

## SESSION DESCRIPTIONS

### TUESDAY 6.10

[Zoom link Orange sessions https://tuni.zoom.us/j/69725925242](https://tuni.zoom.us/j/69725925242)

[Zoom link Blue sessions https://tuni.zoom.us/j/67765575514](https://tuni.zoom.us/j/67765575514)

10.00

#### KEYNOTE

<p><b>Arja Halkoaho</b> <i>PROFITU- Genetic and Genomics to healthcare, ethical considerations</i></p>	
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11.00

<p><b>Maria Maljanen</b>  <i>Body awareness training</i></p>	<p>Stress, depression, anxiety, burnouts are problems for more and more people. The workshop contains both theory and practice about how to do online body awareness training and why it is important to exercise it. Body awareness involves an attentional focus on the body and also involves an awareness of internal body sensations and reflection of the body experience. Body awareness is part of our identity and self-image and affects the health. That's why it is important tool for physiotherapist to cope at work but also for patients to identify and experiencing their own body and bodily sensations.</p>
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11.00

<p><b>Juha Santala</b> <i>Social pedagogical Social work with men - Men's Settlement House Mattila</i></p>	<p>Social pedagogical Social work with men - Men's Settlement House Mattila/ Mattila is a settlement house for men. Lecture highlights Mattilas work from three perspectives: community social work, social pedagogy and feminist men work.</p>
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12.00

#### LUNCH BREAK

13.00

<p><b>Ilkka Piironen</b>  <i>Basic principles of exercise therapy</i></p>	<p>How our body responses to physical load?  <input type="checkbox"/> basic principles of exercise and training  <input type="checkbox"/> exercise therapy examples</p>
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13.00

<p><b>Marjo Harju, Nasrin Jinia</b>  <i>MESH- Employing immigrants via networks and mentoring</i></p>	<p>According to several different reports, immigrants' employment to the Finnish labor market is poor. The know-how gained abroad is not always recognized in the labor market. Immigrants often have insufficient contacts to the Finnish working-life and little work experience from Finland, which lowers their chances of employment. By strengthening immigrants' networks and by utilizing mentorship, their possibilities of being employed to professions consistent with their education is improved.</p>
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<p><b>14.00</b></p>	<p><b>Ulla-Maija Koivula, Pauliina Waris, Eeva- Mari Miettinen</b></p> <p><i>Making my future: Crossborder project to enhance young people's self reliance and proactivity via creative methods</i></p>	<p>Crossborder project to enhance young people's self reliance and proactivity via creative methods: Interreg project with Estonian, Latvian and Finnish partners 2019-2021. "Making my future" connects young people from Estonia, Latvia and Finland to collaborate together for a better future In the presentation the project goals and methods are presented.</p>
<p><b>14.15</b></p>	<p><b>Marja-Leena Lähteenmäki</b></p> <p><i>Direct Access in Physiotherapy – concepts, competencies and education</i></p>	<p>Physiotherapists have been able to manage more and more patients with musculoskeletal diseases as first contact practitioners without medical doctor's referral. This became true already from the year 1957 in US, in 1970's in Australia (8), and later in the Netherlands (15), Great Britain 1977 (17), Norway, Canada, Finland (16) and tens of other countries worldwide as WCPT found out in 2013.</p>
<p><b>15.00</b></p>	<p><b>Barbara Wedler</b></p> <p><i>Participation for old people</i></p>	<p>Participation for old people: Social services for the elderly people were interrupted especially during the Corona pandemic. This has consequences for the mental health of these people. The activation of the people and participation in a cultural project shows a special social service of the students of the universities of applied sciences of Mittweida and Görlitz.</p>
<p><b>16.00</b></p>	<p><b>Victoria Kreiss, Anna Steinacker</b></p> <p><i>How to teach End-of Life Care</i></p>	<p>Teaching End-of-Life Care (theoretical Input About stages of death, physical and psychological burden, grief, pain management and nursing interventions) Executing a Simulation with emphasis on EoLC.</p>
<p><b>17.00</b></p>	<p><b>Juha Kaari</b></p> <p><i>Success in treatment pathways</i></p>	

**WEDNESDAY 7.10****Zoom link Orange sessions <https://tuni.zoom.us/j/69725925242>****Zoom link Blue sessions <https://tuni.zoom.us/j/67765575514>****9.00****Elisa Airikkala, Mari Laaksonen**

*New perspective for multifactorial disease prevention in genomic era - case type 2 diabetes*

Since the completion of the Human Genome Project in 2003, genetics and genomics have begun to show usefulness for precision medicine, targeted screening and risk assessment for multifactorial disease prevention. New genomic-based tools are in developing process to bring a new perspective and much-needed effectiveness to health promotion and prevention.

