Babor TH, Higgins – Biddle JC, Saunders JB, Monteiro MG. (2001). "A U D I T. The Alcohol Use Disorders. Identification Test – guidelines for Use in Primary care". The Audit-method contains issues like: why it is important to screen for alcohol use, the development and validation of the AUDIT, administration guidelines, the context of alcohol screening, scoring and interpretation, and how we could help clients.

We present how we apply this method multi-professionally.

We have developed a multi-professional training program for implementing the AUDIT - method into practice. We train social workers and nurses; first – theory part, second – they practice and use the method in their own work and third – we discuss their experiences and give some supervision. Finally, we ask them for feedback in order to evaluate the training program, so that we could develop it further.

P.

LLP/ERASMUS EXCHANGE TEACHER OF MIDWIFERY AND NURSING IN TURKU, FINLAND 2008

Irena Bartels, Tallinn Health Care College, Estonia

I give lessons to the pregnancy and delivery module. The unit's main speciality means specialization as a result of which a student acquires the knowledge, skills and attitudes. We did auditory work and seminars. Practical work is carried out in study environment in the forms of a practical course and training lessons. My aim was to educate midwives, who will be capable of taking on independent responsibility for following up the normal processes of pregnancy. After the lessons, the student has acquired a minimum level of competence to start up and to practice with families and pregnant women. The students have competence by the family planning and advice services, including draw up programs for parents-to-be to prepare for their future role. They can establish pregnancy, monitor normal pregnancies, and undertake examinations of normal pregnancies.

P.

MAIN STEPS IN THE HISTORY OF DENTAL TECHNOLOGY: A REVIEW

Mihhail Belousov, Merili Birnbaum, Evely-Katrin Heinaste, Kristel Kallas, Katrin Krebes, Kätlin Käsper, Mari Neeme, Helen Laadi, Loore Laine, Anastasia Maksimova, Andry Tulp, Marianne Tõnts, Virko Volmer, Tallinn Health Care College, Estonia

Mentor: Tõnu Kauba, PhD, Tallinn Health Care College, Estonia

The goal of the review was to understand the main steps of dental technology development from the start of ages until nowadays, with special attention to 20th century. The main key-words used were: history of dentistry, history of orthodontics, ceramics, implants, gold, acrylic teeth etc. The Journal of Prosthetic Dentistry was more important from evidence based sources. Material was collected in the frames of the subject 'Basics of Research Work'. Every student made a research in certain history period. The authors had some difficulties with working through the literature in foreign language, especially in a situation where it was easier to use overviews in Estonian language, made earlier by other authors. A significant conclusion in the getting to know of the history of certain technologies was that the development took place in accordance with the technical possibilities of certain historic era. The appliance of new materials or technologies was connected with inventions and with new possibilities in other subject fields primarily up to the 20th century. During the last hundred years, the development of dental technology can be described as independent, resulting from the objective research work made by bigger companies.

O.P., P.

ASSESSMENT OF NEEDS IN RIGAS KURZEMES DISTRICT SOCIAL SERVICES DAY CENTER "ĀBELŽIEDS" FOR ADULTS OF AGE.

Liene Blumbeka, Janis Urtans, Elva Pule,
Karolina Laudobele, Riga Stradins University, Latvia

The main objective of the project was to improve the services in recently built social centre for elderly people. The aforementioned centre is located in Riga, Kurzemes district, particularly a multicultural suburb called Imanta which is located on the left bank of river Daugava. The population is 134000 people, 36% of whom are Latvians and 46% Russians. The main task of the project was to identify the needs of elderly people. In order to collect the needed information, all participants were divided into two groups: (1) elder people, who had visited the social centre, and (2) people who had not visited the centre. This was a great opportunity for the students to use their theoretical knowledge in practice and to connect their theoretical knowledge with practical activities (field practices, development of the project's idea). It is very important for students to implement projects like this, because in this process we get the experience of something new. We assess, analyze and look out a settlement for one group of community. The aim of our work is to espouse inclusion in community for adults of age in Riga's Kurzemes district social services day-centre "Abelzieds".

P.

URINARY INCONTINENCE IN OLD AGE AND ITS EFFECT ON ELDERLY PEOPLE'S LIFE QUALITY

Helle Borissov, RN, Anne Ehasalu, MA, Tallinn Health Care College, Estonia

The aim of the research work is to describe urinary incontinence in old age and its effect on elderly people's life quality. In this research it became obvious that urinary incontinence is an extensive problem among elderly. Stress urinary incontinence is common among elderly women and overflow incontinence among elderly men (Timberg and others 2003: 204). Urinary incontinence is a condition that is associated with decreased quality of life. It is unpleasant, causes social isolation and is often the reason why relatives admit elderly to long-term institutional care. Patients are not always aware that there are treatment options available and so they attempt to manage the problem alone. Nurses should ask patients more actively about their bladder control and teach them primary therapy. Health behaviour changes, using pelvic floor exercises and bladder training program, elderly can reduce the incidence of urinary incontinence. Nurse can dramatically improve their quality of life by helping the patient to acknowledge their problem and offering simple treatment options.

P.

HISTORY OF PHARMACY: THE OLDEST CHEMISTS IN LATVIA

Inese Bunga, Principal of Riga 1st Medical College, Latvia
Ausma Cebere, Deputy Principal of Riga 1st Medical College, Latvia

The oldest chemists in Latvia, called Council Chemist's or Great chemist's, started to work from 1357. Beginning from 1409, the Riga chemist Gerlak was mentioned in accounts, being also Riga's first chemist. From 1643, the Great chemist's belonged to chemist and doctor Martini-Himzelis family. The Martinis and Himzelis were famous collectors. Nicholas Himzelis's will shows that on the basis of their collection the present Riga Museum of History and Shipping was founded in 1773, later distributed to other museums. With the end of Himzelis family by 1758, the Great Chemist's was liquidated. The second Riga chemist's was founded in 1750. It was called Small or Elephant Chemist's. Among the chemists of Elephant Chemist's, the most known were Johan Gotlib Struve (1773–1813), and especially well-known was his descendant David Hieronim Grindelis (1776–1836). At the time of Grindelis, Elephant Chemist's alongside with closely located Domschool and the houses of doctor Johan Dirzen (1770–1804) and Ludvig Dirzen (1797–1835), formed the centre of Riga's scientific life. The third old chemist's was founded on January 17, 1655 by Samuel Keller from Mecklenburg, and until the twenties of 20th century it was the oldest chemists' of Riga.

P.

LLP/ERASMUS PROGRAMME AS AN IMPORTANT TOOL OF INTERNATIONALIZATION

Eve Epner, BA, Gunnar Riisenberg, BA, Tallinn Health Care College, Estonia

The Erasmus program has acted a leading role in the internationalization of national, European and international higher education. The general aim of Erasmus program is to create an European Higher Education Area and foster innovation throughout Europe.

