


Profile will be available until 15 October 2024



For years, I've dedicated myself to nursing within various hospitals, focusing on nephrological care. However, my recent journey has led me to embrace digital healthcare solutions and delve into clinical research. With an insatiable curiosity for the future, I'm deeply intrigued by emerging technologies and innovative approaches to nursing practice. Balancing the roles of a dedicated mother to three children in Espoo while working in Helsinki fuels my passion for making a meaningful impact in healthcare.

**Date of birth:** 01/02/1980 | **Nationality:** Finnish

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 **Home:** Mikkelaöntörmä 1 G 13, 02770 Espoo, Finland

## WORK EXPERIENCE

**Research Nurse**

01/01/2023 – Current

Helsinki University Hospital HUS

 Helsinki, Finland

- Coordinator for consortium in a study: Better Health at Home - Optimized Human Centered Care for Predialysis and Hemodialysis Patients
- Research Nurse in a study: Stroke Prophylaxis with Apixaban in Chronic Kidney Disease stage 5 patients with Atrial fibrillation
- Research Nurse in Renal Osteodystrophy Registry -study

## Registered Nurse

14/05/2018 – 31/12/2022

Helsinki University Hospital HUS |  Helsinki, Finland

- Full time work in a peritoneal dialysis unit
- Educating patients to do peritoneal dialysis at home
- Skills with APD devices: Baxter Home Choice Pro and Fresenius Sleep Safe Harmony
- Follow up of the home dialysis patients
- Co-designing of the eCare Plan of home dialysis patients, also Health Village CarePath
- Consulting and go-live for Fresenius Medical Care in remote monitoring system for automated peritoneal dialysis device

## Registered Nurse

23/07/2012 – 13/05/2018

Helsinki University Hospital HUS |  Helsinki, Finland

- Full time work as a hospital hemodialysis unit
- Hemodialysis skills with Fresenius 5008 hemodialysis device

## Registered Nurse

01/06/2009 – 30/09/2010

Helsinki University Hospital HUS |  Helsinki, Finland

- Full time work in a rheumatological and nephrological ward
- Peritoneal dialysis skills

## Registered Nurse

09/11/2005 – 13/10/2007

Helsinki University Hospital HUS |  Helsinki, Finland

- Full time work in a hematological ward
- Handling of cystostates, i.v. antibiotics and nutrients

## Registered Nurse


04/07/2005 – 04/11/2005

Seure Oy |  Helsinki, Finland

Working in different hospitals in Helsinki region as a nurse substitute.

## Organization Manager

01/08/2004 – 24/06/2005

Suomen Opiskelija-Allianssi - OSKU ry |  Helsinki, Finland

- Studen organization's office management and financing
- Management of board meetings and working as a secretary of the association board
- Plannig and organizing of annual student seminar

## Registered Nurse

29/03/2004 – 31/07/2004

Helsinki University Hospital HUS |  Helsinki, Finland

- Full time work in hematological ward

## Registered Nurse

28/04/2003 – 18/03/2004

North Karelia Central Hospital |  Joensuu, Finland

Working as a substitute nurse in different hospitals in Joensuu region before and after graduation.

# EDUCATION AND TRAINING

## Savonia UAS

12/04/2024 – Current

Research Nurse studies |  Kuopio, Finland

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[www.savonia.fi](http://www.savonia.fi)

## Helsinki University Hospital HUS

08/01/2019 – 15/05/2019

Studies in neprological nursing |  Helsinki, Finland

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[Hus.fi](http://Hus.fi)

## Karelia UAS

01/08/1999 – 19/12/2003

## COMMUNICATION AND INTERPERSONAL SKILLS

### Experience as a home dialysis nurse

My work as a home dialysis nurse consisted:

- educating patients to do demanding peritoneal dialysis at home (also in english)
- educating nurses to do demanding peritoneal dialysis at patients home or in a hospital environment
- class room lectures for new patients about home dialysis in general
- class room lectures for new dialysis nurses about peritoneal dialysis
- planning for remote digital care pathways for home dialysis patients
- lectures in a national level about digital pathways for home dialysis patients

## MANAGEMENT AND LEADERSHIP SKILLS

### Research Nurse in BOC

My work as a research nurse in Better Health at Home (BOC) -consortium consists coordinating of five different study groups. Consortium includes Helsinki University Hospital (HUS), VTT Technical Research Centre of Finland (VTT), Aalto University the Department of Computed Science, Aalto University Department of Industrial Engineering and Management and University of Jyväskylä Faculty of Sport and Health Sciences. Working language in this group is english. My duties includes working as a secretary in consortium meetings, recruiting patients and health care professionals to all study groups and coordinate day to day duties between consortium members and in study in general.

Consortium studies consists the topics:

- Importance of home dialysis and more effective method for follow up
- Importance of wearable sensors
- importance of human-centered design in eHealth
- using theory- and evidence-based strategies to promote self-management behaviors in chronic kidney disease

- importance of value-based system design of dialysis in national level

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<https://www.hus.fi/tutkimus-ja-opetus/tieteelliset-tutkimukset/vatsakeskuksen-tutkimukset#nefrologia>

## LANGUAGE SKILLS

### Mother tongue(s)

Finnish

### Other language(s)

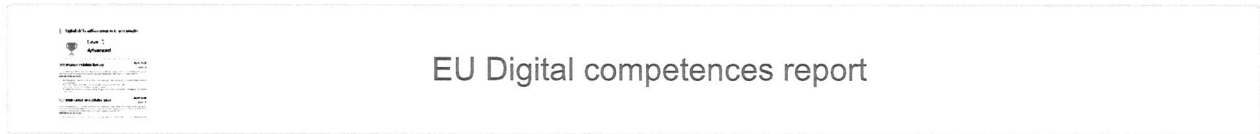
	Listening	Reading	Spoken interaction	Spoken production	Writing
English	C1: Proficient User	C1: Proficient User	C1: Proficient User	C1: Proficient User	C1: Proficient User
Swedish	B1: Independent User	B1: Independent User	B1: Independent User	B1: Independent User	B1: Independent User
German	A2: Basic User	A2: Basic User	A2: Basic User	A2: Basic User	A1: Basic User
French	A1: Basic User	A1: Basic User	A1: Basic User	A1: Basic User	A1: Basic User
Italian	A1: Basic User	A1: Basic User	A1: Basic User	A1: Basic User	A1: Basic User

## DIGITAL SKILLS

Epic | Microsoft Office |

Good command of Microsoft: Excel, Word, Power Point, Outlook, Teams) |  
Google Drive | Baxter ShareSource | Fresenius Medical Care O4A |  
Terveysylä Omapolku | REDCap | Miranda

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## CONFERENCES AND SEMINARS


### ISPD22

11/08/2022 – 14/08/2022

Singapore

Peritoneal Dialysis Conference - Achieving Popularity through Proficiency

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 [ispd2022.com](https://ispd2022.com)

### National Home Dialysis Seminar

22/09/2022 – 23/09/2022

Helsinki

## INTERVIEWS

### TietoEvy video about Health Village

Commercial video about Health Village service

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 <https://www.youtube.com/watch?v=5saMvN9Ahqw>

### Fujitsu video about Home Dialysis Remote Monitoring Solution

Commercial video about Fujitsu's and HUS's Home Dialysis Remote Monitoring Solution

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 <https://www.youtube.com/watch?v=tCe00big5gQ>