Health promotion in the health care services

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University College in Sør-Trøndelag, Faculty of Nursing

The Research Centre for Health Promotion and Resources, HiST/NTNU
Health promotion in the health care services

Background information:

• Factors that determine health (salutogen factors) are seldom the same as the factors that cause disease (pathogen factors).

• Promoting health is therefore different from avoiding disease.

• A comprehensive understanding of health involves knowledge on both health promoting and disease-preventing factors.

• Focus on physical, psychological, social and existential dimensions.
Health promotion in the health care services

Background information (cont.):

• In our society, as in most of the world, the population is rapidly aging, implying more people with complex ill-health conditions.

• More people suffer from chronic disorders and psychosocial impairments.

• Such non-communicable diseases represent a potential burden for the individual, as well as an economic burden for the society.
Health promotion in the health care services

Background information (cont.):

• Thus, in recent years, both national and international authorities have acknowledged the necessity of incorporating health promoting strategies into the public health policies.

• In order to successfully deal with the coming health challenges, a reorienting of the health care services in a health promoting direction is needed.

• Such a reorientation represents a complementary approach for how to work with health, ensuring the quality of people’s life.

• Health promotion can influence quality of life.
Our research group at The Sør-Trøndelag University College (HiST), focuses on health promotion through the life course.

Assisting healthy individuals stay healthy and helping chronically ill live well and experience meaningful lives.

Health promotion has been a main strategic research program at our university college since 2006.

Health promotion is a main topic in our bachelor program and in several of our post-graduate courses in nursing.
Health promotion in the health care services

Research focus in the area of health promotion in the health care services is on:

- Promotion of positive health and well-being among both children and adults that live with a serious or chronic disease such as:
  - cancer survivors
  - coronary heart diseases
  - rheumatic diseases
  - musculoskeletal diseases
  - COPD
  - people in nursing homes
Health promotion in the health care services

Context

Research-Based Knowledge

Experience-Based Knowledge

Evidence-Based Practice

User Knowledge and User Participation

Jamtvedt et al. 2004
Health promotion in the health care services – Group members

14 members

- Beate Andre
- Ingvild Aune
- Mary-Elizabeth
- Gørill Haugan
- Line Oldervoll
- Sigrid Nakrem
- Geir Tore Stensvik (PhD stud)

- Kjersti Grønning
- Ola Bratås
- Unni Karin Moksnes
- Randi Reidunsdatter
- Toril Rannestad (Professor)
- Vigdis Schnell Husby
- Gerd Inger Ringdal
Publications
Scientific and popular scientific articles:

Accepted; planning; first author and second author

- Beate Andre: 12
- Ingvild Aune: 15
- Mary-Elizabeth: 8
- Gørill Haugan: 20 (plus book)
- Line Oldervoll: ?
- Sigrid Nakrem: 3
- Geir Tore Stensvik: PhD Student

- Kjersti Grønning: 4 (2 media)
- Ola Bratås: 1
- Unni Karin Moksnes:
- Randi Reidunsdatter: 4
- Toril Rannestad (Professor): 2
- Vigdis Schnell Husby: ?
- Gerd Inger Ringdal: 6
Presentations

Oral and posters:

- Beate Andre: 6
- Ingvild Aune: 4
- Mary-Elizabeth: 11 (4 invited)
- Gørill Haugan: 4
- Line Oldervoll: ?
- Sigrid Nakrem: 1
- Geir Tore Stensvik: PhD Student

- Kjersti Grønning: 2 (1 invited)
- Ola Bratås: 0
- Unni Karin Moksnes:
- Randi Reidunsdatter: 5 (3 invited)
- Toril Rannestad (Professor): 2 (invited)
- Vigdis Schnell Husby: ?
- Gerd Inger Ringdal: 2
Research Collaboration/Network

- **Toril Rannestad** (Professor, Women and cancer survivors, quality of life)

- **Beate Andre**: Trondheim municipality; St. Olavs University Hospital; NOVO; Bjugn Municipality - (positive work experience; nursing documentation, elderly; welfare technology, palliative care)