**10.00****Margaret Mockford**

*Some joys and challenges of working in a different culture*

We will think about some of the joys and benefits of doing a work placement in a different culture, drawing on my experience as a paediatric Physiotherapist in Rwanda and Kenya. We will also discuss some of the challenges of rehabilitation in a developing-world setting. There will be no right or wrong answers, but I hope to prompt some reflective thinking among us.

**10.00****Annukka Isokoski, Nina Smolander**

*DigiNurse - Learn digi-coaching*

Introducing the DigiNurse project: Learning ICT Supported Nursing for Self-Management of Patients. The DigiNurse project has developed a DigiNurse Model for nursing education. DigiNurse model contains organisational, educational and professional elements which improve students' digital coaching skills. DigiNurse model high lights the importance of tailor-made health promotion and education and a decision making process based on shared decision making. DigiNurse project has implemented national and transnational pilots utilizing the results in DigiNurse model desing and in various educational programs created for different curricula. The DigiNurse Model is a generic model which can be used as a tool in nursing education throughout nursing studies.

**11:00****Vesna Šeper**

*Chronic low back problems: herniated disc*

Exercise protocol proposition for a herniated disc in the lower back. How to do exercises using a Swiss ball, TRX straps, or elastic bands.

11.00

**Elina Botha, Marika  
Mettälä**

*Innovative sexual  
and reproductive  
health teaching and  
learning material in  
Finnish, European  
and Global projects*

PreconNet Preconception health of youth, bridging the gap in and through education -presenting the newest digital tools for online and distant learning. Join us!

It is time to bring lifelong fertility education to the next level by creating tools for educators. PreconNet – project will bridge the gap in and through advanced health education. The target is to empower health professionals in guiding fertility awareness and counselling how to retain reproductive abilities when postponing

12.00

## LUNCH BREAK

13.00

**Pipsa Tuominen**

*Music as an  
instrument of  
exercise*

A growing number of studies have shown that informal musical activities, such as singing, playing an instrument, musical play, and music-based exercises, may associate with physical activity and health. Music encourages participation in exercises and activities, and it helps in keeping the beat. Music may ease pain and helps to adhere to a physical training program. The use of music reduces anxiety and stress, and it improves the efficiency of relaxation techniques. However, the mechanisms behind these effects are poorly recognized among physiotherapists.

14.00

**Diego Vaquero  
Ramos**

*Frozen Shoulder,  
what do we know?*

Frozen shoulder has always been hard to define and to classify. Multiple names, diagnoses, aetiologies have been suggested and many treatments have been assessed, but no consensus has emerged yet. Through a narrative review and professional background, I will make an update on the management of frozen shoulder

16.00

**Marvin Coleman**

*The Patello Femoral  
Pain Syndrome  
(PFPS)*

PFPS is a subcategory of anterior knee pain. In this communication we will talk about how difficult it is to define it and we will insist on the biomechanical factors and physiopathology. Then, we will comment the clinical diagnosis and interventions guidelines, placing emphasis on rehabilitation.

## THURSDAY 8.10

Zoom link Orange sessions <https://tuni.zoom.us/j/69725925242>

Zoom link Blue sessions <https://tuni.zoom.us/j/67765575514>

9:45

**Bruno Albouy**

*Educational device  
for training in  
clinical reasoning in  
the first and second  
year of study of  
physiotherapy in  
times of health crisis*

The period of health crisis has led us to innovate in our teaching practices.

As the students in the second year of study were unable to complete their entire internship (March-April) in the second semester of 2020, we asked them to create a clinical case on the software PETRHA. These clinical cases were constructed as a group from a document relating to clinical follow-up during a previous internship. They were then regulated by following two processes: Students from another group played the case and made a mental map of the physiotherapy diagnosis, The students who created the case presented their clinical approach to the teachers who regulated the case.

In June, the promotion of the first years of study of physiotherapy: played the clinical cases, made a mental map about their diagnosis, presented the clinical reasoning process to a pair of teachers as part of an evaluation. The educational process was subject to an assessment of student satisfaction.

11.00

**Griselda González  
Caminal**

*OSCE For medical  
students*

13.00

**Jacob Roberts**

Studying  
physiotherapy in  
USA

This will be a short presentation about what it is like to be a physical therapy student in the United States. There will be more time for questions to be answered.

14:00

**Theres Wess**

Reablement –  
relevant factors for  
implementation

Which factors are relevant for the implementation of Reablement- programmes? The session will present the data coming from an explorative sequentiell mixed methods design study.