In 2007, Erasmus became part of EU's Lifelong Learning Program, and in addition to student/teacher exchange, Erasmus expanded to new areas such as student placements in enterprises, university staff training and teaching for enterprise staff. Studies show that a period spent abroad not only enriches students' lives in the academic field, but also in the acquisition of intercultural skills and self-reliance. Speaking about staff training, the authors had the possibility to get to know the organizing of student/teacher exchange at Helsinki Polytechnic STADIA in February 2008. With the mobility, teachers gain new ideas and experiences for teaching later in home institution; staff members get fresh ideas for re-organizing their everyday work in the organization. A positive impact of Erasmus is also on the quality of teaching and learning, as the mobility of international students and teachers has led to the introduction of new teaching methods and exchange of good practices. It has also triggered the modernization and internationalization of college curricula.

P.

COMPARISON OF SELF-EVALUATIONS OF THE ENTRANTS AT HELSINKI METROPOLIA UNIVERSITY OF APPLIED SCIENCES AND TALLINN HEALTH CARE COLLEGE

Elina Eriksson, PhD, RN, THT, Metropolia University of Applied Sciences, Finland
Ülle Ernits, MSc, Reine Kadastik, MD, Tallinn Health Care College, Estonia

Tallinn Health Care College together with the faculty of health care and nursing of Helsinki Metropolia University of Applied Sciences, Finland carried out a research in which the following student groups were questioned: all candidates for nursing and midwifery studies, the students having passed a 1,5 period of studies, students before the graduation, and alumni one year after graduation.

The objective of the project was to research the selections of the candidates and already accepted students in health care subjects of applied higher education institutions; also to research the motivation, development and skills of students after they had been accepted and during their studies.

In Metropolia, the research was carried out in 2004 and 2005, in Tallinn Health Care College it was held in 2007. In the research, a table is presented about the comparison of personality qualities of fresh students in the two colleges.

P.

MORAL DECISION-MAKING AND END-OF-LIFE ISSUES IN THE NETHERLANDS

Philip Esterhuizen, RN, BA, MSc, PhD, Hogeschool van Amsterdam,
The Netherlands

Since the introduction of laws governing euthanasia in 2001, practice has demanded that health care staff become more aware of their role and responsibility towards their patients. At the same time, changing attitudes regarding death and dying within Dutch society necessitated a reappraisal of values within the foundation of health care institutions.

These developments, and discussion regarding the possibilities and implications of end-of-life decisions- and more specifically the decisions regarding withholding/continuing of treatment, together with more personalised interactions between patients and health care providers, indicated the need for schooling.

In this presentation, I provide an overview of the processes guiding end-of-life decisions in the Netherlands and discuss an educational programme provided for multidisciplinary teams within a framework of reflective practice.

O.P.

ETHICS AT A BACHERLOR'S LEVEL: HOW DOES ONE APPROACH THIS TOPIC WITH SCHOOL LEAVERS?

Philip Esterhuizen, RN, BA, MSc, PhD, Hogeschool van Amsterdam, The Netherlands

An ethics module introduced into the initial nursing curriculum in the second year implies presenting this set of lessons at a level that meets the interest, capacity and capability of school leavers. Yet preparation for the moral questions that arise during their practice placements is imperative and provides an important foundation for their professional development as health care professionals.

The link between the philosophy of care, end-of-life decisions and ethical reasoning has been well documented in the literature; however recent research (Adriaansen, 2007) shows that few initial nursing curricula in the Netherlands include palliative care.

In this presentation I discuss the place and role of an ethics module in the initial nursing curriculum and debate the teaching formats considered in an attempt to engage young student nurses. The module objectives are presented in terms of providing them with the knowledge and skills necessary to deal with the ethical and moral situations they encounter.

O.P.

INSTRUCTIONS FOR CONTACT LENS WEARERS

Alesja Fukaljak, Piia Ilves, Hedi Kalamees, Mailys Luigend,
Kristi Märtson, Tallinn Health Care College, Estonia

As with all types of contact lenses, there are basic guidelines which must be followed to protect and enhance your sight. Regular check-ups are important to maintain peak performance and healthy vision. High standards of hygiene are essential. Never wear lenses for longer than the prescribed period. Cleaning, rinsing and disinfecting are essential each time the lens is removed to be re-inserted. Never re-use the solution in your lens case. Use fresh solution each time lenses are removed. Never use tap water to rinse either the lens or the lens case. In case of redness, irritation or blurred vision, immediately remove your lenses and contact your eye care professional. Whilst contact lenses may be your preferred eye wear, spectacles are an essential back-up. The wearing of contact lenses causes changes in the cornea in terms of structure, turnover, tear production and oxygen and carbon dioxide levels. These changes in themselves can produce problems and may also exacerbate pre-existing conditions. Contact lens related problems may also be associated with the type of lens used (e.g. soft, rigid, gas permeable), the frequency with which the lenses are changed, the cleaning systems used for the lenses as well as wearer related factors.

O.P., P.

ERGONOMIC HAZARDS AT OCCUPATIONAL THERAPIST'S WORKPLACE

Lija Gadzhialieva, Olga Novikova, Margarita Kirichenko, Riga Stradins University, Latvia

In Latvian Professional Standard of Occupational Therapist (OT), it is mentioned about ergonomic hazards which may affect OT at their workplace. These factors include physical (intensity), psychological (stress), biological (viruses, bacteria) and chemical agents. The aim of the project was to evaluate ergonomic hazards at OT's workplace and suggest recommendations for changes in work environment according to principles of ergonomics. Participant for this study was OT who works in Children Rehabilitation Centre located in Riga, Latvia. The following was used: a semi-structured interview, photography, observation of OT's workplace, as well as PLIBEL, a method for identifying ergonomic hazards (K. Kemmlet, 1986) for acquiring data. The physical and the psychological factors are two main types of ergonomic hazards which may affect OT. The most affected by the physical ergonomic hazards were neck, shoulders and back due to not always having a neutral work position. For instance, positioning of the child with high spasticity requires higher physical activity. The psychological factors included high stress risk due to work with clients with mental retardation or autism spectrum disorders which require high level of concentration for OT.

P.

E-LEARNING COMMUNITY = E-LEARNING AND COMMUNITY

Eha Hõrrak, MD, MA, Tõnu Kauba, PhD, Tallinn Health Care College, Estonia
Mentor: Liene Saukuma, lecturer, Riga Stradins University, Latvia

E-learning is becoming an influential factor in higher education and in Tallinn Health Care College today. According to our E-learning Development Plan 2008-2013, we will have about 135 ECTS e-learning courses and content packages in Moodle and IVA environment. Mostly the courses are planned as blended learning courses, as the meaning e-learning no longer applies merely to distance learning, but also to more traditional courses that have incorporated electronic elements into the day-to-day teaching and learning process.

E-learning environment helps to work on the basis of individual time schedule and to be independent from location.

P.

GRUNDTVIG PROGRAM PROJECT: MINDWELLNESS – IMPROVING LEARNING CAPACITIES AND MENTAL HEALTH OF ELDER PEOPLE

Tiina Juhansoo, MD, PhD, Anne Ehasalu, MA, Merike Kravets, Ülle Kivisild, MA,
Eda Mürsepp, RN, MSc, Zelda Fain, Tallinn Health Care College, Estonia

Aging is a common problem in Europe. In advanced old age it is very important to preserve the individual's independence. Remaining fit in higher age, preserving activity, being able to work and to gain new experiences is becoming vital. According to recent studies, memory training can stop or slow down the process of dementia. It is clear that not only the body, but also the mind should be trained to keep it fit and operable.

