

Tuula-Maria Rintala

BIOG

Tuula-Maria Rintala, working as a Principal lecturer (The development of clinical nursing) at Tampere University of applied sciences.

Education: RN 1983, Specialised Nurse 1985, MNSci 1994, PhD 2014

Work experience: Nurse 1983-1985, Diabetes Specialised Nurse 1985-1990, Nursing lecturer 1989-2016, Principal Lecturer 2017-

Interests: the development of diabetes education, the development of postgraduate diabetes education for nurses, multi-professional diabetes care and education.

Hobbies: reading detective stories, knitting, swimming.

ABSTRACT

DIGIDIA project Finland

DIGIDIA-Promoting digital skills of diabetes patients in the low labour market position. The project is co-funded by European Union and implemented in cooperation with four organisations; Tampere University of Applied Sciences, The Finnish Diabetes Association, the City of Tampere and the Finnish Institute for Health and Welfare . The duration of the project is from 1.10.2021 to 31.8.2023.

The target group of our project are patients with the risk for type 2 diabetes, with prediabetes or with type 2 diabetes (onset <12 months) in the low labour market position

The project is divided three parts: 1. To promote the ability to utilize social and healthcare digital services, 2. To develop literacy to strengthen involvement and 3.To strengthen the integration of the actors of social and healthcare, municipalities, and civil society.

During the project, we are arranging **workshops** to the target group. Themes of workshops are; digital skills, health literacy and the evaluation of the development in those.

Digital platform is built to develop health literacy & genomic knowledge, to strengthen healthy lifestyles, To strengthen involvement and motivation and to increase digital skills and information literacy.

We are also planning the **model of individual counselling**. Provisionally, the model includes three parts; the active recognition of the type 2 diabetes risk, the recognition of health literacy and digital skills, and different ways of education.

The **integration of different actors** starts with the workshop and continues with Delphi-method.