



SUMMER SCHOOL 2007 REPORT

Family Health Promotion – Culture and Well-Being

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JYVÄSKYLÄ UNIVERSITY OF APPLIED SCIENCES
School of Health and Social Studies

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1. Summer School Background

Promoting family well-being can be seen as a partnership process of enabling them to maintain and promote their health and well-being during their life span in different daily living settings. Health promotion is therefore a process that seeks to strengthen individual skills and capabilities and the capacity of families and communities to act collectively to influence the factors that affect their health. Cultural factors play an important role in people's well-being and health. In the fields involved in promoting well-being and health need to respond to societal trends, such as changing demographics, technological development, increasingly multicultural societies and the need for effective communication and current research, and also to develop active educational co-operation with international partners. (Theoretical background of the Summer School ideology)

The first summer school was organised in Jyväskylä at Jyväskylä Polytechnic in the School of Health and Social Care in 2002 and the second being in 2005. Summer School 2007 was the third such event that Jyväskylä University of Applied Sciences, School of Health and Social Studies has hosted. In 2003 and 2006 Summer School was organised by the University of Medical Sciences in Poznan, Poland.

The conceptual basis of the Summer School 2007 stems from discussions with teachers from Medical University in Poznan and teachers from Jyväskylä University of Applied Sciences, School of Health and Social Studies. Ideas for the themes in the Summer School 2007 were also received from teachers from the University of Mälardalen, Sweden. At the heart of these academic discussions were two matters that stemmed from the ideology of the joint project between Poznan and Jyväskylä, called Family Wellbeing in Society. Firstly "Elderly in need of home care" and secondly "Families with disabled children". Surrounding these matters are four distinct categories: Health promotion (enhancing functional capacity and prevention of social exclusion); Family support and empowerment; Development of assessment methods; and Development of concrete exercises. This has provided an effective map for the way that the Summer School Project has been carried out. Therefore, the aim of the project was to address the promotion of family well-being in the Summer School 2007 in Jyväskylä. The aim of the Summer School was to focus on aging populations and children who are in danger of displacement and exclusion. The project was advertised, conducted and reported in English. Informational material for the Summer School 2007 was available in English.

2. Summer School Partners and Cooperation

Since its initiation in 2002, the Summer School has been collaboration between the Jyväskylä University of Applied Sciences, School of Health and Social Studies (former Jyväskylä Polytechnic) and the Medical University in Poznan in Poland. Recently, Nordplus have joined the international cooperation and were of great assistance in the planning of the Summer School 2007. Also other partner institutions from different European countries were invited to participate in the 5th Summer School(e.g. Austria, Netherlands, Romania, Estonia)

3. Practical Coordination of the Summer School

3.1 Programming

Planning team consisted of Eila Latvala, Director, Katri Ryttyläinen, Principal Lecturer in Health Promotion, Eeva Helminen, Senior Lecturer in Physiotherapy, Irmeli Katainen, Senior Lecturer in Nursing, Pia Piispanen, International Coordinator and Rebecah Rousi, Project Assistant.

The planners of the Summer School programme had been involved in the international discussions and projects arranged through the bi-lateral agreement. This meant that through both previous experience in arranging events such as the Summer School 2003 and 2005, and their extensive international network of academics and professionals, ideas of the programming had already started forming in the early days of organisation. Even so, the task of creating the programme began in December 2006 and was fully confirmed by the beginning of June 2007. The roles in the planning team were decided so that some of the planners were more responsible for contacting presenters and negotiating topics amongst the disciplines of the School of Health and Social Studies and other Finnish representatives. Project Assistant assisted in the programming process by contacting several international presenters and assisting in the tone and timing of the schedule.

3.2 Publicity

The potential participants were notified about the Summer School through JAMK-intra, for the internal staff and students. International partners were contacted via email, in addition to printed brochures being sent by post. Professionals in the health and social sectors were also sent emails, brochures, and in some cases were contacted personally by telephone.

The programme and general information about the Summer School were available on JAMK-intra, the SOTE website, in addition to the SOTE L-drive (particularly for internal staff to know directly of any updates). Likewise, the updated programme was sent at regular intervals to the presenters in order to ensure they had current information about the time schedule and events.

3.3 Accommodation and Transport

The accommodation and transport of international guests were organised. The guests were housed at the Laajari Hostel (students), Hotel Milton (presenters) and the JAMK guestroom (presenters). Further, a senior international staff member was also housed at one of the organisers' private homes. Regarding transport, in several cases student tutors were assigned to collect participants from transport stations (airport and Travel Centre – bus and train station) to accommodation and events, if a taxi or other transport was not otherwise arranged. In order to effectively arrange accommodation and transport the planners needed to know the travel details well in advance, via either email or phone. Some small problems had occurred through participants informing of their travel plans at extremely late notice.

4. The Programme



4.1 Structure of the Programme

Keeping in mind feedback given at previous summer schools, the programme in 2007 was designed to enable students to interact more with each other, in addition to giving them opportunities to present. The more traditional presentation days of Monday and Thursday were broken by a student activity, Community Planning and Children – Environmental Observations Activity, on Tuesday, the field trips and Multamäki Recreation Park on Wednesday, and student presentations on the Friday. In between presentations, during sessions which had been cancelled at late notice and at the final closing session of the summer school, activities which encouraged multicultural consideration were also introduced to the group.