The aim of the project MINDWELLNESS is to collect together the best practice materials and exercises according to brain training, systematize and provide a webpage for the training of elderly with the project partners (UGT – Euscadi, Inveslan, Spain; Volkshilfe Steiermark Gemeinnuetzige BetreibsGesmbH, Austria; Institut für projektbegleitung und Kompetenzentwicklung prokompetenz – e.V, Gemany; Arhus social- og sundesskole, Denmark; Tallinn Health Care College, Estonia; TREBAG – vagyon- es Projektmenzse Kft, University of Pecs, Hungary; S&T Societa Cooperativa, Italy; PRO-MED Spolka z ograniczona odpowiedzialnoscia, Poland; Point Europa Ltd, United Kingdom, ARIADNE, Switzerland).

P.

INTIMATE PARTNER VIOLENCE

Tiina Juhansoo, MD, PhD, Mare Tupits, RN, MA, Maire Ulm, RN,
Tatjana Vetštomova, MA, Eve Epner, BA, Tallinn Health Care College, Estonia

Intimate partner violence is essentially a pattern of behaviour which is characterized by the exercise of control and the misuse of power by one person, over another, within the context of an intimate relationship. It can be manifested in a variety of ways, including – but not restricted – to physical, sexual, emotional, and financial abuse, and the imposition of social isolation, commonly it is a combination of them all. Violence is a serious threat to women's/men's, children's and unborn babies' health: it impairs their physical and emotional well-being in shorter and longer time period (Perttu, S., Kaselitz, V., 2006). The problems of partner violence are actual in all European countries; at the same time, in the curriculum of basic education of health and social care professionals, the problem is underestimated, there is a lack of training for teaching staff and learning materials for teachers and students. In the framework of Lifelong Learning Program Leonardo da Vinci, the transfer of innovation under the coordination of Helsinki University/Palmenia Centre, a project “Health and Social Care Teachers Against Violence – HEVI” was launched to transfer the acquired knowledge and share the best practice of teaching and learning methods and materials between the partners.

O.P., P.

AIR: FROM DIVINE BREATH TO THE CAUSE OF DISEASES IN ANCIENT GREECE

Indrek Kaik, Tallinn University, Estonia Mentor: Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

An overview how men saw the element of air in connection with mythology, philosophy and medicine. Various myths of creation describe the making of mankind from earth and reviving by divine breath. The Greek version involves Prometheus and Zeus creating life. Therefore we can establish that air, breath and wind were considered as divine. The uneasy archaic period in Greece resulted in a shift in the way the people saw the world. The attempt to find harmony in everything is especially clear in the works of Solon; the idea of balance is seen in works of universal scientists Thales, Anaximander. The new vision also transferred into the Greek medicine, which began to look for natural causes in diseases, though never discarding the divine reasons behind illnesses. The first attempt to rationalize the function of breathing comes from Empedokles, who argued that the purpose of inhalation was to cool the innate heat generated by heart. The foundation of Greek medicine is the Corpus Hippocraticum. The general ideal of harmony and balance was the basis of Hippocratic medicine. It was also noted that since all organisms need air to survive, it must be the cause of diseases, therefore air had dual status in their minds. Purification of air by burning sweet herbs was seen as the cure for epidemics.

O.P.

ETHNOMEDICINE: "EVIL EYE" AS THE MOST COMMON CAUSE OF ILLNESS OF SETU PEOPLE

Jane Kalajärvi, BSc, Estonian Academy of Arts, Estonia
Mentor: Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

The most feared pathogen in Setus beliefs was „evil eye“. Only a few people have such a big eye effect that, if they watch someone, then the person becomes ill. Some people used consecrated water against diseases, they washed their eyes with that and afterwards their condition got better. Almost everyone get wind power of “evil eye”. It was believed that when you meet a person with “evil eye” on your way, you have to turn around and go back home. Doctors were concerned because in health care area Setus were superstitious; they believed power of supernatural forces. Setus did not comminate those people, who had “evil eye” because it was ineluctable to get this ability. In that case, even soothsayers and quacks could not help. It was easy to recognize these people, who had “evil eye” because they never want to look straight in the eye. Those people, who lived alone in outlying places were called witches. Setus thought that the “evil-eye-person” was most dangerous to children and animals. After a visit of a suspicious person, the Setus wiped the floor and burned the dust in all of their houses. Nowadays people do not believe that kind of folk beliefs very much. Such beliefs faded away in 1920's, when doctors started explaining the actual reasons for people falling ill.

O.P.

CONTACT LENSES AND ENVIRONMENT

Kille Kallaste, Tiina Kandver, Grüne Krüger, Marge Riibon,
Hanna-Maria Siilbaum, Tallinn Health Care College, Estonia

Contact lenses in everyday conditions - at home, at work, at play.

The purpose of this report is to give an overview about using contact lenses in different situations and environments, and about what could be done to make the wearing of contact lenses more safe and comfortable. Also we bring out the pros and cons of different types of contact lenses in various environments. The main keywords used, were: contact lenses and environment / work / sport / computers / chemicals. The overview is based on several articles from the internet. Material was collected in the frames of the subject "Contact Lenses" for making the current overview.

Whether a person has nearsightedness, farsightedness or astigmatism, contact lenses have a comfortable feel, natural look and offer a convenient way to deal with vision correction. In the report we show that when choosing the right type of lenses and using proper safety eyewear, contact lenses can be worn in different situations and environments.

O.P., P.

STUDYING AND SUPERVISING EXPERIENCES BEING WITH LLP/ERASMUS IN DIACONIA UNIVERSITY OF APPLIEDSCIENCES PORI UNIT, FINLAND

Kristiina Karp, Olga Bljaškina, Ljubov Kinner, Tallinn Health Care College, Estonia
Mentors: Eda Mürsepp, RN, MA, Nele Terras, RN,
Tallinn Health Care College, Estonia

3rd course nursing students Kristiina Karp, Olga Bljaškina, Ljubov Kinner passed their intensive care nursing and mental health care nursing practice in different practice places at Diaconia University of Applied Sciences Pori unit, Finland as Erasmus exchange students. Students experienced practicing close relationship between school and practice places, students are very welcome to working life. The experiences of teaching staff supervising the students` practicing in foreign country is very similar as in our country, but it indicated how important it is to support students by foreign mentors in practice places in the same cultural environment, to improve cooperation with students and tutoring relationship. Teachers Eda Mürsepp and Nele Terras had the possibility to participate in teacher exchange in same institution, having a good possibility to follow the organizing of mentoring.

P.

CURRICULUM IN DENTAL TECHNOLOGY AND EVIDENCE BASED TEACHING

Tõnu Kauba, MD, PhD, Tallinn Health Care College, Estonia

The aim of this report was to analyze the curriculum on dental technology speciality and the reflecting of studying outputs in the final exam.

