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Doctoral dissertation

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LAITILA MINNA. Client involvement in mental health and substance abuse work. S phenomenographic approach.

SUTINEN TIINA. A nursing model to alcohol and substance abuse women in maternity and child health care.

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YLINEN EEVA-RIITTA. Patients’ pain assessment and management during medication-free colonoscopy.

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Licentiate theses

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Nursing Management Education Program

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HIRVELÄ IRMELI. Nursing female leaders’ leadership and career in specialized health care.


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PITKÄNEN MINNA. Treating problem gamblers in Finland – Workers’ interview.
Background and purpose: This study concerns the promotion of child development and mental health from nurses point of view in families in which a parent has a mental disorder and is in adult psychiatric care. Child development and mental health might be at increased risk in these families. The purpose of this study was to describe the current and potential application of preventive child-focused family work (PCF-FW) from the nurses’ point of view within adult psychiatry.

Data and methods: The data were collected by means of questionnaires completed during April-May and August-October 2005. The sample of nurses (N=608) consisted of registered psychiatric nurses (RN, n=370) and practical mental health nurses (MHN, n=238), who were working in psychiatric outpatient (17) and inpatient units (28) in five university hospitals in Finland (Helsinki, Kuopio, Oulu, Tampere and Turku). Numbers of the participations were 310, (response rate 51 %). Seventy two per cent of all participants (n=222) were registered mental health nurses (response rate 60 %) and 28% of all participants (n were practical mental health nurses (response rate 36 %)

The data were analyzed using the following statistical methods: descriptive statistics, Chi-square-test, Mann-Whitney U-test, Kruskal Wallis test and Post Hoc test for statistically significant results in Kruskal-Wallis tests. The results were presented as frequencies, percentage distributions and p values.

Results: Both registered and practical adult psychiatric mental health nurses reported that they regularly meet clients who are parents of dependent children the children less regularly, and that information was routinely gathered at their respective units about the children, their parents, their relationships with family members and the socio-economic situation of the families. Most of the nurses agreed that they support the children of their clients quite regularly by making arrangements to ensure the children’s safety, and talking to the children about their lives and parents. The nurses also supported the clients’ parenting quite regularly, by talking about their general well being and children with them. Nurses of both types considered that parenting was supported at their unit via the therapeutic milieu and by arranging support for their clients to manage at home. Registered and practical mental health nurses also recognized relationships both within and outside the family. Nurses’ individual attributes, such as their parental and marital status and participation in further education regarding families, were significantly related to their support for parents, children and family relationships. Furthermore, the nurses’ length of professional experience, work unit and the approaches applied to work with families were also significantly related to nurses’ support for children! parents and family relationships. Moreover, these individual- and work-related attributes were significantly related to both types of nurses’ considerations of the support provided for parenting at the unit. Nurses also reported that there are factors related to hospital administration, nursing, indi-
individual nurses and families that limit their capacity to apply preventive child-focused family work in practice. Nurses’ attributes such as age, gender and length of professional experience were significantly related to these limitations.

**Conclusions and implications:** This study produced new information about the current and potential application of preventive child-focused family work from nurses’ perspectives within adult psychiatry. It can be concluded that in adult psychiatric care both practical and registered mental health nurses are in a prime position to support children and families at early stages. There is a need to develop the competence of individual nurses, nursing methods and administrative support in order to apply preventive child-focused family work in routine clinical adult psychiatric practice. The results of this study should be taken into account when planning nursing education and providing training courses for nurses and other health care professionals involved with meeting the needs of families affected by parental mental disorders.

National Library of Medicine Classification: WS 350; Wv 160

Medical Subject Headings (MeSH): Parents; Mental Disorders; Child of Impaired Parents; Parent-child Relations; Social Support; Psychiatric Nursing
Background and purpose: Service user involvement is a recognised value and goal within mental health and substance abuse work. According to previous studies, however, client involvement is still inadequately implemented. Client-orientation is closely connected to client involvement. The purpose of this study was to describe client i and client-orientation in mental health and substance abuse work from the viewpoint of clients and personnel. The objective of this study is in the gathering of information to develop mental health and substance abuse work by supporting service user involvement.

Material and methods: The study was conducted in three phases: 1) Clients with experience of mental health or substance misuse services were interviewed (n=27); 2) Professionals working in mental health or substance abuse services were interviewed (n=11) and; 3) The models of description representing client involvement and client-centredness were developed. A phenomenographic approach was applied for the data analysis. The data analysis resulted in the formation of subcategories and categories of description that describe the participants' conceptions of client involvement and client-orientation in mental health and substance abuse work.

Results: According to the results, client involvement meant accepting, noticing, and using the service users' expertise. Involvement was realised in three ways: 1) involvement in one's own care and recovery; 2) involvement in development of services; and 3) involvement in service delivery. Many factors connected to society, organisational functions, personnel and clients were related to the possibilities and implementation of client involvement. According to the results, client-orientation was conceived in two different ways; either comprehensively as a way the professionals worked or in a narrow meaning as a way to set the goals for the client-professional relationship. Some clients expressed conceptions that client-orientation didn't exist in mental health and substance abuse work or that it was only rhetoric. Client-orientation could be implemented in three levels; in the organisational level, in the client-professional relationship, and in the level of an individual professional's actions. The professionals found that client-orientation had positive impact on the client-professional relationship, the client and the personnel.

Conclusions and implications for future research: Applying phenomenographic approach, new knowledge of client involvement client-orientation and the ways they are realised in the context of mental health and substance abuse were revealed. Different forms of involvement are needed for different kinds of clients to be involved. Special attention should be paid to the enablerent of involvement during involuntary care, and to the provision of adequate information and actual opportunot to choose and influence the outcomes. Client involvement can be supported by client-
centered structures and actions. In the future, it is important to develop client involvement in mental health and substance misuse work, for example using participatory action research.

National Library of Medicine Classification: WM1O5; WM270

Medical Subject Headings (MeSH): Patient-Centered Care; Mental Health; Substance-Related Disorders
Purpose: The purpose of the study was to develop and to evaluate a nursing model to women with alcohol and substance abuse in maternity and child health care. An additional aim was to develop substance abuse nursing skills of social and health care workers as well as multidisciplinary cooperation. Substance abuse nursing skills were brief intervention and motivational interviewing skills

Methods: The data were collected by using participatory action research and triangulation methods during years 2003-2005. In the initial phase, the data were collected using interviews with alcohol and substance abuse women (N=18) and questionnaires with social and health care workers (N=50). In the planning phase, the data consisted of the minutes of the meetings. The data in the action phase were gathered using meetings of public health nurses, during trainings for workers, by questionnaires for the clients of maternity and child health care (N=49) as well as by interviewing social and health care managers (N=10) the evaluation phase, the data consisted of questionnaires by social and health care workers (N=34) and the data from the initial phase. The quantitative data were analyzed with statistic methods and the qualitative data by using theory based content analysis.

Results: The basis of the nursing model is the workers’ awareness of the fact that substance abuse nursing is an essential part of health promotion and the workers motivation to use the methods of substance abuse nursing. In addition management, support from managers and co-workers, as well as common agreements of work distribution, communication and graded care affected the work. The workers found that the nursing model made their own work with substance abuse women visible. The motivational encounter between women and workers became the focus of the nursing model. The action research gave the workers courage to discuss about alcohol and substance abuse. They developed in recognizing and screening the features of substance abuse and in starting discussion of it. The workers were concerned about women, but they didn’t utilize their change talks. According to the model the workers were in co-operation with their partners, but there was little preventive substance abuse nursing. The working methods were diverse like home visits, working with families and net works and supporting of interaction in early childhood. Multidisciplinary cooperation became clearer during the creation process of the nursing model and it also changed more active. The co-operation with partners was utilized widely and earlier than before.

Conclusions and areas further research: In the future the aims, contents and methods of preventive health promotion and substance abuse nursing should be clarified. There is a need to develop screening instruments for substance abuse women. It is important to have the women as partners when building a female oriented nursing model. Social and health care workers need forums for multidisciplinary education in order to learn common working language, methods and working cul-
ture. Brief intervention and motivational interviewing skills should be built during programs while learning, training and working are intertwining. Motivational interviewing should be taken to use in all health discussion settings. To get the nursing model settled down to the practice is a great challenge to the management. The culture of management and political guidelines affect the value of substance abuse nursing of women and how it will be developed in communes. Nursing model should be tested and developed systematically.

National library of Medicine classification: WY 157.3; WA310; WM270

Medical Subject Headings (MeSH): Maternal Health Services; Mothers; Substance-Related Disorders; A Nursing; Critical Pathways; Early Intervention; Interviews as Topic
Background of the research: There is little international and domestic, scientifically researched knowledge of intraoperative nursing and nurse’s interventions. There is a need for precision of the professional content of perioperative and anesthetist nurse. Also the task transfers planned from physicians to nurses add to pressures for charting the competence requirements of nurses.

The purpose of the study: The aim of the study was to monitor professional competence of perioperative and anesthetist nurses. The content of professional competence was described as well as the implementation of required professional competence with background factors was described. In addition, the views of the answerers on task transfers from physicians to perioperative and anesthetist nurses and the prerequisites of these transfers were clarified. Based on the research results, the aim was to create a model of professional competence in intraoperative nursing for perioperative and anesthetist nurses.

Material and methods: The target group of the study consisted of the five special fields (coronary and hematological surgery, neurosurgery, orthopedics and traumatology, gastroenterology, and plastic surgery) perioperative and anesthetist nurses and anesthesiologists and surgeons (n = 589) in University Hospitals (HUH, KUH, OHH TaUH, TUH). The material was sampled by with a questionnaire in January-May 2009 and the answering percentage was 82. The material was analyzed with statistical methods using frequencies, percentages, averages, cross tabulators, chi square test, factor analysis, and content classification in analyzing open questions.

Results: The professional competence presumed of perioperative and anesthetist nurses proved very high in its standards and it included both strong, common and specialized, specific sections of professional competence. In professional competence presumed of perioperative nurses asepsis, safety, communication, documentation and technical interventions were very well emphasized. In professional competence presumed of anesthetist nurses anesthesia and medical care, starting, communication and safety anesthesia interventions were emphasized in anesthesia care. The tasks suggested to be transferred from physicians to nurses were mainly tasks attached to local anesthetized patients whereas tasks transfers from doctors to perioperative nurses were not considered current. The model of professional competence of perioperative and anesthetist nurses clarified the professional contents of intraoperative nursing and it can be used in developing familiarizing, daily intraoperative nursing and education.

Conclusions and recommendations: A high professional competence is demanded of perioperative and anesthetist nurses. Familiarizing shall be intensive, target-oriented and include the demands of special fields. The possible change of division of labour between doctors and nurses in part of
task transfers, the perioperative and anesthetic nurses shall get professional further education, the written definitions of responsibility areas and permit practices shall be clarified and they shall receive payment that corresponds to the demands of their work. The model of professional competence of perioperative and anesthetist nurses describes the central sections of professional competence, the nursing interventions and demand levels attached to them as well as the factors attached to professional competence. The model can be used in planning professional specialization, further and complementary studies.

