

**The trends and challenges
in the work of
Tartu Nursing Home
and elderly work in Estonia**

Ave Tooming

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Tartu Nursing Home

Tartu Nursing Home was built in 1926, but the newest part of the building was complete in 2008.

We have 176 habitants. More than 50 pay all the care spends themselves. The others assign 95% of their pension and the rest is paid by the municipality.

We have 4 places for temporary habitants (until 1 month).

Tartu Nursing Home

The habitants are divided in six departments by level of their functional capacity.

Our house offers different services (headdresser, pedicure and manicure, sauna, dinner, massage, salt chamber) for the retired people of Tartu city.

We have 110 workers. There are working 30 careworkers at daytime and 4 at nighttime simultaneously.

Tartu Nursing Home

Our problems and risks:

The lack of space: the beds are approachable only from one side because of the quite narrow rooms.

More than 100 beds are hospital beds, but the number should be higher. The amount of money for acquiring the new hospital beds and the other equipment is in every budget, and the number of hospital beds and the other assistive devices is growing regularly.

The lack of different facilities. Due to this project we have acquired one minilift and one return, but the last one should be in every department.

Tartu Nursing Home

The functional capacity of the new habitants will be analyzed together by care worker, nurse, social worker and the other specialists, and according to this the care procedures will be prescribed. The same analyze will be done by changing of the health parameters of the habitants. There will be determined the transfer methods and the methods of acitivisation of the habitant.

Our nursing home organizes regularly the training of ergonomy for the care workers (about 80% have got the ergonomy training), but often they don't applicate their skills in their ordinar work.

Tartu Nursing Home

The project has given to our nursing home:

the new assistive devices;

the videos presenting the modern assisting methods; we can use the videos for training of our care workers;

risk assessments, made by Leena Tamminen-Peter: the assessments of the transfer methods by the complicated cases.

Tartu Nursing Home

The homecare work in Estonia is low developed. There are big differences between regions. Especially in bigger cities it is organized better, and there are local centers giving different support and training to the carers of their closed relatives.

It is possible to buy or to hire the assistive devices, but there is offered few training, how to use them.

There were many carers of their closed relatives participating in our national ERGOCAREBANK conference in Tartu. It proves, that the interest is big, but the trainings are quite expensive.













Tartu Nursing Home

Estonia has a lot of space to develop.

The ergonomics is a popular word in our healthcare and nursing system now.

We have already trained our own care workers using the results of this project and we will continue doing it.

The project meant a big work for every participant, but it will have very good results.