The basis of the analysis are the results of final exam, collected in January 2009. To understand the level of knowledge of the students during final research and exam, all results in the final test were analyzed and compared. In this test, 6 main categories from 83 questions were distinguished. Comparing different categories of questions, the author can select the questions which have more importance as indicators of general knowledge level. The quantitative data analysis used to assist in interpreting our data.

The main findings and conclusion is that manual skills are more favoured by students compared to the theoretical basis of knowledge. Resulting from this, we are aiming to emphasize the importance of theoretical studies in dental technician studies.

P.

INTEGRATION OF LECTURERS WITH HEALTH DISABILITY INTO UNIVERSITY EDUCATION OF NURSES

Helena Kisvetrová, RN, Mgr., Palacký University in Olomouc, Czech Republic

Health disability essentially influences the life of a person as well as of the community they live in. Community care for people with health disabilities represents for Czech nurses the situation for which they are not sufficiently professionally prepared. One of possible improvements is the integration of lecturers with health disabilities into the educational process of nurses. The lecturer is able not only to identify and provide students with what is the most essential in the given disability, but in his lessons he also takes advantage of his own empirical experience and familiarizes students with the problems of compensation aids. He enables student's immediate experience with a physically disabled person, who is not only in the role of a patient. This contributes to the strengthening of the professional attitude of future nurses and to the respecting of specific needs of the disabled in the community care.

P.

EXHIBITION ABOUT THE DECORATIONS OF THE ESTONIAN RED CROSS AND OTHER HISTORICAL ITEMS

Aleks Kivinuk, Tallinn University, Estonia
Mentor: Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

This exhibition gives an overview of the decorations and documents from the Estonian Red Cross and its predecessor Ühistöö (Cooperation). Ühistöö was an organization, which was established during the War of Independence and it helped the front from the rear. It looked after the wounded and dealt with helping the prisoners of the war. Ühistöö stopped its activity after the War of the Independence in 1921. Decoration of the Ühistöö was the only inheritable award in Estonia. Estonian Red Cross was established in 1919. As Ühistöö, so was Estonian Red Cross helping organization for those who were injured during the war, and after the war in co-operation with American Red Cross it prepared medical staff and avoided different murrains. The organisation was lead by Dr. med. Major General Hans Leesment from 1919 until 1940. There are also displayed some documents about the activity of American Red Cross in Estonia and one part is formed by personal documents and awards of Dr. med. Hans Leesment. The system of the decorations of the Estonian Red Cross was rather complicated and so it was changed four times during the pre-war times. One part of this exhibition is formed by the rewards of the Estonian Red Cross from the establishing times in 1919 and from changes in 1925, 1926 and 1936.

O.P., P.

REMEDIES WITH HEPATOPROTECTIVE AND BILE FLOW STIMULATING EFFECT

Piret Koobas, Dipl. in International Economics, Tallinn Health Care College,
Estonia

The aim was to give an overview on remedies proven for use as hepatoprotectors and cholagogues, paying special attention to the possible interactions with other medical products, adverse reactions and contraindications, by using qualitative research method. Special literature, including books on herbal medicine and pharmacognosy, selected monographs, scientific articles, medical handbooks, were systemized and analysed. The internet databases were used to find the latest information, especially the results of the controlled clinical trials on the subject of interest. There are different factors able to damage the hepatobiliary system. The best hepatoprotectors are healthy habits with balanced diet. In case of liver and biliary tract diseases, herbal treatments can be used to alleviate the symptoms. Unfortunately, only few have clinically proven pharmacological effect. The bioactive compounds of milk thistle and artichoke are one of the most studied. Due to the possible herb–drug interactions the use of herbal preparations should be discussed with the doctor in case of several chronic diseases. For that purposes, both – the pharmacists and doctors should educate themselves in the field of herbal medicines, concerning the mechanism of action and adverse effects.

P.

CURRENT SITUATION OF MIDWIFERY EDUCATION IN FINLAND – DEVELOPMENT ACTIVITIES FROM METROPOLIA POINT OF VIEW

Pirjo Koski, lecturer, Anna-Kaisa Pienimaa, lecturer,
Metropolia University of Applied Sciences, Finland

The degree programme objective in midwifery is to educate midwives as experts in promotion of sexual and reproductive health. Current curriculum is modular in structure, consisting of nine themes: Basics of Clinical Competence, Decision-Making Competence, Interactional Competence, Ethical Awareness, Patient Education Competence, Health Promotion Competence, Leadership and Teamwork Competence, Research and Consultation Competence, Contributory Studies to Nursing. Those themes are developed, deepened and integrated throughout the studies. Each theme focuses on core competence areas of professional significance, providing a theoretical framework, determining its central learning content. During each clinical practice, professional competence related to the ongoing theme is reinforced. In each module, the completion of theoretical studies is a prerequisite for clinical practice placement, and they must be completed according to the curriculum's chronological order. The studies develop competence to care for pregnant mothers, mothers at childbirth and during the postpartum period, for newborn and families, and lead to competence in gynaecological nursing. The student is able to promote sexual and reproductive health among public and couples.

O.P., P.

INDUCED ABORTION AND MIDWIFERY

Krista Kripsaar, Tallinn Health Care College, Estonia

During the last 13 years the number of induced abortions in Estonia has dropped two times. The main reason for this is thanks to the improvement of sexual education and the better availability of contraceptives, but compared to other developed countries, the number is still high. Decreasing the number of induced abortion lies in pre- and post abortion counselling, which can be done by gynaecologists as well as midwives. According to the Midwifery Regulations, pre- and post abortion counselling belongs to midwife's call of duty. Methods of legal abortion are medical and surgical method. The complications of post abortion might be: a failed abortion, infection, uterine perforation, sepsis, anaesthesia-related complications and complications related to future pregnancies and psychological traumas. Counselling about the options offers a woman, who has not decided about her choices, the support and information she needs to explore her alternatives and clarify her values and feelings. Principles of counselling are active listening and providing accurate information. Midwife understands the importance of being mindful of tone and body language, and using open-ended questions to encourage client participation in the counselling session.

O.P.

ETHICS IN NURSING, ITS DIMENSION AND PERSPECTIVE

Jana Kutnohorská, hab. Doc., PhD, CSc.,
Palacky University in Olomouc, Czech Republic

Nursing concept is based on ethic principles. New ethic issues have been brought to nursing through development and advances in medical sciences. However, not everything can be used what is presented by science, a crucial principle is the patient's benefit.

Objectives of Ethics: to regulate behaviour and actions in performing professional nursing procedures with the aim to understand the person, to see his/her burdensome situation and to provide suitable help; to seek to achieve satisfaction of therapeutic, mental, social, cultural and spiritual needs by appropriate manner.

Students should be able: to apply holistic philosophy concept in nursing practice; to define and explain terms such as moral, morality, values, human culture, humanistic health care, moral evaluation, conscience, willingness, responsibility, nurse's moral quality, ethic conscience etc.; to arise ethic awareness; to ask what is good and bad and to be able to explain it; to manage communication at such level that would reflect nurse's ethic conscience and professional skills; to help to find sense of personal existence, of patient' s/client' s new identity in illness and of life with an illness.

P.

