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# **Enhancing Community Well-being: A Health Initiative by Porin Sininauha**

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## ABSTRACT

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The content of this thesis will be about discussing the significant relation between the two aspects of mental and physical health as well as the analysis of the theoretical background. Then the knowledge acquired is utilized in an integrated format to implement a Health Issues Activity Day for the Porin Sininauha community. The holistic aspect is well captured in this project since physical health check-up is combined with mental health consultations among the patients. By reviewing the literature, the theoretical framework is developed as the emphasis is given to the bidirectional relationship between mental and physical health. The methodology used in this project is a Waterfall model, which is a sequential model of project development, and it provides a strict documentation process. Importantly, the project would also have a useful and meaningful learning experience as participants for the nursing students of Satakunta University of Applied Sciences. The students will be able to get a hands-on experience of how they can help students with mental health issues and health checkups in reality.

The strict evaluation process evaluates the project at every stage to check whether the set objective is completed to the set ethical standard. The 'Check Your Summer Fitness' activity day exemplifies a concrete manifestation of this campaign. There were so many activities at this event for instance; health checkups, free consultations from health professionals, and some fun activities all aimed at the provision of a healthy and cheerful environment.

In conclusion, this thesis is an appropriately structured healthcare intervention plan that targets Porin Sininauha's population. Given the focus on increasing mental health support and empowering a person to take responsibility for their health, the project has a great potential for long-lasting change.

**Keywords:** mental health, physical health, interconnectedness, health promotion, community well-being, Health Issues Activity Day, Porin Sininauha

## LIST OF ABBREVIATIONS

COPD- Chronic Obstructive Pulmonary Disease

WHO- World Health Organisation

TENK- The Finnish National Board on Research Integrity

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## 1 INTRODUCTION

The interconnectedness of mental and physical well-being is acknowledged, emphasizing the understanding that addressing mental health issues significantly contributes to overall health outcomes. Implementing health checkpoints, including blood pressure, saturation, and blood glucose measurements, is firmly rooted in preventive care theories, focusing on early detection and intervention to maintain or improve health status (Higgins & Kristofersson, 2022).

From a practical standpoint, the topic's relevance to nursing becomes apparent as it directly influences the well-being of individuals within the Pori Sininauha community. Pori Sininauha has been dedicated to pursuing human dignity since its establishment in 1965, embodying a profound commitment to supporting individuals throughout various life situations. Rooted in the mission to walk alongside people, the organisation provides hope, joy, and opportunities for a fresh start. As a dependable and progressive organization, Pori Sininauha can be described as a renowned and reputable developer of social and employment services in the Satakunta region. Central to their operations are values that underscore their commitment to human dignity and uniqueness, treating everyone with equal respect and compassion (-Pori Sininauha, 2024).

The organization strongly promotes social justice, which gives it a rather loud voice to the voices of those who are excluded from social communication. Pori Sininauha is not only as a symbol of support but also as an active participant in social transformation, acting in accordance with the goals of sustainable development.

In other words, Pori Sininauha is not just about, it is a user-led organization that aims at empowering people, fight discrimination, and create a positive change in society thanks to its wide-ranging and empathetic attitude (- Porin Sininauha, 2024). Integrating mental health support and health checkpoints provides an immediate solution for problems of the community, pursuing goals smoothly with the actualities of health care delivery systems.

By promoting a Health Issues Activity Day, evidence-based practices are supposed to be applied to converting theory into practice that contributes to the enhancement of health and to the avoidance of possible adverse effects. This practical approach is in harmony with the foundational concepts of nursing focusing on patients' needs and the overall welfare of the community (Kwame & Petrucka, 2021).

Drawing from the theoretical frameworks, the complex interconnection between mental and physical health should not be overlooked. For instance, Prince et al. (2007) and Fadlon & Nielsen (2019), also point out the interaction and intertwining, illustrating how mental health issues contribute to changes in health behaviours subsequently affecting physical health. The reciprocal nature of this is supported by similar research from the study of Elliot et al. (2012), implying that physical exercise may reduce the risk of depression.

Furthermore, the possible connections between the mental and physical benefits of focusing on health are numerous, ranging from the effect of positive mental health on decreasing the incidence of severe physical problems. On the other hand, negative mental health is associated with negative outcomes, preventing healthy behaviors and leading to negative physical health outcomes. This interrelation extends to the availability and utilization of proper health care for people with mental

illness, as described by Eisenberg et al. (2007).

