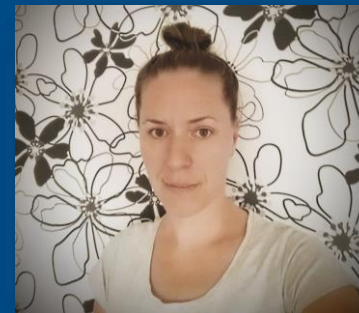


THE REHABILITATION HUB: FROM IDEA TO PRACTICE



LINDA HILTUNEN
Head nurse/ Physiotherapist

Department of Physical and Rehabilitation Medicine in HUS
(Helsinki University Hospital), Digital Rehabilitation services



MILLA MALMBERG
Project manager/Head nurse/Physiotherapist

Department of Physical and Rehabilitation medicine in HUS
(Helsinki University Hospital), Digital Rehabilitation Services

REHABILITATION HUB - THREE SERVICE LEVELS



KUNTOUMISTALO FI

SERVICES AVAILABLE FOR GENERAL PUBLIC

Information of rehabilitation and self-care guides on website



DIGITAL SERVICES AS A PART OF PATIENTS' REHABILITATION

Self-care paths and digital care paths



FOR PROFESSIONALS

Guides and instructions how to carry out rehabilitation



REHABILITATION HUB - EMPOWERING PATIENTS

- Relevant information, instruction and support available.
- Enable taking an active role in his or her own rehabilitation.
- Find the motivation to commit to rehabilitation.



NATIONAL DEVELOPMENT NETWORK

- Five University Hospitals in Finland
- Patient organizations
- Educational institutions
- Other organizations and institutions



NATIONAL DEVELOPMENT ORGANIZATION

Steering group

- Guidance of the national network and development process

Coordinators

- Development as a part of everyday work

**Contact persons from each University
Hospital**

- Each organization bears its own costs

Multi-professional teams with patients

CO-CREATION WITH CUSTOMERS



- Innovate in workshops
- Take part as members of the teams
- Comment the content
- Test the services

Equal members in the development teams

Experts of the customer's perspective

WAYS TO GET CUSTOMERS INVOLVED

Patients and customers are interested in developing digital health care services

“Experts by experience”

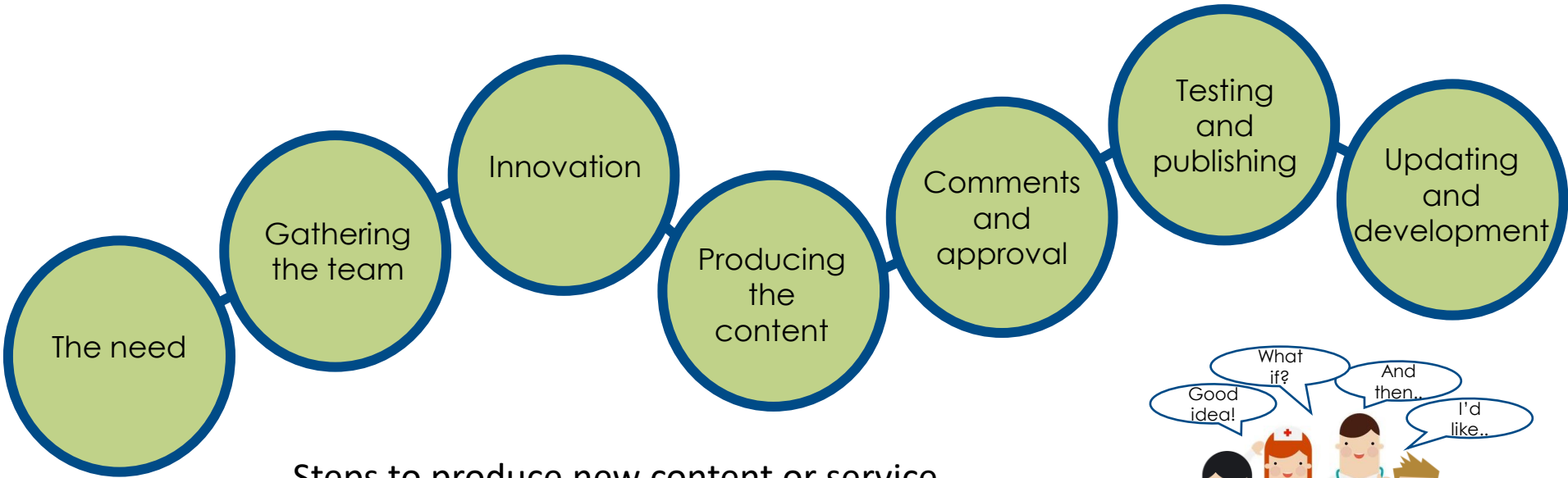
- patients who have been educated to this role
- nominal compensation for their work

Patient organizations

- agreement to co-operate
- Less ethical issues



PROCESS GUIDES THE TEAMWORK



Steps to produce new content or service

- supports the continuum of service development
- saves time and resources
- promotes high quality content and service



THANK YOU!

More information on our website:

www.healthvillage.fi

Contact us:

kuntoutumistalo@terveyskyla.fi