In addition to the multicultural activities which were designed to assist participants in getting to know each other, other programmes such as the Opening Party and the City of Jyväskylä Reception were opportunities to allow more informal networking opportunities. Programme (appendix 1)

4.2 Presentations

Presentations were delivered by professionals and academics from Finland and abroad. Professionals in Finland were mainly concentrated to those who came from service providers and institutions around Central Finland. These invited professionals included: Merja Halonen and Marja-Leena Huisko (Child Health Clinic Jyväskylä); Janne Laitinen and Kyösti Florin (Roma into Working Life - City of Jyväskylä); Raija Leinonen (Gero Center – Innovative Research and Development Center in Central Finland); Kati Turtiainen (Immigrants Services - City of Jyväskylä); Tiina Lautamo (University of Jyväskylä). Finnish professionals who presented at the Working Life Representative Day included: Ilkka Pernu (Central Finland Health Care District); Marjukka Vallimies-Patomäki (Ministry of Social Affairs and Health); Tiina Huhtala (Pelvic Floor Research and Therapy Clinic – Central Hospital of Central Finland); and Rauli Sorvari (Regional Council of Central Finland). Unfortunately, Merja Kuusela and Katriina Pentikäinen (Jyväskylä Parish) cancelled due to illness (appendix1; The programme)



International presenters of the Summer School included: Prof. Liliana Rogoza (General Chancellor – University of Transilvania, Romania); Marlies Welbie (Hoeschool van Utrecht, Netherlands); Leena Vuorinen (Mälardalen University, Sweden); Elzbieta Kuncewicz, Jan Domaradzki, and Ewelina Wierzejska (Poznan

University of Medical Sciences, Poland); Aase Stjerne Hansen (University College Jutland, Denmark); Xinjuan Wu (Peking Union Medical College Hospital, China); and Eva Brunner (Fachhochschule für Gesundheits-und Pflegemanagement Feldkirchen, Austria). More international presenters invited specifically for the Working Life Representative Day included Eve-Merike Sooväli and Kaja Solom (Tartu School of Health Care, Estonia).



Presenters from the Jyväskylä University of Applied Sciences included: Eila Latvala (Director, School of Health and Social Studies); Eila Burns (Lecturer, Vocational Teacher Education); Hanna Hopia (Principal Lecturer, Nursing); Maarit Ylönen (Senior Lecturer, School of Health and Social Studies); and Raija Lundahl (Senior Lecturer, School of Health and Social Studies). Irmeli Matilainen and Anneli Yabal (Senior Lecturers, School of Health and Social Studies) were also invited to speak at the Working Life Representatives Day.



4.3 Community Planning and Children – Environmental Observations Activity

This activity had been designed in 2005, where groups of students were delegated specific sites and areas around the city of Jyväskylä to observe. In 2005 the observation concerned the elderly. The types of observations that were to be made included viewing the area, or site from a child's perspective (i.e. entertainment, education, safety and accessibility). Most importantly, particularly in areas such as bus stops, shopping malls and waiting rooms, students were instructed to assess safety (road safety, hazardous objects and fittings etc.). Students were also to pay careful attention to factors such as wheelchair access and provisions for people with disabilities.

During the exercise students were to construct five minute presentations combining photographs and drawings taken from the sites with findings and opinions they had in regards to the current state, and possible suggestions for improvements. These presentations took place on the afternoon of Tuesday September 11th, whereby two members of the Town Council Planning and Infrastructure department were present. Students delivered high quality presentations which lasted longer than five minutes, and in between presentations at particular intervals the guest representatives would make comments, either to clarify the situation and give the City of Jyväskylä's decision-making perspective, or to acknowledge the validity of such observations – in that they

would be taken into consideration. The day ran smoothly as a whole, and gave a more holistic insight into the ways in which all public sectors are connected (i.e. health and social care are effected by infrastructure and vice versa).

4.4 Working Life Representatives Day and Field Trips

On Wednesday 12th, 2007, all summer school degree programme participants were invited to take part in field trips with the options of choosing the Central Hospital of Central Finland, Mathilda Home specialised in elderly dementia and Peurunka Rehabilitation Centre.

Academic staff and postgraduate students were given the option of attending a working life representative day at JAMK. Principal Lecturer Katri Ryttyläinen organized the Working Life Representatives Day. The original organization of the working life representatives day, was based around discussions with the Central Finland Association of Nurses Committee's senior nurse, in addition to Jyväskylä City's Social and Health Director Pekka Utriainen. The theme of the day was to focus on the School of Health and Social Studies' international work group. Many suggestions were put forward in regards to the day's topics and proceedings. Because the themes focused upon, among other things, the work roles in social and health care and its administration, it was agreed that the postgraduate students could create posters regarding the day. Then, Ryttyläinen began to structure the programme and inquire whether presenters would be interested in coming to present at the working life representatives day. It proved to be quite difficult to get presenters who were willing to present, thus the working life day was partially lacking new issues for the working life people and also there were difficulties in coordinating presentations in the English language.

The difficulties in producing the day were that people had cancelled their promises to come and present at the working life day. According to Ryttyläinen, they were discouraged from presenting due to the necessity to speak in the English language, this lead to a sense of insecurity. However, luckily people are flexible which meant that last minute solutions were successful. Approximately 30-40 people from working life, the Bachelors and Masters programmes, teachers, and school directors attended.

Ryttyläinen commented that all of the educational programmes are difficult to include in the Summer School programme, it still emphasizes the caring work educational perspective more than possibly other programmes in SOTE. This could be seen in the participation of the day and that no other educational programmes were represented, for example in the poster session. The day progressed successfully and logically, however there were fewer participants than anticipated.