It is therefore important to appreciate the various aspects of mental and physical health when developing nursing care plans. This recognition extends to the possibility of reciprocal causality, an integral aspect of theories such as allostatic load. chronic stress, physical shock, and trauma can change the body physiology and affect the endocrine systems and cortisol levels. Miller et al. (2007) and Pole (2007) identified that trauma events have consequences not only for mental health but also for physical health issues like musculoskeletal disorders.

By delving into the interconnectedness of mental and physical well-being, the study aims to establish a comprehensive understanding of the theoretical underpinnings that guide nursing practices in addressing mental health issues and preventive care. The project seeks to bridge the gap between theoretical knowledge and practical application, emphasizing the significance of integrating mental health support and health checkpoints to meet the specific needs of the Porin Sininauha community.

## 2 THEORETICAL BASIS OF THE PROJECT

To narrow down the main focus of this thesis, it is essential to clearly define the key concepts that will be the building blocks of the study. After carefully looking at the words related to our topic, the authors have singled out the most essential concepts:

### 2.1 Mental Health Support

In the contemporary landscape, mental health support intertwines with evolving wellness trends. The pursuit of wellness, as actively defined in the Oxford Dictionary, aligns with the World Health Organization's holistic vision of complete physical, mental, and social well-being (Oxford, n.d.; WHO, n.d.). However, challenges arise, particularly among the youth immersed in social media, where wellness trends often transcend into commercialized avenues. According to Malla et al. (2020), social media influencers, who assumed wellness purveyors may indirectly cause the development of such a skewed knowledge of mental health services among youth. The impact made by these influencers who promote wellness products as remedies for mental problems evokes questions about the possible influence on the perception of mental health issues by young people. However, wellness activities are important for such measures of prevention as well as the preservation of their psychological health, it is crucial that they therefore do not overshadow the paramount importance of proper interventions, especially to those with legitimate mental distress.

It is also essential to draw a clear line between the

enhancement of well-being and the provision of services. The assessment and availability of mental health services are crucial for the issue. According to the World Health Organization, the wellness models state includes generic behaviors targeting groups or communities, focused on themes such as “resilience, well-being, and support” culture (WHO, n. d.). These strategies contribute to primary nursing goals by targeting a range of factors that are associated with mental disorders. However, Malla et al. (2020) noted that these actions may not necessarily translate to a difference in the occurrence of mental disorders to stress the relevance and perpetual demand for uncomplicated mental health services. Mental health services encompass the diagnosis and management of many conditions affecting mental health and well-being, including addiction related to substances, for which they need immediate and specific management of first-ever strokes and recurrent strokes. The interplay between wellness promotion and mental health services guarantees a broad perspective on meeting people’s needs and the various mental health needs of the different population groups (Woodard et al., 2024).

## 2.2 Health Checkpoints

The holistic concept of well-being is consistent with the importance of health checkpoints and preventive actions. As Thomas A. Edison states, “The doctor of the future will give no medicine but will educate his patients in the care of the human frame, in diet, and the cause and prevention of disease” (Mikkelsen, 2006). The importance of preventive healthcare increases when considering an ageing workforce. The Act to Strengthen Health Promotion and Preventive Health Care (the Prevention Act) focuses more on primary prevention and health

promotion, putting them back in the political spotlight. People can actively contribute to maintaining their general health and well-being by implementing health checkpoints and promoting preventive actions (Wilman, 2018).

Blood pressure tests are fundamental components of health checkpoints, acting as indicators of cardiovascular health. Measuring the force of blood against artery walls, these tests help identify conditions like hypertension. The significance lies in their ability to detect and manage potential cardiovascular issues early on, reducing the risk of heart disease and related complications. Regular blood pressure checks, either during routine health checkups or using home monitors, contribute to a proactive approach to heart health, emphasizing the importance of maintaining optimal blood pressure levels (Mayo Clinic, 2022).

Oxygen saturation monitoring is crucial in health assessments, particularly for individuals with respiratory or cardiopulmonary conditions. It measures the percentage of oxygen-bound hemoglobin in the blood, providing insights into the efficiency of oxygen delivery. This metric is essential for managing patients in clinical settings, as deviations from the normal range can indicate conditions like hypoxemia. Regular monitoring with pulse oximeters aids in the timely identification of oxygen-related issues, guiding healthcare interventions and ensuring adequate oxygen levels for overall well-being (Sinha Dutta, 2021).

Blood glucose tests are paramount in health checkpoints, explicitly targeting diabetes management. These tests, including capillary and venous blood glucose measurements, screen for elevated or reduced blood sugar levels. Early detection of abnormalities enables timely interventions, lifestyle adjustments, and medical management to prevent

complications associated with diabetes. Whether part of routine checkups or conducted due to symptoms, these tests empower individuals to manage their blood sugar levels actively, the importance of dietary choices, medication adherence, and overall diabetes care. Health checkpoints incorporating blood glucose tests are crucial in promoting proactive diabetes management and overall well-being (Cleveland Clinic, 2022).

