

TALLINNA TERVISHOIU KÕRGGKOO



**Evidence-based  
Learning and Practice**

Tallinn 2012



International Week of Tallinn Health Care College

May 14-18, 2012

## **Evidence-based Learning and Practice**

Book of Abstracts

Tallinn Health Care College

Tallinn 2012



## „Evidence-based Learning and Practice“

The Tallinn Health Care College International Week Conference

Tallinn, Kännu 67 and Kohtla-Järve, Kukruse, Lehe 12, Estonia

May 14-18, 2012

Edited by Tiina Juhansoo

Technical support: Signe Reinumägi and Alar Sepp

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

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## WELCOME

Welcome to Tallinn Health Care College International Week „Evidence-based Learning and Practice“.

This year the international week has special importance for us - we celebrate the 25<sup>th</sup> anniversary of Erasmus together with our friends and colleagues from Europe. To give special attention to this event we have organized a special preconference week - Erasmus 25.

In our new development plan for the years 2012-2016 we have declared that development and research is an important part of our goals. All curricula taught in Tallinn Health Care College have planned future research fields what are important for the development of the area. Common discussions, cooperation, joint learning modules, research and presentation of achievements enable us to offer evidence-based knowledge and practice, important for the internationalization and development of the area.

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

Tiina Juhansoo

Vice-rector of Development and International Relations of Tallinn Health Care College



# **PROGRAMME - PRECONFERENCE**



**Tallinna Tervishoiu Kõrgkooli (Tallinn Health Care College)  
International Week „Evidence-based Learning and Practice”  
preconference -**

**„ERASMUS - 25“**

*May, 7-11, 2012, Tallinn Health Care College*

<b>May, 7-19</b>	
<p><b>Midwifery Chair</b> LLP/Erasmus program intensive course „Men`s Wellbeing and Health in an European Perspective - WELL MAN? III“ Contact: Ave Kõrve - <a href="mailto:ave.korve@ttk.ee">ave.korve@ttk.ee</a></p>	Aula
<b>May, 7</b>	
<p><b>Midwifery Chair</b> 08.30-10.30 <b>Breastfeeding in Finland</b> Lecturer: Mari Berglund, Turku University of Applied Sciences, Finland  10.30-12.00 <b>Early Postnatal Discharge from Hospital</b>  12.00-12.30 Coffee break  12.30-13.00 <b>Development and Implementation of the Student Practical Training Diary</b> Lecturer: Irena Bartels, RM, Tallinn Health Care College, Estonia  13.00-15.00 <b>Workshop: Web-based Tutoring of the Practical Training</b> Contact: Silja Mets - <a href="mailto:silja.mets@ttk.ee">silja.mets@ttk.ee</a></p>	Room 116



<p><b>May, 9</b></p>	
<p><b>Dental Technicians Chair</b></p> <p><b>1. Mechanical Properties of Heat Curing Acrylic: two studies</b> Alumni Kristel Kallas and Helen Laadi, Tallinn Health Care College, Estonia</p> <p><b>2. The Relationship between Body Mass Index and Eating Preferences Index: a pilot study</b> Students Kristjan Järve, Genry Koch, Tallinn Health Care College, Estonia and Tõnu Kauba, PhD, Tallinn Health Care College, Estonia</p> <p><b>3. Metropolia and Dental Technology Studies</b> Tapio Suonperä, MA, Helsinki Metropolia University of Applied Sciences, Finland. Students from Helsinki Metropolia University of Applied Sciences are also participating</p> <p><b>4. Smile Design - presentation of 3Shape'i Intraoral Scanner</b> Kaido Rinaldo, Orthodontics Centre, Estonia Contact: Tõnu Kauba - <a href="mailto:tonu.kauba@ttk.ee">tonu.kauba@ttk.ee</a></p>	<p>11.00</p> <p>Orthodontics Centre, Dental Design dental laboratory Pärnu St 139 e/2</p>
<p><b>May, 10</b></p>	
<p><b>Erasmus 25</b></p> <p><b>1. Introduction.</b> Tiina Juhansoo, MD, PhD, Tallinn Health Care College, Estonia</p> <p><b>2. ENS Tallinn - How we Support Erasmus Students?</b> Kärt Maalinn, ENS Tallinn, Estonia Contact: Tiina Juhansoo - <a href="mailto:tiina.juhansoo@ttk.ee">tiina.juhansoo@ttk.ee</a></p>	<p>Aula 10.00</p>



# **PROGRAMME - CONFERENCE**





## Tallinna Tervishoiu Kõrgkooli (Tallinn Health Care College) International Week „Evidence-based Learning and Practice“

**May, 14-18, 2012**  
Känu 67, 13418, Tallinn and Kukruse, Kohtla-Järve, Estonia

### MONDAY, May 14

<b><i>Sunday, May 13 - Saturday, May 19</i></b>	
<b>Dental Technology Chair</b> Lecturers from Utena College, Lithuania are learning in the Chair of Dental Technology and are participating in training which aims at curriculum development. Contact: Tõnu Kauba: <a href="mailto:tonu.kauba@ttk.ee">tonu.kauba@ttk.ee</a>	
<b><i>Monday, May 14 - Saturday, May 19</i></b>	
<b>Midwifery Chair</b> LLP/Erasmus programme intensive course „Men`s Wellbeing and Health in an European Perspective - Well, MAN? III“ Contact: Ave Kõrve - <a href="mailto:ave.korve@ttk.ee">ave.korve@ttk.ee</a>	Aula
<b><i>Monday, May 14</i></b>	
<b>Adult Education</b> <b>Adult Education in Tallinn Health Care College - Open Doors</b> Contact: Zelda Fain - <a href="mailto:zelda.fain@ttk.ee">zelda.fain@ttk.ee</a>	Room 114 11.00-13.00
<b>Round-table</b> <b>International Cooperation in Tallinn Health Care College</b> Contact: Tiina Juhansoo - <a href="mailto:tiina.juhansoo@ttk.ee">tiina.juhansoo@ttk.ee</a>	Room 105 14.00-17.00

**Tallinna Tervishoiu Kõrgkooli (Tallinn Health Care College)**



## International Week „Evidence-based Learning and Practice“

May, 14-18, 2012

Kännu 67, 13418, Tallinn and Kukruse, Kohtla-Järve, Estonia

### TUESDAY, May 15

<b>Sunday, May 13 - Saturday, May 19</b>	
<p><b>Dental Technology Chair</b></p> <p>Lecturers from Utena College, Lithuania are learning in the Chair of Dental Technology and are participating in training which aims at curriculum development.</p> <p>Contact: Tõnu Kauba: <a href="mailto:tonu.kauba@ttk.ee">tonu.kauba@ttk.ee</a></p>	
<b>Monday, May 14 - Saturday, May 19</b>	
<p><b>Midwifery Chair</b></p> <p>LLP/Erasmus programme intensive course „Men`s Wellbeing and Health in an European Perspective - Well, MAN? III“</p> <p>Contact: Ave Kõrve - <a href="mailto:ave.korve@ttk.ee">ave.korve@ttk.ee</a></p>	Aula
<b>Tuesday, May 15</b>	
<p><b>Midwifery Chair</b></p> <p><b>1. Viewpoints of Evidence-based Practice and the Theory through Various Midwifery Conferences</b> Lecturer: Irena Bartels, RM, Tallinn Health Care College, Estonia Contact: Irena Bartels - <a href="mailto:irena.bartels@ttk.ee">irena.bartels@ttk.ee</a></p> <p><b>2. The Effect of Smoking during Pregnancy</b> Lecturer: Helinä Mesiäislehtö-Soukka, Seinäjoki AKK, Finland Contact: Helinä Mesiäislehtö-Soukka - <a href="mailto:helina.mesiaislehto-soukka@seamk.fi">helina.mesiaislehto-soukka@seamk.fi</a></p> <p><b>3. Overview of the Applied Research of the Midwifery Chair: the Effect of Smoking during Pregnancy on a Pregnant Woman`s and Foetus Health and Smoking Cessation</b> Lecturers: Urve Kaasik-Aaslav MD, MA; Mare Vanatoa, MD, Tallinn Health Care College, Estonia Contact: Urve Kaasik-Aaslav - <a href="mailto:urve.kaasik-aaslav@ttk.ee">urve.kaasik-aaslav@ttk.ee</a></p> <p><b>4. Opinions of Pregnant Women Smoking during Pregnancy,</b></p>	Room 115 9.00-12.30



