1st International Conference on Palliative Nursing 2016
- theories, research, practice and developing
24–26 August, 2016, Helsinki, Finland
Submit your abstract now!

ONCOLOGY NURSING ASSOCIATION OF FINLAND

The Finnish Nurses Association for Palliative Care

Fioca
The Finnish Nurses Association Education and Publishing Company
Dear colleague,

The first International Conference on Palliative Nursing will be held in Helsinki, Finland, from 24–26.8.2016. As presentative of the Finnish Nurses Association, Fioca Education and Publishing Company, the Finnish Association for Palliative Care and Oncology Nursing Association of Finland has the pleasure to invite you to take part in the conference.

The themes of the conference span the following complex issues: Patient and family at the center of Palliative care; Encounter, grief and empowerment; Developing and innovations; Quality and evaluation. The programme consists of oral presentations and poster presentations.

The World Health Organization defines palliative care as an approach that improves the quality of life of patients (adults and children) and their families, who are facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and correct assessment and treatment of pain, and other problems, whether physical, psychosocial or spiritual.

The WHO estimates that, worldwide, some 20 million people need end-of-life palliative care services each year, and just as many people are believed to need palliative care in the year before death, making an annual total of about 40 million people. It is estimated that 20 million people need palliative care at the end of their lives.

The UN Committee on Economic, Social and Cultural Rights had included palliation as part of the right to health, and palliative care has been recognized by the WHO through the resolution: Strengthening of palliative care as a component of integrated treatment throughout the life course.

We hope that you will find the conference themes and programme diverse, rich and stimulating. We welcome you to combine an interesting meeting with the experts on palliative care and nursing as well as a refreshing summer trip to Helsinki.

Welcome to Helsinki!

Organizing committee
1st International Conference on Palliative Nursing 2016

Palliative Nursing 2016

Conference themes

Main theme
Patient and family
at the center of Palliative Care

Sub-themes
Encounter, grief and empowerment
Developing and innovations
Quality and evaluation
Members of Conference Scientific Committee

Päivi Åstedt-Kurki
(Chair), PhD, RN, Professor, Chair in nursing science, University of Tampere, School of Health Sciences, Nursing Science Pirkannaa Hospital District, General administration, Finland

Marja Kaunonen
PhD, RN, professor, vice dean, School of Health Sciences, University of Tampere, Finland

Varpu Lipponen
Ph.D. Nsc., M.A., Principal Lecturer, Tampere University of Applied Sciences, Finland

Jari Kylmä
PhD, RN, RMHN, RNT, University Lecturer, School of Health Sciences, Nursing Science, University of Tampere, Finland

Tiina Surakka
PhD, RN, Managing Director, Cancer Society of Southwest Finland, Turku

Helena Erjanti
PhD, RN, Lic.in Nursing Science, MEd, Counselor of Education, Finland

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Tanja Vahvelainen
RN, MJD, MBA, training manager, Fioca

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Maria Vajavaara
RN, Head nurse, Palliative department, Helsinki University Hospital, Cancer center

Henna Myller
RN, M.Sc.N, Head of Education, Karelia University of Applied Sciences, Chair, Finnish Oncology Nursing Association

Mira Pajunen
RN, Head Nurse, Municipality of Sipoo, member of government The Finnish Association for Palliative Care

Organizing committee

Helena Erjanti
PhD, RN, Lic.in Nursing Science, MEd, Counselor of Education, Finland

Mirja Sisko Anttonen
RN, Nursing Director, Terhokoti, chairman of The Finnish Association for Palliative Care

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Mirja Sisko Anttonen
RN, Nursing Director, Terhokoti, chairman of The Finnish Association for Palliative Care

General organizing and information
Tanja Vahvelainen, Fioca. email: tanja.vahvelainen@fioca.fi

Advertiser
Would you like to show your products and have visibility? We offer you a chance to be seen: place your company’s logo and description on the event’s web-pages and abstract book. Do not hesitate to contact us: tanja.vahvelainen@fioca.fi

Exhibitors
Exhibition stand size is 3m x2m (floor space). All the exhibitors get their company logo on the conference web pages and in the abstract book. To find out more and register see: www.nurses.fi

Conference bag inserts
If you wish to have an item placed in the conference bag, please contact us: tanja.vahvelainen@fioca.fi
Helsinki is famous for its natural beauty, theatres, sporting activities and modern architecture by Alvar Aalto. For more information www.visithelsinki.fi

Conference venue

The conference venue is the Scandic Marina Congress Center, which is situated within walking distance from the city centre. Accommodation is easy to arrange at the Scandic Grand Marina across the street.

