TEAMWORK - OPPORTUNITY TO HELP STUDENTS WITH MULTIPROFESSIONAL WORK

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In the spring 2011 we at the Finnish Student Health Service in Tampere, started to plan how to work together in multi-professional teams in the sectors of General and Mental Health. The goal was a new way of working, which would help students at the right time, at the right place and would be of high quality.

What is a team?

The planning resulted in four teams each consisting of a psychiatrist, a psychologist, two or three public health nurses, one or two general practitioners and other specialists when needed.
The issues, that were proposed to discuss in teams, were consultations on how to work with patients, what kind of medication to prescribe and whether a patient needed some extra examinations or maybe therapy or rehabilitation.
The teams started working in the autumn 2011. There was a one-to-two-hour team meeting every month or two months and every employee would know when the next team consultation would be.

What we think about teamwork?

In the beginning of 2012, a query about teamwork was organized for the team employees. The employees considered teamwork important and an easy way of working together. It was a holistic way to take care of the students. Especially the students who had mental health problems or who used drugs, got help from team work.
It was easier to make plans how to help a student at the right place and at the right time. It was easier to give a patient with mental health problems high quality treatment in the General Health sector, when a multiprofessional team had made the treatment plan.

Team work is also one way to have work counseling, especially in demanding cases.
Sometimes it is difficult to find time for team meetings and it takes time to get to know each team member’s way of working. For some teamwork was a new way of working, and it took time to learn how to do teamwork.
Multiprofessional team work is continuing in Tampere and is being improved all the time.

The goal of team work, at its best, is holistic health promotion.