

N/R Networks Progress Report 2015-2016

Dear National and Regional HPH Coordinators,

We hereby start the collection of the HPH Progress Reports for the period 2015-2016. We ask all of you to fill in the report and send it to us before Wednesday, February 15, 2017.

This year, the progress report format has been updated to allow you to save your work on the report and come back to it later, in several reporting sessions if needed. This should ease the process and accommodate your requested format changes.

The progress reports support the exchange of knowledge and experience, and they are important tools for HPH to assess the work in the HPH N/R networks and adjust and identify key priorities for actions and improvement.

The progress report is structured with three main parts;

- 1) Administrative information of the Networks. This part will insure that the available information is up-to-date and correct.
- 2) Report on the work of the N/R Network. This part is closely related to the [HPH Global Strategy 2013-2015](#) and your network's progress and work on the strategy's activities and goals. As the standards are a priority in the strategy, there will be a set of questions related to your network's fulfillment of the standards.
- 3) Additional questions. This part will give an overview of other important projects and initiatives done in the N/R networks.

As it was requested by the HPH General Assembly, this year the int. HPH Secretariat have filled in information and answers from the previous Progress Report from 2013-2014 in the individual reports (if this was submitted by the network). If this information is still correct, you do not need to do any further in these questions. If the information is inadequate or should be up-dated, we ask you to revise or add new information.

The progress reports are mandatory and upon collection of all data, the reports are made publicly available online (both individually and in collated form).

We acknowledge that the Progress Reports require extra work from the N/R coordinators, but as they are important tools for a continued improvement and assessment of the network, we hope you appreciate the necessity of the task at hand.

Part 1: Administrative Information

1. Name of Network

Estonian HPH Network

2. Network Coordinator

Name	Tiiu Härm (2000 - 2016), Kaja Põlluste (from 01.01.2017)
Phone	+372 6593 981(Tiiu Harm), +372 7318 616 (Kaja Põlluste)
E-mail	tiiu.harm@tai.ee ; kaja.polluste@ut.ee
Address	Hiiu 42, 11619 Tallinn, ESTONIA
Network Website	http://www.terviseinfo.ee/et/tervise-edendamine/tervishoiuasutustes

3. Coordinating Institution

Name	National Institute for Health Development in Estonia (NIHD)
Address	Hiiu 42, 11619 Tallinn, Estonia
E-mail (If different from coordinator's)	tai@tai.ee
Phone (If different from coordinator's)	+372 6593 900
Institution Website	www.tai.ee

4. Date of Establishment and Expiration

	MM/DD/YYYY
Date of Establishment	10/01/2000
Expiration of Network Agreement	10/03/2000

5. Period covered by this Progress Report (If different or only part of 2015-2016)

	MM/DD/YYYY
From	01.01.2015
To	31.12.2016

6. Number of your Network's members at the time of reporting

Number of Hospitals

Number of Health Services

Number of entities that are combined Hospital / Health Services

Number of Affiliated members

7. Date of checking online list of all my network members on hphnet.org

	MM/DD/YYYY
Date	11.12.2012

8. Is the list of your members on hphnet.org up to date?

Yes	+
No	

9. How many new "net" member has your Network recruited in the period?

2015	1
2016	No

If you have members who have left the network, what is the reason for this withdrawal?

1 - Medical Service of the Estonian Defence Forces, because specifically priorities and activities

How many hospitals and health services in your country/region do you believe have the potential to join the activities of your Network?

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10. Does your Network have additional National/Regional criteria (supplementary to the International Network's criteria) for new members to join?

Yes*	
No	No

* Please specify additional National/Regional criteria for new members

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11. Has your Network sent, or is it planning to send, material to the International HPH Secretariat?

Yes*	
No	No

* What materials?

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12. Please rate how your Network has put the mission, purpose and objectives described in [the HPH Constitution Art 1-3](#) into practice on the National/Regional level.

Not at all	A little bit	Moderate	Quite a bit	Completely
			+	

Please elaborate on your work

Estonian HPH Network has implemented WHO Health Promotion principles into practice regularly under the title "Joining forces for health", which combines several programmes, strategies, actions. Estonian HPH Network has a productive cooperation with several institutions, as WHO Country Office in Estonia, Estonian Ministry of Social Affairs,

Estonian Health Insurance Fund, Estonian Hospitals' Association, Estonian Medical Association, Estonian Nurses Union, patients unions etc. HPH network

Part 2: Report on the work of N/R Network

13. Organizational structure and way of working

Please describe the organization of your Network e.g. coordinating institution, scientific committee, steering group, task forces etc. Please provide organizational chart if available.

