

# Occupational Therapy in Estonia & Terminology project

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# 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
- | 1986-2002 Research worker in Estonian Cardiology Institute

# Hanna-Maria Põldma, MA

- | 2015 – Lecturer-assistent, chair of occupational therapy
- | 2014 – MA, Tallinn University
- | 2009 – Ltd Aarika; Occupational therapist
- | 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 km<sup>2</sup>
- | 8,6 % with disability
- | 60% 63 year old and older
- | 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](http://www.ttk.ee)

- | Nurse (3 years 6 months)
- | Midwife (4 year 6 months)
- | Dental technician (3 year 6 months)
- | Optometrist (3 year 6 months)
- | Pharmacist (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

# 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

# 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 descriptive 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 demands, Areas of occupation, Assessment, Autonomy, Dependence, Empowerment, Enabling, Engagement, Environment, Evaluation, Independence, Interdependence, Occupation, Occupational performance components/ performance skills, Occupational setting, Occupational therapy intervention, Performance context, Performance patterns, Spirituality, Task, Volition