Capital of Finland Helsinki

Helsinki is a city with five universities and four universities of applied sciences. Helsinki is safe to visit. It is a modern city with over half a million residents and is situated on the Baltic Sea. Helsinki is famous for its natural beauty, theatres, sporting activities and modern architecture by Alvar Aalto. For more information www.visithelsinki.fi

Travel connections

Helsinki is easily reached from most parts of the world. Most visitors to Finland arrive at and depart from Helsinki, and Helsinki-Vantaa International Airport, 19 kilometres to the north of the city, is the biggest international airport in the country, with flights to destinations throughout Finland, Europe, America and the Far East. There are daily cruise ferry connections between Stockholm and Helsinki, operated by the Silja-Tallink and Viking Lines.
Call for abstracts

Abstract submission deadline 29st of February 2016

• Participants who wish to present their paper or posters must submit abstracts by the end of February 2016. Abstracts may be submitted only electronically by using the online form www.nurses.fi.
• Abstracts submitted via fax or email will not be accepted.
• All abstracts must be submitted and presented in English. The abstract text may not be longer than maximum 300 words.
• Please note that submitting an abstract for presentation does not constitute registration for the congress.

Abstract review

Abstracts will be subject to a blind peer review by at least 2 members of the Scientific Committee and external experts and may be selected for oral or poster presentation (or may be rejected).

The following criteria will be used in the evaluation of the abstracts – both research abstracts and abstracts describing development projects:

1. Richness of the contents related to the topic of the conference
2. Methodological quality and integrity related to the methods used in research or development projects
3. Clarity of the contents
4. Applicability of the findings or results
Notification of acceptance

All applicants will be notified of acceptance for presentation at the end of April 2016. Further details will be sent to you at the end of June 2016 giving the time, type of session and place of accepted presentations.

Registration of presenting authors

We encourage authors to register via the online registration system www.nurses.fi as soon as they receive information notification of acceptance. Transportation and accommodation are the responsibility of the participant.

All authors accepted for presentation must register before the end of May in order to confirm their presentation. Failure in this will lead for losing of presentation slot.

Conference registration fees

**Early Bird** Registration Fee until 30th of April 2016  555,00 €  
**Standard** Registration Fee until 31st of July 2016  745,00 €  
**Late** Registration Fee after August 16th of August  850,00 €

All registration prices are in euros. Prices are not incl. VAT 24%. All the prices include conference fee (all the sessions), abstract book, breakfast, lunch and afternoon coffee.

Cancellation of registration

- Cancellation received before or on April 30th of 2016 - Full refund, a cancellation fee of EUR50 per registration will be charged.
- Cancellation received between April 30th and 31st of July 2016 - 50 % refund will be given.
- There will be no refund for no-shows.
I am currently a professor in caring science at the Linnaeus University and since 2013 I am also the scientific leader and director for the Center for Collaborative Palliative Care. The Center is collaboration between the Linnaeus University, Kronoberg County Council and the eight municipalities in the Kronoberg region in Sweden.

Our main funding comes from the Kamprad Family Foundation. This research milieu is integrated with a family-focused nursing perspective. Our research program targets the challenges to describe how persons may live a dignified life in spite of advanced illness from a patient-family member-family and staff perspective.

These data will then be the foundation for clinical implementation studies to improve quality of care. In addition, an educational intervention in palliative care to staff has been developed to support clinical care quality improvement in collaboration with patients, family members, staff, managers and researchers.

The education is offered to all staff in the community care, home care and hospital care. In this way we can together build sustainable strategies for knowledge improvement in palliative care and support quality of life and care involvement for patients and family members.
Nancy S. Hogan is a distinguished professor of nursing at Loyola University, Chicago Illinois. Her practice and research has focused on the end-of-life trajectory and care of bereaved families.

This work has included the development of empirically generated end-of-life theories and bereavement theories as well as the development and psychometric testing of the Hogan Grief Reaction Checklist for adults, the Hogan Inventory of Bereavement for children and adolescents, the On-Going Attachment Scale and the Inventory of Social Support.

The Grief to Personal Growth Theory study, using structural equation modeling, showed that, over time, bereaved tissue donor families experienced despair that lead to intrusivity of thoughts and feeling and to cope and in the presence of effective social support the bereaved person experienced a transformation toward personal growth as an outcome of the bereavement process.

Dr. Hogan and her colleagues recently published a funded, 5 year longitudinal mixed method study, of the effects over time on variables grief, post traumatic stress, on-going attachment and personal growth on donor family member’s bereavement process.

She is a Fellow of the American Academy of Nursing and has served as a board member of the Association of Death, Education and Counseling. Currently, she is a board member of the International Work Group on Death, Dying and Bereavement.

Recently, she was invited to be an opponent at the Karolinska Institutet for a doctoral defense. She was a visiting professor at the Tampere University of Applied Sciences where she taught doctoral research courses and has published in several publications Finnish nursing books.

Anneli Vainio has published scientific papers on the clinical pharmacology of opioids, epidemiology of pain, and on symptoms in palliative care.