HERBS IN THE HISTORY OF ESTONIAN ETHNOMEDICINE

Maivi Käräinen, Tallinn University, Estonia

Mentor: Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

Author will concentrate on early periods, such as Estonia before christianization and medieval period. During these times, herbs were mostly used by healers who had no medical education and pharmacists who were more important than doctors, because there was no local university that could give medical education. Herbs played quite significant role back then. With the reformation and beginning of Swedish rule over Estonian land, the number of doctors increased which marked a turn in usage of herbs. Traditional healing methods were forced in a marginal position, especially in 19th century that marked a century of progress and belief in sciences. Herbs as part of traditions and superstition were overlooked. 20th century marked a new era for herbs as national culture and traditions became more popular. People rediscovered the possibilities of treatment with herbs. But it was also a sad century because modernization under Soviet Union`s rule destroyed continuity, and a lot of know-how about how to treat illnesses with herbs was lost. For conclusion, I will focus on usage of herbs in Estonia after regaining its independence and how modern Estonian medicine in one hand and people in the other see the role of herbs.

O.P.

INTERDISCIPLINARY PROGRAM ON PALLIATIVE AND END-OF-LIFE CARE

Kariina Künnap, Sandra Morgen, Tallinn Health Care College, Estonia

The LPP/ERASMUS intensive course “Palliative and End-of-Life Care” that took place in Gent/Dworp Belgium, Jan. 18–30, 2009, was focused on the cooperation of the participants in international, intercultural and interdisciplinary teams, with the aim of caring for clients in the last period of their lives. In palliative care, the approach is through the caring of body, spirit and soul, and by keeping in mind the emotionality, spirituality, sociality and physicality of a patient.

World Health Organization defines palliative care as an active total care for the incurable patient and his/her family, where every curative treatment is not useful for the quality of life. The purpose is to add quality of life to days instead of adding days to the life.

Participants from Tallinn Health Care College: Occupational therapist students, nursing students and teacher of occupational therapy.

O.P., P.

EXPERIENCES OF LLP/ERASMUS TEACHING STAFF MOBILITY IN RIGA STRADINS UNIVERSITY

Karin Lilienberg, MD, MSc, OT, Tallinn Health Care College, Estonia

Teacher exchange in the chair of occupational therapy (OT) has become as part of regular studies. In the frames of LLP/ERASMUS teaching staff mobility, the author has been teaching in Riga Stradins University since 2006. The objectives of the exchange was to share knowledge in OT, explain multicultural aspects of the analysis of occupation, give the students an opportunity to listen to foreign teachers, and to introduce Estonian cultural aspects of occupation to Latvian students. The overall aim was to get ideas for new teaching methods, develop OT curriculum in Estonia, and also professional development. The teaching program consisted of lectures and seminars for the first year OT students on the theme "Analysis of Occupation from Multicultural Aspect" in the study cycle "Basics of Occupational Therapy". The amount of lessons was 8 hours, learning language was English, participating altogether 20–25 students.

O.P.

EXPERIENCES OF LLP/ERASMUS INTERNATIONAL INTENSIVE COURSES

Karin Lilienberg, MD, MSc, OT, Tallinn Health Care College, Estonia

In the frames of LLP/ERASMUS program, the author took part in two international projects during 2008/2009 academic year. On the theme of 'Palliative and end-of-life Care' an intensive course for the students and teaching staff was held in Belgium in January 2009. Interdisciplinary teamwork of occupational therapists, physiotherapists, nurses and social workers was taught as taking care for clients in the last part of their lives. Different topics consisted of spiritual and existential pain, ethical aspects and medical decisions on end-of-life, bereavement and mourning. This project gave interdisciplinary and intercultural experiences for both students and teachers.

We also continue collaboration on the theme of Community Based Occupational Therapy towards Social Inclusion. Intensive courses take place in Riga in March 2009. The aim of the courses is deepening knowledge of occupational therapy students in social area on the theme of active aging. The author is participating with 3 third year OT students.

O.P., P.

REFLECTIONS ON NORDIC BALTIC ACADEMIC COURSE UNIVERSAL DESIGN IN COMMUNITY PLANNING

Karin Lilienberg, MD, MSc, Tallinn Health Care College, Estonia

In order to develop Occupational Therapist (OT) curriculum in social and community area, the author participated in Nordic Baltic Academic course 'Universal Design in Community Planning'. The first week (November 2008) was held at Nordic School of Public Health in Sweden and the second part (January 2009) in Latvia.

The course had its focus on different aspects of accessibility in municipal planning; also how lack of understandable solutions affect people's ability to participate and to experience a good quality of life. We learned about the concept of Universal Design, good and bad solutions and alternatives were discussed. Estonian group consisted of specialists dealing with the theme Universal Design: from Ministries of Education and Economic Affairs and Communication, landscape architects, designers, educators, OTs, lawyers, architects.

O.P.

THE QUALITATIVE ASSESSMENT MODEL OF QUALIFICATION COMPETENCE AND NEED FOR ADDITIONAL COURSE (BASED ON THE SAMPLES OF ESTONIAN MIDWIVES)

Silja Mets, RN, MA, Tallinn Health Care College, Estonia

The qualitative assessment model of competences and training needs assessment allows the midwife and the instructor of that target group to expound more clearly the essence of competence and to put it into practice in real working conditions, to define the actual skills and needs of every midwife, and based on this, one can plan training programs which are derived from needs. Competences that assemble to competence model express the relationship between abilities and work requirements of an individual, which also contain the real comprehension and position of worker of his strong and weak sides when performing work assignments. There is a conflict between theory and practice in Estonian midwifery, where the evaluation of competence and need for additional course is based on a quantitative model, which does not really reflect the real evaluation of knowledge and skills of midwives. The testing of empirical part of the model with half structured interview assured its firmness, allowing to assess the competences and the need for additional course as for the practicing midwife as well as for the head of midwifery.

P.

LIFE CYCLE – BRAVERY OF YOUTH AND CLEVERNESS OF ELDERLY IN THE MIRROR OF LIFE EXPERIENCES

Sandra Mägi, Laura Randoja, Mari-Liis Lusbo, Kaisa Kask,
Tallinn Health Care Collage, Estonia
Mentor: Mai Maser, PhD, Tallinn Health Care Collage, Estonia

The development of human being and his attitudes is a life-long process. The aim of our research was to interview adult people and through this to get to know as much as possible about the periods of their lives, its important stages and the factors that influenced them. Our interest was also to analyze the differences and similarities of individual life structures, and the legitimacy of research based life-span periods. All together we analyzed 12 interviews.

The interviews were carried out basing on Erik Erikson's principles of the six life cycle periods.

The development of human personality is long lasting process. In spite of huge individual differences, certain general similarities can be found in peoples` life cycle. The process of caring about health, understanding the importance of health promotion are parts of common life-span progress.

O.P.

