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BIOG

working as a Principal lecturer (The development of clinical nursing) at Applied Research Center 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 update

DIGIDIA-Promoting digital skills of diabetes patients' in the low labour market position. The project is co-funded by European Union. The duration of the project is from 1.10.2021 to 31.12.2023.

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 has three targets: 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 have arranged **workshops** (three different themes) to the target group. Themes of workshops were; digital skills, health literacy and the evaluation of wellbeing and skills. According to the feedback workshops helped participants to get to know digital systems and in using digital health services. 81% of the participants used new electronic health-related services during the project.

The Digital learning platform is now ready to develop health literacy & genomic knowledge and to strengthen healthy lifestyles. 95% of the participants agreed that tests and assignments offered new perspectives on one's own lifestyle. Respondents appreciated website's clarity, relatability, user-friendliness and visual lightness.

During the project we also tested **remote receptions** and all but one think that video-directed reception suited them well. 87% of the participants would definitely like to use it again.

The model of integration (target 3) is still in process.