She is the author of text books and chapters on chronic pain, suffering in pain and palliative care, and cultural aspects of both subjects. Dr Vainio lectures and makes presentations on suffering and cultural aspects of therapy-resistant chronic pain problems.
Keynote Speakers

Tiina Saarto
Professor of palliative medicine, Helsinki University, Chief Physician of the Helsinki University Central Hospital, Cancer Center, Department of Palliative care, Finland
• Board Member of the European Association for Palliative Care (EAPC) 2011–

Tiina Saarto is a docent of clinical oncology and a professor of palliative medicine. She has been working at the Cancer Center of Helsinki University Central Hospital for 25 years first as a clinical oncologist, but during the past 16 years she has been in charge of palliative care and recently working as a chief physician in the department of palliative care. She was an acting professor of palliative medicine in Tampere University 2011-2013 and since 2014 a professor of palliative medicine in Helsinki University.

She received diploma of Nordic Specialist Course in Palliative Medicine (NSCPM) 2005 and worked as a member of the steering committee of NSCPM from 2005 to 2011. Professor Saarto has been developing special competence in for palliative medicine in Finland and recently she has been working with undergraduate curriculum for Palliative Medicine at Helsinki University. Since 2011 professor Saarto has been a board member of the European Association for Palliative Care (EAPC) with a special interest of early integration of palliative care into oncology.

Her research interests are the palliative care of cancer patients, in particular the quality of life and rehabilitation, and organisational issues of integration of palliative care into the Finnish health care system. She has supervised three doctoral thesis and have 7 PhD students.
Keynote Speakers

Jürgen Osterbrink
Univ. Prof. Dr. Dr. h.c. Ph.D., MN, RGN
Professor and Dean
Institute of Nursing Science
Vice Dean for Academic Affairs
Paracelsus Medical University, Salzburg, Austria

Professor Osterbrink is a registered general nurse who has specialised in intensive care and anaesthesia as a Registered Nurse Anaesthetist (RNA). He holds a Master’s degree in nursing and health promotion from the University of Glasgow (UK) and a PhD in public health and nursing sciences from the University of Leuven (Belgium). In 2010 he was awarded an honorary doctor’s degree of the University of North Florida, Jacksonville, USA.

Since 2007 he has been Professor and Dean of the Institute for Nursing Science at the Paracelsus Medical University in Salzburg, Austria. Since 2003 he has also been Professor (Tenure) for Nursing Sciences at the University of North Florida, Jacksonville, USA.

Professor Osterbrink is a member of various advisory boards for journals and for educational and clinical initiatives. He has published over 50 articles and book chapters. Since 2013 he is a member of the board of Directors of the ICN.

Professor Osterbrink’s research interests are pain management and also standardisation of pain therapy in hospital settings. He is Scientific Director of the German Pain Standard, which is state-of-the-art for the nursing profession in Germany (www.dnqp.de). Professor Osterbrink is also Principal Investigator of the project ‘Schmerzfreie Stadt (Painfree Town) Münster’, which has been developed as a pre-posttest design, multiprofessional by involving all hospital of a community, all nursing homes and all outpatients facilities in a middle sized town in Germany. (www.schmerzfreie-stadt.de).
## Preliminary Programme

Coffee and tea will be served continuously and free.

### I day 24.8.2016 Wednesday

**I day** 32 oral presentations + 2 keynotes

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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>9.30</td>
<td>Opening ceremony</td>
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<tr>
<td></td>
<td>Jussi Makkonen, cello and Nazig Azezian, piano</td>
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<tr>
<td>9.00–09.15</td>
<td>Chairman opens</td>
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<tr>
<td>09.15–10.00</td>
<td>KEYNOTE</td>
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<td>Jürgen Osterbrink, Painfree town - an innovative concept for Palliative Care Nursing</td>
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<tr>
<td>10.00–10.30</td>
<td>Coffee and posters</td>
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<tr>
<td>10.30–11.30</td>
<td>4 Parallel sessions</td>
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<td>11.30–13.00</td>
<td>Lunch and posters</td>
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<td>13.00–14.00</td>
<td>4 Parallel sessions</td>
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<td>14.15–15.00</td>
<td>4 Parallel sessions</td>
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<td>15.00–15.45</td>
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<td></td>
<td>Nancy S. Hogan, Palliative care and it’s Impact on the grieving process</td>
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### II day 25.8.2016 Thursday

**II day** 48 oral presentations + 2 keynotes

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<tr>
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<td>14.15–15.15</td>
<td>4 Parallel sessions</td>
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<td>15.30–16.15</td>
<td>KEYNOTE</td>
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<td></td>
<td>Tiina Saarto, Early integration of Palliative care in Oncology</td>
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### III day 26.8.2016 Friday

**III day** 32 oral presentations + 2 keynote. 112 oral presentations + 6 keynote.

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<td>9.00–09.15</td>
<td>Chairman opens</td>
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<td>14.00–14.15</td>
<td>Coffee and REMOVE of posters</td>
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<td>14.15–15.00</td>
<td>KEYNOTE</td>
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<td>Anneli Vainio, Multicultural Aspects of palliative Care</td>
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<tr>
<td>15.00</td>
<td>Closing ceremony</td>
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Conference themes

Main theme
Patient and family at the center of Palliative Care

Sub-themes
Encounter, grief and empowerment
Developing and innovations
Quality and evaluation

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