Coordinating institution is National Institute for Health Development in Estonia (NIHD), scientific committee consists of 5 members, steering group connects the hospitals' coordinators and task-forces' members

National Institute for Health Development in Estonia (NIHD) is the coordinating institution for Estonian HPH Network. National Coordinator of Estonian HPH Network Dr. Tiiu Härm is working at NIHD as expert on NCD prevention (tobacco). NIHD is a corporate member of ENSH-Global (Global Network for Tobacco Free Health Care Services). Under the Memorandum of Understanding (MoU) Estonian HPH Network participates in the TFU (Tobacco Free United). HPH network has a scientific committee (5 members), steering groups (which collect the HP coordinators in hospitals) – 15 members.

14. Outcomes and main achievements in your Network

Please describe your main outcomes and achievements in the period 2015-2016

The Estonian HPH Network followed the Global HPH Strategy 2013-2015 "Better Health Gains for Patients, Staff and Community". The network supported hospitals to implement and follow-up on the standards and indicators; improved staff competences; integrated HPH at local policy level; 2 Estonian hospitals (East Viru Central Hospital and Polva Hospital) participated in multi-centre research project "WHO HPH Recognition Project"; 1 hospital (Tallinn's Children Hospital) participated in task force "HP for Children and Adolescents in and by Hospitals". Estonian HPH Network increased use of evidence-based health promotion in hospitals and health services, especially in fields of clinical health promotion. The integration of clinical health promotion and patients' safety into health care quality management system was one of the main topics in Estonia. 6 Estonian HP hospitals are belonging to the ENSH-Global Network for Tobacco Free Health Care Services and were certificated on the silver level in Gold Forum Process.

You are welcome to share both challenging and enriching experiences with the other members of the International HPH Network

We shared our experiences on the 23rd and the 24th International HPH Conferences, accordingly 2015, 2016 years..

15. If your Network have worked with national, regional or local projects, please list them here

1. Anti Tobacco campaign 2015-2016
2. Tobacco cessation service and tobacco free health care service
3. Alcohol abuse disorders treatment program 2015, 2016
4. Season vacation programs 2015, 2016
5. Perception of adolescents health care

6. Patient's safety culture in hospitals
7. Personalized obesity management in children
8. Nutrition counselling in kidney and diabetes patients etc
9. Mental health disorders in children (Norway grants)
10. age-friendly health care
11. etc

16. Evaluation and monitoring

	Yes	No
Have your network carried out any evaluation and monitoring of the implementation of the WHO Standards?*	yes	
Have any additional analysis or surveys been carried out?**	yes	

* If yes, please provide information

All 21 HP hospitals of Estonian Network provide the self-audit assessment in the implementation of health promotion standards and strategies in hospitals and health services each second year and external evaluation - each fourth year. The results of external audit were given by presentation on the 21st International HPH Conference in Sweden, 2013. Another self-audit assessment is provided each year by the questionnaire of ENSH-Global. All 6 HP hospitals which are belonging to the last named network are certificated on the silver level of Gold Forum Process.

** If yes, please provide information

The survey on smoking habits among physicians of Estonia (Tartu University, 2016). The current smoking prevalence was 16.2% for male and 6,4% for female (daily smokers were respectively 12.5% and 4.9%).

WHO-HPH Standards & Indicators

17. Which of the WHO Standards and Sub-Standards have been given priority in your Network?

	Priority	No priority
Standard 1: Management Policy <ul style="list-style-type: none"> - Description: The organization has a written policy for health promotion. The policy is implemented as part of the overall organization quality improvement system, aiming at improving health outcomes. This policy is aimed at patients, relatives and staff. 	+	