National Library of Medicine Classification: WY 161

Medical Subject headings (MeSH Professional Competence; Clinical Competence; Perioperative nursing; Perioperative nurse; Anesthetist nurse; Questionnaires.)
Purpose of the study was to describe nurses’ expertise in colonoscopy patients pain management and pain assessment during colonoscopy. In addition, the purpose was to describe factors affecting patients’ pain experience and its’ management during medication-free colonoscopy from the viewpoints of nurses, patients and endoscopists. The study was conducted in three parts. The data were collected during 2002-2006 from colonoscopy patients, nurses and endoscopists using quantitative descriptive cross-sectional questionnaire surveys and the panel of experts. The data were analysed with statistical methods and quantitative and qualitative content analysis.

Nurses used non-drug interventions of managing pain. They had practice-based knowledge of pain management during colonoscopy but failed to use pain scales. Over three-quarters of patients reported mild pain or no pain at all. Both nurses and endoscopists slightly underestimated the intensity of patients’ pain. Women were more anxious before colonoscopy and experience more pain and discomfort than men. The high state anxiety level decreased patients’ ability to tolerate colonoscopy. Patients’ nervousness was a risk factor for experiencing pain during colonoscopy. Non-drug interventions helped both anxious and non-anxious patients to ease the pain.

The study provided new knowledge of nurses’ expertise in patients’ pain management and pain assessment during the procedure as well as factors affecting colonoscopy patients’ pain experience. To improve colonoscopy patients’ pain alleviation, endoscopists and nurses should participate systematically in pain education and employ use of pain scales. Awareness and understanding of the effects of previous pain experiences and anxiety levels in patients, particularly for females, should be taken into account. Before the procedure nurses must devote time to discover patients that are at risk of having a painful colonoscopy in order to present them for medication. Colonoscopy patients’ clinical education and counseling should be developed towards more individual manner. Furthermore nurses should use the non-drug interventions as an essential element of pain management for colonoscopy patients.

National Library of Medicine Classification: WL 704; WI 520

Medical Subject Headings(MeSH): Pain; Colonoscopy; Nurses Role
Organizational citizenship behaviour, specialized health care, online questionnaire

This paper focuses on how the staff working in specialized health care assess their organizational citizenship behaviour (helping behaviour, organizational loyalty, conscientiousness, voluntarism, civic virtue and management supportive behaviour). The purpose of this study was to find out which factors affect the nurses’ self-evaluation of their organizational citizenship behaviour. This study was conducted as part of the University of Eastern Finland Department of Nursing Sciences’ project of Magnet Hospital.

The data was collected as an online survey among the nursing care staff of Mikkeli Central Hospital (N = 674). The tool for measuring organizational citizenship behaviour was developed utilizing literature review of previously used meters. A total of 211 staff members voluntarily responded the response rate being 31%. The data was processed and analyzed using SPSS 17.0 for Windows software. Background variables and sum variables were analyzed using the t-test for independent variables and one-way analysis of variance. The reliability of the meter was tested using factor analysis and the internal consistency of the meter was assessed by calculating Cronbach’s alphas for the sum variables.

The staff working in specialized health care assessed their organizational citizenship behaviour as good in organizational loyalty, conscientiousness, voluntarism and management supportive behaviour and as very good in helping behaviour field. Patients/clients and colleagues were treated with respect and the rules and practices were followed conscientiously. Most respondents evaluated themselves as being flexible about working hours but fewer participated in organizing joint events. Three out of four respondents participated in occupational training, read information about their own area not regularly, however. The staff updated their knowledge of development in their own organization and discussed organizational practices. The safety of the workplace was ensured.

The most significant factors connected to the nursing staff’s organizational citizenship behaviour proved to be the respondent’s gender, occupation, work experience, work domain, assessed job satisfaction and assessed quality of nursing care. The best organizational citizenship behaviour was reported by the psychiatric staff, staff with 11-20 years’ work experience, staff working in the operational field, staff representing other nursing professions, and nurses who assessed their job satisfaction as good.
The results provide nursing leaders with information about the factors that affect staff organizational citizenship behaviour. This helps nursing managers to identify the factors connected to the employees’ internal interactions. The leader’s knowledge of their staff’s organizational citizenship behaviour improves team efficiency and recruitment success.
Nursing leadership, chief nursing officer, female leader, career, specialized health care

The purpose of the study was to describe the management by the chief nursing officers in specialized health care and its context in the viewpoint of female leadership and career. The material was collected by the means of thematic interviews during fall 2009. The respondents (N=14) were female chief nursing officers in one university hospital and two central hospitals in all specialties of medicine. The respondents' work experience as a chief nursing officer varied from a few months to 26 years. Material to be analyzed measured 195 pages and it was analyzed using qualitative content analysis.

According to the study, the chief nursing officers' leadership, career and activities were supported by a university degree. The chief nursing officers are career-oriented, highly educated, and they have a multi-faceted work experience. The chief nursing officers' management activities, career and acting as a female leader were influenced by family and the flexibility of the family. Especially the spouse's support was deemed important. The chief nursing officers experienced value conflicts and lack of appreciation in multi-professional co-operation while working in specialized health care. When studying the management activities and career progress of the chief nursing officers, factors were found that supported them and hindered them. The supporting factors included the organization's defined need for nursing management and a strong professional identity. The hindering factors included the bureaucratic and profession based leadership, and the stereotypical viewpoints regarding leaders. As the challenges for the future, the chief nursing officers brought up the changes in organizational management structures and the strong demand for consensus in organizations. Another challenge was seen in the changes regarding the specialized health care environment, e.g., the new health care act and the socio-political decision-making policies.

As a conclusion of the study, it was found that female chief nursing officers are leadership professionals, whose skills and experience should be utilized in health care organizations and the usage of their skills should not be hindered. Also, the career planning for leaders of nursing should be developed on a national level. In future, vertical studies of female chief nursing officers in specialized health care should be made regarding the leadership of nursing and being a female leader, and their career progress after the changes in organizations' management systems and the new health care act have taken an effect. Gender studies should be integrated in nursing science, as well, in order to further promote equality-related data.
Elderly, the continuity of patient care, functional capacity

The social welfare and health care system has a challenge to organize comprehensive care and high-quality medical services for elderly people when they have lost their functional capacity. The focus in developing social and health care services is on the continuity of patient care and the creation of active practice.

The purpose of this study was to describe the continuity of patients’ care and the evaluation of their functional capacity. The aim was also to describe this capacity using the RAVA TM and the MMSE scales before the decision of long-term care. The study was conducted by means of a retrospective document analysis on 31 people who were expecting long-term institutional care in a long-term care ward.

The healthcare service events studied were mostly isolated. The most common form of a single service transaction was carried out by a medical assessment or order without a visit to the doctor’s. The most common treatment classified in this category was a prescription renewal. In primary care, emergency services seemed to be more common than the normal out-patient clinic services. In three years there was an average of 26 service events per person, or about eight per year. More than half of the care pathways which started from the emergency led to the ward. The care pathways that led to long-term care also began mainly from the emergency. During a three-year follow-up, the ALD capacity of 29 subjects was estimated. The evaluation of the subjects’ functional capacity was mostly conducted during their treatment in the ward and it was not used regularly as a tool in determining their need for services. The most common tool when determining patients’ functional capacity was the RAVA TM functional scale. Yet, the MMSE was also widely used.

When determining patients’ need for services, the evaluation of their functional capacity was fairly seldom made use of. The elderly people who were studied used more emergency services than preventing health services. The care and follow-up of chronic diseases were carried out mainly by following the laboratory results and renewing the prescriptions without a visit to the doctor’s. The results of this study will hopefully be of use when developing regional services for the elderly and when planning cooperation between different parties.
The aim of this study was to describe how the rheumatic children experience chronic pain and how it affects their lives. Research questions were 1. How chronic pain has affected the lives of the children? 2. How do the children manage their chronic pain? 3. How chronic disease has affected the lives of the children? 4. What future expectations the children have regarding to chronic pain management? The data were collected by thematic interview of children with juvenile arthritis aged 7-13 (N = 14). The analysis method used was qualitative content analysis.

The most important thing in interviewing children is to achieve contact to the child. This is achieved by using everyday language, by using conventional means of interaction and by free discussion, although themes are supporting the interview. In order to reach the child's way of structuring the world in the qualitative interview, there should be left sufficient room for child's own language.

Children described the chronic pain and juvenile arthritis as a part of their everyday lives. Children managed the chronic pain in several different ways. Instruments to pain-management were self-care, medication, physiotherapy, avoiding pain-inducing activities, parental presence and approval. Chronic pain had an impact on children's mobility, their daily activities and mental feelings. Chronic pain had no impact on children's social life.

The children described that due to their illness their knowledge of it had increased. Because of this their interest towards other diseases had also increased. Juvenile arthritis was found resourceroducing: because of the illness the children had made new friends, found increased tolerance towards others and their pain threshold had increased.

Children had very positive and expectant attitude towards future. Children wished to get well or at least that the state of disease to improve so that they could live normal life without restrictions. Parental support and their attendance was seen as an important factor. The children did not have much expectations regarding to the public health care. Familiar nurses and keeping the same doctor were seen as good thing.

Juvenile arthritis and pain are connected to each other and they are difficult to distinguish. The children's experiences and children-perspective as well as taking the children to the care are planning and management is important for the development of chronic pain management. Adapting to the chronic disease requires human resources from both children and parents. Chronic disease is a challenge for the whole family.
Image, view, opinion, nurse, profession, choice of profession, attractiveness, communication, decision-making, school-leaving students

The purpose of this study was to obtain information of the factors affecting the image of the registered nurses profession, which might be considered to be related to the attractiveness of the field. The aim of the study was to find out the images and opinions concerning the nurse profession as described by the Finnish school-leaving students of Helsinki upper secondary schools. The sample consisted of school leavers of six upper sec schools. 79 % (n 118) of the respondents were 18 years of age and 71 % were female students. One of the aims was to clarify what factors the respondents regarded as the most important in their future profession and which fields interested them most. In addition, one of the interesting factors was the fact, from where the school-leavers had received information of the nurse’s profession.

A five-step electronic Likert scale questionnaire was developed for this study. The data were described by frequencies, percentages and numbers. The data of the study were analyzed by means of SPSS for Windows 14-statistical programme. The significance of the difference between the groups was observed by means of the two-way $\chi^2$ - independence test.

Nurse training continues to be attractive. Considering all polytechnic level schools in Finland, social, health and sports attract second largest amounts of applicants in regard to the entrance places. 16 school leavers out of 118 respondents were considering the choice of nurse’s profession. The most Common reason for this choice was that you can help other people in the nurse’s profession and that the work is meaningful.

On the basis of the research results it can be concluded that considering the requirements of the work, the nurse’s profession is regarded as low paid, demanding and hard work. Over half of the school-leavers did not regard the profession as attractive, The respondents thought that the profession of the nurse is socially significant and mentally demanding. The profession demands collaborative skills, interactional abilities, and value-based and ethic abilities. The students had got information about the profession of nursing from media, own or family members hospital experiences or from registered nurses.