The field facilities were conducted as early as possible at the beginning of 2007. Mathilda Home and Peurunka and the Central Hospital of Central Finland had been relatively straight forward to organise in terms of speaking to the correct contact person and arranging staff members to conduct tours. Several tour alternatives in Central Hospital had eventuated for students of varying nursing and physiotherapy fields. It was also soon realised that there would be limited places on several tours for the summer school participants. In this instance, participants were initially given the opportunity to request a specific field trip venue. Finally, with these special requests in mind, the participants were divided into groups and lists of these groups were distributed in the summer school information files.

The field trips in addition to the Multamäki Recreation Park experience proved to be the highlight of the Summer School, according to the written feedback forms and verbal communication. After an intensive morning of field visits, participants were treated to a buffet of various salads and main dishes at Peurunka Rehabilitation Centre and were then transported to Multamäki. The student tutors were extremely active in taking international participants on activities such as Nordic walking, paddle boating, row boating, hiking, sausage frying and mushroom picking. There were spaces indoors and outdoors where participants could sit by a fire, keep warm and socialise. Finishing at 16:00 and departing on two buses, participants had had enough time to wind down from the intensive summer school schedule and network in a relaxed, traditionally 'Finnish' environment.

4.5 Opening Party

The Opening Party was held in the Foyer of the School of Health and Social Studies on Monday September 10th. After the official opening speech delivered by International Affairs Manager Nina Björn, guests were invited to take food from a salad buffet provided by Hoivakka Café. Wine was also served at the event. Cultural activities had been planned for the occasion however, we left the schedule open in order to gauge the way that people were interacting. In fact, the activities were not implemented as great discussions were already taking place between groups from different countries and institutions. The party lasted a little longer than scheduled, but it seemed important that the parties' guests felt that they had time to discuss matters with international colleagues. The atmosphere that was generated through this exceptionally organized party paved the way for future interactions during the rest of the Summer School.

4.6 City of Jyväskylä Reception

The City of Jyväskylä Town Hall reception received positive feedback, with attendance of all rankings and professions, from administrative staff and academics to students of various levels and backgrounds. The student tutors were extremely active in maintaining a community atmosphere throughout the evening and ensured that students and academic staff (from Finland and international summer school delegates) continued the socialisation processes after the event.

4.7 Student Presentations

Students abroad and in Jyväskylä were given the task of creating presentations for the Summer School in advance of the event. These presentations were delivered on Friday September 14th, in two parallel sessions. The large group of students were split into two, and there was an attempt to group presentations in terms of topics, i.e. that all child related topics would be in one room, and that all senior/elderly related topics would be in another (although some topics such as female circumcision and fertility had been placed in the 'elderly' group). Presentations lasted on average 20 minutes each and were

of a high standard visually and content-wise. Students demonstrated knowledge of their presented subject matter and were able to answer the numerous questions posed by the audiences. Due to the success of the sessions, and the overall idea that the Summer Schools should revolve around the students (not the staff), there have been suggestions that in future years most of the school should be organised in this way – rather than having so many professional/external presenters.



4.8 Multicultural Activities

Project Assistant's special interest focused on multicultural activities and that is why they are analysed very detailed.

Multicultural activities had been designed beforehand to allow of breaks between presentations and to encourage social interaction between international groups. Originally two were to be implemented each day, however due to time restrictions and a tight schedule there was only enough time to introduce two activities in total, in addition to the closing activities.

One of the multicultural activities was “The Story of My Name Game”, whereby the students were to form groups and describe to each other the ways in which they received their names, why their parents chose the names and what they mean. This allowed more of a chance for students to get to know each other, before they were once again split into groups for the Community Planning observation activity.

“When I’m 94” was another multicultural activity that was implemented on the morning of Thursday, September 13th whilst presenters were still arriving. For this exercise participants were told to form small groups (particularly with people from other countries) and discuss what they thought life would be like when they are 94. Things to consider in the discussion were factors such as technology, health care advancement, welfare (national budgets for the elderly), and societies’ attitudes towards the elderly in general. At the end of the small group discussions some groups were invited to share what they had discussed with the rest of the group. Surprisingly, there seemed a rather bleak (pessimistic) view in regards to both societal attitudes and quality of life. This view spanned across nations. This was more of a brainstorming session to gain insight into international attitudes and trends, and was also designed to spark interest amongst students in possible future comparative research and research collaborations.

Finally, the closing ceremony consisted of several activities with parachutes in the SOTE gym. For the first activity the large group needed to divide in two (there were two parachutes at first). The groups were given the challenge of rolling a ball around the edge of the parachute without letting it roll into the middle. The first team to successfully complete this was the winner. This exercise was intended to encourage team work and the adaption of effective working methods in achieving goals. After running the competition several times both teams had developed strategies for successfully rolling the ball around the edge. On this note, another exercise in which the participants needed to turn the parachute around through their hands was also effective. In this exercise participants needed to maintain a rhythm with each other while they were pulling the parachutes in a rope like fashion around the circle.

An ‘out’ type of game was played whereby participants would throw one of their shoes under the parachute and on the count of three, half the group (the group was divided into ones and twos) would run under the parachute and grab their shoe before the

parachute would land on them. This game ended up too easy to play, so to speed up the pace it was decided that the half of the group holding the parachute while the other half run under it would actually pull the parachute down. This was more of an adrenaline filled activity more than anything, designed to allow the participants to work off some of the stress accumulated from sitting long hours in the lecture theatres.