<p><b>Environmental and Social Impact on Smoking Cessation</b> Lecturers: Alumni Minna-Mai Bergmann, RM and Katri Loori, RM, Tallinn Health Care College, Estonia</p> <p><b>5. Teaching of Future Tutors in Tallinn Health Care College</b> Lecturer: Õilme Siimer, MA, Tallinn Health Care College, Estonia Contact: Õilme Siimer - <a href="mailto:oilme.siimer@ttk.ee">oilme.siimer@ttk.ee</a></p>	
<p><b>Tallinn Health Care College Council meeting</b> (for invited guests only)</p>	<p>Room 116 12.00-16.00</p>
<p><b>Occupational Therapy Chair</b></p> <p><b>1. Experience of LLP/Erasmus Staff Training in Occupational Therapy</b> Lecturer: Karin Lilienberg, MD, MSc, Tallinn Health Care College, Estonia</p> <p><b>2. Meeting with the Estonian Association of Occupational Therapists</b> Contact: Karin Lilienberg - <a href="mailto:karin.lilienberg@ttk.ee">karin.lilienberg@ttk.ee</a></p>	<p>16.00-19.00</p>
<p><b>Open round-table</b> <b>Learning and Living in UK, Estonia and Finland</b></p> <p>Moderators: Ene Kotkas, Estonia; Eileen Richardson, United Kingdom; Sari Lappalainen, Finland</p> <p>Contact: Ene Kotkas - <a href="mailto:ene.kotkas@ttk.ee">ene.kotkas@ttk.ee</a> Ülle Kuuse - <a href="mailto:yлле.kuuse@ttk.ee">ylle.kuuse@ttk.ee</a></p>	<p>Library 13.00-15.00</p>



## Tallinna Tervishoiu Kõrgkooli (Tallinn Health Care College) International Week „Evidence-based Learning and Practice“

**May, 14-18, 2012**

Kännu 67, 13418, Tallinn and Kukruse, Kohtla-Järve, Estonia

### WEDNESDAY, May 16

<b><i>Sunday, May 13 - Saturday, May 19</i></b>	
<p><b>Dental Technology Chair</b></p> <p>Lecturers from Utena College, Lithuania are learning in the Chair of Dental Technology and are participating in training which aims at curriculum development.</p> <p>Contact: Tõnu Kauba: <a href="mailto:tonu.kauba@ttk.ee">tonu.kauba@ttk.ee</a></p>	
<b><i>Monday, May 14 - Saturday, May 19</i></b>	
<p><b>Midwifery Chair</b></p> <p>LLP/Erasmus programme intensive course „Men`s Wellbeing and Health in an European Perspective - Well, MAN? III“</p> <p>Contact: Ave Kõrve - <a href="mailto:ave.korve@ttk.ee">ave.korve@ttk.ee</a></p>	Aula
<b><i>Wednesday, May 16</i></b>	
<p><b>Students section</b></p> <p><b>1. History of Glasses.</b> Students of optometry Kersten Liba and Birgit Nurme, Tallinn Health Care College, Estonia</p> <p><b>2. Norlys Nursing Diagnostics Course in Oslo.</b> Nursing students Marelle Maitse and Martin Mand, Tallinn Health Care College, Estonia</p> <p><b>3. Accidents and Emergencies.</b> Nursing student Dmitri Tšornõi, Tallinn Health Care College, Estonia</p> <p><b>4. Occupational Therapy for Mentally Disabled.</b> Student of occupational therapy Keiu Michalski, Tallinn Health Care College, Estonia</p> <p><b>5. Leisure Activities.</b> Student of occupational therapy Reesi Kristal, Tallinn Health Care College, Estonia</p>	<p>Room 116 12.30-14.00</p>



<p><b>6. Assistive Devices.</b> Student of occupational therapy Liis Kullaste, Tallinn Health Care College, Estonia</p> <p><b>7. Benefits from Physical Activity.</b> Student of health promotion Elen Vardja, Tallinn Health Care College, Estonia</p> <p><b>8. Anti-depressants - Do They Really Work?</b> Student of pharmacy Ave Kris Lend, Tallinn Health Care College, Estonia</p> <p><b>9. The Results of the Project “Friendly School Canteen 2012”.</b> Student of pharmacy Anton Nassonov, Tallinn Health Care College, Estonia</p> <p><b>10. Tampere University Applied Sciences - Health Care Studies.</b> Student Suvi Hammar, Tampere University of Applied Sciences, Finland</p> <p><b>11. The Power of Positive Outlook.</b> Student of health promotion Kerstin Ramjalg, Tallinn Health Care College, Estonia</p> <p>Contact: Ene Kotkas - <a href="mailto:ene.kotkas@ttk.ee">ene.kotkas@ttk.ee</a>          Katariina Rannula - <a href="mailto:katariina.rannula@ttk.ee">katariina.rannula@ttk.ee</a>          Siret Piirsalu - <a href="mailto:siret.piirsalu@ttk.ee">siret.piirsalu@ttk.ee</a></p>	
<p><b>Round-table</b></p> <p><b>Teaching of the Problems of Family Violence</b></p> <p>Moderator: Tiina Juhansoo, MD, PhD, Tallinn Health Care College, Estonia</p> <p>Contact: Tiina Juhansoo - <a href="mailto:tiina.juhansoo@ttk.ee">tiina.juhansoo@ttk.ee</a></p>	<p>Room 105 16.00-18.00</p>



## Tallinna Tervishoiu Kõrgkooli (Tallinn Health Care College) International Week „Evidence-based Learning and Practice“

May, 14-18, 2012

Kännu 67, 13418, Tallinn and Kukruse, Kohtla-Järve, Estonia

### THURSDAY, May 17

<b><i>Sunday, May 13 - Saturday, May 19</i></b>	
<b>Dental Technology Chair</b> Lecturers from Utena College, Lithuania are learning in the Chair of Dental Technology and are participating in training which aims at curriculum development. Contact: Tõnu Kauba: <a href="mailto:tonu.kauba@ttk.ee">tonu.kauba@ttk.ee</a>	
<b><i>Monday, May 14 - Saturday, May 19</i></b>	
<b>Midwifery Chair</b> LLP/Erasmus programme intensive course „Men`s Wellbeing and Health in an European Perspective - Well, MAN? III“ Contact: Ave Kõrve - <a href="mailto:ave.korve@ttk.ee">ave.korve@ttk.ee</a>	Aula
<b><i>Thursday, May 17</i></b>	
<b>Presentations</b> <b>Presentations of New Learning and Teaching Materials</b> Contact: Ülle Kuuse - <a href="mailto:yлле.kuuse@ttk.ee">ylle.kuuse@ttk.ee</a>  <b>Research and development competition - results</b> Contact: Tiina Juhansoo - <a href="mailto:tiina.juhansoo@ttk.ee">tiina.juhansoo@ttk.ee</a>	Library 10.00-11.00