Views of the profession of a nurse among those who make professional choices affect the fact whether there are applicants for the field in the year 2015 and after that, when there will be strong demand for the working force. By following the image of the nurse’s profession and the nu of applicants for the field, it will be possible to react early enough and to influence the structures of the work and training in order to maintain the profession as attractive.
Psychiatric care, nursing staff, job satisfaction, specialized health care

This survey of employee job satisfaction was carried out as part of the Magnet Hospital project at the end of 2008. It encompassed the staff of four hospitals. A total of 429 psychiatric staff members responded voluntarily totalling the response rate to 43%. The material was processed using the SPSS 17.0 for Windows software. This survey focused on the job satisfaction of psychiatric nursing staff and elements relating to it. Variables were summarized into seven variable combinations using Principal Components Analysis. Results were reported using frequencies, percentages, and average values. The links between background variables and variable averages were examined using non-parametric tests, such as Mann-Whitney-U and Kruskall-Wallis tests.

The psychiatric staff assessed their job satisfaction as good in six respects and as moderate in one. The best results were in the importance and seriousness of the work and content of the work, i.e., valuing one’s own contribution, work interest and demand, supporting the customer feedback and extensive use of one’s knowledge. Immediate manager’s work was appreciated, but every fifth respondent did not consider the professionally supportive feedback from these managers as sufficient. The majority of respondents took care of their own well being and felt themselves competent. Confidence in the professionalism of colleagues was considered high, and team spirit and introduction of new employee’s was mostly assessed as good. The majority had the opportunity to plan their own work independently, as well as to make independent decisions in their work. Participation in decision-making was not complete according to almost every fourth respondent.

The job workload was found under control for the most part, but every fourth respondent had experienced excessive levels of stress. Every third respondent estimated that their unit does not have enough staff, and only every second respondent was of the opinion that the workload was divided evenly in their unit. Respondents were dissatisfied with the organizational factors the complexity of the work in relation to unfair wages, inappropriate working spaces and tools, and for the appreciation of the senior management. Every third respondent expected to be able to proceed in his or her own career. The nursing managers, day shift workers, workers with more than 11 years work history, and workers who evaluated the quality of work between 9 and 10 on the quality evaluation scale reported the highest assessed job satisfaction. The job satisfaction of nursing managers mid other medical staff, as well as the one of mental health nurses and nurses differed significantly.

The research results from four psychiatric hospitals staffs can be generalized and can be utilized in nursing leadership, particularly in staff recruitment, employment and career support. Although job satisfaction was assessed mainly as good, it is necessary to pay attention to the feedback system,
collective decision-making, evenly distributed workload, and the apparent differences in the job satisfaction between the various professions.
The purpose of this systematic literature review is to describe the existing quantitative research and research data on influence of transformational leadership in nursing. Transformational leadership is examined as one of the three broad categories of leadership behaviours in the full-range leadership theory.

The results of this systematic review are based on national and international studies published between years 2000 - 2008 and dealing with effects of transformational leadership in nursing (n = 16). Studies were looked up through a systematic search from Lirmea-, Chinal-, PubMed and Ovid Journals electronic databases using keywords “transformational leadership” AND nursing and chosen by certain criteria. Content analysis was used as a research method.

The transformational leadership is focused on personnel leadership. In health care the personnel and human resources are the main resource and have a key role in promoting success in the foundational work of health care. Nursing leadership has a central role in communicative leadership with the nursing personnel.

From the data collected the research results were presented considering the causation of transformational leaderships in nursing and its effect on personnel, organization and patients. The results indicate that transformational leadership promotes the contentment and resources of the nursing personnel. It also effects positively on the organizational culture and the personnel’s understanding of effective function. According to the research data used in this study the effects of transformational leadership behavior concerning patients could not be verified.

A further study on the impact of transformational leadership is needed, Especially the effects of multidimensional leadership behavior on patients have been studied relatively remotely.
The purpose of this study was to describe the division of nursing personnel’s working time within different task and personnel groups in a primary health care outpatient clinic.

In this study participants were registered nurses (n=16) and practical nurses (n= 6) in one health care center. The working hour’s distribution data were collected by the activity based work sampling method during one week (14.4 - 20.4.2008) using previously developed instrument (Partanen 2002) with modifications. The participants completed a questionnaire in every shift at least four times a day. The form was completed at morning and evening shifts. The study included 73 working shifts and 3249 activities. The returning percentage was 97 %. The data were described and analyzed using frequency and percentage distributions.

According to the study results 65, 6 % of the working time was used for patients direct and indirect nursing work activities. The direct care ratio was 42,3 % and indirect care ratio 23,2 %, united-related work activities consisted 15,2 % and the time distributed to personal activities was 8,7 %. The most time demanding activity was telephone counselling and appointment (16 %) in morning- and evening shifts. Direct care ratio was highest at evening shift (56, 6 %). The share of indirect care was quite similar in all shifts.

The study results can be used to help nursing managers to developed nursing personnel’s work content in primary health care. This information can be used in the further development of admissions practices in primary health care.
Counseling, patient education, patient education training programme, nursing, work time, hospital, specialized health care

The purpose of this study is to evaluate if the patient education training programme have any connections to the amount of patient counseling, the length of time the nursing staff devotes to patient counseling, the number of times the patients or their close relatives get in contact with nursing staff and the amount of working time used for this contact keeping. The aim of this study was to bring new information for nursing practice, nursing management and for developing indicators from the viewpoint of patient education. This study is a part of a larger patient education project on North Karelia hospital. The purpose of the project was to develop evidence based counseling in specialized health care. Projects intervention was patient education training programme including research findings and different kind of exercises. Thirty nurses from sixteen different units participated in the patient education training programme. The data of this study consists of the statistics of the patient education written by the nursing staff. Data collection focused on two two-week periods before and after the patient education training programme. Data was categorised by written nursing structural components according to patient education and contacts of patient/close relative.

Before the patient education training programme there were three patient/close relative contacts for five patient counseling sessions. After the patient education training programme there were two patient/close relative contacts for five patient counseling sessions. In other words the number of patient/close relative contacts decreased statistically significantly after the patient education training programme. Between the years, counseling session for patients increased and counseling the close relatives decreased. Both before and after the training programme the number of close relative contacts was high. However, the nursing staff spent less time for patient education and patient contacts after the patient education programme. The results of this study show that the most of the counseling time before and after the patient education programme was spent on follow up treatment as well as on issues related to health services and medication. The themes of patient counseling sessions and the amount of time used for this sessions varied between the years.

Patient education training programme had a positive effect on patient counseling sessions, the number of patient/close relative contacts and the time nurses used in those sessions and contacts. The results of the study can be used to develop patient counseling particularly in issues of follow up treatment, health services and medication. Patient counseling for close relatives should be increased. Nurse managers can contribute to the improvement and continuation of the patient education training programme. The results of the study can be used to develop patient counseling process
and patient education training programme to be even more effective. All of this can increase both nurses’ know-how and patients’ satisfaction with nursing care.
The purpose of this study was to describe how aging registered nurses evaluate their work environment in comparison with ratings given by nurses under the age of 50 years. The study explored where and in what kind of work environments the aging registered nurses work, how they differ in their background variables from the younger age group and how committed they are to nursing or their place of work. The study relates to a research and development project called ‘The Magnetic and Safe Hospital’ carried out by the Department of Nursing science, University of Eastern Finland and by the Hospital District of Northern Savo.

The material for this study is partial data derived from a study carried out by the Department of Nursing Science of the University of Eastern Finland and called ‘Nursing Staffing and Work Environment within Nursing, HELMI’. In the study, a postal enquiry was used to explore the work conditions in 2004 of nurses engaged in clinical nursing. The population consisted of the members of the Finnish Nurses Association (N = 18636), and the sample (n = 3000) was collected by regional random sampling. 1219 nurses responded to the enquiry, and the response rate was 40 %.

The research material was dealt with and analysed by the programme SPSS 14.0 for Windows, and the findings of the study were described as statistics (parameters), frequencies, percentages and as expressions of statistical significance. The following four sum variables were formed from the original indicator: career development opportunities, autonomy, co-operation and management in order to describe the work environment of nursing. Continuous variables were described by means of averages and standard deviations. Differences in ratings between the age groups were compared by the Mann-Whitney U test, and the link of background variables to sum variables were studied by the Mann-Whitney U test and the Kruskall-Wallis test.

The aging nurses considered their work environment to be better in comparison with those under 50 years of age in nearly all sub-domains of the indicator. The sub-domain of co-operation was rated as equally good by both age groups and they were also most satisfied with it. The career development opportunities in their work community were held in second position for satisfaction by the aging nurses. Management was the area with which both age groups were most dissatisfied. The amount of education correlated most with satisfaction with the details of the work environment. The aging nurses were more committed to nursing, their work unit and organisation than the younger nurses. Nursing management need information on aging nurses’ special characteristics to improve working conditions so that aging nurses will cope in working life at least until retirement age. When the magnetism of the work environment is increased, also young nurses will feel inclined to engage themselves and remain in the field of nursing.
Nurses, working time, scheduling, physical and mental health, review

Due to aging of the population the need for social- and healthcare services are increasing. At the same time retirement rate excel in the health care profession too. Due to serious problems with nurses recruitment the length of the years in working life should be extended. To obtain the goal of longer working lives should attention be paid on the reasons for disability pensions and the ability to work should be supported by means of work protection. Shift work is known to be the cause for many physical and mental health risks. The aim of this literature review is to present a systematic review of the literature on relationship between nurses working time and health. The material for this review was collected from Cinahl-, PubMed- and Medic- data bases and using manual search. Into the material was chosen 49 studies which were obtainable from University of Eastern Finland’s off campus electronic resources and Helsinki University Library Terkko. The material was analysed using contents analysis.

The literature review shows that most health problems due to working time are caused by lack of sleep and working against normal circadian rhythm. Irregular working patterns, unusual sleeping times and short rest periods between shifts cause exhaustion and problems with sleeping patterns. Getting used to work shifts is individual. Irregular schedules increase the risks for many illnesses and nurse’s sick leaves during pregnancies. Aging increases the problems caused by irregular shift patterns. The un-ability to get used to night shifts and sleep irregularities also decreases patient safety. Satisfaction with work schedules has an effect on mental health, which means that nurses should have more input in collectively planning shift patterns using working time autonomy model.

This subject has been mostly studied internationally using questionnaires. Research based on different kinds of measurements and tests on work patterns have mainly been done in the 21 century. The effects of work patterns in illnesses are only visible after several years, which indicates, that the amount of long term studies should increase. Also in Finland the amount of studies into nurse’s working time should increase. By developing nurses’ work patterns using researched information of health effects and individual needs can the effects of shift work’s health problems and —risks be decreased and working lives lengthened. To the aim of lengthening of working lives should be committed in management, in planning and prosecuting of work shifts and developing the regulations of nurse’s working time protection.
Early intervention in counselling of living habits: the evaluation of preventive working method concerning type 2 diabetes.