The mushroom parachute was the last organised activity that the group undertook. For this we used an extra parachute (making three in total). In this exercise the three groups would simultaneously lift the parachutes into the air and all the participants would move underneath the parachutes and sit on the edges of the fabric once they had reached the floor. This exercise created a cosy sense of intimacy amongst the group members. The groups were able to sit for several minutes in the warmth of the parachute, staring face-to-face with the other group members. Outside the parachutes the participants may have come from very different worlds and backgrounds, but under the parachutes they were experiencing the same closeness and momentary reality.

5. Feedback of the Summer School

During the week the number of participants varied from 40-90. On Friday, the last day of the Summer School, there were approximately 40 participants. Feedback was gathered on Friday after the students' presentations in two groups. 32 feedback forms were received. The results from the feedback were divided into international and Finnish student/staff categories, yet overall the results will be summarised as one.

When asked of what the best part of the Summer School was, more than any other response was that the field trips, and particularly the Multamäki experience, were the most enjoyable events (16). Another frequently mentioned aspect was the opportunity to learn about other cultures whilst at the same time making friends with people from other nationalities. The results indicate that the more socially oriented activities such as the field trips, the group work and the multicultural activities were the platforms which stimulated the networking process. Several of the respondents also mentioned their interest in the presentations given. The presentations that were mentioned as those most interesting were not just those given by professionals and academics, instead, a few mentioned what they had gained from listening to particular student presentations.

While not all respondents were willing to give critical feedback, some points for improvement that were mentioned included factors such as timing, i.e. the fact that too much was programmed for such a short amount of time, not allowing moments for reflection and discussion. Also, some of the presentations needed to be hurried due to time restrictions. Yet, on the other hand, several respondents indicated that particularly the presentations given by the academics and professionals were too long, and that there seemed to be repetition amongst the themes. Some students desired more presentations which adhered specifically to medical concerns, while others would have liked more exercises enabling them to practise and experience inter-cultural situations. Some respondents (students and supervisors) would have liked more time to have been devoted towards student presentations. Finally, some students mentioned that there was a lack of communication/publicity, in that they were unaware of particular events and matters such as the opening party and ECTs, until a very late stage. Another factor was

the language; some students had mentioned that the English of some presenters was hard to follow.

The average overall result of the scale questions (out of 1 to 5, 5 being 'most agree') the Summer School scored 3.92. The results for individual questions are as follows:

QUESTION	RESULT
• I found the contents/topics of the lectures to be interesting	3.4
• It was easy for me to follow the presentations	3.8
• The amount of student participation was appropriate	4
• The small exercises increased my understanding of multicultural issues	4
• I found group tasks useful	3.96
• The Summer School was relevant to my studies/job	3.7
• I found the activities (field trips and observation exercise) interesting	4.59

The results of the scale questions seem to correspond with the results given in the free worded questions in that overall the topics of the presentations were considered interesting although this was the area that received the poorest results. The professional and educational relevance of the Summer School was the second to weakest area, corresponding with respondents' suggestions that they would have preferred more medically based presentations which seems to be quite often the wish with the first year nursing students not yet understanding the role of nursing and especially the concept of health promotion. The factor which scored the highest amongst the answers was regarding the activities such as field trips and observational exercise. These were the activities which encouraged social activity, and also placed participants in the situation where it was necessary to speak and work with students from other schools (international cooperation). These results indicate that more emphasis should be placed on maximizing student interaction through group work and exercises. It is of my opinion that through focusing the programme more on the students, problems that were indicated in regards to the lack of relevance of the topics and lack of interest caused by repetition would be decreased as students would be guiding the directions of the Summer School's content. This was also something which was firmly emphasized in written and verbal feedback delivered by international instructors.

Publicity will always be a difficult area, and while the Summer School was publicized in all areas of the University of Applied Sciences networks, in addition to sending personal emails, factors such as teaching staff to student communication are also important in delivering instructions of events, specifics (i.e. the ECTs) and publicity. Yet, overall while not gaining the average score of the last Summer School (4.4), this year's Summer School may be considered a success, particularly when considering the social outcomes of the event.

Feedback in details:

Feedback forms	Total	32
	Students/Finnish	15
	Students/Foreign	12
	Instructors/Finnish	0
	Instructors/Foreign	5

What did you like the most, or found the most useful during the week?



Finnish students, some opinions:

- The lectures and presentations were very educative. They gave me a global view of how old people are treated in different countries. The trips also were very educative and relaxing.
- The topics discussed and presented were very interesting as they gave out different aspects of care in different countries. The trips and activities were very interactive as we got to know other peoples' views and have more friends.
- Most fun was Multamäki, most interesting professional voice was the lecture about Dance Therapy and (physiotherapy) methods used when working with immigrants.
- I got to know students from other countries, discuss and spend time with them and make good friends.
- Peurunka, Multamäki, evening reception at City Hall.
- I really enjoyed the trip to Multamäki and Wednesday in whole was a very nice day. The opportunity to visit the Town Hall was also pretty amazing.
- Field visit to Peurunka interested me most. Could be future working place.
- Multicultural activities
- To get to know the people from different countries
- I liked the field activities and visit to Peurunka Rehabilitation Center and group work.
- Tuesday, which was all about children.



Foreign students, some opinions:

- The multicultural aspect. I learned a lot from other students from other countries and I made friends all over the world.
- The trip on Wednesday was great! I like sauna very much.