<p><b>Round-table</b> <b>Nursing Process and Teaching of the Patient</b></p> <p>Moderator: M. Tupits, RN, MA, Tallinn Health Care College, Estonia Contact: Mare Tupits - <a href="mailto:mare.tupits@ttk.ee">mare.tupits@ttk.ee</a></p>	<p>Room 209 8.30-12.00</p>
<p><b>Round-table in Kohtla-Järve: Developments in Vocational Education (in Estonian)</b></p> <p>10.00-10.05 - Introduction</p> <p>10.05-10.25 - lecture <b>“Close Friends and Family as a Resource of Vitality and Self-Reliance”</b> Merike Kravets, Tallinn Health Care College, Estonia</p> <p>10.25-10.45 - lecture <b>“Communication as Recurring Competence in all Professions”</b> Merike Kravets, Tallinn Health Care College, Estonia</p> <p>11.00-11.15 - Discussion: <b>Vocational Education Training Needs in the field of Health and Social Care. Learning Challenges including International Projects</b> Moderator: Merike Kravets, Tallinn Health Care College, Estonia</p> <p>11.15-11.30 - School life in Kukruse <b>“Why Start your Studies at Tallinn Health Care College?”</b> Olesja Ojamäe, Tallinn Health Care College, Estonia</p> <p>11.30-11.45 - Discussion about Language Learning Needs in East-Virumaa <b>“If, What For and How?”</b> Moderator: Merike Kravets, Tallinn Health Care College, Estonia</p> <p>Moderator: Merike Kravets, Tallinn Health Care College, Estonia Contact: Merike Kravets - <a href="mailto:merike.kravets@ttk.ee">merike.kravets@ttk.ee</a></p>	<p>Kohtla-Järve, Kukruse 10.00-12.30</p>



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May, 14-18, 2012

Kännu 67, 13418, Tallinn and Kukruse, Kohtla-Järve, Estonia

### FRIDAY, May 18

<b>Sunday, May 13 - Saturday, May 19</b>	
<p><b>Dental Technology Chair</b></p> <p>Lecturers from Utena College, Lithuania are learning in the Chair of Dental Technology and are participating in training which aims at curriculum development.</p> <p>Contact: Tõnu Kauba: <a href="mailto:tonu.kauba@ttk.ee">tonu.kauba@ttk.ee</a></p>	
<b>Monday, May 14 - Saturday, May 19</b>	
<p><b>Midwifery Chair</b></p> <p>LLP/Erasmus programme intensive course „Men`s Wellbeing and Health in an European Perspective - Well, MAN? III“</p> <p>Contact: Ave Kõrve - <a href="mailto:ave.korve@ttk.ee">ave.korve@ttk.ee</a></p>	Aula
<b>Friday, May 18</b>	
<p><b>Pharmacy Chair - “Health, Pharmacy and the Research-Practice Connection”</b></p> <p><b>10.00-12.00 - I SESSION „HC, OT and Evidence-based Practice“</b></p> <p><b>1. Views of the Choice of Data Collection Methods on the Basis of the Physician Studies carried out in 1995-2011</b> Alar Sepp, MD, MA, Tallinn Health Care College, Estonia</p> <p><b>2. Occupational Therapist Role in Facilitating Occupational Performance of a Client with the Diagnose of Rheumatoidarthritis</b> Egle Aun, student of occupational therapy, Tallinn Health Care College, Estonia</p>	10.00-16.30





**3. The Satisfaction with Undergraduate Education and Work of Estonian Occupational Therapists**

Mari Saat, student of occupational therapy, Tallinn Health Care College, Estonia

**4. Evidence-based Practice**

Gertrude Kosta Chipuka, senior lecturer, Lusaka School of Nursing, Zambia

12.00-13.00 - LUNCH

**13.00-14.30 - II SESSION „HC, History and Pharmacy organization“**

**5. Rectors/directors of Tallinn Health Care College in 1940-2012**

Liina Põldla, BSc, MA, Estonian History Museum, Estonia; Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

**6. History of Chair of Pharmacy in Tallinn Health Care College**

Helve Kirm, MSc, Tallinn Health Care College, Estonia; Alar Sepp, MD, MA, Tallinn Health Care College, Estonia; Lilian Ruuben, MSc, Tallinn Health Care College, Estonia

**7. LLL/Erasmus Exchange in Porto: „Keep your Hands Wide Open!“**

Alar Sepp, MD, MA, Tallinn Health Care College, Estonia; Merle Kiloman, MSc, Tallinn Health Care College, Estonia

**8. LLL/Leonardo da Vinci/Transfer of innovation: PHARLEMA project for Pharmaceutical Assistants' and Technicians' Foreign Work Placements**

Alar Sepp, MD, MA, Tallinn Health Care College, Estonia; Merle Kiloman, MSc, Tallinn Health Care College, Estonia; Lilian Ruuben, MSc, Tallinn Health Care College, Estonia

**9. Pharmacy organization in Germany, Switzerland, UK, Baltic and Scandinavian countries**

Raimonda Šedyte, student, Kaunas College, Lithuania

**14.30-16.30 - III SESSION Evidence-based Pharmacy (via videoconference)**

**10. Stability of Extemporaneous Preparations of Omeprazole. A Review of Evidence**

Katre Kalamees, Gea Komp, Liis Tereping, students of pharmacy, Tallinn Health Care College, Estonia



**11. Comparative Study about the Self-Medication Habits among the Students of the Tallinn Health Care College and the Students of the School of the Allied Sciences of Oporto**

Ana Rita Silva, student of pharmacy, School of Allied Sciences of Oporto, Portugal

**12. Physical Activity and Health in Adult Population of Tallinn Health Care College**

Cátia Martins, student of pharmacy, School of Allied Sciences of Oporto, Portugal

**13. Anti-aging Products: A Comparative Study of the Components used in Portuguese and in Estonian Products**

Daniela Silva, student of pharmacy, School of Allied Sciences of Oporto, Portugal

**14. Pharmacy 2.0: Using Technology to Support Learning**

Angelo Jesus, BSc, Pharm., PhD Stud., School of Allied Sciences of Oporto, Portugal

**15. Conclusions**

Angelo Jesus, BSc, Pharm., PhD Stud., School of Allied Sciences of Oporto, Portugal & Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

Chairpersons: Alar Sepp, MD, MA, Tallinn Health Care College, Estonia and Angelo Jesus, BSc, Pharm., PhD Stud., School of Allied Sciences of Oporto, Portugal

Contact: Alar Sepp - [alar.sepp@ttk.ee](mailto:alar.sepp@ttk.ee)  
Angelo Jesus - [acj@eu.ipp.pt](mailto:acj@eu.ipp.pt)



# **ABSTRACTS**



## OCCUPATIONAL THERAPIST ROLE IN FACILITATING OCCUPATIONAL PERFORMANCE OF A CLIENT WITH THE DIAGNOSIS OF RHEUMATOID ARTHRITIS

Egle Aun, student of occupational therapy; Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

**The aim:** to give overview of main tasks of an occupational therapist in facilitating occupational performance of a client with the diagnosis of rheumatoid arthritis.

**Method:** the library-based research method of literature review was used to help the occupational therapists to discern the relevant pros and cons easily and have the key references for confirmation and further information about occupational therapists role.

**Results:** rheumatoid arthritis is a chronic autoimmune disease that affects joints and the tissues around the joints and affects human occupational performance. The main task of an occupational therapist working with client, who has rheumatoid arthritis, is teaching the client how to use energy saving techniques and joint protection principles, recommending assistive devices and orthosis.

**Conclusion:** in order to make occupational therapist work more effective, it is important that after verbal and written information about energy saving techniques, joint protection principles and assistive devices, the education also must consist of the demonstrations and supervised practice.

