



PROGRAMME - NURSES

Wednesday 5 June 2024

NLC 2024 Congress dinner

Time: 19.00

Venue: Hilton Helsinki Kalastajatorppa (address: Kalastajatorpantie 1, 00330 Helsinki)

Tickets for the dinner are sold separately

Bus transportation will be provided (from Clarion at 18.30, and back after the dinner)

Thursday 6 June 2024

Session 9: Sleep Apnea and Healthcare Technology

Meeting room: Sonck

Chair: Toni Haapa, Research Nursing Officer, Finland

8.30–8.40 Welcome words, *Toni Haapa, Research Nursing Officer, Finland*

8:40–9.00 Solutions to manage the increasing burden of sleep apnea in Helsinki and Uusimaa Hospital District, *Heidi Avellan-Hietanen, MD, Ph.D, specialist in pulmonology and allergology, Finland*

9.00–9.20 Remote group guidance for CPAP-treatment for sleep apnea patients, *Essi Matikainen, LPN, Finland and Rauno Ylismäki, RN, Finland*

9.20–9.40 Helping with mask troubles. Feeling claustrophobic and sleep apnea – difficult situation, but not impossible. Practical aspect. *Tuula Tanskanen, RN, MHD, PhD-student, Finland*

9.40–10.00 Future of Healthcare in HUS Heart and Lung center, *Ella Norros, RN YAMK, Finland*

10.00–10.30 *Coffee break*

10.30–11.30 Panel discussion “The Future of Healthcare Technology”

Chair: *Head Nurse Hanna Immonen, Finland*

Ella Norros, RN YAMK, Finland; Bryndís Halldórsdóttir, RN, MSc, Iceland; and Jukka Grip, RN, technology specialist, Finland

11:30-12:30 *Lunch*

Session 10: Palliative Care and Quality of Life

Meeting room: Sonck

Chair: Simen Steindal, RN, PhD, Professor, Norway

12.30-12.50 The use of non-invasive ventilation in palliative care of patients with COPD, *Simen Steindal, RN, PhD, Professor, Norway*

12.50–13.10 Palliative care for patients with respiratory diseases, *Birgit Refsgaard Iversen, RN, PhD and PostDoc, Denmark*

13.10–13.30 Supporting relatives with patient on palliative care, *Minna Hökkä, RN, YAMK, PhD, Finland*

13.30–13.50 A patient with cancer receiving palliative care - assessment, monitoring, and management of dyspnoea provided by a nurse, *Johanna Kero, RN, MSc, PhD-student, Finland*

13.50–14.10 Home mechanical ventilation - initiation and end of treatment; partnership- and family-based nursing practice. *Bryndís Halldórsdóttir, RN, MSc, Iceland*

14.10-14.15 Comments & Questions

14.15–15.00 Coffee break and posters

Session 11: Asthma and COPD

Meeting room: Sonck

Chair: Päivi Puranen, clinical nursing specialist, Finland

Klo 15.00-15.20 PEF remote monitoring in asthma treatment, *Hanna Hovi, RN, YAMK, Finland*

15.20-15.40 Definition, assessment and management of uncontrolled asthma, *Caroline Stridsman, RN, PhD, Associate professor, Sweden*

15.40–16.00 Self-management education for patients with copd, *Kaisa Ojala, RN, MDH, Finland and Minna Puolakka, RN, Finland*

16.00-16.20 Final words and comments

Welcome reception hosted by the City of Helsinki

Time: 18.00-19.30

Venue: Helsinki City Hall (address: Pohjoisesplanadi 11-13, 00170 Helsinki)

Included to all registered attendees. Requires separate registration.

Friday 7 June 2024

10.00-14.00 Visit to Meilahti Triangle Hospital and Filha (light lunch included)

10.00-12.00 Meilahti Triangle Hospital (Group 1 and 2) and Filha (Group 3 and 4)

12.00-14.00 Meilahti Triangle Hospital (Group 3 and 4) and Filha (Group 1 and 2)