### 2.3 Holistic Nursing Care

Holistic nursing care has become integral to modern healthcare practices, emphasizing a patient-centric approach that addresses the entirety of an individual's well-being (Khasoha et al., 2020). Defined by the American Nursing Association (2015) as the integration of various principles spanning body, mind, emotion, spirit, sexual, cultural, social, energetic, and environmental aspects, holistic care strives to enhance health, foster well-being, and unlock human potential (Harrington, 2015). With a focus on patients' physical, social, spiritual, emotional, and economic needs, holistic nursing acknowledges the profound impact of illness on an individual's self-care capabilities, providing a comprehensive framework for healthcare delivery (Ventegodt et al., 2016). The goals of holistic nursing align with global aspirations of improving health, reducing suffering, and preventing illness, positioning holistic nurses as advocates for health promotion, disease prevention, and overall wellness (Ambushe et al., 2023).

### 2.4 Reciprocal Causality

Traditionally, the mind and the body have been treated as distinct entities in planning health services. However, the past

years have marked a slow change toward such a stance, to some extent owing to the development of the field of liaison psychiatry in the past two decades. Moreover, developing integrated collaborative care models has also expanded the concept of the close link between mental and physical health. However, people with dual problems of mental and physical illnesses receive less effective treatments and worse care than people who have either condition alone (Ee et al., 2020).

The issue of mental health is widespread, as a third of the population will face it at some point in their lives (WHO, 2004). Significantly, the combination of physical diseases and mental disorders is not just a coincidence. Common mental disorders, especially depression, exhibit higher prevalence rates among individuals with physical health issues, particularly those with chronic conditions like diabetes, chronic obstructive pulmonary disease (COPD), and cardiovascular disease. This coexistence amplifies the disease burden with cumulative effects on loss of function and escalates healthcare resource utilization. The presence of depression alongside a physical condition significantly heightens the risk of all-cause mortality, especially in older adults (Doherty & Gaughran, 2014).

On the other hand, available data indicates that those who have persistent mental health issues are far more likely to experience physical health issues. Remarkably, a two-decade decline in life expectancy is linked to severe mental diseases like schizophrenia, and around 32% of this population has metabolic syndrome (Lawrence et al., 2013). Mental health problems further complicate strategies for preventing and managing medical illnesses (Singh et al., 2022). Nevertheless, effective treatment of conditions like depression yields positive effects on physical functioning, reducing morbidity and mortality (Doherty & Gaughran, 2014). Simultaneously, the presence of medical

comorbidity complicates the treatment of mental illnesses, constraining both pharmacological and psychosocial intervention options.

### 3 PURPOSE, OBJECTIVES, AND TASKS OF THE PROJECT

The purpose of this thesis is to establish a link between mental and physical health by conducting a literature review and critical evaluation. In other words, the goal is to operationalize this knowledge in practice by planning and conducting a Health Issues Activity Day for the Porin Sininauha community. This event will incorporate mental elements and social support to complement physical health assessment as a holistic approach to patient care, the method used to capture useful information and knowledge in a particular process learned. Lastly, the project aims to highlight the necessity of this integrated approach in response to the specific well-being requirements among the Porin Sininauha community.

## 4 IMPLEMENTATION OF THE PROJECT

### 4.1 PROJECT METHODOLOGY

The chosen approach to this thesis is rooted in the Waterfall model, highly regarded for its practicality and linearity in terms of the life cycle, according to Senarath (2021). The Waterfall model follows the linear sequential development process where each stage is executed only when the previous one is done. Central to this approach is the detailed documentation of the work phases and the overall documentation process.

The reasons for choosing the Waterfall model pertain to this model's well-structured nature and simplicity of application. Carrying out a comprehensive analysis of different project paradigms, the authors of the thesis identified that the Waterfall model is most suitable for the project in question because it best reflects its distinctive features. This systematic and orderly approach integrated into the Waterfall model guarantees a proper and detailed passing through five to seven phases. This methodology benefits the project's objectives because it is possible to concentrate efforts on one phase at a given time (Senarath, 2021).

Waterfall is initiated by a planning phase of the overall construction and goals of the thesis, which is carried out in detail. The latter depends on the results achieved in the previous stage, and the process is strictly defined and regulated in terms of steps. This disciplined and organized approach allows the authors to focus on the given task and work through each stage to ensure none of the stages is left half-baked or partially overlapped (Senarath, 2021).