Master's thesis, 88 pages, 7 appendices (20 pages)

Advisors: Professor Anna-Maija Pietilä and PhD Student Arja Halkoaho

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According to previous scientific studies, there is a need to improve the various evidence base working methods of early intervention when preventing type 2 diabetes. The purpose of this study is to describe nurses’ views and experiences on early intervention when it comes to preventing type 2 diabetes. In addition, one target of this study is to point out whether the nurses consider the D2D method, which is used as a means of treating type 2 diabetes, to be useful in their own work.

The data of this study were collected from nurses working in primary health care (n=11), who used the D2D method as a means of early intervention in their work. The data were collected using the focus-group interview. The themes of the interviews were as follows: the nurses’ personal experiences on early intervention, the importance of early intervention when preventing diabetes, the strengths and weaknesses of early intervention and the development of the D2D method. The data were analysed using the content analysis following certain themes.

According to the nurses’ own experiences, it was very challenging to notice the need for early intervention and to motivate patients. However, the considered early intervention to be highly important not only to a single individual but society as well when preventing diabetes. In the interviewees’ opinions, lifestyle counselling and early intervention should take place earlier than before. The nurses regarded the improvement of their knowledge and skills with the help of education as an important issue. The difficulties in motivating patients and their unwillingness to be committed to lifestyle changes, as well as the lack of time made early intervention more difficult. Besides, it was also seen as one negative aspect. The interviewees noted that the working method of early intervention should be further improved. For example, there should be more time for counselling and more effort should be placed on the documentation in care plan forms. There should also be more cooperation between other professional groups in the field and education on diabetes on the whole.

The development of the action models and working methods connected to early intervention enables the evidence base work. Furthermore, there is a need to have health promotional approach to improve the development of health-enhancing practices.
Immigrant adolescent, participation, health education, health literacy

The background and purpose of the study: The aim of health education is health literacy. It can only be reached by active participation. With the help of health literacy, immigrant adolescent can affect on hers/his own health and on families and cultural society. The purpose of this study was to describe 9.Grader immigrant adolescents’ participation on health education. Research functions were to describe, what health and health education means for the immigrant adolescent, and how she or he can influence for the education contents and education methods. Also, how the teacher of health education create opportunities for adolescent to participate on lessons.

Material and methods: There were 10 immigrant pupils, aged 15–18 years, from Kontiolahti School and Pataluoto upper stage of comprehensive school. The material was collected by interviewing the pupils during their school day. The material and the licences for the study were gathered in the Kontiolahti and Pataluoto schools during March and May 2010. The data analysis method used was inductive analysis.

Results: For immigrant adolescents health meant value, welfare, healthy life styles and goaldirected performance. Adolescents also compared differences between nutrition, eating habits and sleeping in Africa and in Finland. Health education was respected and valued useful. They learned new matters, and education contents were important for them. Influence and participation opportunities to the health education contents were described at the same time, as well for possibilities to influence education contents, as factors which prevent planning together. Also, the teacher’s autocracy and to giving her/him the power was raised. Influence and participation opportunities to the health education methods occurred the most used methods and casual possibility to affect in what way studied. Opportunities for participation created by teacher were recognized in the atmosphere of class, encouraging in pupils own opinions. Also, how teacher accepted different comments, how she or he listened for pupils, and how equivalent discussion was. Immigrant adolescents described too, how teacher noticed differences between cultures, and how the teacher was interested in young peoples home country issues.

Conclusions and suggestions for further studying: The results of the study strengthened, how important health education is to the immigrant adolescents. The study produced knowledge about the participation experiences. The new knowledge achieved by this study can be used to develop health education that would improve participation of the immigrant adolescents, so that cultural sensitivity is observed. Further studies are needed from the point of health education teachers, how they notice participation of immigrant adolescents. Also it would be important to clear up, what is challenging,
and what is enriching on health education for the immigrant adolescents. Also, how cultural back-
grounds and experiences of immigrant adolescents can be more utilized.
Health promotion, dialogue and counseling

The purpose of this study was to describe aspects of health promoting patient counseling. Its objective was to produce information and enhance understanding about interaction between patient and nurse, identification and strengthening of patients' resources, and motivation of patients in counseling situations. This study is connected to an ongoing development project in an Eastern Finland health centre which aims to improve nurses' skills in resource-oriented and motivational counseling.

The participants in this study were ten patients and ten nurses. The data was collected during 2009 in two phases: 1) videotaping counseling situations and 2) interviewing patients. These data were analyzed using content analysis. The analysis of the videotaped data employed an assessment form designed for peer review.

The patients felt that the process of changing their health choices was enhanced by patient-oriented interaction, which entailed encountering the patient on an individual, personal level. They felt that honesty, trust and respect for one another were important elements in this interaction. On the other hand, the same process was hindered by the counselor's expert-centered approach and a tense, busy atmosphere. In the videotaped counseling situations, the nurses' actions were both patient-oriented and expert-centered. Patient-oriented actions included listening to the patient, giving room for the patient's words, and expressing understanding. An expert-centered approach was reflected in proceeding according to a certain model and providing generic information. In these counseling situations, the patients participated little in the discussion.

According to the patients, counseling that strengthened their resources paid holistic attention to the patients and supported their strengths. Motivational counseling meant inclusion in decision making, concreteness, realistic goals, and acknowledgement of even the smallest achievements. The analysis of the videotaped data indicated there was little support for the patients' own resources. Still, principles of motivational interviews were used in the counseling situations.

The results of this study indicate that patient counseling should be improved with regard to individual and holistic consideration of the patient, identification and strengthening of resources, inspiration of patients to reflect, and support for patients' own participation. These results can be used to develop the counseling given by health care professionals.
The purpose of this study was to describe the cooperation between School health services and home in school nurses’ point of view in children’s’ and teenagers’ health promotion. The aim of the study was to recognize and assesses already existing cooperation customs between school health services and home. Furthermore the aim was to produce information which can be of help in developing the cooperation between public health nurse and home when supporting children’s’ health learning. This study is a part of a larger development and research pro-gram "Schools for Health in Europe (SHE)" leading in Finland by Professor Kerttu Tossavainen at the Department of Nursing Science at the University of Kuopio, and as an affiliation in part of the project is Suomen Terveydenhoitajaliitto ry. The questionnaire drawn up specifically for the purpose of this study was used to collect the data. The questionnaire included also two open questions. The response rate of the study was 35% (n=281).

The data were analyzed by statistical methods with SPSS for Windows 14.0 program. The data were described with frequencies and percentage distributions by descriptive statistics. The data were condensed using factor analysis was used and summary variables were formed based on this. The statistical methods used were cross tabulation, Chi-Square test, Fischer's Exact -test, Mann-Whitney U -test and Kruskall-Wallis -test. The qualitative data were analyzed by content analysis.

The cooperation of adults working with children and the young was important. School Health Services informed parents regularly about their services and school nurses were attained for parents in urgent matters without appointment. School nurses experienced that they needed more education in cooperation with parents and supporting parenthood. Complicated issues in work were lack of parenting and parents’ time. The long work experience of school nurses helped to notice children’s and adolescent's alienation and problems in school community. Rush and too large number of pupils complicated cooperation with home. School nurses wished for more time to listen pupils, preventive work and respect for their work.

The research results can be made use of when developing the contents of working methods of school nurses to respond to both social and current challenges and parent's expectations about cooperation. The subject of the study is socially important and current while going into the themes of both cooperation between home and school societies and healthy growing and development of a child and an adolescent.
The purpose of this study was to describe the operating conditions in the group based Tulppa-outpatient rehabilitation program for artery disease patients in primary health care. The goal was to investigate the experiences of Tulppa-professional instructors of organizational support, job description, use of time, competence and motivation.

The research data was gathered by means of a structured questionnaire (N=217) from the professional instructors working in primary health care in the hospital districts of Etelä-Karjala, Etelä-Savo, Itä-Savo, Kymenlaakso, Pohjois-Karjala and Pohjois-Savo. The response rate was 49.7 (n=108). The research data was collected by using an electric Webropol questionnaire. The questionnaire was drawn up for this study by utilizing previous domestic and international studies related to the operating conditions of group instruction in health care. The research material was analyzed by means of SPSS 14.0 and the open questions were analyzed through content analysis.

The majority of the Tulppa-instructors described that the group based Tulppa-outpatient rehabilitation program was documented in the operational plan and rehabilitation path instructions in their own organization. Half of the respondents reported that their supervisor had not supported them neither developing nor implementing of Tulppa-program. Co-operation with the instructor partner and the support by the immediate work community was to be positive. The majority of the instructors had appropriate group facilities in use and half of the respondents had access to adequate sports facilities. They expressed that the resource for working to implement the Tulppa-program was considered to be inappropriate. A third of the respondents individual counselling was reduced through the Tulppa-program. The amount of individual counselling was decreased in the Tulppa-action among one third of the professional instructors. The Tulppa-training program had provided the majority of the instructors skills to carry out the program. The instructors experienced that they had adequate knowledge and skills to guide the lifestyle counselling groups. They expressed their long term commitment to implement the Tulppa-program. Documentation was routine procedure to the majority of instructors.

The results of the study provide information on the operating conditions in group based Tulppa-outpatient rehabilitation program in primary health care. The information yielded by the study can be utilized in further planning and development and turn in ling the new approach in to a permanent work method.
Rehabilitating nursing, nutrition, functional ability, long-term inpatient

The aim of Finnish health policy is to lengthen the active and healthy lifetimes of citizens in all age groups. It is also important to adopt models that promote the health of patients in institutionalized care. The role of nurses in regards to this is significant. The aim of this study was to describe how nurses carry out rehabilitating nursing in a ward for extended rehabilitation care and how this work supports the functional ability of the patients. The aim was also to find out the amount of time the nurses estimate they use for assisting the patients.

The data was gathered in an extended rehabilitation ward of a long term hospital in May and June of 2009. The data consisted of observation of the nurses’ work in the extended rehabilitation ward (n = 4), in relation to 11 patients of the information on nursing evaluation forms filled in by the nurses in a period of seven days, as well as of patient background information gathered from RAIssoft-LCT 2.5 patient software (n = 14) and the Data Collection/Life Course form (n = 4). In addition to this, the patients were asked about physical exercise (n = 8). The observational data and the exercise inquiry were analyzed using qualitative content analysis. The nursing evaluation forms and the information received from the RAI patient software were analyzed using SPSS Statistics 17.0 for Windows program.

The study suggests that nursing followed the principles of rehabilitating nursing. However, in some situations doing things on behalf of the patients was more marked. The nurses helped patients 804 times in total. The practical nurses helped the patients the most times, about 70% out of the total number. However, the nurses spent more time assisting the patients. The difference in the time spent assisting the patients was statistically significant. The patients required the most assistance with toilet visits and received the least amount of assistance while performing physical exercises to increase functional ability. The patients were the most independent regarding eating. The nurses took care of the patients’ nutrition also during the nights.

