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Üliõpilaskonverents

9. november 2021

SISUKORD

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# Veebisekkumised kanepitarvitajatele

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Tallinna Tervishoiu Kõrgkool, Terviseteaduse magister

Suuline ettekanne

**Taust.**

Kanep on nii maailmas kui ka Eestis enim tarvitatav illegaalne psühhoaktiivne aine ning vaatamata tõenduspõhistele uuringutele, mis seostavad kanepitarvitamist mitmete psühhosotsiaalsete probleemidega on tarvitajate endi suhtumises palju ambivalentsust ja barjääre, mistõttu ei otsita abi. Ülemaailmselt on hakataud kasutama erinevaid veebisekkumisi, mis pakuvad lahendust nii ambivalentsuse kui ka barjääride ületamiseks ning on tõenduspõhiselt abiks kanepitarvitamise vähendamisel või sellest loobumisel.

**Eesmärk.**

Artikli eesmärk on kirjeldada kanepitarvitajatele mõeldud veebisekkumisi ning nende mõju tarvitamise vähendamisel või sellest loobumisel.

**Metoodika. Süstemaatiline kirjanduse ülevaade.**

Andmete kogumiseks on kasutatud kahte andmebaasi: PubMed ja EBSCO. Ülevaatesse valiti üksnes järgnevatele kriteeriumitele vastanud uuringud: 1) ilmunud 2015 – 2021, 2) inglise keelsed, 3) randomiseeritud või kliinilised uuringud, 4) *abstract* ja *full text* olemasolu,

5) uurijad uurisid veebipõhiseid sekkumisi, 6) keskendusid üksnes kanepitarvitajatele.

Kokku vastas kriteeriumitele 9 uuringut, kuid ühe uuringu täisteksti ei olnud võimalik kätte saada, seega jäi süstemaatilisse ülevaatesse 8 artiklit. Leitud tulemused töötati läbi tuginedes kvalitatiivsele sisuanalüüsile.

**Tulemused ja järeldused**

Veebisekkumised kanepitarvitajatele on uus ning kiiresti kasvav valdkond, mis vajab edasisi uuringuid, kuid olemasolevate uuringute põhjal saab järeldada, et veebisekkumised on kanepitarvitamise vähendamisel või sellest loobumisel tulemuslikud. Uuringuid on tehtud järgnevate sekkumiste kohta: neli uuringut tõid välja veebipõhise tagasiside andmise, kaks uuringut käsitlesid kanepitarvitajate varasemat tausta ja kaks uuringut võrdlesid omavahel erinevaid veebisekkumisi. Erinevaid veebisekkumisi tekib kiiresti juurde ning nende tulemuslikkuse kohta peaks olema rohkem uuringuid.