Using the Waterfall methodology for the execution of the project, the thesis focuses on the well-structured, detailed, and linear approach of the methodology to provide a proper and documented structure and organization of the project.

#### 4.1 STAGES OF THE PROJECT AND TIMELINE

The thesis project was strategically divided into five essential stages, as delineated by Planview (2021): initiation, planning, execution, monitoring, and closure/final stage. These stages have their roles to play during the progression of a particular stage in the successful completion and coordination of all the processes connected with the project. The initiation stage is the first step in the process where the concept is formed and the goal is set in contrast to the previous stages. In this phase, tasks are given so that the authors become familiar with the selected topic and the essentials of project development for the later stages.

Getting to the second stage, which is the planning stage in project management, planning becomes the key to success. This stage demands clear communication, detailed project plans, and establishing requirements and schedules. A project plan articulating the comprehensive roadmap for the entire project is crafted and presented, setting the stage for the subsequent execution phase (Good, 2023).

The execution stage, the most extended phase, is where all planned activities come to life. This phase involves implementing planned tasks, creating the project deliverables, and obtaining initial feedback or approval. The primary objective is to manage every aspect of project delivery to ensure its overall success (Emond & Steins, 2011). Critical tasks during this stage include identifying and sourcing

appropriate materials to construct an evidence-based theoretical background.

Looking ahead, the project will transition into the monitoring stage, a phase characterized by ongoing assessment and oversight. This stage enables ongoing progress monitoring, permitting necessary adjustments and corrections to ensure the project remains aligned with its goals. Following the monitoring stage, the closure/final stage emerges as the conclusive phase. The final thesis and accompanying materials are completed, refined, and submitted here. The tasks in this phase include the finalization of the thesis, the development of the PowerPoint presentation, and the ultimate submission of the completed project.

By adhering to this well-structured plan, the thesis project aims to ensure a systematic and successful progression through each stage, ultimately culminating in a well-developed and thoroughly documented final thesis.

Table 1. Thesis Stages

Initiation stage	<ul style="list-style-type: none"> <li>• Choosing a topic for the thesis and choosing to do a project thesis.</li> <li>• Choosing thesis pair.</li> <li>• Choosing that the final product will be PowerPoint.</li> </ul>
Planning stage	<ul style="list-style-type: none"> <li>• Writing a plan for the thesis</li> <li>• Getting thesis plan accepted</li> <li>• Writing an agreement for the thesis</li> </ul>

Execution Phase	<ul style="list-style-type: none"> <li>• Literature search</li> <li>• Writing and completing the thesis</li> <li>• Doing a PowerPoint</li> </ul>
Monitoring stage	<ul style="list-style-type: none"> <li>• Submitting thesis and PowerPoint</li> <li>• Getting feedback</li> </ul>
Closure/final stage	<ul style="list-style-type: none"> <li>• Incorporating feedback and submitting the final thesis</li> </ul>

In pursuit of comprehensive insights for Health Day initiatives, a systematic literature retrieval process was undertaken across various databases. The initial search on SAMK Finna, utilizing keywords like "health issue activity day," "community well-being," "Comprehensive Health," and "Finland," yielded 2606 relevant entries. Similarly, a Google Scholar search with specific queries generated 17900 hits, while a PubMed search with terms related to health issues and well-being produced 34 publications.

The selected studies from these databases provide valuable perspectives on diverse health-related topics. One study, conducted in Finland in 2022 by Melander et al., delves into the perceptions of school professionals regarding absenteeism and the role of school health care. This qualitative focus group study involved professionals such as principals, guidance counsellors, teachers, and health care practitioners, aiming to understand the factors influencing student absences and the challenges in integrating health care into initiatives to reduce absenteeism.

Another study, conducted in 2020 by Appelqvist-Schmidlechner et al., explored the relationship between different domains of physical

activity and positive mental health among young Finnish men. With a sample of 456 participants, the study found a weak positive correlation between leisure-time physical activity and positive mental health. Notably, the research highlighted the significance of social interaction in promoting mental health during leisure-time activities.

In a broader societal context, Honka et al., in a 2019 study, investigated the relationships between self-reported values, well-being, and health behaviors in over 100,000 web survey responses from Finnish citizens. The study revealed intriguing correlations between happiness, regular exercise, and communal social activity with adherence to personal ideals. The findings emphasized the complex interplay between personal values, well-being, and health habits.