The study shows that the nurses had internalized rehabilitating nursing as a guiding value and model in the long term hospital extended rehabilitation ward. The interaction between the patient and nurse, and other staff, proved to be a central factor in rehabilitating care. In future the difference in the amount of time nurses and practical nurses spend for long-term patients’ rehabilitating care, as well as the causes of this difference, should be looked into.
Breast-feeding, breast-feeding counselling, breast-feeding guidance group in hospital

The aim of this study is to describe the mothers' assessments of the breast-feeding guidance group of the hospital and describe the relationship between background variables and the mothers' assessments of the operation and contents of breast-feeding guidance group. Furthermore, it is examined what kind of development proposals the mothers have to the operation and contents of the breast-feeding guidance group of the hospital.

The target group of the study was mothers who had participated in the breast-feeding guidance group in a hospital (n=77). The data was collected in February- July 2009 with a questionnaire. A part of the quality indicator of patient counselling of Kääriäinen (2007), the realisation of the counselling, resources and parts which measure the advantage of the counselling were used as a basis for the questionnaire. The item and the open questions were added to the questionnaire depending on the adequacy of the breast-feeding counselling. Statistical methods were used in the analysis of the results and in the description and the evaluation of the reliability. The answers to open questions were analysed by inductive content analysis.

The mothers regarded the counselling of the breast-feeding guidance group as good, commendable and useful on the whole. According to the mothers, the nursing staff had the information and skills required to the counselling. The premises were regarded as proper, the time had been sufficiently reserved for the counselling and the group size was estimated to be suitable for counselling. In the guidance more written material than at present should be given according to the mothers. To support counselling instruments, for example a computer was also hoped for. More counselling was hoped concerning the use of medicines and information about breast-feeding and contraceptive use. The counselling which is given in the breast-feeding guidance group had an effect on an affirmative attitude towards the breast-feeding. In open answers the mothers experienced the guidance of the breast-feeding counselling as theoretical and hoped for more practical counselling and trainings and interactive education and discussion.

The results can be utilized in practical nursing and in education of nurses and midwives. Results can be used to develop the contents and realisation of the counselling of breast-feeding guidance group from the mothers' point of view. In the counselling the use of audio-visual instruments and interactive communication can for example be increased. The appreciation of the mothers' assessments is important to them in the planning and realisation of the directed counselling activity. The evaluation of the counselling activity relating to research can be used further to develop guidance activity. In the future one could study the realisation and effectiveness of breast-feeding guidance group and effect on the mothers' breast-feeding knowledge more widely. Furthermore, one could study the effect of guidance groups for the mother’s breast-feeding attitudes, succeeding in breast-feeding and duration of the breast-feeding and for later problems.
The purpose of this study was to clarify nurses' attitudes toward depression and its treatment. Also wanted to know what things help nurses to face depressive patients and what kind of education they need about depression. Data (n=84) were collected with Depression Attitude Questionnaire (DAQ). Participants were registered nurses or practical nurses in primary care. 16 worked in health stations and 68 in medical wards. Data were analysed with SPSS for Windows 17.0. Outcomes were described by frequencies’ and percents. Content analysis method was used for analysing responses to open questions.

Over half of nurses have seen that number of depressed patients has increased during the last five years. Most of nurses consider that working with depressed patients is heavy going but it is also rewarding. Some of nurses feel comfortable in dealing with depressed patients’ needs and many of nurses like that antidepressants and psychotherapy should left to a specialist.

Background variables were not related to nurses’ attitudes. In the future it could be good to make a lager study where all possible backgrounds would come out.

Nurses feel that sufficient time, education and professional skills support them to work with depressed patients. However nurses need more education to meet depressed patient. Greatest needs are education of recognize depression and cure of depression.

Outcomes of this study can be used when planning education for staff in primary care and also when planning personnel staffing or job descriptions for that nurses are allowed to have more time to use for discussion with depressed patients.
The purpose of this study was to describe and explain physical activity in 6-8 year old children in primary school in Kuopio, Finland. According to previous research, physical activity can promote the well-being and health of children. This study emphasizes a child’s overall health and physical activity as a means of promoting health.

This study is part of the Physical Activity and Nutrition in Children (PANIC) –study. The subject group was 6-8 year old children living in Kuopio, Finland (N=512). The data was collected from questionnaires distributed to families. The data was analyzed with the SPSS for Windows 17.0 – program. The results were presented as tables of frequencies and percentages. Variables expressed in a contingency table were tested for interdependency using the chi-square test.

The majority (99%) of the children independently engaged in activities involving physical exercise especially on weekends. Fifty percent exercised five times or more in one week. Fifty-five percent and 54% participated in activities organized by clubs and groups, respectively. The supervised activities were football and indoor bandy. Outdoor games were the most popular free-time activity. Children also listed cycling, swimming, cross-country skiing and ice-skating as preferred ways of exercising in their free time. On weeknights 2 %, and on weekends 13% watched TV or video films for more than 2 hours/day. On weeknights 0,6 %, and on weekends 3% of the children played games on a computer or a games console for more than 2 hours/day. The mother’s physical activity was found to correlate with the child’s level of physical activity. In contrast, no correlation was found between a father’s and his child’s level of physical activity.

The results indicate that overall physical activity plays a central role in the physical activity levels of children. This study describes children’s physical activity as a combination of sport and exercise, and games with friends and family, as well as exercise when travelling to school, during recess and when doing house-work. The results strengthen the view that physical activity in 6-8 year olds is mostly playing and games. Thus, emphasizing the experience of enjoyment during exercise is important when encouraging into and promoting physical activity with children.

This project and its results can be used when comparing studies on physical activity in children. The results will serve as a reference for future research in the Physical Activity and Nutrition in Children (PANIC) –study, which follows the development of physical activity in children in Kuopio, Finland.
Health promotion, health care, ethics, principles, development

The purpose of this study was to describe health promotion from the health care professionals’ point of view. The study focused on looking at how health promotion becomes concrete in daily work, ethical basis and enabling factors for health promotion as well as how to develop health promoting work. The aim was to produce information which can be used to increase understanding about health promotion. Thirteen health care professionals from primary and specialized health care participated in the interviews. The material was analyzed using content analysis.

Health promotion was a significant and natural part of the health care professionals’ daily work. Actions to support individual’s readiness to take control of his/her life, motivating as well as actions in various communities represented promoting action. It was seen essential to recognize and strengthen individual’s resources, support initiative and emphasize positive things. The Gore content of preventive action consisted of intervening and taking issues up for discussion, recognizing risks and problems as well as giving early support. The health promotion principles that the professionals described were respect for human dignity, individuality, autonomy, equality and responsibility. The interviewees mentioned factors relating to ethical problems. These included shortage of time and resources, client’s poor ability to recognize what is best for him/her, differing opinions of relatives as well as various guidelines and policy definitions. Coping with work life, motivation, common way of thinking, team work and autonomy were seen as enabling factors for health promotion. The health care professionals considered it important to develop multi-professional co-operation bringing resources and know-how together and improving the change of information was seen essential. They also highlighted the meaning of improving their skills for guidance and motivation. According to the interviewees more and more attention should be paid for empowering individuals as well as strengthening communality and preventive work approach.

The results indicate that health promotion is seen as an entirety of various preventive and promoting actions, and the professionals have a number of possibilities to implement them. In addition to the interactive work with individuals and communities health promotion includes activities to take care of developing the work and know-how as well as putting ethical principles into the practice. The most essential principle is respect for human dignity. Reflecting on ethical questions and one’s own action and putting effort into implementing the principles builds also basis for the realization of the salutogenic approach. Furthermore, professionals’ activeness in development and acting as a health promotion advocate partly supports the strengthening of health promotion perspective.
The purpose of this Master's Thesis was to describe the practices of mental health promotion in senior high schools and evaluate their performance from the actors' perspective.

The research material was acquired from four senior high schools in Central Finland – two in the rural area and two in the city. The material was acquired by questionnaire and theme interviews. The questionnaire was used to find out what experiences the senior high school students have on the practices of mental health promotion. The study included 46 second-year students. The experiences of principals, school nurses, study advisors, school psychologists, and teachers of various subjects were recorded with group interviews. An inductive content analysis was used to analyze the research material.

The results show that the most important practices to promote mental health were communality, student counseling and support services, providing information about mental health, and maintaining good mental health. In a classless senior high school, creating a feeling of communality seemed to require specific actions, since there was no fixed class for the students. Communality is created by both intra- and extracurricular means by arranging different events, parties, and campaigns. The results show that juveniles need the support and guidance of adults to cope with the demands of the senior high school, and to become more independent. The adults in the senior high schools were considered as easy to approach, but the lack of so-called low-threshold places and the lack of information about services had an adverse effect on seeking for and getting support. Providing information about mental health was seen to be included in the subjects in the curriculum, but the students indicated that the communication was insufficient.

The results indicate that there are things that should be improved, namely having more places with low thresholds, and having more psychologists, study advisors, and healthcare personnel. An important area of improvement was the development of common operational models to facilitate the passage from elementary school to the senior high school. There is a need for more practices that will help to develop communal and interactional skills in the future. The educational planning should focus on promoting mental health as a part of everyday schoolwork, and that idea should be present in everything that is done in schools. Having a better positive attitude and developing models for early intervention were seen as challenges for the entire school community and for the society.
The purpose of the study was to describe the nursing history of the 1950s to the 1970s in Lapinlahti hospital that was established in 1841. The study was based on the method of history research. The research material consisted of oral history of nurses collected through open interviews and archive sources. In the study twelve retired nurses who had worked for a long period of time in Lapinlahti hospital were interviewed.

According to the results in the 1950s the doctors had control over the patient’s care and the nurses worked without much questioning that. The nurses were responsible for the practical nursing. The insulin shock therapy was almost the only treatment in Lapinlahti hospital. Through these treatments the nurses were quite employed and for the patients the treatments were hard. A strict, hierarchical order prevailed in the hospital. The doctors were “Doctors” and there were no first name terms between nurses and mental nurses. The hospital was a closed community where work and spare time were spent together. Almost all of the employees were living in the hospital area. In the 1950s there were no mixed wards yet, both female and male patients had their own wards in the hospital.

In Lapinlahti hospital there was an own school for mental nurses from the year 1913 to the year 1970. The course for mental nurses lasted one year. Those who applied for the course had to have been half a year in training in a hospital before they could enter the course. Mental nurse students were labor force in the hospital. They did not receive any salary, but they got a free accommodation and meals.

In 1960s and 1970s there were many changes taken place in Lapinlahti hospital that were influenced by the replacement of the hospital Professor as well as the changes in Finnish society. The nursing staff was constantly in the middle of changes: New forms of treatments were introduced in the hospital, multi-professional cooperation was developed and the supervision of work of the personnel began. Along with the new attitudes prevailing in Finland the members of the different occupational groups in the hospital started to call each other by their first names. The staff was happy at the Lapinlahti hospital and the turnover of staff was low.