# Korralik suuhügieen on suuhaiguste ennetamise alus

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Juhendaja: Hedy Lehtmets

Tallinna Tervishoiu Kõrgkool, hambaraviassistendi õppekava

Suuline ettekanne

Töö viiakse läbi konverentsi „Üliõpilaselt üliõpilasele“ raames. Suutervis on oluline osa inimese üldtervisest, mis lisab heaolu ja elamisvõimekust. Probleem seisneb selles,et täiskavanud ei pööra tähelepanu enda suuhooldusele, lapsevanemad ei saa piisavalt teavet laste hammaste probleemidest ja ei oska oma lastele õpetada õiget suuhügieeni ning ei pöördu ise ega ka lapsega õigeajaselt hambaarsti vastuvõtule. Täiskavanutele tuleks luua võimalused, et neil oleks võimalik tutvuda korraliku suuhoolduse ja -probleemidega, et nad pöörduks õigeajaselt hambaarsti ning suuhügienisti juurde raviplaani koostamiseks. 2019. aastal külastas hambaarsti kokku 701923 inimest ning raviti ligi 1,02 miljonit hammast. Võrreldes eelneva aastaga on hambaarsti külastanud inimeste arv kasvanud 1,3%, samas ravitud hammaste arv 1,8% vähenenud. Suuhügienisti külastati 2019. aastal 28865 korda, seda on 3,4% vähem kui eelneval aastal. Laste visiidid moodustasid kõikidest suuhügienistide juurde tehtud visiitidest 15,5%. Hoolikas suuhügieen ja põhjalik katu eemaldamine väldib suuõõne haigusi, sealhulgas hambakaariese ja kroonilise igemepõletiku tekkimist. Suuhügieeni mõju suuõõne haiguste, sealhulgas hambakaariese ja kroonilise igemepõletiku kulule on suur. Töö eesmärgiks on kirjeldada enimlevinud suuhaiguseid ja nende ennetamist, mis on gingiviit ja parodontiit ning kuidas inimene saaks neid suuhaiguseid ennetada ja millal pöörduda õigeajaselt hambaarsti poole probleemide lahendamiseks. Töös on kirjeldatud enimlevinud suuhaigused, millega hambaarst igapäevaselt kokku puutub.

# Sports vision: visual skills training

Author: Silja Olesk

Supervisor: Vootele Tamme

Tallinn Health Care College, optometrist, 4th course

Oral presentation

**Background**

Visual skills in sport have been a subject of interest for at least 100 years but as a field of study, it has significantly progressed only in the past 20-30 years. The two main areas of sports vision discussed in the following work are as follows:  
1) studying the visual skills of athletes, comparing the visual skills of athletes and non-athletes;  
2) training visual skills with the aim of improving athletic performance.

**Objective**

The aim of the following work is to introduce studies that have compared the visual skills of athletes and non-athletes, that have compared the visual skills of athletes in different fields of sport, and to introduce the sports vision pyramid as well as the methods of visual skills training.

**Methodology**

This paper is a literature review.

**Findings**

The most important visual skills in sport are static and dynamic visual acuity, contrast sensitivity, oculomotor skills, accommodation, binocular vision, and peripheral vision. There have been several studies comparing the visual skills of athletes and non-athletes, some of which have concluded that athletes may have improved visual skills. However, there are also studies with differing or inconclusive results.

Visual skills form the base of the sports vision pyramid which is used to describe the role of vision in sport. According to the sports vision pyramid, a successful athlete would need optimum monocular and binocular vision (i.e. visual hardware skills) and cognitive abilities (visual software skills) for best on-field performance. It is possible to train visual hardware skills to some extent, although it is questionable if that alone could improve the athlete’s performance. Training visual software skills may be more effective, however these skills are more linked to neural processing and are therefore beyond the scope of this work.

**Conclusions**

In conclusion, sports vision is a wide and varied topic, and this work is a brief introduction to it.

# Multiple sclerosis and its effects on the eyes

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Oral presentation

**Background**

Multiple sclerosis (MS) is a chronic disease which is characterised by degenerative changes in the white matter of the central nervous system. Today, about three million people worldwide suffer from MS. In Estonia, 100 people per 100 000 inhabitants are suffering from MS. The disease is twice as common in women than in men.

80% of patients with multiple sclerosis experience various vision related symptoms during the disease. People turn to a health care specialist quicker if they experience vision problems such as double vision, eye twitching, eye pain, tingling sensation in the eye, nystagmus, deterioration in visual acuity. The primary sign of MS may be optic neuritis, an inflammation of the optic nerve that occurs in 25-80% of patients.

An optometrist might be the first specialist the patient turns to with complaints. It is important for the optometrist to precisely map the clients complaints during the anamnesis and recognize vision specific complaints in patients with MS. Perform various tests to determine vision problems. Consenquently, it is important to refer the client to a general practinioner, neurologist or ophtalmologist if necessary.

**Objective and methodology**

The aim of the research is to find out the role of an optometrist among MS patients. To find most important examination methods that optometrists can use during vision examination in patients with MS or suspected of having this disease. To further describe the main vision problems related to MS. Research articles, studies and books in the field on optometry, neurology and ophtalmology were used in compiling the work.