- **Mary-Elizabeth**: Clinical Cancer Epidemiology research group, at the Karolinska Institutet, Sweden; Department of Children’s and Women’s Health, St. Olavs University Hospital, Trondheim; Institute of Psychology, NTNU; COST (Autism); Uppsala, Mid-University, Sweden (Midwife project); National Network for cancer rehab - (children/adolescents and young adults, cancer, survivors, parents, siblings and relatives, death and dying)
Research Collaboration/Network

- **Gørill Haugan**: PRACTA (Poland project); COST (Autisme); 6 different projects with Trondheim municipality, HiST, NTNU - (Geriatric nursing; nursing homes, various research interests)

- **Kjersti Grønning**: 4 projects with St. Olavs University Hospital, HiST, TRD kommune, Latvia project (chronic diseases and social rehab) - (Rheumotology arthritis; welfare technology)

- **Randi Reidunsdatter**: possibly Poland; Røros rehab; Network for cancer rehab; St. Olavs University Hospital (late effects); St. Olavs Hospital and Trd kommune - (Radiologist, breast cancer, late effects)
Research Collaboration/Network

- **Sigrid Nakrem**: Orkdal municipality, Trondheim municipality, Homecare services, Oslo municipality. Nursing Research/ School of Nursing and Midwifery, Faculty of Health, Deakin University, Australia; Clinical Nursing and Innovation, King’s College London and Imperial College Hospitals NHS Trust, London; Institute of Aging, Inter-Institutional Program of the North Carolina - (Elderly and nursing homes; welfare technology)

- **Ola Bratås**: St. Olavs University Hospital, Heart and lung medicine, Latvia project (chronic diseases and social rehab) - (COPD)

- **Unni Karin Moksnes** Main focus on emotional health and well-being in adolescents 13-18 years, from public elementary and secondary schools in Mid-Norway. Research is mainly based on cross-sectional data from three school-based surveys (Healthy adolescents)
Research Collaboration/Network

- **Vigdis Schnell Husby** (Orthopedic research)
- **Geir Tore Stensvik** (Elderly)
- **Ingvild** (Midwife)
- **Line Oldervoll** (Physical activity, rehab)
- **Gerd Inger Ringdal** (Health psychologist, NTNU, palliative care, war trauma)
Scientific applications and projects

- Beate Andre: 7
- Ingvild Aune: 0
- Mary-Elizabeth: 4
- Gørill Haugan: 1
- Line Oldervoll:
- Sigrid Nakrem: 4
- Geir Tore Stensvik: PhD student
- Kjersti Grønning: 3
- Ola Bratås: 1
- Unni Karin Moksnes:
- Randi Reidunsdatter: 3 in planning
- Toril Rannestad (Professor): 1
- Vigdis Schnell Husby:
- Gerd Inger Ringdal: 0
Health promotion in the health care services

Evidence-based practice – Best practice

• What do we use research for?
• How can we use the knowledge from research?
• Researchers cannot verify or control that the knowledge that comes forth is used in the practical field (ex.)
Great is he who knows, but greater is he who knows where to ask

Piet Hein
Motivation and a positive environment!

To give the best possible care in every phase of life: children, adolescents, adults and the elderly!
<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Title</th>
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<tbody>
<tr>
<td>15.00</td>
<td>Mary-Elizabeth Bradley Eilertsen</td>
<td>Presentation of the research area</td>
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<tr>
<td>15.15</td>
<td>Bahrs, O.</td>
<td>Improving primary care for patients with chronic illness by Review Dialogues</td>
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<tr>
<td>15.30</td>
<td>Corbin, J.H.</td>
<td>Continuous connection, flexibility and formality: Lessons of community-academic partnership from Latinos in a Network for Cancer Control</td>
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<tr>
<td>15.45</td>
<td>Røysland, I.Ø.</td>
<td>Capability – possible in health promotion for people with unexplained chest pain?</td>
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<td>16.00</td>
<td>Mjøsund, N.</td>
<td>Mental health promotion in a hospital setting - the patients' voice</td>
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<tr>
<td>16.15</td>
<td>Robertson, E.</td>
<td>Can a philosophical approach among professionals improve and facilitate communication in Health Promotion interventions?</td>
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