

School of Health and Social Studies

JAMK University of Applied Sciences



Digital Health Revolution Improving Society – Personnel and clients in the middle of change



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Where I come from:

Key Facts

The School of Health and Social Studies invests in the development of health and well-being.

We offer degree programmes in the fields of nursing, rehabilitation and social work. For professionals, we provide continuing education, which is based on the demands of the working life.

We are working with Regional, National and International Research- and Development Projects

School of
Health and
Social Studies

JAMK

1650/8000
students

140/671
personnel

22/110
R&D projects





Key areas of our expertise in School of Health and Social Studies

- Advancing active ageing with smart housing and ICT
- Citizen engagement and mHealth
- Digital services for self-management of health
- Health promotion
- ICF and rehabilitation
- Leadership and management in health care and social work
- Multiprofessional co-operation in health care and social work
- Reducing social exclusion and inequalities
- Well-being at work



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Digital Health Revolution Improving Society – Where Are We Now?

- Old, older... technology in healthcare. Time to update!
- Automatisations, robotisation of services... when it becomes digitalization?
- Mobile Applications, health monitors/bracelets
- Dr Google... patients using same e-tools as doctors
- Old habits... personnel, organizations, laws etc.
- Fears



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<http://alueuudistus.fi/en/freedom-of-choice-for-customers>



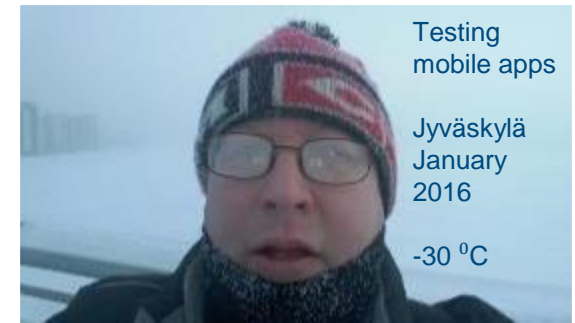
Digital Health Revolution Improving Society – What Comes Next?

- Major changes going on in healthcare. National reforms of health and social services
- Health databases (national, areal...)
- Intelligent services available 24/7 despite the location of patient
- Robotics, mHealth and Virtual/Hybrid Reality... patients own devices producing and predicting health information.



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Digital Health Revolution Improving Society – How Should We Be Prepared For The Future?

- Guidelines (scientific proof, validity, safety, information behind wellness products)
- User and customer centered design, co-creation
- Behavioural change (personnel, clients...) Two sides... more demanding clients/patients vs. readiness to improve own health.
- Education (digitalization to education plans)
- Access to all
- Quality



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Leverage from
the EU
2014–2020



Centre for Economic Development,
Transport and the Environment

Digital Health Revolution Improving Society – What is going on at JAMK?

- **Me First! – project:** Personnel of healthcare and socialworks developing new possibilities (co-creation) and getting familiar with mHealth solutions.
- **eBoss - Wellbeing Coaching for Young People – project:** the eBoss wellbeing coaching program (including the use of health and wellbeing related mobile apps, gamification and wellbeing/activity bracelets) will be produced and piloted with 156 students and 40 teachers and counselors.



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Digital Health Revolution Improving Society – What is going on at JAMK?

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Kela|Fpa[®]

- **Well-being at work via digital and experimental methods – project:** aims to prepare the homecare employees and management to the digital era and to improve their well-being at work. The most important tools to achieve this are the organization's self- driven development and experimental methods.
- **EETU-project:** eHealth and mHealth –technologies in children's occupational therapy.
- **SmartHome 2.0:** From SmartHome to Smarter Home
- + many more and always
looking for new possibilities

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