**Conclusions**

The main visual disturbances that may occur are optic neuritis, diplopia and nystagmus. The task of the optometrist is to gather a thorough medical history, perfom the best refraction, test

colour vision, contrast sensitivity, pupillary reaction and field of view. The optometrist may be the first specialist to be consulted in the event of visual impairment. In case of illness or suspected illnnes, the optometrist has an important role in referring the patient to a neurologist, ophtalmologist or general practitioner.

# Nurse endoscopist clinical training programs, assesment of demand and feasability in the Estonian health and welfare context

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Tallinn Health Care College, nursing 4th course

Oral presentation

 The current research aims to find out and gain an understanding on the demand and feasibility of the independent nurse-endoscopist professional position in the Estonian Healthcare System. In the frame of current research, we have performed semi-structural interviews of the endoscopy performing doctors and their nurses-assistants working in Estonia endoscopy centers and warns.

Twenty people participated in this study, 11 of them were doctors and 9 are nurses.

This research clearly demonstrates the requirement for nurse-endoscopist training and the introduction of this specialty in Estonia. 60% of the surveyed doctors and nurses working in endoscopy departments consider that it is necessary to introduce the profession of nurse-endoscopist in the Estonian health care system. The most notable factors for the need for this specialty were the overload of the doctors (70.6% of the respondents), the possibility of nursing careers ladder growth (70.6 %), long waiting lists for endoscopic procedures (47.1%) and the growing load of mandatory screening national programs (35.3%). Many of the positive respondents also refer to the nurse's further development needs and point out that the nurse can ensure the high quality procedures. 84.2% of the respondents were in favor of introducing training for nurses and endoscopists, 73.7% of them sees the training possible in Estonia. 90% of the respondents (doctors and nurses) find that additional training in endoscopy is absolutely necessary, even then when nurse stays assisting the doctors. 88.9% of nurses would agree to undergo additional long-term endoscopic training even in case there will be no opportunity to acquire the position of nurse-endoscopist. 77.8% of the nurses surveyed would agree to undergo long-term endoscopy training in order to become an independent nurse- endoscopist. The need for self-realization as a specialist, higher salary the need for career mobility and development continued were noted as major motivators.

Respondents also supported Esgena as the base of the nurse-endoscopist curriculum for the Estonian curriculum

# I tüüpi diabeeti põdevate laste emade kogemused ja vajadused lapse haigusega toimetulekul

Autorid: Kadi Moks, Greete Käsi, Hanna Kuusk, Janika Loos

Juhendajad: Kadri Kööp, Mare Tupits

Tallinna Tervishoiu Kõrgkool, õenduse 4. kursus

Suuline ettekanne

**Lühikokkuvõte**

**Taust:** Antud uurimistöö on läbi viidud projekti „Kroonilist haigust põdeva lapse vanemate kogemused ja vajadused ning toimetulekustrateegiad seoses lapse haigusega“ raames. Projekt käsitleb mitmeid erinevaid laste kroonilisi haigusi ning vastavalt vanemate toimetulekut ja kogemusi. Käesolev uurimistöö uurib I tüüpi diabeeti põdevate laste emade kogemusi ja vajadusi haigusega toimetulekul. I tüüpi diabeet on krooniline haigus, mis muudab radikaalselt lapse ja tema pere elu (Čergelytė – Podgrušienė ja Gudžinskienė, 2020: 181–182). Väga oluline on, et perekond ja lähedased, teeksid koostööd tervishoiutöötajatega ja aitaksid vajadusel kaasa ravirežiimi jälgimisele (Nobre jt, 2019: 111). Kirjandust uurides leiab Eesti kontekstis andmeid, mis puudutavad otseselt diabeedi ravi, nt glükomeetri ja insuliinpumba kasutamine (Moskvitina, 2009; Gorbunova, 2013; Lauren, 2015), uuritud on koolis osutatavat õendusabikorraldust (Soots, 2015), kuid varasemalt ei ole Eestis uuritud I tüüpi diabeeti põdevate lasteemade kogemusi ja vajadusi seoses lapse haigusega.