Contact: [egle.aun@gmail.com](mailto:egle.aun@gmail.com)



## **PREGNANT WOMEN'S OPINIONS ABOUT SMOKING DURING PREGNANCY AND THE EFFECT OF SOCIAL ENVIRONMENT ON SMOKING CESSATION**

Minna-Mai Bergmann, RN, Tallinn Emergency Medical Service, Estonia; Katri-Liis Loori, RN, West-Tallinn Central Hospital, Estonia; Urve Kaasik-Aaslav, MA, MD, Tallinn Health Care College, Estonia

**The aim:** to describe pregnant women's opinions about smoking during pregnancy and the effect of social environment on smoking cessation.

**Methods:** the theoretical part offers literature overview and the empirical part is composed of collected data from interviews (half structured questionnaires). The research involves 11 interviews with pregnant women (smokers).

**Results:** smoking during pregnancy affects both the woman and the child. Most of the women participating in the study knew about the harmfulness of smoking to themselves and their children, but didn't know exactly how it would affect. Comparing this research to other research done in project „Pregnant Women's Experiences and Comprehensions About Smoking“ results the authors found that most pregnant smokers didn't receive any help from their midwife/doctor.

**Conclusions:** the association between socioeconomic disadvantage, smoking, morbidity and mortality in the population has been well established. Most of the pregnant women know about the harmfulness of smoking, but don't quit. Therefore socioeconomic environment should be taken in consideration when consulting with pregnant women about smoking cessation.

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## EVIDENCE-BASED PRACTICE

Gertrude Kosta Chipuka, senior lecturer, Lusaka School of Nursing, Zambia

**The aim:** to introduce the special terms of evidence-based (EBP) practice and evidence-based nursing (EBN).

**Method:** case study method.

**Results:** case study methods involve an in-depth, longitudinal examination of a single instance or event. They provide a systematic way of looking at events, collecting data, analysing information, and reporting the results. Nursing process serves as an organizational framework for the practice of nursing. It encompasses all of the steps taken by the nurse in caring for a patient: assessment, nursing diagnosis, planning, implementation, and evaluation. The rationale for each step is founded in nursing theory. A nursing care plan outlines the nursing care to be provided to an individual/family/community. It is a set of actions the nurse will implement to resolve/support nursing diagnoses identified by nursing assessment. Because nurses work with multiple patients per day, they rely on care plans to quickly access a patient's history, diagnosis, and treatment plan. Care plans are thorough documents that include an initial assessment of the patient, medical diagnoses, goals for recovery, specific treatment plans, and the patient's response to treatment.

**Conclusion:** evidence-based care concerns the incorporation of evidence from research, clinical expertise, and patient preferences into decisions about the health care of individual patients. Therefore sound research evidence which tells us what does and does not work, and with whom and where it works best, is good news. Maximum use must be made of scientific and economic evidence, and the Cochrane Collaboration initiatives.

Contact: [gertkosta2007@yahoo.com](mailto:gertkosta2007@yahoo.com)



## INTEGRATION OF ERASMUS EXCHANGE STUDENTS IN COOPERATION WITH ERASMUS STUDENT NETWORK TALLINN

Eve Epner, MA, Tallinn Health Care College, Estonia

**The aim:** to support and promote academic, social and practical integration of the Erasmus exchange students hosted by Tallinn Health Care College.

**Methods:** close cooperation with Erasmus Student Network (ESN) Tallinn in providing help, guidance and necessary information to the exchange students hosted by Tallinn Health Care College.

**Results:** Erasmus exchange students hosted by Tallinn Health Care College are fully integrated into the academic, social and practical life in Estonia; and their needs are met on the local, national and international level. Cooperation with ESN Tallinn enables to integrate Erasmus students in a most quick and effective way by using different cultural and social activities organised by ESN Tallinn.

**Conclusions:** effective integration of exchange students helps to promote cooperation, communication and integration amongst young people over EU and support internationalization of higher education.

Contact: [eve.epner@ttk.ee](mailto:eve.epner@ttk.ee)



## PHARMACY 2.0: USING TECHNOLOGY TO SUPPORT LEARNING

Angelo Jesus; BPharm; PhD Student, School of Allied Health Sciences of Oporto, Portugal

**The aim:** to explore Web 2.0 tools, and their applications in the teaching of Pharmacy.

**Method:** overview of Web 2.0 applications, explanation how they are being used within education environments, and discussion on potential opportunities and challenges that these applications present for Pharmacy Education.

**Results:** Blogging, Microblogging, bookmarking, wikis, podcasts another applications have a real potential to be used in Pharmacy Education.

**Conclusion:** indeed, Web 2.0 tools and applications have a powerful place in instruction and the classroom, but caution is warranted regarding the strategies used. Instead of beginning instructional planning with these tools in mind, the learning objectives and instructional strategies should guide the adoption process.

Contact: [acj@eu.ipp.pt](mailto:acj@eu.ipp.pt)





## ADULT EDUCATION AND INTERNATIONALIZATION

Tiina Juhansoo, MD, PhD; Zelda Fain, Tallinn Health Care College, Estonia

**The aim:** to organize courses for people from different countries in the field of healthcare and welfare based on their needs.

**Methods:** for the developing of the needed course we have chosen methods what are appropriate for lifelong learning, such as combination of lectures, seminars with combination of team-work, discussions of examples of best practice; comparison of health care systems in learners country and Estonia; practical exercises and study visits. To make this activities possible we have applied for financing through different program projects like Erasmus program, Leonardo da Vinci, Tempus, Nordplus and different local projects with Utena, Lithuania, Preetz, Germany.

**Results:** starting from 2007 Tallinn Health Care College has organized yearly specially prepared courses to learners from Finland, Germany, Lithuania, Portugal, Latvia, Russia, Czeck Republic and United Kingdom.

**Conclusions:** courses for International learners are important part of internationalization of adult education in Tallinn Health Care College.

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## DEVELOPMENT OF ERASMUS STUDENT EXCHANGE AND COMMON LEARNING POSSIBILITIES

Tiina Juhansoo, MD, PhD; Tõnu Kauba, MD, PhD; Marina Kopti, RN, Tallinn Health Care College, Estonia; Ruta Jurgelione, MA of education; Danguole Ševcoviene MA of nursing, Utena University of Applied Sciences, Lithuania

**The aim:** to create better possibilities for Erasmus student and teacher exchange and development of common modules.

**Methods:** to provide students and teachers with more opportunities to acquire knowledge, skills, intercultural and professional competences.

**Results:** following analysis was made: the education and health care system of both countries were analyzed and compared. Support system of internationalization, student and teacher exchange using Erasmus possibilities was discussed. Comparison of curricula in dental technicians and nursing also needs and possibilities for common study modules were analyzed. Plan for future activities was created. Best practice from both partners side was described. Activity plan for future developments till 2016 was created.

**Conclusions:** internationalization is important part of learning process in every country in Europe. Tallinn Health Care College and Utena University of Applied Sciences have made concrete plans for the development of the cooperation and internationalization.

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## EXPECTATION OF ADULT LEARNERS TOWARDS THE COURSE OF „FAMILY VIOLENCE“

Tiina Juhansoo, MD, PhD; Kersti Kask MA Sc; Mare Tupits, RN, MA; Tatjana Vetštomova, Tallinn Health Care College, Kristiine Social Centre, Estonia

**The aim:** to find out expectations of adult learners towards the course „Family violence“ offered by Tallinn Health Care College adult education unit.

**Method:** the feedback questionnaire, worked out by the authors and piloted during the Leonardo da Vinci program project “Social and Health Care Workers against Violence, HEVI”, was used.

**Results:** twenty two questionnaires were delivered to the participants of the course “Family Violence” held in autumn, 2011 in Tallinn Health Care College. Nineteen questionnaires were returned. The most expected aspects were: new knowledge about how to help people who are suffering from family violence (73%). Equal importance was given to the aspects like new knowledge about how to communicate with victims or violent persons, how to hold individual conversations on such delicate thematic as family violence (57,8%) and to get concrete information for the work with victims of the violence (52,6%).