PEER TO PEER TRAINING AS AN EFFECTIVE TEACHING METHOD FOR YOUNG GENERATION

Sandra Mägi, Valeria Sersen, Maria Simonjuk, Merle Raudvee, Tatjana Timohina,
Tallinn Health Care College, Estonia
Mentor: Tõnu Kauba, PhD, Tallinn Health Care College, Estonia

The HIV-epidemics is mostly known in Estonia since the year 2000. In 2004 and 2006, Estonian Government and Global Fund evaluated the level of knowledge of youth about the real and mythological way of HIV-infection. The main official conclusion from media was that young generation has more knowledge than during previous years. However, the prevalence rate of new HIV-infection in Estonia did not change dramatically during the last 6-7 years. The calculated incidence rate compared to changes of whole population does not show any remarkable differences, i.e. with every year, the number of newly infected people is statistically the same.

To understand one possible reason of this phenomenon, students from the Chair of Midwifery, the Chair of Nursing and the Chair of Health Promotion made a pilot research during peer to peer trainings among their relatives and friends. They raised questions about the way of HIV-infection, repeated partly the questionnaire made during the Global Fund period. The main conclusion is that many mythological opinions exist and danger for discrimination of HIV-infected people is the reality.

O.P., P.

CHEMICALS USED IN HEALTH CARE INSTITUTIONS AND HOW TO PREVENT THEIR HARMFUL EFFECTS BY RISK ASSESSMENT

Kai Ots, Tallinn Health Care College, Estonia

Mentors: Milvi Moks PhD, Ene Kotkas, Tallinn Health Care College, Estonia

The aim of the presentation is to give a survey of the chemicals used in health care institutions and how to prevent their harmful effects by risk assessment.

Methods of the research are based on the qualitative analysis of literature.

As a result of the research, the author can conclude that the more important chemical risk

factors in health care institutions are disinfectants, antibiotics and antineoplastic medicines. The exposor depends on the work environment and occupation. Oncological nurses and apothecal specialists are exposed to antineoplastic medicines, which may cause acute or chronic toxic results. Health care workers are exposed to medicals that may cause skin and mucous membrane irritation, allergy and other health problems every day. The nurses working in procedure rooms and operating theatres are at greater risk for being exposed to disinfectants and antibiotics. Health care workers are at great risk for skin and mucous membrane irritation and allergies, because they often have to wash their hands and use different substances, medicines, disinfectants and safety gloves. These harmful effects can be prevented by the risk assessment.

P.

EXPERIENCES OF LLP/ERASMUS TEACHING STAFF IN KAUNAS COLLEGE, LITHUANIA

Marit Paljak, BA, Tõnu Kauba, PhD, Tallinn Health Care College, Estonia

Research work is an obligatory part for higher education. During the preparatory activities for curriculum accreditation in 2008, the chair of dental technology analyzed the current situation and plan for research and developing. The main subjects of research work are currently the quality materials and the methodological differences in creating dentures.

The main content of the teaching program related with Lifelong Learning Program/ERASMUS was “Basics of Research Work for Dental Technology in Tallinn Health College” and “The Design of Partial Dentures”. An additional topic of lectures was also the self-assessment of students.

The main aim is to share the skills and knowledge of dental technology teaching, to provide better opportunities for continuing international cooperation and the development of technological know-how in Estonia.

The collected data can be applied in the modernization of the curriculum reflect the requirements of labour market, the wishes and necessities from the students.

P.

EXPERIENCES OF PRACTICING IN ESTONIA

Claudia Pedro, Margarida Lanca, Nadia Cardoso, Andreia Machado,
Escola Superior de Enfermagem de Lisboa, Portugal

ERASMUS is one of the greatest experiences during the student's life, and for us it was not different. After almost 3 months we think we started to get used to all these differences, we discovered so many things about Estonian history that we became very curious about it. This experience had also allowed us to understand how the nursing care in Estonia is, especially the community care. We had the opportunity to do our practice in a family doctor centre and in home nursing care. All this experience was very important for our development as future nurses and as an individual too. We can say that it was a great opportunity for our personal enrichment.

P.

HISTORY OF TALLINN HEALTH CARE COLLEGE IN 1940-1990

Liina Põldla, BSc, Tallinn University, Estonia

Mentor: Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

Since the year 1800, several healthcare schools and medical courses have been operating in Tallinn where midwives, nurses and doctor's assistants have been trained. For example during 1809-1811, the Midwives' School operated in Tallinn. In 1867, The Hospital of Deaconesses was opened where nurses were taught. Teachers who taught in this hospital-school were mainly from Germany. A new school, Institute of Midwives, was opened in 1900 with assistance in childbirth. The study was chargeable and the language of instruction was Estonian. Continual training for healthcare specialities in Tallinn started in 1940, when the Nurses' School was opened. After consolidation with the Assistant Physicians School, the Tallinn Medical Secondary School was established in 1941. In 1945, the school was renamed as Tallinn Republican Medical Secondary School. The school offered study programs in five fields: assistant physician, midwife, assistant pharmacist, dental technician and nurse. The first 11 assistant physician- midwives, 1 assistant physician and 20 nurses graduated on Sept. 2, 1946. On Dec. 7, 1964 the school was renamed to Tallinn Medical School. From Aug. 29th, 2005 the school was renamed to Tallinn Health College and from 2009 the title is Tallinn Health Care College.

O.P.

ACTIVITY ANALYSIS IN CLINICAL SETTINGS: HOW WORKING ENVIRONMENT IMPACTS OCCUPATIONAL THERAPY PROCESS

Mariliis Romandi, occupational therapist, Tartu University Hospital, Estonia

It has been said that no environment is neutral. The occupational therapy theory says that the environment has an impact on person's occupational performance. That includes how we choose the occupations we engage in and how we perform in those occupations.

The same applies to occupations chosen for assessment and treatment in occupational therapy.

Other aspects that must be considered are for example that an ideal therapy environment is not an ideal environment, the issues regarding capacity and performance, and what are the main facilitating and hindering factors when planning occupational therapy intervention in clinical settings.

This presentation will give a short overview of literature concerning occupational therapist's working environment and also the occupational therapist's personal experiences of working in clinical settings.

O.P.

THE LIMITS OF POSTAL QUESTIONNAIRE STUDIES

Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

As a research method, the survey using postal questionnaires has shifted from its heyday in the 1960s to a marginal position as qualitative methods now dominate mainstream social sciences. For social sciences, survey based research thus still appears as a method whose possibilities and limitations remain poorly known. A new turn has come by web questionnaires that today are widely used in both research methods. The paper questionnaires give the possibility of controlling the visual context of the responding process more flexibly than in the case of the web questionnaire. The author of thesis has deep knowledge in the case of questions concerning opinions in the development of survey based research, e.g. the limits of postal questionnaire survey.

O.P.

SOCIAL CHANGES IN PHYSICIAN STUDIES

Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

When social changes are analysed, the analysis frameworks are often used where changes are interpreted as changes from an older society to a new one. The abstract is about social changes as transformation models between societies, based on physician studies in Estonia. The physician studies were carried out in 1995, 2000 and 2005, and studied by comparison between groups of responded doctors. The basic group of physician studies in 1995-2005 was divided into subgroups, using the graduation year. We got four different subgroups, named as senior and junior groups and divided using the marks A and B.

The most significant economical background aspects of the physician studies are: 1) the economy of the country in transition and number of physicians' decreasing (in 1995), 2) economic growth and the employment situation in the profession quite good (in 2000), 3) the situation of political and economical state of society had clearly changed again during 2005-2008 (growth) and in 2008-2009 (drop). Using physician studies, we should analyse changes which take place in different times and adopt models for analysing social changes through comparison between the (sub) groups of profession.