**Eesmärk**: Uurimistöö eesmärgiks on kirjeldada I tüüpi diabeeti põdevate laste emade kogemusi ja vajadusi lapse haigusega toimetulekul.

Eesmärgist lähtuvalt on püstitatud järgmised uurimistöö **ülesanded**:

1. Kirjeldada I tüüpi diabeeti põdevate laste emade kogemusi lapse haigusega toimetulekul.

2. Kirjeldada I tüüpi diabeeti põdevate laste emade vajadusi lapse haigusega toimetulekul.

**Metoodika**: Käesolev uurimistöö on kvalitatiivne, empiiriline ja kirjeldav. Andmete kogumiseks on kasutatud poolstruktureeritud intervjuud ning andmeid analüüsitud induktiivse sisuanalüüsi meetodil. Intervjuu koosneb kahekümne kahest avatud küsimusest. Uuritavate arv ei ole kindlaks määratud. Andmeid kogutakse andmete küllastumiseni.

Kesksed mõisted: I tüüpi diabeet, laps, ema, haigus/tõbi/põdema, vajadus, kogemus.

**Tulemused**: valmimisel.

**Järeldused**: valmimisel.

# Juveniilse idiopaatilise artriidiga lapse emade kogemused ja vajadused lapse haigusega toimetulekul

Autorid: Olga Vospjakova, Maria Sozonets

Juhendaja: Sirje Tarraste

Tallinna Tervishoiu Kõrgkool, õenduse 4. kursus

Suuline ettekanne

**Taust:**

Uurimistöö viiakse läbi projekti „Kroonilist haigust põdeva lapse vanemate kogemused ja vajadused ning toimetulekustrateegiad seoses lapse haigusega“ raames. Juveniilne idiopaatiline artriit (JIA) on kõige sagedasem krooniline reumatoloogiline haigus lastel ja tähendab haiguse algust enne 16-ndat eluaastat ning kindla põhjuseta põletiku püsimist vähemalt ühes liigeses üle kuue nädala. Haigust põeb ülemaailmselt 0,1–0,3% lastest. Reumatoloogiliste haiguste esinemissagedus alla 16-aastastel lastel Eestis aasta-aastalt kasvab ning uusi JIA juhte diagnoositakse igal aastal 80-100. Samal ajal on JIA-sse haigestunud laste vanemate kogemusi ja vajadusi uuritud ja analüüsitud üsna vähe. Uurimisprobleem seisneb selles, et JIA-ga laste vanemad ei saa piisavalt teavet oma lapse terviseprobleemi ning olemasolevate sotsiaaltoetuste ja -teenuste kohta. Lastele ja nende peredele tuleks luua võimalused selleks, et tunda end kroonilise haigusega toetatuna.

**Eesmärk:**

Lõputöö eesmärgiks on kirjeldada juveniilse idiopaatilise artriidiga laste emade kogemusi ja vajadusi haigusega toimetulekul.