<ul style="list-style-type: none"> - Objective: To describe the framework for the organization's activities concerning health promotion as an integral part of the organization's quality management system. 		
Standard 2: Patient Assessment <ul style="list-style-type: none"> - Description: The organization ensures that health professionals, in partnership with patients, systematically assess needs for health promotion activities. - Objective: To support patient treatment, improve prognosis and to promote the health and well-being of patients. 	+	
Standard 3: Patient Information and Intervention <ul style="list-style-type: none"> - Description: The organization provides patients with information on significant factors concerning their disease or health condition and health promotion interventions are established in all patient pathways. - Objective: To ensure that the patient is informed about planned activities, to empower the patient in an active partnership in planned activities and to facilitate integration of health promotion activities in all patient pathways. 	+	
Standard 4: Promoting a Healthy Workplace <ul style="list-style-type: none"> - Description: The management establishes conditions for the development of the hospital as a healthy workplace. - Objective: To support the development of a healthy and safe workplace, and to support health promotion activities of staff. 	+	
Standard 5: Continuity and Cooperation <ul style="list-style-type: none"> - Description: The organization has a planned approach to collaboration with other health service providers and other institutions and sectors on an ongoing basis. - Objective: To ensure collaboration with relevant providers and to initiate partnerships to optimize the integration of health promotion activities in patient pathways. 	+	

Which of the WHO Standards and Sub-Standards have been implemented in your Network?

18. Standard 1: Management Policy

	Implemented	Not implemented
1.1. The organization identifies responsibilities for health promotion	+	
1.2. The organization allocates resources for the implementation of health promotion	+	
1.3. The organization ensures the availability of procedures for collection and evaluation of data in order to monitor the quality of health promotion activities	+	

19. Standard 2: Patient Assessment

	Implemented	Not implemented
2.1. The organization ensures the availability of procedures for all patients to assess their need for health promotion	+	
2.2. The assessment of a patient's need for health promotion is done at first contact with the hospital. This is kept under review and adjusted as necessary according to changes in the patient's clinical condition or on request	+	
2.3. The patient's needs-assessment reflects information provided by others and ensures sensitivity to social and cultural background	+	

20. Standard 3: Patient Information and Intervention

	Implemented	Not implemented
3.1. Based on the health promotion needs assessment, the patient is informed of factors impacting on their health and, in partnership with the patient, a plan for relevant activities for health promotion is agreed	+	
3.2. The organization ensures that all patients, staff and visitors have access to general information on factors influencing health	+	

21. Standard 4: Promoting a Healthy Workplace

	Implemented	Not implemented
4.1. The organization ensures the development and implementation of a healthy and safe workplace	+	
4.2. The organization ensures the development and implementation of a comprehensive Human Resources Strategy that includes training and development of health promotion skills of staff	+	
4.3. The organization ensures availability of procedures to develop and maintain staff awareness on health issues	+	

22. Standard 5: Continuity and cooperation

	Implemented	Not implemented
5.1. The organization ensures the health promotion services are coherent with current provisions and regional health policy plans	+	
5.2. The organization ensures the availability and implementation of health promotion activities and procedures during out-patient visits and after patient discharge	+	

23. Has your Network supported member hospitals to implement and follow up on the standards and indicators?

Yes	+
No	

You are welcome to share your experience with the other members of the International HPH Network

Estonian HPH Network supported member hospitals in implementing and following up on the standards and indicators, especially in new topics for us: age-friendly hospitals, HP in mental health settings, tobacco free health care service, smoking/tobacco cessation service, health literacy in healthcare organisation etc. In 2015 -2016 HP hospitals participated in anti-tobacco campaign and in season vaccination programs. We shared our experiences in HP summer-schools (2015, 2016) in Estonia.

24. How many of your Network's members have implemented Standard 1 and elements of Standard 2, 3, 4 & 5? (See the description of each Standard in question 17)

All have	
Most have	+
Some have	
A few have	
None have	

Teaching and Training

25. Has your Network participated in international WHO-HPH Schools in 2015-2016?

Yes, in 1 or more than 1 per year	
Just one school in this period	+

No	
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26. Has your network established local teaching and training? (hands-on, e-learning etc.)

Yes*	+
No	

* Please describe

Estonian HPH Network established teaching and training programmes for smoking cessation counsellors (each county hospital has smoking cessation clinic, with about 110 counsellors in total); in 2014 was produced the handbook "Tobacco-Free Workplace – for helping employers".
The network provided its seminars regionally in different places through Estonia, for doing the participation more accessible for hospitals' representatives etc.