Shifting the focus to the ageing population, a study from 2023 by Mikkola et al., explored secular trends in functional abilities, health, and psychological well-being among community-dwelling cohorts aged 75 to 95 in Helsinki, Finland. This research, conducted over three decades, indicated improved mobility and psychological well-being in the 75–85 age range, suggesting potential implications for health and economic policies.

In addressing the challenges posed by the global ageing population, a 2020 study by San Saw and Lee designed and documented a structured training program for community pharmacists on geriatric care in Malaysia. This one-day workshop aimed to equip pharmacists with the necessary skills to address the healthcare needs of older adults. The study demonstrated significant improvements in comprehension and comfort levels among participants, emphasizing the role of communication in problem-solving, given that community pharmacists often serve as the first point of contact for older patients.

These selected studies provide a rich foundation for Health Day initiatives, offering insights into absenteeism in educational settings, the interplay between physical activity and mental health, the complex relationship between personal values and health behaviors, the evolving health trends in ageing populations, and innovative approaches to geriatric care. A concise overview of the literature retrieval from databases is presented in the table located in Appendix 1

#### 4.2 TARGET GROUP

This healthcare initiative primarily operates at the functional level to augment nursing practices and apply mental health support and health checkpoints in the context of the Porin Sininauha community. Determining the target group was crucial in order to address its aims and objectives directly. Based on the study of the project objectives and needs analysis, the target group of nursing students pursuing their bachelor's degree at Satakunta University of Applied Sciences was identified. The selection criteria include their interest in nursing studies and fluency in English as the final project outcomes are documented in English.

The justification for the selection of nursing students is based on the fact that nursing students are learners who will work with various Porin Sininauha populations in the future as healthcare providers. As the students enhance their ability to offer mental health support and integrate health checkpoints, the initiative will also play a crucial role in enhancing the quality of care and inclusion of people with disabilities in society. Also, the educational material consists of texts in Finnish and English; thus, students who study nursing in English can get acquainted with Finnish words and use them in practical situations in the healthcare field. This strategic approach makes sure

that the nursing students are fit for the challenges of nursing practice and have the right potential to bring about positive changes to the Porin Sininauha community.

#### 4.3 ASSESSMENT PLAN

The assessment strategy for the project entails assessing the initiation of the project in terms of topic selection and project justification. During the planning phase, the emphasis is on the quality and acceptability of the written plan of the thesis. In the assessment phase, we look at the depth of theory research, thesis work, and the presentation of PowerPoint. The monitoring stage reveals the extent of compliance with the project plan and the incorporation of feedback. In the closure stage, the assessment focuses on the last thesis, integration of feedback, as well as submission. This plan outlines a detailed method of assessment that correlates with the project goal and objectives in every phase.

#### 4.4 ETHICAL VIEWPOINTS

The principles of ethical research are integrated into the curriculum of the thesis, thus ensuring that the project is credible and accurate. Titled “Enhancing Community well-being during Health Check Activity Day at Porin Sininauha”, several aspects of community well-being in the health context by Porin Sininauha are studied.

Justifiably, the issue of ethics is of significant importance throughout the process of conducting a thesis. From the planning phase, an understanding of the project's relevance and possible impact is outlined, which is helpful in communicating the project goals. The procedure of searching for evidence-based literature is

always done following strict ethical guidelines, which call for a clear analysis of data without bringing any assumptions that would affect the outcomes. Ethical issues arise as the final research paper is presented, with complete information and outcomes readily disclosed to foster comprehension. It is regarded as important to acknowledge the support of all people, underlining the construction of collective knowledge (Satakunta University of Applied Sciences, 2024).

Following the critical ethical rules of the Finnish National Board on Research Integrity (TENK), the following rules are implemented in the thesis. Publicity and disclosure of the projects aims and objectives to the community is highly considered as necessary as it would involve seeking thesis approvals from Porin Sininauha and Satakunta University of Applied Science. Adherence to ethical rules is essential for the honesty and legitimacy of the work. Plagiarism concerns are addressed by utilizing reputable sources and following SAMK's guidelines for thesis writing, ensuring the work's trustworthiness and alignment with the standards set by the educational group. Compliance with these rules is crucial to guarantee the reliability of the research (TENK, 2023).

## 5 ACTIVITY DAY

Wellness activity, conducted last summer, included several aspects of people's lives. They included a number of activities as well as information for physical and mental well-being. The important parameters that participants were able to track included blood pressure, oxygen level, and blood sugar levels. Furthermore, they could talk about the condition of their mental health to mental health specialists, sexual health workers, dental hygienists, and ordinary physicians.