**Metoodika:**

Uurimistöö on empiiriline, kvalitatiivne ja kirjeldav. Valimi moodustavad juveniilse idiopaatilise artriidiga laste emad, kes elavad Eestis ja kelle emakeel on eesti keel. Kokku on uuritavaid planeeritud neli. Uuritavate kaasamiseks pöördutakse Tallinna Lastehaigla Reumatoloogiateenistuse vastutava õe ja töötajate poole, kes edastavad laste emadele uuringu tutvustuse ning uuringu läbiviijate kontaktandmed. Kõik uuritavad annavad osalemiseks informeeritud nõusoleku. Uurimismeetodina kasutatakse poolstruktureeritud intervjuud, kus küsimused baseeruvad varasemalt Dean jt (2005) ja Pishkuhi jt (2018) poolt läbi viidud uuringutes kasutatud küsimustikele. Kõik intervjuud lindistatakse ja viiakse läbi vastajale sobivas keskkonnas. Esitatud töö andmete analüüsimiseks kasutatakse kvalitatiivset sisuanalüüsi meetodit induktiivsel viisil, saamaks varasemast rohkem teavet nähtuse kohta. See protsess sisaldab avatud kodeerimist, kategooriate loomist ja abstraheerimist. Uuritavatele on tagatud õigus konfidentsiaalsusele, uuringus osalemine on vabatahtlik.

**Tulemused ja** **Järeldused:**

Lõputöö tulemused ja järeldused on hetkel selgumisel seoses sellega, et uurimistöö andmete kogumise ja analüüsi protsess ei ole veel lõpule viidud.

# The Experiences and Needs of Fathers' of Children With Diabetes in Coping With the Child's Disease

Authors: Ulrike Velling, Angela Mandel, Ingrid Lehtme

Supervisors: Mare Tupits ja Kadri Kööp

Tallinn Health Care College, nursing 4th course

Oral presentation

**Background:** This research is carried out as a part of the project called “Experiences and needs of parents of a child with a chronic illness and coping strategies in relation to the child's disease”. This project addresses many different children's chronic illnesses and parental ability to cope, as well as, children’s experiences with the disease. The project will provide a better overview of how the parent's coping with the child's chronic illness can be improved and what additional help should be provided.

Diabetes is a chronic metabolic disease. There are two types of diabetes: type I and type II. Type I diabetes is one of the most common endocrine diseases among children. (Type 1…, 2019). The spread and incidence of diabetes among children and teens increases all over the world. There are an estimated 440 000 children in the world who have type I diabetes. Type I diabetes is considered to be one of the most common chronic diseases among children. (Chronic sorrow... ; 2009)

**Objective:** To describe the experiences and needs of fathers’ of children with with diabetes in coping with the child's disease.

**Methodology:** The research method used was qualitative, empirical and descriptive. The data was collected through semi-structured interviews and analysed by an inductive content analysis method. Interviews were conducted during summer 2021. 5 subjects participated in the research. All subjects were required to sign a consent form before conducting an interview.

**Findings:** Based on the results of the research, better support and understanding could be provided for the fathers of children with diabetes in coping with children’s disease. As a result of the research, following aspects have been revealed, where the fathers of children with diabetes need more support, information and help to cope with their child’s illness. The information obtained during the interviews is still being processed, so the results and conclusions are still to be seen.

# Nurses stressful situations, problems and solutions of them working in covid-19 department

Author: Mari-Liis Väli

Supervisor: Ljudmilla Linnik

Tallinn Health Care Collage, nursing 3rd course

Oral presentation

The coronavirus and the Covid-19 disease caused by the coronavirus have been an unprecedented and serious challenge for our healthcare system. The spread of coronavirus started at october 2019 affecting a lot of countries' health-care systems. Nurses have to work in situations and conditions which endanger their health, well-being and ability to work.

Over the world nurses have done lots of work to fight against the coronavirus. They have saved lives or given consolation in the event of death. They have had to learn the proper usage of protective equipment to prevent catching the infection and to pass on said knowledge to the rest of society.

In some countries nurses have had to work in very difficult conditions, because they do not have enough resources or protective equipment for keeping themselves out of harm's way. Since the Covid-19 pandemic has brought in a lot more patients, there is not enough personnel to handle the wave of people in need. Also, some countries have had problems with delivery of  protective appliances (e.g  masks, protective equipment etc) and an improperly setup healthcare system.

Nurses and other healthcare workers suffer from physical and emotional stress.