**Conclusions:** knowing expectations of learners gives to the authors possibility to develop the course into the most expected form.

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## TALLINN HEALTH CARE COLLEGE LIBRARY ACTIVITIES IN THE FIELD OF INTERNATIONALIZATION

Tiina Juhansoo, MD, PhD; Ülle Kuuse, Tallinn Health Care College, Estonia

**The aim:** to show the involvement of Tallinn Health Care College into internationalization activities.

**Method:** study visits, finding of best practice and round tables.

**Results:** development plan of Tallinn Health Care College for years 2009-2011 and 2012-2016 have described internationalization as important activity. In the development plan of library the next steps are learning in the Riga Stradiņš University College, Latvia, and Helsinki Metropolia University of Applied Sciences. During the international week round table is organized for introducing living and learning in different countries and to introduce new study and learning materials.

**Conclusions:** Tallinn Health Care College library has created a concrete plan to be involved in the internationalization process of the college.

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## TUTORING OF INCOMING STUDENTS

Tiina Juhansoo, MD, PhD; Kaupo Pilder, student of Assistant Pharmacy; Katrin Hiiepuu, student of Health Promotion, Tallinn Health Care College, Estonia

**The aim:** to be prepared to support Erasmus incoming students in integration into Estonian society and school life during the exchange period.

**Method:** in 2007 an elective course “Mentoring of exchange students” was prepared in Tallinn Health Care College. The course consists of theoretical preparation and practical work together with Erasmus incoming students from different countries.

**Results:** the mentor students are prepared for prevision of problems, find solutions for critical situations, support and lead foreign students in integration, learning and living in Estonia. The learning has given both to incoming and mentor students a possibility to practice work in multicultural and multilingual team.

**Conclusion:** it is very important to have support system for incoming students including qualified mentor students.

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## THE RELATIONSHIP BETWEEN BODY MASS INDEX AND EATING PREFERENCES INDEX: A PILOT STUDY

Kristjan Järve, Genry Koch, dental technology 1<sup>st</sup> year students; Tõnu Kauba, MD, PhD, Tallinn Health Care College, Estonia

**The aim:** to investigate the relationship between the age and indexes of eating preferences (EPI) and body mass (BMI).

**Method:** 70 people were questioned about their eating preferences (EPI, index of non-vegetarian/vegetarian food) and their BMI. No specific analyses for correlation analyses were used.

**Results:** the main age of the participants was between 20 – 29 years, the average BMI was 23.5. The average EPI was 1.6. One participant preferred only vegetarian food and 3 people preferred mainly vegetarian food.

**Conclusion:** the persons investigated showed no relationship between body mass index and their eating preferences (index non-vegetarian/vegetarian food) in this group.

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## THE EFFECT OF SMOKING DURING PREGNANCY ON THE HEALTH OF EXPECTANT MOTHER AND FOETUS, SMOKING CESSATION

Urve Kaasik-Aaslav MD, MA; Mare Vanatoa MD, Tallinn Health Care College, Estonia

**The aim:** of research is to describe the effect of smoking during pregnancy on health, expectant readiness for smoking cessation and health care workers role in it.

**Method:** empirical research, qualitative analysis of the data gathered in 2009-2011; 33 expectant mothers in East and West Tallinn Central Hospitals, 5 expectant mothers in Seinajoki Health Centre, interviewed by midwifery and nursing students.

**Results:** pregnant smokers experience problems connected with respiratory system, tiredness, aberrances in biologic parameters (such as blood sugar level) during pregnancy, premature labour, retardation of growth and hypoxia of foetus. 80% of pregnant smokers were ready for smoking cessation. 70% understood that non-smoking would improve health of mother and foetus. All the interviewees had tried quitting smoking at least once. The factors that helped smoking cessation were analyzed, only 10% of expectants felt support from health care worker was sufficient.

**Conclusion:** health care workers have to pay attention to smoking cessation to reduce health risks. According to data from smoking cessation studies patient education and empowerment has a high success rate. Family and friends support is important. Non-smoking habits have long-time influence to family well-being.

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## STABILITY OF EXTEMPORANEOUS PREPARATIONS OF OMEPRAZOLE. A REVIEW OF EVIDENCE

Katre Kalamees, Gea Komp, Liis Tereping, pharmaceutical assistants', Tallinn Health Care College, Estonia

**The aim:** to analyze situations where we need to produce solutions/suspensions from pills or capsules and find out the evidence of stability of omeprazole.

**Method:** a systematic search of published journal articles, between 1990 and 2012, relating omeprazole and stability of omeprazole suspensions and solutions was made in the databases Medline, EBSCO, PubMed.

**Results:** a pharmacist is often challenged to provide an extemporaneous oral liquid for paediatric patients, patients who are unable to swallow solid dosage forms such as tablets or capsules, patients who must receive medications via nasogastric or gastrostomy tubes, who require non-standard doses, who are fructose intolerant and have had significant adverse effects from sorbitol. Sucrose (in syrup) can promote the formation of dental caries, ethanol can cause hypoglycaemia and parahydroxybenzoates can cause hypersensitivity reactions and exacerbate the symptoms of asthma. Refrigerated suspensions are more stable, than stored in room temperature, because omeprazole is heat-sensitive and light-sensitive.

**Conclusion:** oral liquids are often used and all safety measurements can be followed in preparation and storing of solutions and suspensions.

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## COMPARISON OF THE CURRICULA OF DENTAL TECHNICIAN

Tõnu Kauba, MD, PhD; Tiina Juhansoo, MD, PhD, Tallinn Health Care College, Estonia; Arūnas Kanapeckas and Danguolė Ševcovienė, Utena University of Applied Sciences, Lithuania

**The aim:** to compare the curricula of dental technicians in Tallinn Health Care College (THCC), Estonia, and Utena University of Applied Sciences (UUAS), Lithuania.

**Methods:** the comparison of different learning facilities of different countries is important in developing the curricula and achieving transparency.

**Results:** for cooperation with practical placements and preparing students for Erasmus exchange the good knowledge of partners curricula is crucial. THCC and UUAS have been working together since 2009, starting from study visits and presentations in the International week of THCC. From 2010 comparison of curricula of dental technicians started. This includes amount of theoretical and practical part of the curricula, management of practical placements, construction of modules, quality assurance methods. Comparison of curricula is ongoing and next steps for development both parts are planned till the year 2013.

**Conclusions:** comparison of curricula is a long-term activity, which includes after professional skills also the understanding regional, historical and other differences in the development of countries.

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## THE SIZE OF THE TEST BODIES IN DENTAL TECHNOLOGY INVESTIGATIONS

Tõnu Kauba, MD, PhD, Marit Paljak, MS, Tallinn Health Care College, Estonia

**The aim:** to analyze the significance of test bodies size in relation to the results of investigations.

**Method:** for measuring the properties of several materials, used in dental technology.

**Results:** the test bodies for 5 investigations were prepared in the dental technology study laboratory of Tallinn Health Care College. The test bodies were with a height of 20 mm in diameter 15 mm in length. Tests were performed out in the laboratory of Tallinna Tehnikakõrgkool/University of Applied Sciences with compressive strength measuring machine GUNT Gerätebau WP 300.20. 2000 kg was exerted to the test bodies. In many cases the test bodies deformed, but in some cases none of the test bodies were broken.