- Community planning and children – environment observations activity. Assessment of children, daily activities; Peurunka Rehabilitation Center; trip to Multamäki; Sexual risk behavior in adolescent Gerontological Health Promotion; female genital mutilation, garden therapy
- Meet to people from other cultural country. Change and experiences.
- For me the most interesting was visited wards, we could compare the wards and see difference in our country and in Finland.
- Most interesting for me was the group work, because I really enjoyed working with people of other nationalities!
- Get to know other cultures, countries and of course PEOPLE.
- The most interested topics I gained much was about the promotion of the elderly well-being as well as student presentation on socio-medical aspects of female mutilation.
- Mostly the group discussions and the field activities in town. We exchange ideas thus learnt new concepts.

Instructors:

- The number of students, field activities and Friday as a “students’ day”.
- Multicultural environment.

What could have been improved or should be considered in the future?

Finnish student, some opinions:

- The timing of the presentation: since they are in different classes and at the same time. I would have loved to go to all the presentations but it was impossible. I had to choose where to go to.
- Time differences (of mind)
- The schedule was far too tight. More free time to discuss more and get to know better. The days were also quite long.
- More information of the evening happenings. People didn’t know what was included. More time for presentations.
- Longer breaks so if the program is too long, the breaks can be shortened – stay in schedule!
- The presentations should be lively and interactive more.

Foreign students, some opinions:

- The lectures. They could have been more interesting and could have been more relevant to my studies as a nurse. They were OK but bad at English and they should have had more time
- More medical problems than psychological
- More exercises, which help us to discuss about our country’s problem.
- There should be more students’ presentations, shorter ones too. It is hard to concentrate for too long if the presentation is too long.

- I would like to know your city (architectures and other – history of your city) a little bit more.
- I suggest that important step during the summer school periods should be televised and put in videos for sale. I believe getting a copy will be of great help to students.
- Some of the presentations were very long and had so many case studies. I think presentations should be a bit shorter, precise and to the point (I experienced the Finnish culture first hand).

Instructors:

- We should encourage students to participate more during discussions.
- The choice of the topics for presentations

SCALE QUESTIONS

*Please note that questions are explained in the overall average score of 1-5 (1 being disagree, 5 being totally agree)

1. *“I found the contents/topics of the lectures to be interesting.”*

The average score was 3.4

2. *“It was easy for me to follow the presentations.” (was the language/something else the problem?)*

The average score was 3.8

3. *“The amount of student participation was appropriate.” (too much/too little?)*

The average score was 4

4. *“The small exercises increased my understanding of multicultural issues.”*

The average score was 4

5. *“I found group tasks useful.”*

The average score was 3.96

6. *“The Summer School was relevant to my studies/job/professional development.”*

The average score was 3.7

7. *“I found the activities /e.g. field trips and observation exercise) interesting.”*

The average score was 4.59

8. *“I was satisfied with the summer school offerings as a whole.”*

3 – 4.4

Appendix 2: Summer School Programme



JYVÄSKYLÄ UNIVERSITY OF APPLIED SCIENCES

School of Health and Social Studies

SUMMER SCHOOL

Family Health Promotion -Culture and Well-Being

10-14 September 2007, Jyväskylä University of Applied Sciences,
Finland

School of Health and Social Studies

Monday 10th Sept.

Culture, Health and Well-Being

6.

Address: School of Health and Social Studies,
Jyväskylä University of Applied Sciences,
Keskussairaalantie 21 E

Chair: Ewelina Wierzejska

9:00

TaiChi, Nurse Educators, Department of Nursing, Peking
Union Medical College Hospital
Place: E Building Lobby

9:10-9:30

Dr. Eila Latvala, Director, School of Health and
Social Studies, Jyväskylä University of Applied Sciences:
Opening Words
Place: E Building Caritas Auditorium

9:30-10:15
Sciences:

Eila Burns, Lecturer, Jyväskylä University of Applied

Global Context

Communicating for Well-Being. Silent Finns in the

Place: E Building Caritas Auditorium

10:15-10:40

Coffee Break in Hoivakka – compliments of JAMK

10:40-11:40

Prof. Liliana Rogozea, General Chancellor, University of

Transilvania of Brasov: Health and Well-being of
Minority Groups –
Focus of Roma Population in Romania
Place: E Building Caritas Auditorium

Janne Laitinen, Head of the Coordinator and *Kyösti Florin*, Project Coordinator. Roma into Working Life.
City of Jyväskylä:
Health and Well-being of Minority Groups -Focus of
Roma Population in Central Finland
Place: E Building Caritas Auditorium

11:40-12:25 *Marlies Welbie*. Physiotherapist and Master of Science in
Physiotherapy, Hogeschool van Utrecht: The Challenges
of Physiotherapeutic Treatment Immigrant Patients in
Utrecht
Place: E Building Caritas Auditorium

12:25-13:15 Lunch (Buy your own – BYO) in Hoivakka

Multicultural Activities

13:15-14:00 *Kati Turtiainen*, Director, Immigrants Services, City of
Jyväskylä: Immigrants and Refugees Well-Being in
Jyväskylä
Place: E Building Caritas Auditorium

Students:
14:00-14:30 Coffee Break (BYO) in Hoivakka

14:30-15:30 *Irmeli Katainen*, Senior Lecturer, School of Health and
Social Sciences, Jyväskylä University of Applied Sciences:
Orientation to the week; instructions for learning logs,
group tasks and presentations
Place: E Building Caritas Auditorium

(Students have the opportunity to finalize their presentations in the computer room
E2.209)

Lecturers and Staff:
14:00-15:30 Coffee Break in Hoivakka (Staff Restaurant)
Dr. Katri Ryttyläinen: Introduction to Jyväskylä
University of Applied Sciences, School of Health and
Social Studies

Orientation to the week

Pia Piispanen, International Coordinator, School of Health and Social Studies, Jyväskylä University of Applied Sciences

Rebekah Rousi, International Assistant, School of Health and Social Care, Jyväskylä University of Applied Sciences

Place: Hoivakka

18:30-21:00

Get Together Party

Place: E Building Lobby

Tuesday 11th Sept.