O.P.

HOMEOPATHIC REMEDY, PHARMACEUTICAL MEDICINE AND THE OLDEST PHARMACIES IN EUROPE: BRIDGE BETWEEN GERMAN AND BALTIC HISTORY OF PHARMACY THROUGHOUT CENTURIES

Alar Sepp, MD, MA, Tallinn Health Care College, Estonia
Ausma Cebere, Deputy Principal of Riga 1st Medical College, Latvia

In Europe, pharmacy-like shops began to appear during the 12th century. In 1240, Emperor Frederic II issued a decree that separated the physicians and the apothecary's professions. The first pharmacy in Europe (still working) was opened in 1241 in Trier, Germany. In the Baltic area, the Town Hall Pharmacy was opened in 1415 in the centre Tallinn, Estonia. It is the oldest commercial enterprise and the oldest medical establishment in Tallinn, having always been in business in exactly the same building since the early 15th century. The first homeopathic pharmacy was opened in Riga at the end of 1833. Official medical documents of the Russian Empire note that the founders of pharmacy included all pharmacists of Riga. It was not only the first homeopathic pharmacy in Latvia, but in the whole Russia. Only in 1857 the homeopathic pharmacies were opened in St. Petersburg and Moscow. While Russian was the state language, German was accepted for more than two centuries as the second main regional language. From the early 15th till 20th centuries, pharmacies in Baltic region were integral parts of the health care systems of the German Order, Sweden and the Russian Empire, but at the same time their roots lay in German culture and all-round European heritage.

P.

ANTIBIOTICS AND THEIR USE, ACCORDING TO THE ANALYSIS

Tiina Sepp, Tallinn Health Care College, Estonia
Mentors: Marge Lenk, MD, Lillian Ruuben, MSc, Tallinn Health Care College,
Estonia

We analysed the application of antibiotic treatment. Alatskivi pharmacy data on the diseases in need of antibiotic treatment was collected in 2008. The research was based on the issued prescriptions. In 2004 they accounted for 8.9% of all medicines used. In 2005 9.1%, in 2006 9.5%, and in 2007 the percentage was already 10.1% (Kutsar, K. 2008). An estimated 50% of antibiotics prescribed were for patients with viral infections, not bacterial (Maimets, M. 2000: 586). 69 prescriptions were issued for 26-l amoxicillin, 14 of the prescriptions were for second-generation cephalosporins and 7-l prescriptions for clarithromycin. Uroinfections treatment was only 7-l fluoroquinolone prescription (ciproloxacin and norfloxacin). 3-l prescriptions were written out for clindamycin dental only. Doxycycline use in the diagnosis of this prescription remains unclear. In more than half of the cases (40), antibiotics were used to treat respiratory diseases. The length of treatment was not indicated on any recipe observed. The targeted use of antibiotics requires: antibiotics to be used only for bacterial infections; raising awareness of people; use of antibiotics only under medical prescription; doctors noting the length of treatment; adherence to the proper administration of antibiotics; patients with adequate info.

O.P.

STRESS OF FIRST AND THIRD COURSE NURSING STUDENTS

Anni Sööli, RN

Mentor: Irma Nool, RN, MA, Tallinn Health Care College, Estonia

The purpose of the paper was to describe the main stressors of nursing students and ways of coping. The method of this study was empirical quantitative survey. First year and third year nursing students had the similar stressors. For the first course students the main stressors were: absence for two weeks, fear of the final examinations and too much to study. For the third course students the main stressors were: fear of the final examination and preparing for the examination. To cope with these fears, both groups used family support and talking to co-workers or schoolmates.

O.P.

THE POSSIBILITIES FOR EDUCATION AND GROWTH IN VOCATIONAL EDUCATION OF CARE WORKERS

Piret Tamme, MA, Merike Kravets, Tallinn Health Care College, Estonia

An analysis of the training need of care workers was implemented from Oct.9th until Nov.13th 2008 by Tallinn Health Care College, the department of vocational education. Questionnaires were sent to head nurses, managers, personnel managers of hospitals and nursing homes in order to find out the educational background of care workers and their training needs. Answers were received from 44 organizations.

It came out that 66% of care workers had secondary education. 87% of all respondents thought that at present day the most needed subject for care workers was communication. 52% of all respondents thought that it was ergonomics. In comments, 62% of respondents pointed to the need of systematic formal education for care workers.

O.P.

ASPECTS OF THE DEVELOPMENT OF YOUTH CITIZEN INITIATIVE: THE ROLE OF PEERS, SCHOOL AND EXTRACURRICULAR ACTIVITIES IN THE LIVES OF ACTIVE YOUTH

Marti Taru, Erki Kaikkonen, Tallinn Health Care College, Estonia

Current report is based on a research carried out in 2007. Specifically there were 13 interviews done with young executives of various youth organizations in Tallinn. The main purpose was to research and describe factors of youth citizen initiative development.

As a result, the main difference was the amount of experience in organizations that well exceeded the experience among peers. The people interviewed preferred to put their energy into collective activity rather than individual interests. Secondly, it was important for them to support the common interests of social group and to bring change into the community. A big part in supporting the development of active youth was positive feedback, encouragement. These people are also academically talented but have preferred to be socially active already from a young age. Interestingly, these young people were not interested in history or social studies at school, which is a clear sign that basic knowledge in these subjects is necessary, but it alone is not enough to support the development of an active citizen. Current research was financed and ordered by Tallinn City Council, Agency of Sports and Youth. It was carried out by Estonian Youth Institution.

O.P.

THE PROPORTION OF DIFFERENT PHARMACEUTICAL GOODS IN THE CASH FLOW OF PHARMACY'S RETAIL SALE

Krista Tooren, Tallinn Health Care College, Estonia

The objective of this paper was to analyze the proportion of different goods in the cash flow of retail sale in the supermarket pharmacies of Apotheka chain in different regions of Tallinn during 2006-2008. An additional purpose was the composing of quarterly groupage tables, in order to show the formulation of cash flow of certain groups of goods from the general cash flow of pharmacies. For acquiring the basic data for the research, cooperation was made with a limited company's chain of pharmacies in Tallinn. The audit reports of the chain of pharmacies from the years 2006-2008 was used. Based on these materials, an analysis was composed about the proportion of different pharmacy goods in the whole of group of goods. As a result, the differences of pharmacies emerge, basing on the components in cash flow. It becomes clear in which pharmacies the bigger proportion in cash flow consists of prescription medicaments, retail medicaments or the sale of food additives or natural products. It also becomes clear, in which pharmacy other types of goods have an important role. Considering location, selection of goods and the clients, every pharmacy has found its niche in the market with a certain category of goods with what it has an advantage in sale.

P.