In the event, the most important part was special attention paid to drug users regarding safe injection techniques. Educated them about a healthy lifestyle and encouraged them to accept the real happiness of physical and mental health. After health assessment, some of the activities carried out by clients include yoga, meditation, and group games. Healthy snacks and light meals are provided to them in a group, so they all feel like they are all one big family. Overall, It encouraged clients to take care of their health, educate themselves, and communicate with physicians appropriately.

After the completion of the activity, we got positive feedback from Porin Sininauha through feedback form and email. Here is the written feedback from employees in Pointti.

“Activity day was in its entirety good, and our customers were pleased. Some of our customers were anxious and overwrought, but students had great skills to calm them down. I appreciate their way of being with people, it's one of the most important things when working with health services”.

Feedback from the housing unit and meeting place Pointti has been positive. Point's employee said that the mood of the visitors before your event was tense. Thanks to your skillful encounter, the mood of the visitors improved.

“In terms of planning, everything went smoothly and as agreed. You implemented the project very independently.”

## 6 DISCUSSION

The thesis outlines a well-organized healthcare program that is aimed at the Porin Sininauha community.

The project aligns with fundamental nursing principles by seamlessly integrating health checkpoints and mental health care. The chosen methodology, the Waterfall model, ensures a systematic and documented approach. This initiative benefits nursing students by helping them develop these critical skills.

For evaluation at each stage, a clear framework was provided for the assessment of the project's quality and adherence to the goal. Ethical considerations are addressed carefully, ensuring transparency, integrity, and compliance with relevant regulations. The "Check Your Summer Fitness" activity day shows a better illustration of promoting effective community well-being through various strategies. This initiative offers engaging activities, health screenings, and consultations with healthcare specialists, empowering individuals to take control of their health and make informed decisions.

## 7 CONCLUSION

To conclude the work, this project proposes a thoughtful and well-considered healthcare project for the Porin Sininauha, highlighting the importance of mental health support alongside routine physical examinations. Incorporating nursing students and employing a methodical approach, the project seeks to enable the community to assume responsibility for their own health. "Check your summer fitness " activity day is a prime example of how education, empowerment, and involvement can be used to promote holistic health. This project could have a long-lasting beneficial effect on the neighbourhood.

## 8 RECOMMENDATION

This project could have a long-lasting beneficial effect on the neighborhood. This thesis emphasizes how well mental health support may be integrated with health checkpoints. Replicating this multimodal approach in future community health projects is highly encouraged, especially in light of the favorable outcomes of the "Check your summer fitness " activity day.

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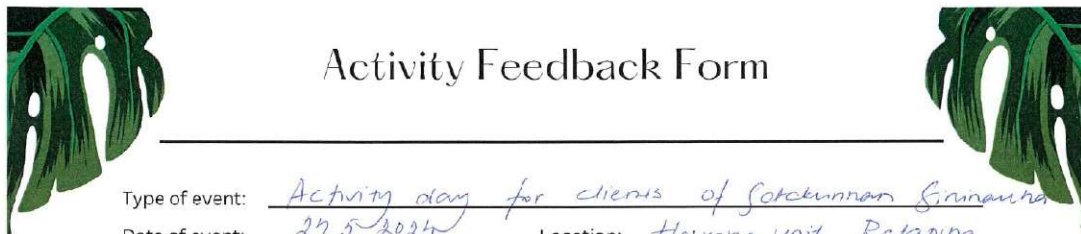
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## APPENDIX 1 (FEEDBACK)



## Activity Feedback Form

Type of event: Activity day for clients of Jotkunnon Grunauha  
 Date of event: 27.5.2024 Location: Housing unit Retapina  
 starting time: 9.00 a.m. Finishing time: 11.00 p.m.

Overall, how satisfied were you with the event?



Unsatisfactory



Satisfactory



Good



Very Good



Excellent

How would you rate the following aspects?

Health Screenings:

- Excellent
- Good
- Fair
- Poor

Food and Refreshments:

- Excellent
- Good
- Fair
- Poor

Activities (Yoga, Games):

- Excellent
- Good
- Fair
- Poor

Advice Effectiveness, Meditation:

- Excellent
- Good
- Fair
- Poor

What did you like most about the event?

*Despite the lack of shared language students did create warm and safe space to meet people. Some of the clients were nervous and overwhelmed, but students had great skills to calm them down.*

Any additional comments or suggestions?

*We really appreciate students way to be with people, it's one of the most important thing when working in health services.*

*Keep on going!*

Instructor Name & Signature

*Jida Makkonen Jida Makkonen*

Thank you for your feedback!

## APPENDIX 2 (LITERATURE REVIEW)

Table 1. Search results from databases.

