Occupational Therapy in Estonia & Terminology project



Karin Lilienberg, MD, MSc Hanna-Maria Põldma, MA

Karin Lilienberg, MD, MSc

- 2015 Member of the external evaluation expert group of the occupational therapy study programmes in Lithuania
- 2010–2014 Board member of the European Network of Occupational Therapy in Higher Education (ENOTHE)
- 2013-... Member of the Estonian Occupational Therapist professional committee
- 2006–2009 President of the Academical Association of Estonian Occupational Therapists
- 2005-... Head of the chair of occupational therapy, Tallinn Health Care College
- 1 1986-2002 Research worker in Estonian Cardiology Institute

Hanna-Maria Põldma, MA

- 2015 Lecturer-assistent, chair of occupational therapy
- □ 2014 MA, Tallinn University
- 1 2009 Ltd Aarika; Occupational therapist
- 1 2007 Teacher, chair of occupational therapy, Tallinn Health Care College
- 2005 Occupational therapy curriculum,
 Tallinn Medical School

Some facts about Estonia

- § Population: 1,31 million (1.01.2015)
- § Capital: Tallinn
- § Area: 45.339 km²
- 8,6 % with disability
- 1 60% 63 year old and older
- 1 5000 children with disability

Ethnic composition in Estonia

1.01.2013 http://www.stat.ee/

- All ethnic groups: 1 315 819 (1.01.2014)
- Estonians: 898 845 (69,9%)
- Russians: 324 431 (25,2%)
- Ukrainians: 22 368 (1,7%)
- Belorussians: 12 327 (1,0%)
- Finns: 7 311 (0,6%)
- Latvians: 1 748 (0,14%)
- Lithuanians: 1 694 (0,13%)



More facts

- Official language Estonian
- National flag tricolor
- National flower cornflower



- National bird swallow
- National stone limestone
- National fish baltic herring

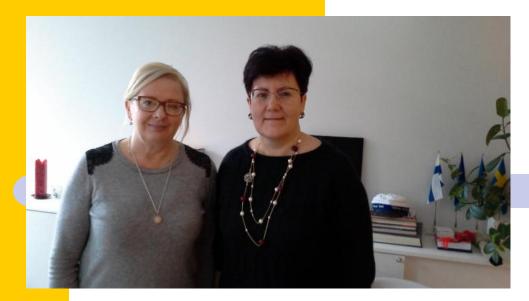




Tallinn Health College

www.ttk.ee

- Nurse (3 years 6 months)
- Midwife (4 year 6 months)
- Dental techincial (3 year 6 months)
- Optometrist (3 year 6 months)
- Pharamcist (3 year)
- Occupational therapist (4 year)
- Health promotion specialist (3 years)









Education of Occupational Therapy in Estonia

- 2000 Occupational therapy education in Estonia started
- Level Professional higher education
- Total amount 240 ECTS, 4 yrs of study

Occupational therapy history in Estonia

- Co- operation with the Swedish Association of Occupational Therapists since 2002
- Partnership project to provide Estonian medical doctors with the education necessary to become occupational therapists and to teach students in the on going O. T. Programme
- Leaders Inga Britt Lindrströn, Inga-Britt
 Bränholm, Chris Kerstin Henriksson

Study programme consists of 11 modules

- Foundation knowledge and skills of occupational therapy
- Occupational therapy for children and youth
- Occupational therapy for adults of working age
- Occupational therapy for elderly
- Pre-diploma practical training
- Research methods and development work
- Professional development
- Human health condition
- Optional subjects
- Elective subjects
- Final thesis

Helsinki Metropolia UAS
International Week in Well-Being
Tallinn Health Care College
15.3,2016

Occupational therapy graduates of Tallinn Health Care College



Altogether 98 occupational therapists have graduated Tallinn Health Care College

2004 – 2009 / 48 OT-s graduated

2010 – 2015 / 50 OT-s graduated

Helsinki Metropolia UAS
International Week in Well-Being
Tallinn Health Care College
15.3.2016

As we know.....

- Occupational therapists use specialized knowledge to help individuals perform daily living skills and achieve maximum independence.
- Question is: where do these people work?
- How many we have these people?
- How many specialists we need for that?

Occupational therapists in Estonia



Working places of OT:

Rehabilitation centers
(RC)
Hospitals
Technical aids centers
Nursing homes
Children's homes
Youth Centre
Educational
institutions
Freelancers





Break

15-30 min?

Research methods and development work

- Professional development work
- Research methodology
- Data analysis
- Term paper
- Project for final paper
- Professional English

Helsinki Metropolia UAS
International Week in Well-Being
Tallinn Health Care College
15.3.2016

Applied research

Creating Uniformity in Estonian Occupational Therapy Terminology

Objectives

The aim of the research is to clarify around 30 concepts and find consensus terms in Estonian language to apply them both in professional education and practice field.

Methods

- In 2012 occupational therapy lecturers chose appropriate concepts for the survey and in 2013- 2015 the students were enrolled.
- Literature review and a survey in the SurveyMonkey® web environment were conducted.

Methods (2)

- Questionnaire was sent to 94 Estonian OTs,46 replied.
- Survey results were analysed in qualitative and quantitative method using descripive statistics and inductive content analysis.

Methods (3)

- Research group of specialty and language lecturers analyzed the results and developed appropriate terms in Estonian language. In the next stage, the Estonian Association of Occupational
- Therapists and the Institute of Estonian Language are involved in the research.

Terms

Action, Activity, Activity Occupational demands, Areas of performance

occupation, components/

Assessment, Autonomy, performance skills,

Dependence, Occupational setting,

Empowerment, Occupational therapy

Enabling, Engagement, intervention,

Environment, Performance context,

Evaluation, Performance patterns,

Independence, Spirituality, Task,

Interdependence, Volition

Occupation,