It is very important to collect oral history of nurses because it is a good means to obtain valuable data from nursing situations, nursing environments and a hospital’s nursing culture at a certain time in a certain social context. The gathered information can also be exploited in developing nursing.
Scientific information on parent participation in children’s oral health promotion is scarce. Earlier research has focused mainly on the significance of self-care and parent participation in children’s oral health care. The aim of this study was to represent the parents’ own views on their participation in the oral health promotion of their children. Additionally, the study set out to describe the parents’ views on how their children’s oral self-care was carried out, as well as the parents’ assessment of their own oral health. The goal of this study was to produce information about the need for development within oral health promotion from the parent participation point of view. The study is part of the Physical Activity and Nutrition in Children (PANIC) study. PANIC study is a health promotion project that has been carried out during the first school year in all the Kuopio elementary schools between the years 2006 to 2009.

The data was gathered with a questionnaire filled out by the parents who participated in the study (n=543). The data was analysed with SPSS 14.0 for Windows using the methods of descriptive statistics. The findings were illustrated with columns and tables. Based on the analysis of the data, the parents found that they are setting an example for their children when they take good care of their own oral health. The children needed their parents’ help and support in cleaning their mouths and teeth. The mothers were found to participate in their children’s oral health examinations more than the fathers. The parents themselves had been to the dentist regularly and found their oral health to be good. The parents also estimated that their children cleaned their teeth according to recommendations, although some of the children cleaned their teeth only once a day. The analysis showed that it is important to allocate activities on comprehensive oral health promotion within families and to focus especially on intensifying parent participation.

The gathered information can be used in the clinical work of oral hygienists as well as in the training of oral health students on different levels of education. In addition, the results can be used in oral health promoting activities that endorse parent participation and assume responsibility for passing along topical information to the parents. In further studies it would be important to establish the views of oral hygiene students on the significance of parent participation in their children’s oral health promotion.
Domestic Violence, Early Intervention, Bringing forth a Subject, Program on Domestic Violence, a Screening Form

The purpose of this study was to describe nurses’ perceptions about early intervention in domestic violence. The nurses working in public health care settings were studied in this thesis. The study explores the ways nurses describe their action while bringing domestic violence forth with the customers. The study aims to also reveal factors that made the action easier or more difficult. In addition, the study explored the ways nurses experienced the usage of a screening form and the protocol made for it.

This study is part of a health promotion study project, which is one of the projects led by the University of Eastern Finland. This study project has been implemented in public health care settings within the federation of a couple municipalities during May 2009 in Eastern Finland. Eleven nurses participated in this study from four different work settings: maternity care settings, childcare settings, occupational health care settings and mental health care settings. The data was collected through a theme interview, and the content was analyzed using the content analysis method.

The nurses explained that domestic violence was not brought forth with all of the clients they met. Instead, the nurses described that the intuition they developed about the possible existence of domestic violence when meeting a client, often led to the action of bringing forth the subject with the client. The actual information about the possibility of domestic violence was gained through assessment of the physical and psychological signs of the client. The information was also gained through client’s own report, co-worker’s knowledge, client documents, or through a screening form on domestic violence.

The reason for bringing forth the subject of domestic violence was to break the path of domestic violence. The aim of this action was to help the family or client in a difficult life situation though open discussion or through concrete support. After discussions the clients made autonomous the decisions concerning their lives. Domestic violence was usually brought forth as a subject in private meetings. The approaches were different, and seemed to be dependent both on the nurses’ way of bringing up the subject and on the client’s way of acting and being initiative. The perceptions about bringing up the subject varied between the nurses, even so that an individual nurse had many differentiating opinions on the matter. However, the study revealed that the bringing out of the subject of domestic violence was considered important, and seen as a part of professional responsibility...
among the nurses, In another hand the bringing out of the subject was experienced as a challenging and difficult action among the nurses.

The factors which made the bringing out of the subject of domestic violence a little easier were for example: The openness of the client, a long-term trusting care-relationship, the un judgmental attitude of the nurse, the experience of the nurse, the support of the co-workers, work counseling, networking, education, and the program on domestic violence. The factors that made the bringing forth of the subject more difficult were pointed out as: The lack of talent in talking about one’s difficult situation, the fear of custody of one’s children, and the protection of the abuser. The factors contributing to the worker making the process of bringing out domestic violence more difficult were: Tiredness, the burden of the rapid changes in the situations, the fear of finding the right words, young age, and the lack of experience. The negative factors contributing to the conference situation were the lack of time and the presence of the abuser at the conference setting. The screening form made the indication of the existence of domestic violence easier, it also helped to evaluate the seriousness of the problem. The screening form together with the protocol made the discussion more comprehensive and helped to discuss the subject with the client.
Health promotion, resource orientation, patient counseling, health care worker

The purpose of this study was to describe primary health care nurses' skills in resource-oriented and motivational patient counseling. Its objective was to produce information that will enable nurses to develop their professional skills in resource-oriented and motivational counseling and, thus, improve the quality and efficiency of patient counseling. This study is situated within the field of preventive nursing science and is part of an ongoing patient counseling development project in an Eastern Finland health centre.

The participants in this study were ten public health nurses and registered nurses working in primary health care. The data was collected in two phases: 1) The nurses answered a questionnaire with open questions concerning their views on patient counseling. In the questionnaire, they were also asked to describe their tasks as well as their strengths and areas of development concerning patient counseling. 2) Videotaped patient counseling situations were used to investigate the kind of features of resource-oriented and motivational counseling these situations involved. These data were analyzed using content analysis. The analysis of the videotaped data employed an assessment framework designed for self and peer review.

According to the participants, their main tasks in counseling situations were to create a relationship of interaction and to promote the patient's health. The development of interaction was based on a foundation of trust. Factors related to patient health promotion included informational support and encouragement of lifestyle changes. The nurses' strengths in counseling work were their expertise, individual working method, and utilization of diverse counseling methods. The participants expressed need for development in their professional skills and their holistic consideration of the patient. For instance, counseling situations with mental health clients or unmotivated patients were considered challenging.

In the videotaped patient counseling situations, features of resource-oriented counseling were identified in the interaction between nurse and patient, informational support, and encouragement to make changes in health habits. Less frequent features were the holistic consideration of the patient, identification and strengthening of resources, and support for the patient's own reflection.

The results of this study indicate ways to develop resource-oriented patient counseling in primary health care. The results are also useful in developing the professional skills of health care staff. In
further studies, it is important to assess the efficiency of resource-oriented patient counseling and the allocation of primary health care resources and health care staff in relation to patient counseling.
Child maltreatment, identification and intervention in child maltreatment, early intervention, implementation of nursing guideline, evidence-based nursing

The aim of this study was to understand pro- and anti-factors in implementation of child maltreatment nursing guideline in public health clinics and to evaluate public health nurses’ development proposals to promote this. The study was divided in two stages: 1) In the spring of 2009 the children's health department nurses of three public health care centers in middle- and eastern Finland were familiarized in child maltreatment nursing guideline. 2) The data collection was accomplished by group interviews in September 2009. Study informants were public health nurses (n = 13) in three abovementioned public health care centers. Material was analysed by inductive content analysis.

Based on the analysis of the material, it was found that various factors were important in the success of the implementation of nursing guideline. Especially beneficial was finding ways of cooperation, such as the ability to offer family support, particularly in the form of child care clinics. Also it was found beneficial to have a possibility to consult a psychologist.

It was found that inhibiting factors in implementation of child maltreatment nursing guideline were limited resources, non-working multi-professional practices and the failure to find common approaches and treatment procedures. Also the flow of information between the various operators was inadequate. A common understanding between various operators about the treatment guidelines was not always achieved. Fragmentation of organizations (multi-placement of similar operators into different places) set challenges to co-operation. Briefing of the implementation of the guideline was found to be on too generalized level.

Organizations and management's commitment to support personnel was found beneficial. It was found to be important to bring education to more practical level and to find jointly agreed multi-professional practice and care pathways. Also important is to improve mutual knowing between multi-professional operators and their parts in the treatment. Applying these procedures were found important in adding co-operation, in ensuring the quality of the support offered to the families and in securing continuity. Increasing the public debate on child maltreatment was seen as a starting point to raise the issue up in clinic.

The study produced useful information on implementation of child maltreatment nursing guideline. This information can be useful in implementation of guidelines of treatment in public health work and in the development of multi-professional working methods to an evidence-based system. Commonly agreed multi-professional methods of practice should be developed further based on scien-
scientific knowledge. Multi-professional practices, their level of function and effectiveness are important issues to be studied further in the future.
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Nursing Science, Nurse Teacher Education

AURA ANNAMARI. Expertise in medical laboratory scientists’ education – Curriculum analysis

Master’s thesis, 76 pages, 2 appendices (4 pages)

Advisor: Professor (acting) Hannele Turunen and Post-doctoral Researcher Heikki Paakkonen

April 2010

Expertise, medical laboratory scientist, curriculum, concept map method

The purpose of this study was to describe how expertise appears in medical laboratory scientists’ education in university at applied sciences. Curricula were analyzed at directive and formative level. At directive level was examined how expertise appears by background thinking and at formative level how expertise appears in education general objectives and instruction execution. The study consisted of six teaching plans for the years of 2009-2010. Curricula were analyzed by using concept map method.

The results revealed that at the stage of directive level background thinking highlighted by the universities of applied sciences own operating principles and general dignity of health care and philosophy. The philosophies based on humanity and key concepts concern regional cooperation and its development, and social activities, cooperation skills, and multicultural understanding. Formative level shows that the overall objectives in education programs are to train either experts or skillful professional workers to clinical laboratory work. At a formal level of instruction execution was different. Common teaching was that the foundations of the development of expertise learned during basic studies and it is deepened during professional studies. Nonetheless, teaching and learning methods which support the development of expertise and learning philosophy were poorly written open.

In conclusion, medical laboratory scientists’ education based either on the expert or professional training although universities at applied sciences aim is to train experts on their own fields. On the other hand, expertise was apparent in all aspects of the curriculum. It seems that both expertise and professional competence concept includes much of the same features. Poor appearance of the learning methods and teaching philosophy will not support the development of expertise during the education. The results of the study can be utilized in the curriculum work and planning at the medical laboratory scientists’ education.
The purpose of this research was to describe the experiences of practical nursing students concerning student guidance given by the mentor during the training period of nursing and care and its competence based examination. All the subjects in the study were practical nursing students at different kinds of on-the-job-training sites related to nursing and care of the elderly. And to find out what kind of significance student guidance and on-the-job-learning experiences had on practical nursing students’ interest towards nursing care among the elderly.

Thirteen practical nursing students, who had completed their on-the-job training of nursing and care, participated in the study as subjects. The data were collected through four thematised group interviews and were analysed using qualitative content analysis.