**Conclusion:** the size as a main parameter of test bodies has to be changed for further investigations.

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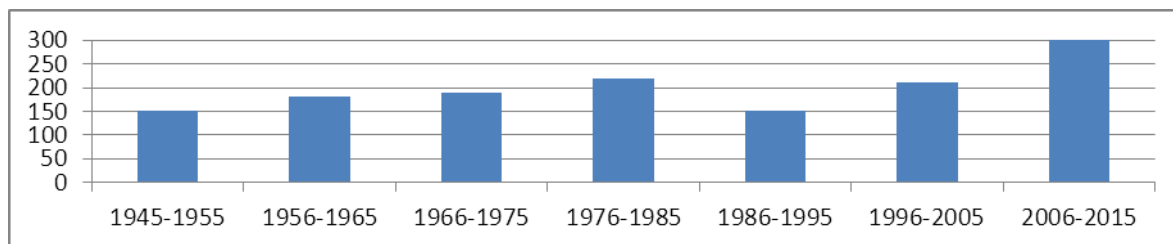
## OUTPUT OF ASSISTANT PHARMACISTS' FROM TALLINN HEALTH CARE COLLEGE BETWEEN THE YEARS 1945 TO 2015

Helve Kirm, MSc; Alar Sepp, MD, MA; Lilian Ruuben, MSc, Tallinn Health Care College, Estonia

**The aim:** to give overview of the output of assistant pharmacists' from Tallinn Health Care College between the years 1945 to 2015.

**Method:** two different library-based research methods were used: documentation and historical method.

**Results:** regular teaching of pharmacists in Tallinn Health Care College started in 1945. Approximately 150 pharmacists were graduated between the years 1945 to 1955. At the next decades in 1956-1965 there were ~180 graduates and in 1966-1975 ~190 graduates. In 1976-1985 the number of graduates increased to 220 graduates, but decreased again in 1986-1995 to 150 graduates. Last two decades the number of graduates increased again in 1996-2005 to 210 and in 2006-2015 to 300 (by the prognosis of 30 graduates every year in 2012-2015).



**Figure 1.** The number of graduated assistant pharmacists' between the years 1945-2015.

**Conclusion:** Analysis of the output of assistant pharmacists' from Tallinn Health Care College between the years 1945 to 2015 (by seven decades, 70 years) showed that approximately 1 400 assistant pharmacists' were graduated at the period but the distribution differs by decades.



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## EXPERIENCE OF LLP/ERASMUS STAFF TRAINING IN OCCUPATIONAL THERAPY

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

**The aim:** of the staff training was to improve knowledge and skills on person and physical environmental assessment in occupational therapy practice.

**Methods:** of the staff training were lectures on environmental analysis in theory, practice and research, group discussions and skills training of the Housing Enabler Instrument.

**Results:** participating the training course offered basic knowledge and skills to administer Housing Enabler Instrument to assess accessibility of home environment. As occupational therapists in Baltic countries need environmental assessment instrument, this staff training offered possible common tool.

**Conclusions:** staff training in the program of LLP/Erasmus is helpful for increasing professional skills and facilitate professional collaboration between the partner institutions.

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## CROSS- CULTURAL COMMUNICATION

Marika Merits, Tallinn Health Care College, Estonia

**The aim:** is to describe a field of study that looks at how people from differing cultural backgrounds communicate in similar and different ways among themselves.

**Method:** the current work is a theoretical review what describes the main theories about cross-cultural communications and gives the recommendations for successful intercultural competence.

**Results:** results show that person who is interculturally competent is able to capture and understand in interaction with people from foreign cultures their specific concepts in perception, thinking, feeling, and acting. The socio-cultural researches also indicate that individual, free from prejudice has more interest and motivation to learn from abovementioned cultural differences.

**Conclusions:** a successful cross-cultural communication - this is a balance, consisting of four parts: knowledge (about other cultures, people, nations, behaviors, customs etc.), empathy (understanding feelings and needs other people), self-confidence (my strengths, weakness, emotional intelligence) and cultural identity (knowledge about one's own culture).

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## **NORDPLUS, NORLYS INTENSIVE COURSE „NORDIC/BALTIC PERSPECTIVES ON NURSING DIAGNOSES AND DIAGNOSTICS“**

Agve Nuiamäe, RM, Tallinn Health Care College, Estonia

**The aim:** developing and introducing of intensive course on the standardized classifications systems within a Nordplus programme Nordplus network.

**Method:** group work, presentations, discussions and workshops during International Week.

**Results:** an overview of the content of the following classification systems: North American Nursing Diagnostic Association International (NANDA), Well-being, Integrity, Prevention and Safety (VIPS) model, Clinical Care Classification (CCC) System and International Classification of Nursing Practice (ICNP) was acquired, also an overview of use of different nursing diagnosis classifications in Sweden, Iceland, Norway, Finland, Denmark, Latvia, Lithuania and Estonia.

**Conclusion:** participants increased their proficiency in using different nursing classification schemes.

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## PHYSICAL ACTIVITY AND HEALTH IN ADULT POPULATION OF TALLINN HEALTH CARE COLLEGE

Cátia Martins, student of pharmacy; Ângelo Jesus, BSc. Pharm, PHD stud., School of Allied Sciences of Oporto, Portugal; Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

**The aim:** to assess the level of physical activity and improvement of chronic disease symptoms such as hypercholesterolemia, hypertension, obesity and etc.

**Method:** the study was conducted in Tallinn, Estonia; an adapted version of the International Physical Activity Questionnaire was applied to the 125 teacher's and employers of Tallinn Health Care College.

**Results:** the results seem to indicate that the people who have one or more of the chronic diseases preferred and practice physical activity, takes less medication or no medication at all, while those with chronic disease but that don't practice physical activity seems to take more medication.

**Conclusion:** we conclude that although the physical activity appears to have positive results when added to the treatment, more than half of our population with chronic disease doesn't have the physical activity recommended as part of treatment, indicating the need of measures to emphasize the importance of this addition, especially in a population like that of our study, that have a sedentary profession that do not requires significant physical effort.

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## HEALTH HAZARD OF EXPOSURE TO CYTOSTATICS

Milvi Moks, Ene Kotkas, Age Inno, Raili Jõelaht, Kristi Rohtla, Ingrid Sinivee, Triin Suits, Reet Teemets, Tallinn Health Care College, Estonia

**The aim:** to describe the safety requirements and health risk prevention of exposure to anti-cancer drugs or cytostatics.

**Method:** analysis of the working conditions in operating with anti-cancer drugs or cytostatics in a pharmacy.

**Results:** safety at work in operating with cytostatics is regulated by the Quality Standard of the Oncology Pharmaceutical Service. The requirements for the safety in the standard are related to the competence of the personnel, ventilation of the rooms and appliances, production, and a pharmacy as a coordination centre of cytostatic treatment. People being directly exposed to cytostatics have to pass a training to acquire both theoretical and practical knowledge. Being exposed to cytostatics, the workers have to use personal protective equipment. The work conditions needs uses of protection measures (laminar fume cupboard). Required personal protective equipment includes a protective overall and protective gloves. In special cases, respirators, protective glasses and covers for shoes are required.

**Conclusions:** operating with cytostatics, the requirements for safety at work have to be strictly followed.

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## OCCUPATIONAL EXPOSURE AND THE ACCIDENT RISK IN THE CHEMISTRY LABORATORY

Milvi Moks, Ene Kotkas, Anton Nassonov, Jana Jakovleva, Irina Papkina, Tetiana Afanasieva, Natalia Ševtsova, Evelina Ždanova, Tallinn Health Care College, Estonia

**The aim:** to evaluate the Tallinn Health Care College chemistry laboratory working conditions.

**Method:** the current research is based on an evaluation and analysis of data described in the ergonomics survey of work environment of the chemistry laboratory.

