

1st Summer School of Baltic Sea Region Network in Personalized Health Care June 8–10, 2016, University of Southern Denmark, Odense, Denmark

Baltic Sea Region Network in Personalized Health Care is a multi-disciplinary and cross-national network of the universities of the countries of the Baltic Sea Region. It aims to 1) enhance doctoral training and career perspectives among Baltic Sea Region Network countries and 2) build up a collaborating multi-disciplinary personalized health care research program in Baltic Sea Region.

The following universities have joined the network:

- Health Science Research Centre, University College Lillebaelt and Southern Denmark University, Denmark
- Karolinska Institutet, Department of Neurobiology, Care Sciences and Society, Stockholm, Sweden
- Klaipeda University, Faculty of Health Sciences, Klaipeda, Lithuania
- Medical University of Gdansk, Faculty of Health Sciences with sub faculty of Nursing, Gdansk, Poland
- University of Bergen, Department of Global Public Health and Primary Care, Bergen, Norway
- University of Lübeck, Medical Faculty, Nursing Research Unit, Lübeck, Germany
- University of Turku, Department Nursing Science, Finland

For more information about the [Baltic Sea Region Network](#), please, visit the website.

The purpose of the Summer School for PhD students is to present and obtain feedback on their PhD research in a supportive peer atmosphere. The extent of the Summer School is three (3) ECTS credits and a certificate of participation will be given to student at the end of Summer School. Moreover, the purpose of the summer school is to strengthen the collaborative Baltic Sea Region network and to develop joint research and funding proposals.

There is no participation fee but students should prepare themselves for covering their travelling and accommodation costs.

Student presentations:

Students are asked to send 350 word abstract about their PhD research in English to Anna Axelin (anna.axelin@utu.fi) **by May 15, 2016**. During the summer school days, each student will give a 20-minute oral presentation (15 minutes for the presentation and 5 minutes for discussion) about their research.

The venue of the summer school:

Odense University Hospital
Klørvænget 6
Entrance 93, Ground floor
DK-5000 Odense C

Preliminary program: Wednesday June 8, 2016

- 11.00–12.15 **Arrival at the venue and registration, lunch**
- 12:15–12.30 **Welcome to and opening of the summer school**
*Associate Professor Hanne Kaae Kristensen & Assistant Professor
Lisbeth Rosenbek Minet*
- Professor, hospital director Kim Brixen, Odense University
Hospital*
- 12:30–13:15 **Keynote on personalized health care**
Professor Riitta Suhonen, University of Turku, Turku
- 13:15–14:15 **Personalized health care in Baltic Sea Region – Perspectives of
the network participants*** *Chair: Helena Leino-Kilpi*
*15 minutes is allocated for each presentation
- Associate Professor Dorthe Nielsen*
Health Science Research Centre, University College Lillebaelt and
University of Southern Denmark
- PhD Ann Rudman / Professor Lena von Koch*
Karolinska Institutet, Department of Neurobiology, Care Sciences
and Society, Stockholm
- Associate professor Natalja Istomina*
Klaipeda University, Faculty of Health Sciences, Klaipeda
- 14:15–14:45 **Coffee break**
- 14:45–16:15 **Topic continues*** *Chair: Ann Rudman*
- Professor Berit Rokne*
University of Bergen, Department of Global Public Health and
Primary Care, Bergen
- Professor Sascha Köpke / Professor Katrin Balzer*
University of Lübeck, Medical Faculty, Nursing Research Unit,
Lübeck
- Professor Helena Leino-Kilpi*
University of Turku, Department Nursing Science, Turku
- Discussion
- 16:00-16:15 **Break**
- 16:15–18:00 **Student presentations*** *Chair: Berit Rokne*
*20 minutes including discussion is allocated for each presentation
- Following in Hans Christian Andersen's footsteps at 19:00**
Summer School Dinner at 20:00

