



PROJECT WEEK REPORT

2nd project week | 17-18th April 2018, Vaasa, Finland

ABSTRACT

Health Technology and innovation in Health Care. We observe good education and training of the healthcare employees, which is not turned into real competences and better services for the citizens based on practice changes, because the organisation is not geared to render useful and use the increase in knowledge. We also observe a lack of methods and experiences that can be used to work with the 'long-haul' practice changes through organisation and competence development. It is this 'waste' of resources that the project wants to formulate a solution to by exchanging models for how we can make practice-oriented (cross-border) training activities that can turn employees in relationship professions into promoters of technology change. We believe that across the eight partners from six countries some solutions have already been developed and some experiences that have been made could be improved by being shared across borders and developed in small pilot tests.

EC EUVET Consortium

- ✓ Exchange of Best Practices on inspirational material

EC EUVET Consortium

The partners within the EC EUVET project are:

- BBS Syke EUROPASCHULE (www.bbs-syke.de), Germany
- CIFP MEKA LHII (www.meka-elgoibar.net), Spain
- HBO5 IC DIEN (www.icdien.be), Belgium
- Kungsbacka municipality and Aranasgymnasiet (www.aranasgymnasiet.se), Sweden
- ROC West-Brabant / Vitalis College (www.rocwb.nl), The Netherlands
- SBIE SEY (www.sbie.edu.gr), Greece
- VAMIA (www.vamia.fi), Finland
- ZBC (www.zbc.dk), Denmark



INTRODUCTION

The second project week was arranged at Vamia in Vaasa Finland during 17th-18th of April 2018.

During the seminar in Vaasa we wanted to show what type of welfare technology is used in the area of Vaasa. Local companies and organisations were invited and lectures and a mini exhibition was arranged where also staff and students from Vamia could participate. This was a good opportunity to disseminate the project to the staff of the school, to the students and to the local companies.

We also managed to get a guided tour of the welfare technology used at the emergency care at Vaasa Central Hospital.

The following was presented during the days in Vaasa:

17th of April

Presentation of Vaasa and Vamia

The Finnish VET system and the practical nurse education and curricula in Finland.

General presentation of the use of welfare technology in Finland by EPTEK – SOUTH OSTROBOTHNIA HEALTH TECHNOLOGY DEVELOPMENT CENTRE, Mr Sami Perälä

Miniexhibition with the following content:

Folkhälsan – rehabilitation robot (only used by seven organisations in the world and the only one in the Nordic countries)

Fysioline- welfare technology used in rehabilitation

ALVAR - Interactive help for the elderly, Alvar nurses Sari Ekström and Mia Kesti, students Janne Vaaranmaa ja Mari Honka

Young entrepreneurship, Vamia teacher Terhi Ontto-Panula

Care Me. digital learning game for the welfare sector that improves professional confidence, Anne Widemo

Discussion workshop and relaxation in Vamias senses room

In the evening the participants could enjoy a dinner with local delicacies at Vamia made by restaurant and catering students in Vamias training restaurant Silveria.

18th of April

Visit to the Central Hospital of Vaasa. The emergency departments Anywhere and CCL logistics program. The future of welfare technology and how it is used in daily care work. Emergency care nurse Mika Kangasmäki.

Guided tour of Vaasa by Bus and driving to the Unesco World heritage area in Björkö (warm and comfortable clothes). Guiding by tourism students from Vamia as part their competence based exams.