**Results:** as a result of the research, the main risk factors in the chemistry laboratory of the Chair of Pharmacy were found out: dangerous chemicals, fire hazard, loading occupational postures and movements, rapid work. The following accident risk factors were brought out: risk for damaging the hands with pieces of broken glass, blundering due to different levels and narrow ways for moving; contusing due to sharp edges of the tables. There is a first aid kit, fire extinguishers, common and personal means of protection in the laboratory. The students are instructed in safety at work and health care before starting working in the laboratories.

**Conclusions:** more attention should be paid to furnishing of the laboratory. The suggestions of the authors of the current research are the following: to set the mirror above the washbasin, responsibility and warning signs, wider ways for moving, positive relationships and students` competence are required.

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## RECTORS/DIRECTORS OF TALLINN HEALTH CARE COLLEGE BETWEEN THE YEARS 1940 TO 2012

Liina Põldla, BSc, MA, Estonian History Museum, Estonia; Aiger Aidma, RN; Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

**The aim:** to give overview of rectors/directors who have headed Tallinn Health Care College between the years 1940 to 2012.

**Method:** for analysis the three main library-based research methods: documentation, historical method and discourse analysis were used.

**Results:** continual training for health care specialists started in 1940. Directors were Hans Viinapuu (Active years 1940-1941), Sinaida Saar (only one month in 1941) and Elmar Jakobson<sup>3</sup> (1941-1942). Principal were Voldemar Saulin (active years 1943-1944) and Valentin Savi (only in 1944). In 1945 the school was renamed the Tallinn Republican Medical Secondary School. Leaders were: Valter Pärtelpoeg 1944-1945; Voldemar Saulin 1945-1946; Justin Normaa 1946-1950; Peeter Kukk 1950-1959; Uno Meikas 1959-1960. From 1964 Tallinn Republican Medical Secondary School was renamed Tallinn Medical School. Directors were: Nina Tihase 1960-1965; Argo Rooks 1965-1968; Alfred Raamat 1968-1980; Hella Tomson 1980-1981; Pavel Petruhhin 1981-1982; Arkadi Michelson 1982-1995; Raimond Lihtmaa 1995-2001 and Ülle Ernits 2001 - today.

**Conclusion:** there have been in all 20 directors/rectors who have been leaders of Tallinn Health Care College and its predecessors between the years 1940 to 2012.

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## THE EVIDENCE BASE FOR A TRANSNATIONAL FOUNDATION FOR MENTORSHIP PROGRAMME

Olga Riklikiene, RN, BSN, PhD, Faculty of Nursing, Lithuanian University of Health Sciences, Lithuania; Erna Tichelaar, RN, MA, MSc, Windesheim University of Applied Sciences, School of Health Care, The Netherlands; Karen Holland, RN, RNT, MSc, BSc (Hon), (PhD student), School of Nursing, Midwifery & Social Work, Salford University, United Kingdom; Mikko Saarikoski, RN, PhD, Turku University of Applied Sciences, Finland

**The aim:** empowering of nursing through mentorship.

**Method:** empowering the Professionalisation of Nurses through Mentorship project (EmpNURS).

**Results:** the project is funded by European Union transnational project. The project members are Hungary, Romania, Lithuania and the Czech Republic and Finland, United Kingdom and Holland as project partners provide project management, evaluation and the underpinning evidence base for the mentorship programmes. The key themes that emerged from the literature: theories of mentorship, didactical techniques and tools, student-mentor-nurse teacher relationship, competences in mentorship, role functions, mentorship programmes and models. The latter evidence was gained through Clinical Learning Environment and Supervision (CLES) tool that was given to 418 students across the four countries.

**Conclusion:** The development of the Mentorship programme drew upon two types of evidence: literature and student-teacher experiences of learning in practice.

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## THE SATISFACTION WITH UNDERGRADUATE EDUCATION AND WORK OF ESTONIAN OCCUPATIONAL THERAPISTS'

Mari Saat, student of occupational therapy; Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

**The aim:** to give overview of the satisfaction of occupational therapists' (OTs') with their undergraduate education and work.

**Method:** the library-based research method of literature review was used and the *OCCUPATIONAL THERAPIST 2011* survey was carried out. Electronic questionnaire consisted of 14 pages (SurveyMonkey® 2012) was used.

**Results:** The results are based on the answers of 35 qualified Estonian occupational therapists with the response rate 60,3%. Majority of OTs' were satisfied with their undergraduate education. They were more satisfied with the teaching of the basic studies, conceptual basics, OT for the elderly and rheumatology. On the other hand OTs' were less satisfied with the teaching of the creative therapies, psychology, traumatology and studies of the OT at home. Most of the respondents were satisfied with their workplace and career choice, relations with co-workers, an opportunity to implement new ideas, a motivating environment, a good cooperation with co-workers, independence in the work and precise knowledge about the responsibilities correlated with OTs' job satisfaction. As reasons to non-satisfaction were mentioned huge amount of paperwork, high intensity of work, unequal workload and a communication in Russian.

**Conclusion:** the results of the *OCCUPATIONAL THERAPIST 2011* study give basic data for the follow-up of changes taking place in OTs' profession.

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## **VIEWS OF THE CHOICE OF DATA COLLECTION METHODS ON THE BASIS OF THE PHYSICIAN STUDIES CARRIED OUT IN 1995-2011**

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

**The aim:** to find out differences between survey using paper and electronic questionnaires.

**Method:** the physician surveys were conducted in 1995, 2000, 2005 and 2011 and the questionnaire was mailed to the sample of doctors chose by graduation years 1995 (doctors graduated in 1982-1991), 2000 (doctors graduated in 1982-1996), 2005 (doctors graduated in 1982-2011), 2011 (doctors graduated in 1977-2006) and 457 family doctors in 2000, were used paper (1995, 2000, 2005) and electronic (2011) questionnaires.

**Results:** there were differences between using paper-based questionnaire and electronic questionnaire methods. The response rate with the electronic data collection method was below that of the paper surveys. Compared to the use of the postal questionnaire, the electronic data collection brings about an obvious reduction in expenditure through saving on account of postal charges, consumption of materials or the costs of data entry. The online-based survey was very much cheaper than the postal survey.

**Conclusion:** the current report helps researchers with planning the study design and choosing of the right data collection method.

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## **LLP/ERASMUS EXCHANGE IN OPORTO: „KEEP YOUR HANDS WIDE OPEN!<sup>1</sup>“**

Alar Sepp, MD, MA; Merle Kiloman, MSc, Tallinn Health Care College, Estonia

**The aim:** to work as lectures in the School of Allied Health Sciences of Oporto (ESTSP) in spring 2012.

**Method:** Erasmus lecturer exchange through LLP/Erasmus programme. The authors gave lectures as exchange lectures at ESTSP, Portugal for one week.

**Results:** Alar Sepp gave classes to pharmacy students about data collection methods used in research of healthcare<sup>2</sup>. The lecture hall was full of interested students listened the lecture very actively. Merle Kiloman lecture was about biological medicines which have probably a great future. We had a meeting with our exchange students: Gea Komp, Liis Tereping and Katre Kalamees in ESTSP. We exchanged experience with pharmacy lectures Alina Maria Daraban, Simona Mirel and pharmacy student Cristina Ioana Stoica from University of Medicine and Pharmacy “Iuliu Hatieganu”, Cluj-Napoca, Romania.

**Conclusion:** LLP/Erasmus lecturer exchange is very useful for developing cooperation between different institutions of allied health sciences. We discussed our today's challenges, future possibilities and planned activities for the next years between our colleges with assistant professor Angelo Jesus and his colleagues.

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<sup>1</sup> The slogan „Keep your hands wide open!“ was used by the Portugal National Air Company (TAP) in their advertisements showed at the period of flying from Gatwick to Porto.

<sup>2</sup> In the ESTSP proceedings was published article of Alar Sepp about the theme of lecture under the title „Online versus postal questionnaires: a comparison between two data collection methods“.



