



# HPH Autumn School in Estonia 2013

## „Strengthening the Partnership between Public Health and Health Care System for Better Value and Sustainability“

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### Introduction:

From September 30 to October 1, 2013, the Estonian HPH Network held a HPH Autumn School in Tallinn, Estonia, titled „Strengthening the Partnership between Public Health and Health Care System for Better Value and Sustainability“. The event was co-hosted by the Health Promotion Administration, Ministry of Health and Welfare in Taiwan. Lectures and participants from Estonia (60 persons), Taiwan (9 persons), Germany (1 person), Finland (3 persons) and Lithuania (7 persons), altogether 80 persons, contributed to the program and support, sharing and learning from “Good practice” examples in the implementation of health promotion in hospitals and health services.



### Methods:

One of the main strength of the HPH schools and the HPH teaching activities are the possibility to tailor and fit the schools into the situation, needs, and requests of the local host. The aim of the school was to promote the possibility of hospitals and health services to do more for public health (1), to provide health promotion in mental health settings (2), age-friendly health care (3) and implementation of tobacco free health services (4).



Hartmut Berger

### Results:

1) A „health promoting hospital or health service“ is defined as an organization that aims to improve health gain for its stakeholders by developing structures, cultures, decisions and processes. The implementation applies a setting-based approach involving the change process of the whole organization to achieve quality improvement in health promotion for patients, staff and community (Dr. Shu-Ti Chiou, Director-General, Health Promotion Administration, Taiwan)

2) Within mental health settings health promotion is widely unknown or not used as a part of all day practice. Nevertheless, there is enough knowledge about the principles and methods of mental health promotion and as well a strong evidence of successful implementation strategies. Thus it makes sense to use salutogenetic approaches within care for mental health promotion, prevention and recovery (Dr. Hartmut Berger, the Leader of Task Force on Health Promoting Psychiatric Services, Germany).

3) Older persons are important users of health care services. Developing a framework of aged-friendly health care was aimed to reduce the health service barrier of the elderly population and improve their health gain (Dr. Shu-Ti Chiou and Dr. Yu-Chen Chang, Taiwan, and Dr. Kai Sukles, Estonia)

4) Initiative for smoke-free surgery – the patient’s own motivation to stop smoking is the cornerstone of smoke-free surgery. Studies have shown that having surgery increases motivation to change lifestyle. Health professionals are well advised to make good use of this sensitive period. A great deal is achieved if they, with help of smoke-free surgeries, at least manage to decrease wound, cardiovascular and pulmonary complication and need for further operations (Mrs. Reetta-Maija Luhta, Coordinor of Smoking Cessation Services, Finland)



Yu-Chen Chang and Shu-Ti Chiou



Vilma Levinger and Shu-Ti Chiou



Kai Sukles and Shu-Ti Chiou

### Conclusions:

Many participants found added value from participation in the International HPH Autumn School in Estonia through getting access to contacts and interactive discussion, enabling the exchange of experiences and know-how with a wide range of interested health professionals. Hospitals had demonstrated themselves to be a powerful partner for the government in supporting the implementation of HP policies and promoting population health.



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