Walking in the world natural heritage area and climbing the tower to see the land uplift coast and the De-Geer- moraines. We are using Nordic walking sticks and welfare technology (arranged by practical nurse students and tourism students together with Vamia staff)



Pictures from the Introduction of the meeting in Vaasa:



Link to FB: <https://www.facebook.com/groups/1540965615959912/?ref=bookmarks>

Link to other useful resources:

<https://www.eptek.fi/en/>

<https://www.folkhalsan.fi/nyheter/2017/juni/folkhalsan-satsar-pa-robotik-i-rehabiliteringen/>

<https://www.fysioline.fi/>

<https://www.vaasa.fi/alvar-palvelu-vaasassa>

https://www.metropolia.fi/fileadmin/user_upload/M.fi-2015/TKI/CareMe_Presentation_March_2015.pdf

OBJECTIVES

The following objectives were set for the best practices with respect to the Vamia vocational college health technology and innovation entrepreneurial and gamification approach:

Ensure

1. The awareness of what health technology appliances there are available on the market in Finland and in the Vaasa area
2. How this welfare technology is used in an innovative and entrepreneurial way in social and health care
3. The benefits of using this technology and innovations for the client

Activities

The activities presented by the Vamias approach is available welfare technology on the market and how this can be used in an innovative and entrepreneurial way. **Ensure that**

The Vamias approach offers knowledge and skills to staff and students on what welfare technology there is available on the market, current projects running, how the technology can be used in innovative ways and what their limits are.



A. Activity :

Use of eHealth in Finland

Presented by : EPTEK – SOUTH OSTROBOTHNIA HEALTH TECHNOLOGY DEVELOPMENT CENTRE, Mr Sami Perälä

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For further information: Annex 3 (PPT presentation of e-Health in Finland by EPTEK – SOUTH OSTROBOTHNIA HEALTH TECHNOLOGY DEVELOPMENT CENTRE, Mr Sami Perälä

<https://www.eptek.fi/en/>

B. Activity 2:

Folkhälsan – rehabilitation robot (only used by seven organisations in the world and the only one in the Nordic countries)

	<p>Walking Robot Indego</p> <p>"A wow experience to go again" Delight in walking again, reduced spasticity in the legs and longer walking stretches that make the skeleton good. These effects have been made by wheelchair users Kimmo Pöyhönen by walking with the Folkhälsan robot Indego.</p>	
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For further information:

Annex 4 (Translation made of Folkhälsans material on the Walking Robot Indego)

<https://www.folkhalsan.fi/nyheter/2017/juni/folkhalsan-satsar-pa-robotik-i-rehabiliteringen/>

C. Activity 3:

Presentation of Fysioline- welfare technology used in rehabilitation

Fysioline offers versatile rehabilitation solutions and tools for rehabilitation, hospitals, health centres and private practitioners as well as at home. High-quality rehabilitation solutions provide rehabilitation and quality rehabilitation paths for rehabilitators and thus improve the performance and quality of life of rehabilitators.

During this session we could see films of what kind of equipment there are for rehabilitation and try out different small equipment that can be used daily in the home.

For further information <https://www.fysioline.fi/>

D. Activity 4:

ALVAR - Interactive help for the elderly, Alvar nurses Sari Ekström and Mia Kesti, students Janne Vaaranmaa ja Mari Honka.

Here we had a presentation about ALVAR and how it is used. There was however a bit problems with the translation of the presentation into English.

Alvar Video telephone services are used by the City of Vaasa. Vamia students are helping the elderly with how to use the advices:



Alvar video telephone service enables many home care and age center clients to benefit from home care services, entertainment, performance, and rehabilitation.

The service is remarkable nationwide, as only Vaasa provides video service together with both home care and the Age Centre Viral Business, Physiotherapy and Geriatric Outpatient Clinic.

Home care services

Through the Alvar Video Phone Service, caregivers make part of their home care visits virtually. When it is time for the nurse to meet the client, he calls the customer and the connection opens. The nurse will discuss with the client what to do next. Through the Alvar video phone service, the customer is instructed to work independently at home. Home care activities are based on the needs of the client and the services agreed with him. However, Alvar does not handle all home visits.

Fitness maintenance program, activity and memory maintenance

Every week, Alvar offers physiotherapists' gymnastics. The service has stored programs for the use of customers, such as a chair drum. In the Alvar service, the customer can access the operator via a video phone, according to the director or other person, even at the seaside or hobby.