Promotion of Children's Health and Well-being

9:00-9:45

Merja Kuusela and Katriina Pentikäinen, Children's Instructors. Jyväskylä Parish: How does the Jyväskylä Parish Support Children's Well-Being?

Place: Jyväskylän Kaupunkiseurakunta/ Jyväskylä Parish, Yliopistonkatu 12, Auditorium

9:45-11:30

Community Planning and Children -Environmental Observations Activity

Lunch time included (City Centre or Main Campus, Rajakatu 35)

Computer room is available if needed at: Main Campus FK29

Chair: *Prof Liliana Rogoza*

11:30- 13:30

Discussion and conclusions of Observation Exercise

Presentation and comments by council member

Place: Main Campus FP05

13:30 – 14:00

Tiina Lautamo, MSc. Lecturer in Occupational Therapy, University of Jyväskylä, Sport and Health Sciences:

Assessment of Childrens' Daily Activities

Place: Main Campus FP05

14:00-14:30

Dr. Hanna Hopia, Principal Lecturer in Nursing, Jyväskylä University of Applied Sciences: Health

Promotion of Chronically Ill Children and Their Families in Finland

Place: Main Campus FP05

14:30-15:00

Coffee Break (BYO) in Aula Cafeteria

15:00-15:30

Dr. Maarit Ylönen, Senior Lecturer, Jyväskylä University of Applied Sciences: Dance Therapy Methods Assisting Children's Healing

Place: Main Campus FP05

15:30-16:00

Marja-Leena Huisko, Family Worker and *Merja Halonen* Public Health Nurse, Jyväskylä City, Social and Health Care Services: Welfare Clinics and Multiprofessionality, Supporting the Well-Being of Children

Place: Main Campus FP05

Wednesday 12th Sept.

a) Programme for Working Life Representatives, Lecturers/Tutors and Masters Students

Place: E Building Caritas Auditorium

Poster presentations:

Professional Master Degree Programme: Final Thesis about Development Methods of Working Life

(Labour Division, Management) and R&D-projects

Introduction to the Occupational Degree Programme and Work

Chair: Kare Norvapalo, Head of Research and Development Unit

9:30-9:45

Dr. Eila Latvala, Director, Jyväskylä University of Applied Sciences,

School of Health and Social Studies

Opening Words

Challenges in Health and Social Care Management

9:45-10:15

Ilkka Pernu, Nursing Director, Central Finland Health Care District

Challenges in Health Care Management in the Context of Specialist Health Care

10:15-10:45

Prof. Liliana Rogozea, Transilvania University Brasov, Romania

Aspects of Management and Health Care in Romania

10:45-11:15 Coffee Break: Hoivakka Student Restaurant

The Division of Labour in Social and Health Care

11.15-11.45 *Dr. Marjukka Vallimies-Patomäki*, Senior Inspector,
Ministry of Social Affairs and Health
The Division of Labour in Health Care and
Recommendations for Further Training

11:45-12:00 *Tiina Huhtala*, Registered Nurse, Central Finland Health
Care District
The Example of Division of Labour in Central Finland
Central Hospital

12:00-12:30 *Aarno Lehmusto*, The Head of the Programme in the
Social Care, Jyväskylä University of Applied Sciences,
School of Health and Social Studies
The Division of Labour in Social Care

12:30-13:15 Lunch (BYO): Hoivakka Student Restaurant

Chair: *Dr. Katri Ryttyläinen*, Principal Lecturer

Example of R & D Activities in Health and Social Sector

13:15-13:45 *Irmeli Matilainen, Anneli Yabal*, Senior Lecturers,
Jyväskylä University of Applied Sciences, School of
Health and Social Studies
Health and Functional Capacity of Elderly

Availability of Skilled Workforce

13:45-14:15 *Rauli Sorvari*, Programme Manager (Education &
Learning), Regional Council of Central Finland
Availability of Skilled Workforce in Health and Social
Care in Central Finland

14:15-14:45 *Eve-Merike Sooväli and Kaja Solom*, Senior Lecturers,
Tartu School of Health Care, Estonia
Availability of Skilled Workforce in Health and Social
Care in Estonian Point of View

14:45-15:00 *Dr. Eila Latvala*, Director, Jyväskylä University of
Applied Sciences, School of Health and Social Studies
Closing Words

b) Programme for Bachelor Students

8:00-	Field Visits to Health and Social Care Institutions; Cultural Events/Recreational Activities Option 1: Peurunka Rehabilitation Centre
10:45	Lunch 1 at Peurunka – compliments of JAMK
11:30	Bus leaves for Multamäki
8:30-10:30	Option 2: Central Finland Central Hospital Option 3: Matilda Home for the Elderly
10:30	Option 2 and option 3 participants: Leave for Peurunka Rehabilitation Centre 11:00 Lunch 2 at Peurunka – compliments of JAMK 11:45 bus leaves for Multamäki
16:30	Leave for Jyväskylä
19:00	Jyväskylä City Reception Jyväskylä Town Hall, Vapaudenkatu 32

Thursday 13th Sept.

Promotion of Elderly Well-Being

7.