HEALTH CARE IN SAAREMAA COUNTY IN 1920's

Hanna Usin, Tallinn University, Estonia
Mentor: Helena Sepp, MSc, Tallinn University, Estonia

The history of healthcare in Saaremaa County and in Estonia in 1920s has not been studied extensively yet. We concentrated on researching health care in Saaremaa County in 1920s, because in 1922 professor Aleksander Rammul started sanitary–topographic research in Saaremaa County and in Estonia, and the Republic of Estonia had its first census. There are several sketchbooks containing material about health care in different parishes of Saaremaa (our research does not include Kuressaare). These ~900 pages are some of the most important sources in this research. In 1926, the Republic of Estonia reformed its medical system and this was the start of stabilizing.

O.P.

WHEN TO CLAMP THE NEWBORN'S UMBILICAL CORD AND AFTER-EFFECTS FOR THE CHILD'S HEALTH

Reet Vinkel, student of midwifery (2004-2009) at Tallinn Health Care College, Estonia

The research object for the research work was the timing of the closure of umbilical cord, basing on different scientific literature and the after-effects of early and delayed clamping on the infants health. The diploma thesis concludes that there is plurality of opinions among different relevant scientific sources on the best timing of the cords clamp. International best practice in that matter differs as well. Early cord clamping during a normal birth is just an established routine practice that has been used for decades, without having the awareness on whether that really is the best practice. Relevant scientific research available shows that delayed clamp helps to prevent different health risks of the infants, such as neonatal anaemia, respiratory distress syndrome.

P.

19th CENTURY CHOLERA PANDEMICS AND THE ADVENT OF SCIENTIFIC EPIDEMIOLOGY

James Montgomery Wollen, ERASMUS student from the UK at Tallinn University,
Estonia

Mentor: Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

During the 19th century cholera, an acute bacterial infection brought on by an enterotoxin produced by *Vibrio Cholerae*, of the Gamma Proteobacteria subdivision of the Vibrionaceae family of bacteria occurred throughout Europe. Cholera, until the mid 1800's was generally thought of in terms of a miasmatic disease, brought on by the inhalation of noxious air, until the pioneering Epidemiological research of British physician Dr. John Snow (1813–1858) disproved the notion in 1854. Although Dr. Snow's theory of a microbial origin for the cholera pandemics was initially not widely accepted, it was later regarded as contributing significantly to establishing the Pathogenic Theory of Medicine. His research subsequently resulted in benefiting the development of the modern foundations of medicine and clinical microbiology, influencing the progression of antibiotics and enhancements in hygienic practices.

O.P.

19th CENTURY CHOLERA PANDEMICS AND THE ADVENT OF SCIENTIFIC EPIDEMIOLOGY

James Montgomery Wollen, ERASMUS student from the UK at Tallinn University,
Estonia

Mentor: Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

During the 19th century cholera, an acute bacterial infection brought on by an enterotoxin produced by *Vibrio Cholerae*, of the Gamma Proteobacteria subdivision of the Vibrionaceae family of bacteria occurred throughout Europe. Cholera, until the mid 1800's was generally thought of in terms of a miasmatic disease, brought on by the inhalation of noxious air, until the pioneering Epidemiological research of British physician Dr. John Snow (1813–1858) disproved the notion in 1854. Although Dr. Snow's theory of a microbial origin for the cholera pandemics was initially not widely accepted, it was later regarded as contributing significantly to establishing the Pathogenic Theory of Medicine. His research subsequently resulted in benefiting the development of the modern foundations of medicine and clinical microbiology, influencing the progression of antibiotics and enhancements in hygienic practices.

O.P.

INDEX

A

Abõzova, Anastassia 3
Alango, Tiina 4
Alho, Leena 5

B

Bartels, Irena 6
Belousov, Mihhail 7
Birnbäum, Merili 7
Bljaškina, Olga 23
Blumbeka, Liene 8
Borissov, Helle 9
Bunga, Inese 10

C

Cebere, Ausma 10, 46
Cardoso, Nadia 41

E

Ehasalu, Anne 9, 18
Entson, Regina 3
Epner, Eve 11, 19
Eriksson, Elina 12
Erikson, Erik 37
Ernits, Ülle 12
Esterhuizen, Philip 13, 14

F

Fain, Zeldä 18
Fukaljak, Alesja 15

G

Gadzhialijeva, Lija 16

H

Heinaste, Evely-Katrin 7
Hõrrak, Eha 17

I

Ilves, Piia 15

J

Juhansoo, Tiina 18, 19

K

Kadastik, Reine 12
Kaik, Indrek 20
Kalamees, Hedi 15
Kallas, Kristel 7
Karp, Kristiina 23

Kask, Kaisa 37

Kauba, Tõnu 4, 7,40, 17, 24, 38

Kaikkonen, Erki 50

Kalajärv, Jane 21

Kallaste, Kille 22

Kandver, Tiina 22

Kinner, Ljubov 23

Kirichenko, Margarita 16

Kisvetrová, Helena 25

Kivinuk, Aleks 26

Kivisild, Ülle 18

Kontus, Kersti 4

Koobas, Piret 27

Koski, Pirjo 28

Kotkas, Ene 39

Kravets, Merike 18, 49

Krebes, Katrin 7

Kripsaar, Krista 29

Krüger, Grüne 22

Kutnohorská, Jana 30

Käsper, Kätlin 7

Kärginen, Maivi 31

Künnap, Kariina 32

L

Laadi, Helen 7

Laine, Loore 7

Lanca, Margarida 41

Laudobele, Karolina 8

Lenk, Marge 47

Leppik, Marek 3

Lilienberg, Karin 33, 34, 35

Luigend, Mailys 15

Lusbo, Mari-Liis 37

M

Machado, Andreia 41

Maksimova, Anastasia 7

Maser, Mai 37

Mets, Silja 36

Moks, Milvi 39

Mägi, Sandra 37, 38

Märtson, Kristi 15

Müürsepp, Eda 18, 23

N

Neeme, Mari 7

Nool, Irma 48

Novikova, Olga 16

O

Ots, Kai 39

P

Paljak, Marit 40

Pedro, Claudia 41

Pienimaa, Anna-Kaisa 28

Pule, Elva 8

Pöidla, Liina 42

R

Randoja, Laura 37

Rammul, Aleksander 52

Raudvee, Merle 38

Riibon, Marge 22

Riisenberg, Gunnar 11

Romandi, Mariliis 43

Ruuben, Lillian 47

S

Saukuma, Liene 16

Sersen, Valeria 38

Sepp, Alar 20, 21, 26, 31, 42, 44, 45, 46, 54

Sepp, Siret 4

Sepp, Tiina 47

Sepp, Helena 52

Siilbaum, Hanna-Maria 22

Simonjuk, Maria 38

Sööl, Anni 48

T

Tamme, Piret 49

Tarkin, Kerli 3

Taru, Marti 50

Terras, Nele 23

Timohina, Tatjana 38

Tooren, Krista 51

Tsementkevitš, Svetlana 3

Tulp, Andry 7

Tupits, Mare 19

Tönts, Marianne 7

U

Ulm, Maire 19

Urtans, Janis 8

Usin, Hanna 52

V

Valner, Kristina 3

Vinkel, Reet 53

Vetštomova, Tatjana 19

Volmer, Virko 7

Wollen, James Montgomery 54

Ö

Öfverström-Anttila, Hillevi 5