Communication and Advocacy

27. Please list the HPH related meetings and conferences conducted by your Network in the period 2015-2016 (Please list numbers of participants and any co-organizers)

2 HPH related Summer Schools, 2015 and 2016 (participants together 165).
Estonian HPH Annual conference ' 2015 on interpretation of health risks (alcohol, tobacco, overweight, physical activity, depression etc) with key lecturer Miriam Gunning from Ireland. There were participants 106.

28. Has your Network advocated HPH locally within the period 2015-2016?

Yes*	+
No	

* Please provide details

2 Estonian Hospitals participated in WHO HPH Recognition Project (2013-2016). To support the project Estonian HPH Network translated Estonian language Baseline Pack and invited and hosted Jeff Kirk Svane in Estonia (for consultation on project). .

29. Has your Network participated at local policy level within the period 2015-2016?

Yes*	+
No	

* Please provide details

National coordinator of Estonian HPH is the member of Health Coalition of Tallinn (meetings are twice in year). The responsible area was tobacco and E-cigarettes use among inhabitants of Tallinn and organization of tobacco cessation services. Participation in Union of Health Promoters in Estonia.

30. Has your Network translated key HPH documents and tools to local language and sent out to members?

Yes*	+
Partly*	
No	

* Please list documents translated and distributed

Estonian HPH network translated WHO/HPH/ENSH basic documents into Estonian language and sent out these main tools to members continuously.

31. Has your Network informed the International HPH Network about your national or regional communication and advocacy efforts?

Yes	+
No	

How can we make it easier for you to share these efforts in the future?

We invite the representatives of the International HPH Network to participate in our HP summer-schools and annual conferences (2013, 2014, 2015). And we participate on international HPH conferences each year (2015 in Oslo, Norway were 12 participants and 2016 in New-Haven, CT, USA - 5 participants from Estonia).

Advancement of Clinical Health Promotion Research

32. Has your Network participated in multi-centre research projects?

Yes, with 2 members or more	+
Yes, with 1 member	
No	

33. Has your Network informed at policy level nationally or regionally about HPH research?

Yes, one 2 or more occasions*	+
Yes, on 1 occasion*	
No	

* Please describe these occasions/events and the research in question

Estonian HPH Network informed about participation in multi-centre research projects hospitals' managers and local community. So, in WHO HPH Recognition Project are participated 2 HP hospitals (East-Viru Central Hospital in East-Estonian region) and Polva Hospital (South-Estonian region) (2014 - 2016). Local community was informed about the research project ongoing

34. Has your Network published any HPH research papers in journals within the period 2015-2016?

Yes*	+
No	

* Please provide titles, author names and name of journal

1. Presumed Perinatal Stroke: Risk Factors, Clinical and Radiological Findings. Ilves P, Laugesaar R, Kolk A, Loorits D, Tomberg T, Talvik I, Kahre T, Talvik T. J Child Neurol.2016 Apr;31 (5):621-8.doi:10.1177/0883073815609149.
2. Severe Trauma in Estonia: 256 consecutive cases analysed and the impact on outcomes comparing two regions. S.Saar, I.Merioja, T.Lustenberger, U.Lepner, T.Asser, T.Metsvaht, M.L.Ilmoja, I.Kukk, J.Starkopf, P.Talving. Eur J Trauma Emerg Surg (2016) 42:497-502.DOI 10.1007/00068-015-0568-y.
3. CINDI Children's Program in Estonia: Past, Presence and Future. Laste CINDI Programm Eestis: Minevik. Olevik.Tulevik (est) L.Suurorg, I.Tur in CINDI BOOK. Ed.prof. Fernando de Padua. CINDI LIFE. Countrywide integrated noncommunicable diseases intervention.2016. p 71-82.
4. Tobacco cessation counselling service in Estonia, T.Härm, 23rd Int. HPHConference: Abstract Book, 2015
5. Personalized approach in child obesity management. L.Suurorg, I.Kramer, 23rd Int.HPH Conference; Abstract Book, 2015
6. Effects of physical exercise therapy programme on spinal range motion among nurses. T.Freimann, E.Merisalu, M.Pääsuke, 23rd Int. HPH Conference: Abstract Book,2015
7. Impact of intensive nutritional counselling in kidney transplant receiptients with long-term graft survival. L.Kiisk, 24th Int.HPH Conference, Abstract Book, 2016
8. Nutrient intake among patients with type 2 diabetes in Estonia. K.Põlluste. 24th Int.HPH Conference, Abstract Book, 2016
9. The features of first aid and health care providing on Estonian small islands. U.Satalov.24th Int.HPH Conference, Abstract Book, 2016.