## **LLP/LEONARDO DA VINCI TRANSFER OF INNOVATION: PHARLEMA PROJECT FOR PHARMACEUTICAL ASSISTANTS' AND TECHNICIANS' FOREIGN WORK PLACEMENTS IN 2012**

Alar Sepp, MD, MA; Merle Kiloman, MSc; Lilian Ruuben, MSc, Tallinn Health Care College, Estonia

**The aim:** to prepare learning materials for pharmaceutical assistants' and technicians' to improve their work placements periods abroad in European countries.

**Method:** preparing of learning material package.

**Results:** Tallinn Health Care College is participating in the international LLP/Leonardo da Vinci transfer of innovation (PHARLEMA project) with six European countries involved: Finland, The Netherlands, Slovenia, UK, Ireland and Estonia. The first meeting of the PHARLEMA-pilot project in Ljubljana, Slovenia agreed exact plan of activities. Participants agreed the content of the learning material package and decided to prepare the first draft of learning material package in April 2012 and the final product of learning material package in October 2012. The next meeting of the PHARLEMA project will be hold in Cork, Ireland in November 8-10, 2012.

**Conclusion:** participation in the PHARLEMA project helps to exchange information and experiences in the area of pharmaceutical assistants' and technicians' practical work in pharmacies, to prepare students for their work placements periods abroad in European countries.

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## THE ROLE OF TUTORSHIP IN THE DEVELOPMENT OF TALLINN HEALTH CARE COLLEGE

Õilme Siimer, MA; Aet Taremaa, Tallinn Health Care College, Estonia

**The aim:** is to help first year students in starting their studies in the college with the help of tutors who are active students of higher courses.

**Method:** the tutors of Tallinn Health Care College (THCC) mainly focus on first year students to help them adjust to college life, to develop their study routines, and to give advice with regard to possible problems and to provide information about the obligations and rights. Tutorship begins one week before the beginning of autumn semester when introductory classes about studies and college rules are organised for the new students. 22 tutor students have been trained since 2010 in the framework of elective programme. The counselling does not only include the distribution of information, but it also provides potential activities. The quality of the counselling service depends on the provided information, time and people.

**Results:** the feedback for tutorship is positive but it is still developing, and needs to be promoted more widely. Students from Russian secondary schools and exchange students are in special need for tutorship counselling.

**Conclusions:** Every chair should have a trained tutor. To strengthen the role and contribution of tutorship in the development of THCC, systematic cooperation with other parts of the counselling system is needed.

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## **COMPARATIVE STUDY ABOUT THE SELF-MEDICATION HABITS AMONG THE STUDENTS OF THE TALLINN HEALTH CARE COLLEGE AND THE STUDENTS OF THE SCHOOL OF THE ALLIED SCIENCES OF OPORTO**

Ana Rita Silva, student of pharmacy; Ângelo Jesus, BSc. Pharm, PHD stud., School of Allied Sciences of Oporto, Portugal; Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

**The aim:** to compare the consumptions of drugs for self-medication among the students of two health care colleges: the School of Allied Health Sciences of Oporto, Portugal (ESTSP) and the Tallinn Health Care College, Estonia (THCC).

**Method:** a descriptive and transversal study using an online questionnaire applied to the student population of both institutions and previously validated using two test groups from each college. The study is developed with a sample of 300 students: 150 students from ESTSP and 150 students from THCC.

**Results:** the results seem to indicate that self-medication is a usual practice in the Tallinn Health Care College student population, the symptom more often indicated for self-medication is pain and the drug group is analgesics. Also, the reason that lead most of the inquires to self-medication was the easy access to the drugs being that most referred what influenced them to the practice was having already the drugs at home. Data from Portugal is still being analysed.

**Conclusion:** The young population seems to be a regular user of the self-medication. Thus, it is important to be studied so that the risks of this practice can be lessened. This is even more important in health care students, being that the knowledge acquired can lead to a false sense of security in the use of drugs.

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## **ANTI-AGING PRODUCTS: A COMPARATIVE STUDY OF THE COMPONENTS USED IN PORTUGUESE AND IN ESTONIAN PRODUCTS**

Daniela Silva, student of pharmacy; Ana Isabel Oliveira, professor, School of Allied Sciences of Oporto, Portugal; Alar Sepp, MD, MA, Tallinn Health Care College, Estonia

**The aim:** to analyze the use of Anti-Aging products in Portugal and Estonia, and evaluate the composition of these products.

**Method:** use a transversal and comparative study between two groups: the Estonian pharmacies and the Portuguese pharmacies. Data collection was made through a questionnaire that evaluate the anti-aging products most commonly used, their components and the perspectives of the pharmacy professionals on these products. Sample included 300 Estonian pharmacies and 702 Portuguese pharmacies.

**Results:** all the Portuguese pharmacies surveyed sell cosmetic products and anti-aging products, while some Estonian pharmacies do not have anti-aging products for sale, nor cosmetic products. The brands of the anti-aging products most commercialized in Estonia are Eucerin, Vichy, Orto and Sebamed. In Portugal the brands of the products most commonly used are the Avène, Vichy, Lierac and Eucerin. Regarding the age at which the population begins to use these products, most of the respondents in both countries chose ages over 40 years and some answers were between the ages of 35 and 39 years. In Portugal a few responses were obtained for ages between 30 and 34 years, what has not happened in Estonia.

**Conclusion:** we expected that the anti-aging products used in Estonia had a more nutritive composition and the people began to use those products at an earlier age than the Portuguese population. The data showed the brands, lines and components used in both countries have many similarities and the Portuguese people begins to use anti-aging products earlier than the Estonian population.

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## **EMOTIONAL INTERACTION BETWEEN MOTHER AND SICK NEWBORN**

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**The aim:** is to provide a theoretical framework of emotional interaction between mother and sick newborn.

**Method:** Bowlby (1969) attachment theory and Orlando nursing model are used. There is analysis of attachment theory possibilities of cultivation of emotional interaction between mother and newborn in Neonatal Intensive Care Unit (NICU).

**Results:** the core of attachment theory is that perception of attachment between mother and newborn is being developed during continuous relationship. Maternal instinct to take care about infant and meet his/her needs strengthens emotional interaction, but when infant is sick it is difficult to meet timely his/her needs within the NICU. In conformity with Orlando nursing model, a neonatal nurse, while playing crucial role and realizing a high importance of infant-mother emotional interaction for further infant's development, assists the attachment process by involving mother into care, teaching to recognize and meet infant's needs. Often for sick newborns Kangaroo care is used as very important in supporting process of mother/infant emotional attachment within the NICU.

**Conclusion:** Kangaroo care provides positive emotional benefit to mother and infant, is inherent part of infant's development's process.

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## THE RELATIONSHIP OF GENERAL AND PROFESSIONAL VALUES OF NURSING STUDENTS IN LITHUANIA

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**The aim:** to determine the relationship between general and professional values of nursing students.

**Method:** the survey of 316 students (response rate – 80.0%) involved in nursing programmes at six colleges and three universities in 2010-2011. A questionnaire (Scott, 1959; Johnson, 1983) was translated to Lithuanian, validated and used with authors' permission. Correlation analysis for estimation of relations was proceeded.

**Results:** Thirty-three positive and three negative significant relationships were revealed between general and professional values of students. The general and professional values of religiousness correlated the most strongly ( $r=0.344$ ). The students' general values of intellectualism and academic achievement were positively related ( $r=0.338$ ) as well as general values of honesty and self control ( $r=0.330$ ). The significant negative relationship was determined between students' general values of self-control and independence values ( $r=-0.304$ ), and between professional values of independence and authority ( $r=-0.182$ ).

**Conclusion:** General and professional values of nursing students are significant related to each other positively or negatively, but such relationship is weak.

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