Alvar's sessions are interactive and their content is being developed together with customers. Home Care and Aging Center employees have access to a studio for filming programs.

There is also a program for memory storage provided by a memory clinic. The service also includes other units in the City of Vaasa, such as day care centres and schools. In addition, cooperation is provided with associations and volunteers. The program is produced in both Finnish and Swedish. In home care, clients are served in their native language.

No technical expertise is required

The service is intended primarily for elderly people in the home care of the City of Vaasa and the services of the Age Centre. The Alvar service is also currently being tested by the elderly and their carers. The service can be used by a customer who can speak and move in his apartment.

No technical expertise is required. The devices are placed in the customer's home so that the equipment can be seen, for example, in the living room or kitchen arrangement. The devices are installed so that they sit in the interior of the home and do not interfere with the client's movement.



For more information (only in Finnish and Swedish):

<https://www.vaasa.fi/sv/stadens-organisation/forvaltningen-for-social-och-halsosektorn/alvar-tjansten-i-vasa>



E. Activity 5.

Care Me - digital learning game for the welfare sector that improves professional confidence, instructed by teacher Anne Widemo

The participants had the opportunity to test our the game (a version in English was not available)



For further information:

Annex 5 (Powerpoint presentation of Care Me).

Annex 6- Vamia teachers feedback on using Care me in teaching

Presentation - https://www.metropolia.fi/fileadmin/user_upload/M.fi-2015/TKI/CareMe_Presentation_March_2015.pdf

Film - <https://www.youtube.com/watch?v=npdKVlsj6ME>

F. Activity 6 .

Visit to the Central Hospital of Vaasa. The emergency departments Anywhere and CCL logistics program. The future of welfare technology and how it is used in daily care work. Emergency care nurse Mika Kangasmäki

In Vaasa Central Hospitals new premises the new innovative information system Columna Clinical Logistics was introduced in 2014. Thanks to the new system, the on-call staff can fluently communicate with different departments and maintain an up-to-date snapshot of each patient, regardless of the patient's location at different stages of treatment,

Patients will be examined and treated as a matter of urgency on duty. Patients requiring urgent treatment are a priority and other patients are being examined and treated in order of incidence.



The triage tool included in the snapshot system facilitates and supports the work of the receptionist when making a triage. Patients and relatives will see a waiting screen showing patient numbers, waiting times, and treated patients. Variation in waiting times in on-call time is common and, for example, access to the study may be delayed due to congestion or accident. Thanks to this display, customers and relatives have an understanding of the overall state of emergency.



Presented approach

1. Innovative Entrepreneurial and gamification approach in Vamia

- **What is it?**

An approach where staff and students together explore what welfare technology there is available on the market by visiting companies or inviting companies and/or organisations to Vamia to present what there is available and how they are used.

Teachers and students are together analysing the benefits and the students can come up with new innovative ways of using the technology and develop approaches to guide clients to use them.

- **Benefits**

- * It brings Vamia and working life closer to each other

The social- and health care field gets to know Vamia and the VET education better and they can affect the education.

- * Staff and students will be up to date with what technology, equipment and appliances are used in the healthcare sector

- * It is a great opportunity to educate both students and staff at the same time. They can together with the experts explore and discuss about benefits, limitations and challenges to be solved.

- * By arranging mini exhibitions like this a larger group can be targeted and all students and staff can attend

- * Teachers get educational material for future use and the school has the possibility to get "training samples" and testing material for the school.

- * The students develop entrepreneurial skills that can be used in the workplace or even give opportunities for an own enterprise.