Address: School of Health and Social Studies,
Jyväskylä University of Applied Sciences,
Keskussairaalan tie 21 E

Chair: *Jan Domaradzki*

9:00- 9:30

Leena Vuorinen, PhD Student in Political Science,
Mälardalen University: Well-Being, Life Situation and
Health among Elderly Finnish Population in Mälardalen,
Sweden.

Place: Caritas Auditorium

10:15-10:45

Dr. Raija Leinonen Senior Researcher, GeroCenter,
Foundation for Research and Development, Jyväskylä:
GeroCenter - Innovative Research and Development
Center in Central Finland

Place: Caritas Auditorium

10:45-11:00

Coffee Break (BYO) Hoivakka

11:00-11:30

Elżbieta Kuncewicz, Poznan University of Medical Sciences: Geriatric Rehabilitation in Poland
Place: Caritas Auditorium

11:30-12:00

Aase Stjerne Hansen, Senior Lecturer, International Coordinator, University College Jutland, Viborg School of Nursing, Denmark: What is the Secret of High Quality Elderly Care in Denmark?
Place: Caritas Auditorium

12:00-12:45

Lunch (BYO) in Hoivakka

Chair: *Marlies Welbie*

12:45-13:15

Xinjuan Wu, Director, Department of Nursing, Peking Union Medical College Hospital, Beijing: Old Age in China: From Home to Institutions
Place: Caritas Auditorium

13:15-13:45

Jan Domaradzki, Chair of Social Sciences and *Ewelina Wierzejska*, Chair of Preventive Medicine, Poznan University of Medical Sciences: Polish Point of View to Religion and Health Among Elderly Population
Place: Caritas Auditorium

Multicultural Activities

14:00-14:30

Dr. Pirjo Tiikkainen, Principal Lecturer, Jyväskylä University of Applied Sciences: Gerontological Health Promotion – Perceived Togetherness Amongst the Elderly
Place: Caritas Auditorium

14:30-15:00

Raija Lundahl, Senior Lecturer, Jyväskylä University of Applied Sciences: Creativity in Aging; Empowering the Elderly for Well-Being
Place: Caritas Auditorium

Friday 14th Sept.

Culture, Health and Well-Being

8.

Address: School of Health and Social Studies, Jyväskylä University of Applied Sciences, Keskussairaalan tie 21 E

Chairs: Irmeli Katainen, Rebekah Rousi

9:00 – 9:30

Dr. Eva Brunner, Fachhochschule für Gesundheits-und Pflagemanagement Feldkirchen, Austria: Lust or trust? Sexual Risk Behaviour in Adolescents in Austria/Carinthia

9:45 -12.15

Student Presentations
Place: Rooms E1.208 and Caritas Auditorium

Classroom E1.208, E1.209 (2017, 2018)

9.45-12.15

1. *Paulina Smektala, Oskar Barczak, Iwona Jahns, Roksanan Malak, Agnieszka Rymkiewicz*, Physiotherapy Students and *Tomasz Aleksandrowicz*, Nursing Student, Poznan University of Medical Sciences: Family Well-Being. Preventing Social Displacement. For Children Aged 5- 6 Years: Making the Chances Equal for Children at the age of 5 before They Go to School

2. *Päivi Petäjä, Sirpa Nikula*, Occupational Therapy Students. Jyväskylä University of Applied Sciences, School of Health and Social Studies: The Normal Development of a 4-6 year Old Child

Coffee Break (BYO) in Hoivakka

3. *Krista Aalto, Elina Häkkinen, Laura Turunen*, Physiotherapy Students. Jyväskylä University of Applied Sciences, School of Health and Social Studies: Perceptuomotor Control in Children- Evaluation Today and in the Future.

4. *Teressa Juhaninmäki*, Occupational Therapy Student. Jyväskylä University of Applied Sciences, School of Health and Social Studies: Play, Playfulness and Symbolic Play

5. *Brigide Matheka*, Nursing Student, Jyväskylä University of Applied Sciences, School of Health and Social Studies: Mother-Baby Health Promotion

Caritas Auditorium

9.45-12.15

1. *Eliza Nicke, Martyna Przybył, Tomasz Aleksandrowicz* Nursing Students, Poznan University of Medical Sciences: The Lifestyle and Quality of Life among Older People- Activity of Polish Seniors

2. *Liisa Kylmälahti, Sini Kurki*, Nursing Students, Jyväskylä University of Applied Sciences, School of Health and Social Studies: Garden Therapy; Male Perspective. Therapeutic Effects of Gardening in Villa Veranta

3. *Karolina Molska*, Nursing Student, Poznan University of Medical Sciences: Changes of the Hospices and theirs Socio-cultural Role for the Society

Coffee Break (BYO)

4. *Aleksandra Szmagaj, Paulina Olech*, Public Health Students, Poznan University of Medical Sciences: Opinions about Infertility among Polish Women

5. *Petra Lappalainen, Laura Lievonon, Essi Pöysti, Christina Förnäs, Xiaoi Song*. Nursing Students. Jyväskylä University of Applied Sciences, School of Health and Social Studies: Health Education and Promotion of Children's Well-Being in Day Care