According to the study results, the presence of one’s own mentor, interaction, and time used for guidance with the student were experienced as important factors promoting learning. The mentor was seen as both a positive and negative role model. Responsibility and feedback given by the mentor had an impact on learning. The on-the-job-learning environment, reception at the workplace, initiation into work, participation of staff in student guidance, and atmosphere had an influence on student learning. In different kinds of work communities, the students could practise their professional know-how and nursing skills multifacetedly. Students experienced conflict between some matters taught in theory and their application in practice.

Related to competence based examination and its evaluation, mentors had various kinds of perceptions and insufficient knowledge. Not every mentor was fully committed to the process of providing feedback and evaluation. Consequently, negative experiences were that students received no evaluations before the evaluation conversations and that these conversations were pressed for time. The student’s self-evaluation coincided with that of the mentor. Before on-the-job training, the practical nursing students had biased views towards nursing care for the elderly. Most of the biases changed into more positive views during the on-the-job training. All of the practical nursing students felt they respected the work of nursing and caring for the elderly.

The information provided by the study is used in practical nurse education. Concerning competence based examination and its evaluation, mentors need further training offered by the education organiser. Student guidance that is planned, implemented, and evaluated well increases practical nursing students’ interest towards nursing and care of the elderly.
The objective of this research was to describe family training practices in Finland. The research material was composed of material obtained through an online survey directed to public health nurses of the maternity health care, performed in 2008 by the Development and Research Centre for Maternity and Child Health Care located in the Health and Well-Being Department, as well as of material obtained through a supplementary survey made in January 2010. Overall, 194 answers were obtained, of which 108 were from different health care centres. The material was analysed through the statistical software SPSS for Windows 14.0. Percentage distributions were used as the descriptive key figure of the research, and cross-tabulations and Chi-square tests were used as statistical methods.

According to the research, the themes dealt with in family training are social and personal support in new life situations, parenting and relationship support, pregnancy and birth, baby care and breastfeeding, family benefits and municipal services for families with children, health counselling and puerperium. Themes such as parental drug and alcohol abuse and family violence do not belong to every issue dealt with in family training, despite the guidelines of national health care centres. Public health nurses have taken into consideration the expectations of parents regarding the contents of family training. Family training is mostly implemented in small groups for parents expecting their first child. The organisation of separate groups for fathers is rare. The implementation methods used in family training are general discussions, video watching or introductory visits to the maternity. The sharing of family training knowledge through the internet is still rare. Family training implementation varies regionally.

The results obtained in this research can be used for the development of uniform family training practices. The main development challenges are the dealing with themes associated with parental drug and alcohol abuse and family violence, as well as the development of groups for fathers and the utilization of the internet in order to share family training knowledge.
The aim of this Master's thesis was to investigate practical nurse students' learning results in nursing skills by means of self-evaluation. In addition, the study aimed at clarifying the range of different educational methods applied in practical nurse training as well as how often the methods are applied. Practical nurse students also provided the researcher with ideas on the use of educational methods in order to improve practical nurse education. This survey is a case study in the field of nursing study didactics, and its results can be utilised in developing practical nurse education.

The data of this quantitative study was collected among the second and third year practical nurse students in Kainuu Vocational College (N = 83) who are studying for a degree in the curriculum-based education. The data was collected with a questionnaire as informed survey. The response rate of the survey was 84% (n = 70). A meter developed by PhD (Health Sciences) Anu Räisänen, was used in evaluating nursing skills. Frequency distributions, means and standard deviations were calculated from the data. Furthermore, the answers to one open question were grouped by adapting the inductive information analysis method.

Educational methods are used rather unvariedly when teaching nursing related skills in practical nurse education. Lecturing was the most common educational method. On-the-job learning and laboratory teaching in the school premises were the second most common methods. The students wished that they were used more often, and considered learning by doing and laboratory teaching to be the most important ways of learning nursing.

Practical nurse students estimated that they master all the fields of nursing well. They judged that they master best those actions that relate to creating a safe and therapeutic environment. Physical operations was the most weakly mastered field of nursing. However, as regards individual operations, those operations that students had the best command included five physical operation variables. What comes to mean sum variables, besides the operation of creating a safe and therapeutic environment, the students estimated that they have good command of the following operations: facing emotions and giving mental support, and operations that relate to circulation and thermoregulation. The students estimated that they have the weakest command of nursing operations that relate to gender and sexuality, spiritual support, and death.

The researcher suggests further investigation to focus on developing nursing skills during practical nurse education. It could also be worth comparing learning results gained with different educational
methods. Also patients and their relatives could be asked to estimate the nursing skills of practical nurse students.
The purpose of this study was to describe psychiatric special health care education in Kuopio in 1965-1994. The aim of the study was to produce information on psychiatric special health care education provided in Kuopio School of Public Health during the years 1965 – 1994 from the perspective of a teacher’s work, the curriculum and the knowledge base. The research material consisted of psychiatric nursing teachers’ memory data, curricula, articles in professional journals, study books of nursing used in teaching and other archive material. The material has been interpreted by the method of history research.

Specialized psychiatric nurses graduated in Kuopio in the period 1965 – 1994. The post-secondary degree of a specialized nurse first comprised nursing school studies lasting for two and a half years, after which the student could continue in special education (one academic year) after acquiring three years of nursing work experience. The specialized education also included administrative studies, which qualified the student for working as a head nurse and for posts of a specialized nurse and assistant head nurse established at the beginning of the 1960’s.

During the years 1965 – 1994 the biggest changes in education concerned the concept of learning, which had wide implications. At the beginning of the period the teacher provided the students with already digested information in accordance with the behavioristic concept of learning, and even this information was often hard to get at. The 1980’s saw the consolidation of the constructivist concept of learning and emphasis was laid on independent acquisition of knowledge by the student as well as on in-depth learning, application and problem solving. The student’s personal growth and inquiring professional growth became important.

The curriculum changed from a list of subjects to a precise entity of goals, which also made evaluation easier. With the passage of time the goals became holistic, enabling also the development of evaluation and teaching methods.

The development of nursing science was seen in research material during the whole period under discussion, affecting the development of the knowledge base of both education and nursing. As early as the 1960’s the need to develop nursing as a separate discipline and to seek a scientific basis of nursing was recognized. At the beginning of psychiatric specialization studies the knowledge base of psychiatric care was scattered and the literature of nursing scarce, but it has expanded as research has proceeded.
Assessment, assessment criteria, clinical competence, nursing student, nursing qualification

The purpose of this study was to depict nursing teachers’ experiences of nursing students clinical competence assessment in the first practice. The goal of this study was to obtain information of which facts nursing teachers describe important in students professional assessment, how they argue assessment, by which assessment criteria nursing practice is accepted and failed and what kind of challenging situations teachers have met.

The research material consisted of nursing teachers focus group interviews N=8). The themes of interview were facts about professional skills assessment, assessment’s ground, assessment criterias and challenging situations in assessment. The material was analysed with content analysis.

Nursing teachers described that theoretical ground, students individual growth and development, roles of participants and nursing basics are the most important facts in assessment. Professional skills assessment was grounded by documents, different methods of assessment, roles and motivation of participants and clinical completion. To passing grade has influenced facts of common definition, teachers assignments in assessment, nursing requirement and nursing basics. They have met challenging situation of assessment in interaction, students personal views of know-how, participants resource and action and interruption of studies.

Professional skills assessment is very wide work for nursing teachers and many facts influence on it. More study of it is needed, because there are only few research which process it in Finland and abroad. Most of the current research are made of students or instructors point of view. This research result can be used in teachers and practice instructors updating education. In the future it would be important to research use of criterias and different methods of assessment in nursing education.
The purpose of this thesis was to study how the self-care of heart failure patients is realized. The present study discussed the health-related quality of life of heart failure patients after a month of the discharge from the hospital or a visit in the heart failure outpatient clinic. The focus was also on how the patients evaluated the education they were given on heart failure and self-care. This study aims to develop the multiprofessional treatment and education of heart failure patients in the Hospital District of Northern Savo.

The target group consisted of heart failure patients who were treated in the three medical wards and the heart failure outpatient clinic of Kuopio University Hospital during three months. Heart failure patients, who were beforehand evaluated as suitable for the study, were selected. Total 63 interviewees were selected. The data was collected in phone interviews with a help of a structured questionnaire. The data was analysed statistically.

Self-care was best realized in medical care: 95 per cent of the patients took the medication according to instructions. The patients also contacted the doctor or nurse when symptoms got more serious: two out of three patients contacted the doctor or nurse when breathing difficulties increased. Over half of the patients contacted the doctor or nurse when they noticed unusual swelling of feet or if they gained more than 2 kilos in a week. Nearly half of the patients followed the sodium and fluid restrictions. Self-care was realized worse in daily weighing, regular exercise and in contacting the doctor or nurse when the patients were feeling increasingly tired. Third of the patients did not weigh themselves daily and 22 per cent of the patients did not exercise at all. On the other hand, the patients participating in the current study were constricted and not in good physical condition, for 62 per cent of them were patients in NYHA-class III and IV.

According to the EQ-5D sum index of the quality of life, the patients participating in this study had worse quality of life than an average Finn. The patients had difficulties in mobility, as well as in usual activities. The patients had also pains and discomforts. Nevertheless, most of the patients were not feeling anxious or depressed. In most cases, the patients had no problems with self-care. The patients’ evaluation of their health state was remarkably lower than of an average Finn.
Most of the patients thought that the information and education on heart failure and self-care was sufficient. However, the patients would have wanted more information and education on medication, their prognosis, heart failure in general, nutrition and exercise.
Gerontological nursing, nursing education, curriculum, concept map method

The aim of this study was to describe how gerontological nursing is treated in Finnish Universities of Applied Sciences at the curriculum level in the directive and formative stages. In this study, the data consisted of the curricula of nursing programmes at eight Finnish Universities of Applied Sciences in 2009-2010. The curricula were available in the internet. The data were analyzed using the concept map method.

The results revealed that the bases of the philosophy at the directive level were the values and the strategies of Universities of Applied Sciences. These were influenced by nursing science, health policy, the law concerning the nursing profession, and guidelines from the Ministry of Higher Education. The formative level shows that the main goal in nursing degree programmes is to educate nurses who are experts, and are ethically responsible. They take a multidisciplinary view and are innovative. At the formative level, gerontological nursing appeared in the competencies and in the expertise which were defined in the aims. But the specified expertise in gerontological nursing varied in the curricula. The extent of compulsory courses in gerontology, geriatria and gerontological nursing varied typically from 5 to 10 credits. All the curricula contained an optional module in gerontological nursing. In two universities, gerontological nursing was integrated throughout the curricula, and the amount and content of the gerontological nursing was more extensive. All the curricula were competence based but the integration of the competencies varied considerably.

In conclusion, gerontological nursing is treated differently in nursing education at the Finnish Universities of Applied Sciences. Generally, gerontological nursing was treated in a fragmentary way. Gerontological nursing was a focus area in two curricula. The choices of the student nurse affected the amount and content of gerontological nursing in the curricula. Integration with other courses did not appear clearly in these data.