- * The clients/patients can get help by the students and the health care staff get extra hands
- **Challenges**
 - * Time limit for the companies to attend and some do not see the benefit as they will earn any money instant money on it (they prioritise payable customers)
 - * Visits in the healthcare organisations and only welcome small groups at any time and will not have the possibility to welcome many groups
 - * Some staff resistance in the school
 - * Attitudes
 - * The knowledge within welfare technology is quickly getting outdated. Continuous update is needed.
 - * Time intensive to arrange a mini exhibition (but many persons will be reached at the same time)
- **Possible integration in the school curriculum**
 - * This approach is mostly suitable for the school both in the students' vocational studies and in entrepreneurial studies.
 - * During work placed learning students can do "welfare technology research" in the workplace and disseminate these findings to the other students and staff through presentations.

EVALUATION

After experiencing the Vamias approach the following conclusions can be drawn:

Activity 1:

Presentation of the Finnish Practical nurse program and the new national study unit of welfare technology.

Advantages:

It makes the VET schools in Finland to invest time and improvement of skills in the use of welfare technology (both for staff and for teachers)

It has made Vamia applying for also national projects on welfare technology (there is now built a smart home as learning environment in Vamia

As the subject is so new the schools across Finland and the industry is working close together

**Disadvantages:**

- The new Finnish national module works well in Finland but it will be difficult to fulfil the requirements of skills, knowledge and competences when going abroad (other criteria will have to be used for this)

Tips for implementation:

- * The content and criteria is attached to this report and can be used by school in other countries

Activity 2:**Mini exhibition of welfare technology equipment, appliances and solutions on the market and how they are used in different situations****Advantages:**

* The participants got an overview in general what kind of welfare technology that is used in Finland- this also led to a discussion that the national laws can restrict from the uses of some appliances. In Finland it is allowed to use GPS and tracking appliances on people with memory disorders while this is not allowed in Denmark.

- The participants, Vamia staff and students got to see one of the few walking robots that there exist on the market for the moment. This is probably something that will increase on the market but is very scarce at the moment.
Every one close to tears when the patient showing the robot that he could walk for the first time in 20 years.
- The participants got to see the interactive ALVAR service that is used in home service within Vaasa. Vamia students are used in helping the elderly to use the devices and are also leading some programs for the elderly. This is an innovative and easy way to remove loneliness from the elderly without them having to leave home.

Disadvantages:

- Many of these appliances are very expensive and they get outdated quickly as there are all the time appearing new innovations that create new demand amongst customers.

Tips for implementation:

- Build up an portal within the school with different kinds of welfare technology appliances. Ask your staff to present them to each other and invite experts from the field.
- Interesting in this presentation was that the presenter told that the older generation upto ones born in 1980 thinks that welfare technology is no good as people need social contacts, they need to be touched etc. and that technology cannot replace the care of a human being. The generations born after the 80's expect technological service. They want it instantly when they need it and they do not necessarily at all want personal service or care face to face. This may be important to emphasise in the discussion about welfare technology and the attitudes.



Activity 3:

Using of Care Me . digital learning game for the welfare sector that improves professional confidence

Advantages:

- One can simulate situations that you can not “afford” to train ex. quick decisions that have to be taken in emergency care
- You can make mistakes and you will get instant feedback
- It motivates students
- You can do it in different language versions and learn language at the same time

Disadvantages:

- As animation is developed all the graphics will soon get outdated
- The games can not take all circumstances into account and some details may be missed all together
- Investment to get the licenses

Tips for implementation:

- Ask for some demo versions. If you offer to be part of the development of the appliance you can get it fairly cheap.

ANNEXES

1. PPT Presentation of VET in Finland
2. PPT Presentation of Practical Nurse education in Finland
3. PPT presentation of e-Health in Finland by EPTEK – SOUTH OSTROBOTHNIA HEALTH TECHNOLOGY DEVELOPMENT CENTRE, Mr Sami Perälä
4. Translated presentation of Folkhälsan walking robot
5. PPT presentation of Care Me . digital learning game for the welfare sector that improves professional confidence
6. Annex 6- Vamia teachers feedback on using Care me in teaching

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