Preliminary program: Thursday, June 9, 2016

8:00–8:15

Reflections from Thursday

8:15–10:00

Student presentations* *Chair: Sascha Köpke*

*20 minutes including discussion is allocated for each presentation

10:00–10:15

Coffee break

10:15–12:00

Student presentations* *Chair: Natalja Istomina*

*20 minutes including discussion is allocated for each presentation

12:00–13:00

Lunch

13:00–14:00

Presentations on potential collaborative research ideas from network participants* *Chair: Lena von Koch*

*10 minutes is allocated for each presentation

Assistant Professor Lisbeth Rosenbek Minet

Health Science Research Centre, University College Lillebaelt and University of Southern Denmark

PhD Ann Rudman / Professor Lena von Koch

Karolinska Institutet, Department of Neurobiology, Care Sciences and Society, Stockholm

Associate professor Natalja Istomina

Klaipeda University, Faculty of Health Sciences, Klaipeda

Professor Berit Rokne

University of Bergen, Department of Global Public Health and Primary Care, Bergen

Professor Sascha Köpke / Professor Katrin Balzer

University of Lübeck, Medical Faculty, Nursing Research Unit, Lübeck

Adjunct professor Anna Axelin

University of Turku, Department Nursing Science, Turku

14:00–14:30

Discussion about which research ideas to work on

14:30–15:00

Coffee break

15:00–16:00

Small group work: Generating and developing collaborative research ideas *Chairs: Anna Axelin & Lisbeth Rosenbek Minet*

16:00–16:30

Group work presentations and discussion about the next steps

*A few minutes is allocated for each presentation

16:30–17:00

Closing and the invitation to the next Summer School 2017

Preliminary schedule for the PhD student presentations

Wednesday, June 8, 2016

- 16:20–16:40 SWE Experiences of using ICT within the first year after stroke – A grounded theory study *Martha Gustavsson*
- 16:40–17:00 DEN Elderlies' process of becoming a user of assistive technology *Stina Meyer Larsen*
- 17:00–17:20 DEN Everyday life with rheumatoid arthritis. Understanding patients' perception of illness, treatment, gender, body, sexuality and social life in an outpatient setting. A mixed methods study *Laila Twisttmann Bay*
- 17:20–17:40 DEN Identifying “sence of coherence” and client-centredness as indicators for the efficacy of an occupation-based intervention for patients with hand-related injuries *Alice Ørts*
- 17:40–18:00 FIN The role of self-care activities on positive and negative health and its influencing factors among patients with type 2 diabetes *FangFang Zhao*

Thursday, June 9, 2016

- 8:20–8:40 FIN The choice of hospital in Finnish specialized medical care – The perspective of elective surgical patients *Anne Isotalo*
- 8:40–9:00 LTU Information needs for perioperative decision making of patients undergoing digestive tract surgery *Lina Šakienė*
- 9:00–9:20 FIN Patient empowerment and recovery in orthopedic care *Arja Pekonen*
- 9:20–9:40 GER Sleep disturbances in nursing home residents with dementia: prevalence, challenges and non-pharmacological approaches *Denise Wilfling*
- 9:40–10:00 SWE “It is my party” – Eldercare challenges towards a person-centered approach *Margarita Mondaca*
- 10:20–10:40 DEN Interdisciplinary rehabilitation in adult patients with glioma *Anders Hansen*
- 10:40–11:00 DEN Early initiated individualized physical training in newly diagnosed patients with multiple myeloma: effects on physical function, physical activity, quality of life, pain, and bone disease *Rikke Faebo Larsen*
- 11:00–11:20 GER Effectiveness of an aromatherapeutic nurse led intervention to promote sleep in the critically ill *Susanne Krotsetis*
- 11:20–11:40 FIN Mentoring in final clinical practice – Facilitating the transition from a nursing student to registered nurse *Anu-Marja Kaihlanen*
- 11:40–12:00 FIN Competence in personalized anaesthesia nursing care *Yunsuk Jeon*

Preliminary program: Friday, June 10, 2016 – Only for the Advisory Board

8:00–9:30 Planning of the collaborative research

9:30–10:00 **Coffee break**

10:00–11:00 Funding options for research
*Olaf Svenningsen, Senior Consultant and Head of Southern
Denmark Research Support*

11:00–12:00 Next steps