The concept mapping method is suitable for curriculum analysis. The results of the study can be utilized in the development of curriculum work in nursing education and in planning the teaching of gerontological nursing in nursing education at Finnish Universities of Applied Sciences. Curriculum work systematically strengthens the gerontological competencies of the nurses to respond to working life in an ageing society.
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Nursing Science, Nurse Teacher Education

JYRKINEN HELI. An assessment of additional training for perioperative nursing care – an interview study of nurses.

Master’s thesis, 55 pages, 23 appendices

Advisor: Professor (acting) Hannele Turunen, Professor Kerttu Tossavainen and Clinical Nursing Instructor Satu Kajander

March 2010

Perioperative nursing, additional training in nursing, patient safety, theme interview, content analysis

A broad based knowledge is an important success factor in today's health care. The special skills of perioperative nursing are increasingly needed as the staff of operating theatres reduces as a result of nurses retirement. The purpose of this study was to describe the understanding nurses in specialised care have of the content of additional training for perioperative nursing, it’s implementation and to describe those factors which affect professional development.

The study was part of the internal pilot training at Kuopio University Hospital, attended by nurses, who work in other departments of the hospital and have no previous perioperative training. An additional objective of the training was to improve the prerequisites of nurses to work in a perioperative environment. Eight nurses were interviewed (n = 8). The data was collected in spring 2009 with interviews. Material was analyzed by inductive content analysis. The perioperative nursing additional training had finished six months before the interviews. On the basis of the results the training improved the professional competence of the nurses in 1) the patient's overall care, 2) the prevention of infections, 3), medication competence and 4) team work areas. Nurses were satisfied with the content of the training as a whole. E-learning environment was experienced as a good form of learning, because it allowed for study irrespective of time and place. Computer skills and the use of research information increased in accordance with training. The nurses' satisfaction with the training, reduced the low level of practical training, inaction of the co-operative groups and overlapping of tasks.

As a conclusion of the study it can be concluded that the additional vocational training increased the work content of the nurses and their understanding of overall patient care. The training gives good abilities to become familiar with perioperative nursing. In the future it would be interesting to research the experiences of the organisers as to the benefits of additional training for perioperative nursing to the organisation.
Breastfeeding, attitudes, caries, dental assistants, dental hygienists

There is a lot of research data on the positive significance of breastfeeding for both baby and mother. The promotion of breastfeeding is the business of the whole of society. The National Breastfeeding Promotion 2009–2012 Programme is designed to harmonise the views on breastfeeding held by all professionals working with families with children in early infancy. This also applies to dental care. Earlier studies have only touched on the views of dental care personnel on breastfeeding.

The study was designed to describe the views on breastfeeding held by dental care personnel. In particular, its purpose was to ascertain their views on the effects of breastfeeding on growth of caries in a child's teeth. The material was gathered using a questionnaire from dental care personnel on the register of members of the Finnish Federation of Oral Health Professionals (a total of 6,716 dental assistants and dental hygienists), from whom 149 study participants were selected by systematic sampling. The study response percentage was 55.7 per cent. The material was analysed with SPSS 17.0 for Windows. The material was examined by the frequency and percentage distributions of the variables. The connection of background variables to views on breastfeeding was tested by examining the link between variables by cross-tabulating and using Mann-Whitney’s U test.

The results revealed shortcomings in the views of dental care personnel on breastfeeding. Their knowledge of the Ministry of Social Affairs and Health's breastfeeding recommendations was poor, and only some of them knew that night breastfeeding increased breast milk secretion. In addition, they knew little of the effects of breastfeeding on the health and welfare of mother and child. Nevertheless, dental care personnel did possess quite good knowledge of the effects of breastfeeding on growth of caries in a child's teeth. There was no correlation between the respondents' background factors and views on breastfeeding.

The research results can be put to use in the development of basic, career and advanced training of dental care personnel. The results can also be used to develop breastfeeding guidance material and guidelines designed for the dental clinic. Co-operation between dental clinic and child welfare personnel ought also to be stepped up and developed. Further studies ought to be carried out to determine the extents to which matters relating to breastfeeding are included in the basic training of dental care personnel. Dentists' views on breastfeeding ought also to be clarified in future.
Family, parents, rehabilitation, partnership, cooperation

The purpose of this study was to research the neurological rehabilitation and guidance provided for children under school-age, and the role of their parents in the rehabilitation process and in the planning of it. An additional goal was to examine the usefulness of the rehabilitation in daily life of a family.

Partnership in the rehabilitation of children, their parents’ experiences of the cooperation in rehabilitation, and the role of the parents in the rehabilitation and planning of it provided the theoretical basis for the study. The theoretical part of the study was formulated using literature and previous studies dealing with the same topics.

The research material was collected with the help of a structured questionnaire consisting of three sections. The first section collected background information of both the respondents and their children. The second section collected experiences of the parents regarding the rehabilitation provided for the children. Finally, the third section collected information about the possibilities provided for the parents to participate in the rehabilitation of their child and in the planning of the rehabilitation. The questionnaire form also included open sections for deeper analysis of the answers. The material was collected during the spring of 2009.

The questionnaire was delivered by thirty cooperation therapists to one hundred (N=100) families. The response percentage was 46 %. The study results were analysed with the help of a SSPS 14.0 program.

The parents found the cooperation with therapists positive - it supported the daily family life. The parents considered contradictory that the rehabilitation would increase resources. The parents felt that the rehabilitation increases resources but, at the same time, it consumed more of their own resources, too. Information flow and common goal setting in cooperation between the families and the therapists need to be developed further. The role of the parents in the rehabilitation and its planning decreases especially when the child makes the transition from home to day-care.
Day surgery, counseling, teaching, systematic review

Dynamic and effective working pattern in day surgery nursing stresses/emphasizes the significance of counseling. The working patterns aim at good and thorough patient care and multiprofessional know-how with pronounced patient safety. The challenge of day surgery counseling is to prepare the patient mentally, physically and socially to the upcoming procedure and recovery.

This purpose of this systematic review is to describe day surgery counseling. Data collection was found in the Medic database, and the Master's theses significant for this study were recognized with preset inclusion and exclusion criteria. The chosen Master's theses were evaluated and the results were analyzed using qualitative concept analysis.

The results of the systematic review are based on national Health and Nursing science Master’s theses concerning day surgery counseling in 1979-2009 (n=34). They were found in the Medic database and listed, categorized, and analyzed from different perspectives according to research tasks using concept analysis.

19 of the Master’s theses were quantitative and 15 were qualitative. A questionnaire was used as research method in the majority of analyzed theses, but also surveys addressed to patients, significant others and nurses had been used. The authenticity in Master’s theses has been reviewed from the aspect of reliability and validity.

Data analysis resulted in the following perspectives of day surgery counseling were identified: nurses, family, youth, adults, parents with children, the elderly people, and teaching. The nurse perspective was the initially described in day surgery counseling (1994), and after that followed family (1995), youth (1996), adults (1997), children and parents (1999), the elderly patients (2001), and teaching (2002). The majority of the Master’s theses aimed at describing (n=22), defining (n=8), gaining information (n=2), surveying (n=1), and describing and defining (n=1) experiences in the gained information and counseling. This research produced information on day surgery counseling and the procedures connected to it. The patients need more information of the day surgery process: both about all the connected procedures and about the surgery itself. The nursing personnel experienced they need more information about reviewing the counseling in the counsel process.

The information gained in this research can be utilized in the development of the day surgery counsel, and in defining the demand for it in clinical nursing. Future research is needed to analyze the multicultural and the elderly people’s perspective in day surgery counseling.
Competence in cardiopulmonary resuscitation (CPR), CPR training, health care professional, instructor in first aid and health

Health care professionals’ (nurse) competence in CPR has not improved much over the last decade. The literature review indicated that the contents of health care professionals’ cardiopulmonary resuscitation (CPR) training vary considerably, and that the skill retention was ineffective. Also the motivation of self-instructed retraining was poor. No studies were found regarding the CPR skills or CPR educations of the educator's in first aid and health.

The aim of this thesis was to study first aid educator's judgment of the knowledge of their CPR skills, self-instructed CPR training and how to teach CPR. This study describes the issues related to CPR skills, education, and self-instructed CPR training. In addition, it illustrates the results of measured CPR skills, which were compared with some demographic variables. The target group was healthcare professionals, who participated in the first aid and health educator's course organized by Finnish Red Cross (n=38). The information was collected using thematic interviews during the spring of 2009. The themes of the interviews were based on a literature review. The CPR skills of the subjects were tested in the beginning of the educator's course (n=38), and at the end of it (n=16) with a Skillreporter simulator. The quantitative data was statistically analyzed with SPSS 17.0, and the qualitative data with inductive content analysis.

Before the educator's course, the subjects of the target group (n=38) reported good skills (f= 22) more often than satisfactory or poor skills (f= 19). However, the results of measured CPR skills showed that right compression depth was achieved by 31 subjects, compression rate by 16 subjects, and ventilation volume by 4 subjects. After the course, out of the 16 participants, 10 subjects achieved right results in compression depth, 8 subjects in compression rate, and 5 subjects in ventilation volume. CPR skills were based on first aid or CPR courses, and needed while teaching CPR, which also was the aim of the educator's course.

The results showed poorer retention of CPR skills than the subjects assessed. The self-instructed training with MiniAnn didn't improve the compression depth (p=0.810) and rate (p=0.661) almost at all. The training concept itself was good. According to the subjects the motivation of self-instructed retraining was related to CPR teaching or some other needs, and the possibility to train during working hours or in a work place. The knowledge retention of CPR training was achieved in educators’ course unlike the CPR skills, which needed training.

In health science, CPR teaching and teaching methods need further research. Health care professionals’ possibilities to attend the CPR classes and training sessions need to be improved.
In Finland, research on problem gamblers' treatment is scarce. Earlier studies have shown that problem gamblers can be treated in substance abuse services. The Mental Health Act and Sosiaaliportti’s good practices provide directions on how problem gamblers should be treated. Nonetheless, they are rarely treated in mental health services. Problem gamblers' treatment methods fluctuate and there is no common management program. In Finland, there hasn’t been much effort to take care of problems that gambling has caused. Problem gamblers’ treatment services vary greatly between Finnish cities.

The aim of this study is to produce information about the methods that are used in problem gamblers' treatment and how these methods are used by workers. Another aim is to collect information about the views on how to treat problem gamblers. Interviewees were selected from organizations that are involved in the Pelissä project. Five interviewees were selected for the study, all working with problem gamblers. The research material was analyzed using thematic content analysis.

Organizations participating in this study had no management program for problem gamblers, and the methods they used were the same as when treating substance users. The client's feeling of being heard was one of the most significant things in the therapeutic work. Group treatment was used in very few organizations. Those that used it had diverse forms of group therapy: open, family and ear-acupuncture groups.

Basic social and health services should have the readiness to treat problem gamblers and master the appropriate treatment methods. Furthermore, there should be more publicity regarding gambling problems and problem gamblers' treatment. The issue of gambling problems should be discussed more generally. The results of this study can be used for planning the education of workers who treat problem gamblers and for producing problem gamblers' treatment material.