35. Have you encouraged your members to publish their research in the official HPH journal; Clinical Health Promotion - Research and Best Practice for Patients, Staff and Community

Yes	+
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No	
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36. Does your Network regularly keep the members updated with the newest HPH research?

Yes	+
No	

You are welcome to share your experiences with the other members of the HPH Network by describing how you communicated the research

The Estonian HPH network disseminated HPH research projects and results among our members . HP hospitals get regular Clinical Health Promotion Journals and HPH Newsletters .

37. Has your Network developed a national or regional action plan?

Yes*	+
No	

* Please provide plan (or key summary of plan)

Estonian HPH network developed a national action plan for 2013-2015 The priorities were: Implementing WHO-HPH standards and indicators for health promotion in hospitals & health services; training and education to assure competences for health promotion in hospitals and health services; communication and HPH growth; advancement of clinical health promotion research to inform policy and practice. 2015-2016 we paid special attention to integration of health promotion into clinical practice and quality management system.

Part 3: Additional Questions

38. Have your Network had any additional strategy, priorities and focus areas?
(Please list them here)

yes

* Please provide information

Estonian HPH network has additional focus areas in sharing and learning from “Good practice” examples and experiences inside our network and with HPH networks in other countries, as Finland, Lithuania, Taiwan, Germany etc. The last events of collaboration were the HPH Autumn School in Estonia (2013) and the 15 years Anniversary Conference of Estonian HPH network (2014).
Very important is the participation on International HPH Conferences.

We plan follow up this focus area in 2015-2016.

39. Connection to National/Regional health policy and strategies

	Yes	No	Don't know
Is health promotion a focus area in National/Regional health policies, laws and regulations in your country/region?*	+		
Within the period 2015-2016, has changes in National/Regional health policies had directly influence on your HPH activities?*	partly		
Is the National/Regional health system supportive of the development of health promotion?	partly		

* Please provide information on how health promotion was given focus?

Health promotion is focus area in National/Regional health policies, laws and regulations partly, not at full force. But the national health system context is supportive of the development of HPH.

** Please provide details of these changes

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40. Have your Network received recognition/acknowledgment from public authorities, health systems etc.?

Yes	+
No	

* Please provide information on this recognition/acknowledgment

We had received recognition from public authorities, like "health promoter of year" (Tiiu Härm 2011), HPH Certificates of Recognition (for 6 persons, 2014).

41. Are key documents (e.g. Vienna Recommendations, Ottawa Charter, Information Package, WHO Standards (SAT), Letter of Intent, Constitution etc.) available in your local language?

Yes	+
No*	

* Please provide titles of those HPH materials that should be made available in your language?

Viini Soovitused, Ottawa Harta, WHO Standardid, Liitumiskiri, Konstitutsioon jt.

42. Collaboration with the International HPH Network and with WHO

	Yes	No
Does your Network have any participation in international, national or regional task forces and/or working groups?*	+	
Does your Network collaborate with WHO? **	+	
Does your Network issue any guidelines on how to implement recommendations from the task forces and working groups, e.g. Migrant Friendly and Culturally Competent Health Care?	+	

* Please list which Task Forces or Working Groups

6 Estonian hospitals are belonging to the ENSH-Global and have silver certification in Gold Forum Process. 3 HP hospitals belong to the ENWHP (European Network for Workplace Health Promotion). Tallinn Children's Hospital is participating in the Task Force "HP for Children and Adolescents in and by Hospitals". 3 HP hospitals are belonging to the BFHI (Baby Friendly Hospital Initiative). 2 hospitals are participating in WHO HPH Recognition Project (2014-2016)

** Please describe this collaboration

The collaboration is active and productive

43. How do you think that the International HPH Network, the HPH Governance Board and the HPH Governance Assembly could meet the needs of the National/Regional networks better?

in good collaboration

44. How do you think your Network could contribute better to the International HPH Network's fulfilment of its objectives?

To follow up the active participation and better contribution to the International HPH Network's objectives, strategies and projects...

Final comments you wish to provide

Thank you for supportive and fruitful collaboration, the International HPH Network!