Database/ search service	Explanatory notes and delimitations	Results
SAMK Finna	health issue activity day AND community well-being AND Comprehensive Health AND physical and mental health AND Finland	2606
Google Scholar	"("Community wellbeing") AND ("Comprehensive health") AND (" Health Issues Activity Day")" AND "Finland"	17900
PubMed	health issue activity day AND community well-being AND Comprehensive Health	34

Table 2. Selected studies

Author(s), title, year, country	Purpose of the study	Target group/participants (N=?)	Indicators used / data collection	Key results
Katja Melander, Tiina Kortteisto, Elina Hermanson, Riittakerttu Kaltiala, Katariina Mäki- Kokkila, Minna Kaila, Silja Kosola. Perceptions of different professional s on school absenteeism and the role of school health care: A focus group study conducted in	This qualitative study sought to investigate how different school workers perceived absenteeism from class. The study's objectives were to determine the causes of absence that these experts identified and to investigate the variables that either support or obstruct the integration of	Professionals who work in schools participated in 10 focus groups for the study. (Vice) The participants were among the principals, guidance counsellors, special education/resource/su bject teachers, school social workers, school psychologists, school nurses, school doctors, and social workers employed by child protection agencies. The details do not specify the precise number of participants (N).	Ten focus groups were held in two municipalities in southern Finland to gather data for the study. The groups were made up of various specialists working in the educational system. Most of the qualitative data analysis was inductive, and the results were categorised using the body of existing	School officials determined that absenteeism might be attributed to family, student, or school- related factors. Social factors were not brought up, however. Supporters of including school health care to reduce absenteeism cited knowledge

Finland. 2022, Finland	school health care in initiatives to lower absenteeism. The goal was to learn more about how school health services may help address the prevalent causes of student absences, particularly those related to physical or mental health issues.		literature as a guide. The study aimed to determine the professional explanations for absenteeism and investigate the variables that affect the involvement of school health care in attempts to reduce absenteeism.	of health-related concerns and the privacy of medical records. However, obstacles were noted due to disparities in work cultures and viewpoints regarding the objectives of school health care. The study indicates that even if they know why students miss school, they may still find it easier to successfully include school health care to reduce absenteeism if they can better define the program's goals and address cultural differences at work.
Kaija Appelqvist-Schmidlechn	This cross-sectional study shows	The study had 456 participants, all young men from Finland. The	The Short Warwick-Edinburgh	In men with low levels of positive

<p>er, Jani P. Vaara, Tommi Vasankari, Arja Häkkinen, Matti Mäntysaari, Heikki Kyröläinen. Relationship between different domains of physical activity and positive mental health among young adult men. 2020, Finland</p>	<p>how young Finnish men's various forms of physical activity (PA) and positive mental health (PMH) are related. By examining different PA domains, such as leisure time, work, and commuting activities, and by concentrating on mental well-being rather than mental health issues, the study sought to add to the body of existing material.</p>	<p>participants' average age was 29 years old. There are 456 participants, or the specified number (N).</p>	<p>Mental Wellbeing Scale (SWEMWBS) was used in the study to measure good mental health. Furthermore, questionnaires were used to gather self-reported information from participants about their work, free time, and physical activity during their commute. The probabilities for low and high levels of good mental health depending on various physical activity levels and sociodemographic characteristics were analysed using logistic regression modelling.</p>	<p>mental health, the study found a weak positive correlation (OR = 0.33, 95% CI 0.13–0.86) between physical activity during leisure time and positive mental health. Physical activity at work and commuting did not significantly correlate. Being unmarried, having a low level of physical activity during leisure time, and being unemployed have all been found to be independent indicators of poor mental health. On the other hand, no correlations were discovered between any</p>
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				<p>physical activity domain and excellent mental health. Men who reported having low positive mental health frequently cited lack of interest (28%) and unwillingness to participate in sports alone (27%) as their main excuses for not exercising. The study emphasises the value of physical activity during leisure time, especially for people with lower levels of positive mental health. It also suggests that social interaction opportunities should be given priority in interventions that promote</p>
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				mental health through physical activity during leisure time activities.
Anita Marianne Honka, Elina Helander, Misha Pavel, Holly Jimison, Pekka Mustonen, Ilkka Korhonen, Miikka Ermes. Exploring Associations Between the Self-Reported Values, Well-Being, and Health Behaviors of Finnish Citizens: Cross-Sectional Analysis of More Than 100,000 Web-Survey Responses, 2018, Finland	The study aimed to evaluate the relationships between Finnish people's self-reported values, commitment to values, well-being, and health-related activities in the past. The goal was to provide insights for creating successful digital interventions to promote well-being and healthy lifestyles and further our understanding of the relationship between individual values and health-related behaviours.	One hundred one thousand one hundred thirty anonymous responses from inhabitants of Finland that were gathered via an online survey were examined in this study. Participants' average age was 44.78 years (SD 13.82), with women making up the majority (78.88%, 79,770/101,130).	Unstructured data from the web survey was analysed to determine the respondents' values. Items were categorised into value categories using principal component analysis and the Schwartz value theory. The relationships between value types, commitment to values, well-being factors (happiness, work, and family-related distress), and health behaviours (exercise, eating, smoking, and sleeping) were investigated using logistic and multiple linear	The study, which examined over 100,000 web-survey responses from Finns, discovered a favourable correlation between happiness, regular exercise, communal social activity and adherence to personal ideals. Values related to mental equilibrium, power and health were strongly correlated with various health-related behaviours, such as regular exercise, a good diet, and abstaining from