**Aim:** The aim of this research is to describe nurses' stressful situations working in  COVID-19 department during the Covid-19 pandemic and to find problems connected to  major risk factors causing ill health for health-care personnel and to bring to attention the solutions, for those problems,  suggested by nurses.

**Problem of the research:** We do not have very much data about the effect of COVID-19 pandemic to nurses’ health and well-being. We do not know which main stressful problems of nurses have working with Covid-19 patients. It is very important to research nurses' experiences and well-being, working in a pandemic, to identify risk factors to nurses’ health problems and to intervene at the correct time.

**Samples:** the focus group was nurses who work from 2020 until 2021 in the Covid-19 department at West Tallinn Central Hospital, N=80 nurses. The research method used is **qualitative, empirical and descriptive.** The data was collected through semi-structured interviews and analysed by inductive content analysis method. Interviews were conducted from June to August 2021, 20 subjects participated in the research.

**Results and conclusion:** The results of the research concluded that the problems which cause stress in nurses are: physical (heavy workload, little to no breaks, readiness for extra work acts, low quality of sleep), mental (quick response time, fear of getting infected, new situations, conflicts between the collective, lack of support from management and colleagues, little knowledge about protective equipment, difficulty coping with death from covid), social(lack of personnel, lack of time outside of work, new situations, tensions between relationships in the collective, lack of communication between management and workers)As a solution, nurses were offered more additional training to increase competence, more resources for protective equipment, recruitment of new staff, increased support for nurses, who started working in the new environment, by the head of nursing and co-staff.

# Experiences and needs of mothers of a child with asthma in coping with the child’s disease

Authors: Kriss-Lyna Prees, Anett Mättik

Supervisor: Kadri Kööp, Mare Tupits

Tallinn Health Care Collage, nursing 3rd course

Oral presentation

**Background**

Asthma is the most common chronic disease in children. It affects the physical and emotional aspects of a person's life and this is why these children are often in the hospital and absent from school. Chronic illness in a child changes the daily life and activities of their entire family. Parents play a big role because they think they are responsible for unexpected situations and symptoms of the disease. (Borhani et al., 2012: 115).

6.2 million children under the age of 18 suffer from asthma, in 2017 every twelfth child suffered from asthma (Asthma facts... 2018). According to research conducted in Estonia, school-age children have asthma 5-10% and 3-7% in the first five years of life. (Astma lapseeas, Eesti ravijuhend, 2009).

**The aim and tasks of the study**

The aim of the research is to describe the experiences and needs of the mother of a child with asthma in relation to coping with the child’s disease.  
Based on the goal, the following research tasks have been set:  
1. Describe the experiences of mothers of a child with asthma in coping with the child’s disease. 2. Describe the needs of mothers of a child with asthma in dealing with the child’s disease.

**Methodology**

The research method is qualitative, empirical and descriptive.  
The study will be carried out among the mothers selected from Tallinn Children’s Hospital. The mothers who will be interviewed, will be selected by the hospital staff and their contacts will be given to the authors.  
The data will be collected by semi-structured interviews.  
The data will be analysed by inductive content analysis method.

**Findings**

Some of the findings were lack of further information; mental health problems when child was diagnosed; no need for additional help with the child.

**Conclusions**

The conclusions will be ready after the analysis process.

# How to support a child in adapting to childcare

Authors: Merlin Orgulas, Mia Meet

Supervisor: Birgit Nicolau Costa

Tallinn Health Care Collage, childminder 1rst course

Oral presentation

Child`s adaptation to childcare might be very difficult or it might also be a piece of cake. In our presentation, we want to give some ideas to parents or future parents, to make their child`s adaptation to childcare a little bit easier and that both (children and also parents) would have fun and mostly positive emotions about that time period. Our objective is to make your first few weeks in the kindergarten as easy as possible, since it is a very difficult time for an adult, but also for a child. Our goal is to have a kid full of joy and exitement in the childcare center but we also want to have a great bond and communication with the parents.