

**Developing Occupational Well-being of Health Care Teachers in Estonia –
participatory action research
(2021-2023)**

Aim of the project: The aim of this action research project is to describe and evaluate health care teachers' occupational well-being, develop the occupational well-being by community based developmental intervention and assess the impact of developmental intervention on health care teachers' occupational well-being in Estonian. This developmental intervention is expected to increase the occupational well-being activities at the individual and organizational level, reducing workload and promoting recovery from work. In the future, this intervention can be applied in different fields and levels of education.

Partners: University of Eastern Finland, Department of Nursing Science (PI) and University of Tartu, Department of Nursing Science in collaboration with Tartu Health Care College and Tallinn Health Care College.

Contact person in the University of Tartu: Visiting Professor Mari Kangasniemi, Assistant of Nursing Science Janne Kommusaar.

Abstract: Challenges in education sector such as aging population, digitalization, work management and corona pandemic and their connections to occupational well-being are also reflected in the work of health care teachers in national and international level. Health care teachers experience work stress, mental strain, and heavy workload, but research on occupational well-being of health care teachers is very limited. The work community based occupational well-being developmental intervention (autumn 2021-autumn 2022) is implemented as a participatory action research in Tallinn and Tartu health care colleges using the Moodle e-learning environment. This project is also part of a larger research entity of the University of Eastern Finland, Department of Nursing Science, called Occupational Well-being in Education (OWE).

[Link to the project website in University of Eastern Finland](#)