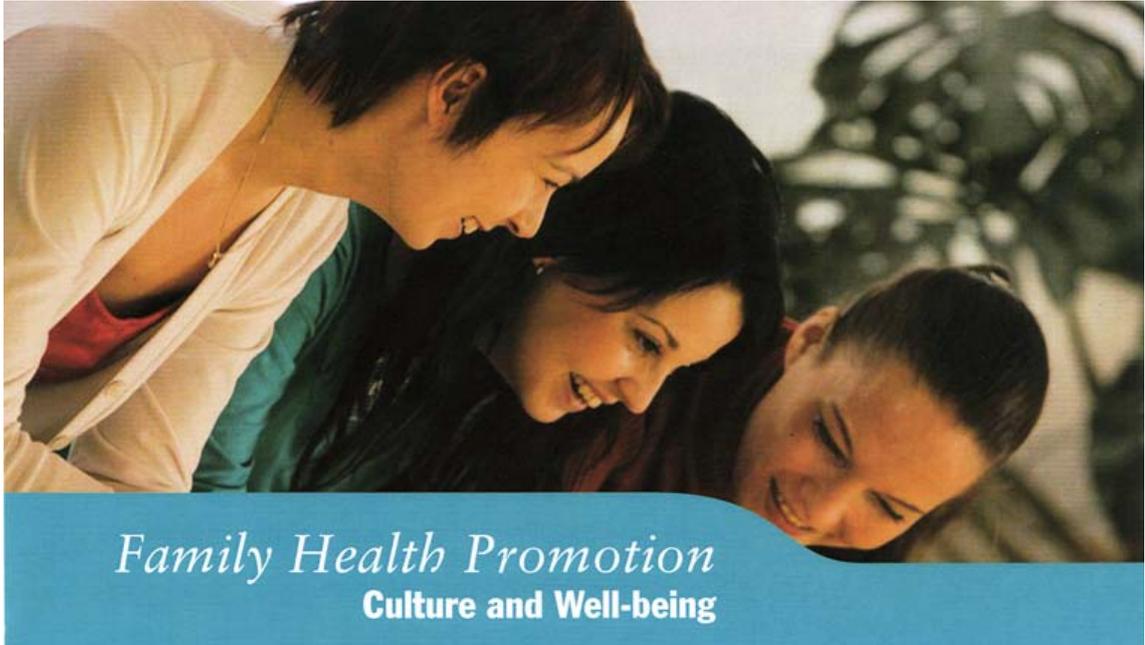
6. *Agnieszka Drgas* Midwifery Student, Poznan University of Medical Sciences: Socio-medical Aspects of Female Genital Mutilation (FGM)

12:15-13:00

Lunch (BYO) in Hoivakka

13:00-14:00

Closing activities



Family Health Promotion **Culture and Well-being**

The 5th Summer School in Jyväskylä, Finland **10-14 September 2007**

Family Health Promotion **Culture and Well-Being**

Welcome!

Jyväskylä University of Applied Sciences, School of Health and Social Studies has the pleasure hosting the 5th Summer School in September 2007. The Summer School will enhance international cooperation and increase the knowledge of the participants in culture and well-being, in societies and family life, with special focus placed upon children and the elderly. Internationalization plays an important role in the preservation and promotion of well-being and in the competitive abilities of regions on both the local and international levels.

The Summer School provides students, teachers and other professionals with an opportunity to meet and exchange ideas and professional experiences, in order to further develop the important work done for the well-being of the population.

We wish especially welcomed working life representatives and teachers to Summer School - 12th September programme is particularly designed for you!

Wishing to meet you in Jyväskylä

Eila Latvala
Director

Preliminary Programme

Monday 10th September - Culture, Health and Well-being

- Silent Finns in the Global Context
- Health and Well-being of Minority Groups-Focus of Romany Population in Romania and Finland
- Immigrants and Refugees Well-being in Utrecht and Jyväskylä
- Get Together Party

Tuesday 11th September - Promotion of Children's Health and Well-being

- How does the Jyväskylä Parish Support Children's Well-being?
- Community Planning and Children -Environmental Observations Activity
- Health and Functional Capacity of Children in Jyväskylä and Poznan
- Health Promotion of Chronically Ill Children and Their Families in Finland
- Dance Therapy Methods Assisting Children's Healing
- Welfare Clinics and Multiprofessionality, Supporting the Well-being of Children

Wednesday 12th September - Programme for working life representatives and teachers focused on

- Programme for working life representatives and teachers focused on
 - Challenges in Health and Social Care Management
 - Nurse Practitioners in Social and Health Care
 - Availability of Skilled Workforce
 - R&D activities
- Optional Programme: Field Visits to Health and Social Care Institutions; Cultural Events/Recreational Activities
- Jyväskylä City Reception

Thursday 13th September - Promotion of Elderly Well-being

- Finnish Elderly Population in Mälardalen, Sweden
 - Health and Functional Capacity of Elderly Finnish Population
- Health and Functional Capacity of Elderly Population in Jyväskylä and Poznan
- What is the Secret of High Quality Elderly Care in Denmark?
- Polish Point of View to Religion and Health among Elderly Population
- Old Age in China: From Home to Institutions

Friday 14th September - Culture, Health and Well-being

- Student Presentations
- Workshops

The daily programme includes lectures, workshops and student presentations. Students from different educational fields will have an opportunity to discuss, reflect and present the viewpoints of their discipline during workshops. There will also be visits to interesting local venues. The students will get 1.5-3 ECTS credits from the Summer School, according to their own institution's guidelines and regulations.

Posters for the 12th of September

For participants who are interested in exhibiting posters focusing on working life development, please contact Katri Ryttyläinen, Principal Lecturer, at: katri.ryttylainen@jamk.fi, by the April 27th, 2007.

Registration

Registrations for Summer School are due by May 11th, 2007. Registration forms and up-dated information can be found at: www.jamk.fi/sote/summerschool2007.htm
Summer School is free of charge.

www.jamk.fi/sote



JYVÄSKYLÄ UNIVERSITY OF APPLIED SCIENCES