			regression analyses.	smoking, which increased the probability of valuing health. In contrast, smoking, eating poorly, exercising infrequently, and consuming more alcohol were associated with a preference for power values. Smoking, eating poorly, and inconsistent exercise were linked to those who reported mental balance values. Notably, the likelihood of reporting Power and Mental balance values was higher when happiness levels were lower. These findings highlight the complex
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				relationship between personal values, well-being, and health habits among Finnish residents, which guide focused treatments supporting holistic health.
Hanna R. Öhman, Helena Karppinen, Tuuli E. Lehti, Mia T. Knuutila, Reijo Tilvis, Timo Strandberg, Hannu Kautiainen, and Kaisu H. Pitkala. Secular trends in functional abilities, health and psychological well-being among community-dwelling 75- to 95-year-old cohorts over three decades in Helsinki, Finland, 2022, Finland	The study's purpose was to examine changes in health and functional capacities over three decades in Helsinki, Finland, among separate cohorts of persons aged 75–95. Given the longer lifespans, the goal was to determine how patterns of disability, health, and ageing have evolved throughout time.	Repeated cross-sectional postal surveys with independent cohorts of people 75, 80, 85, and 90 years of age or older were part of the Helsinki Ageing Study. Four waves of data (1989, 1999, 2009, and 2019) were pooled and subjected to analysis. The summary does not mention the precise number of participants (N).	This study used self-reported data from postal surveys to look at health and functional ability trends. The key variables were the ability to walk outside without difficulty, the requirement for daily assistance from someone else, self-reported high mobility, health rating, and psychological well-being.	Compared to previous waves, the percentage of participants who could easily walk outdoors increased in the most recent wave (2019), and fewer 75-year-olds required daily assistance. In people 75, 80, and 85 years old, the percentage of self-reported good mobility improved throughout a three-decade period. In

				<p>2019, a higher percentage of 75-, 80-, and 85-year-olds reported being in good health and had improved psychological well-being scores. However, none of these variables showed any improvement in the 90+ year-old population. The results indicate that people in the 75–85 age range are feeling and functioning better now than they did a generation ago, which could affect health and economic policies.</p>
<p>Pui San Saw, Shaun Wen Huey Lee. A training workshop for community pharmacist workforce: Caring for</p>	<p>The purpose of the study was to design and document the execution of a structured training program for community</p>	<p>Community pharmacists were the intended audience for the one-day workshop.</p>	<p>A full-day session with thorough training materials was part of the educational program. The training combined</p>	<p>The workshop's main topics included an outline of the ageing population, ageing-related concerns, a</p>

<p>older adults, 2020, Malaysia</p>	<p>pharmacists on geriatric care. The emphasis was on solving the growing problems brought about by the global ageing population and the demand for high-quality healthcare. Education programs for the elderly based on pharmacological treatment have received little attention, particularly in Asian nations.</p>		<p>traditional didactic sessions with experiential, discussion-based learning through case study discussions and role plays. All attendees completed a pre-and post-workshop questionnaire to gauge their comfort level and understanding of managing and caring for older adults.</p>	<p>review of medications, and dietary needs and dose forms for senior citizens. Individuals (n = 39) exhibited noteworthy enhancements in their comprehension (mean score change 0.7, <math>p &lt; .001</math>) and comfort level when it came to overseeing and tending to senior citizens (mean score change 0.3, <math>p = .001</math>). The fundamental ideas presented to the participants made comprehending and valuing the abilities needed to care for senior citizens easier. They also emphasised the value of</p>
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				communicati on in problem- solving since community pharmacists are often the first healthcare providers that older patients see.
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