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Finnish Vocabulary of Gerontological Nursing: Educational material for nursing students

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This project thesis was to create a Finnish vocabulary for gerontological nursing, which will serve as educational material for nursing students. The population of older adults is rapidly increasing, leading to a growing need for healthcare professionals with specialised knowledge and skills in gerontological nursing. However, many nursing students struggle with the terminology used in this field, which can hinder their ability to impart effective care for elderly.

The purpose of this thesis is to create an up-to-date, relevant, and useful Finnish vocabulary of gerontological nursing for nursing students. The objective of this project thesis is to enhance nursing undergraduates in improving their Finnish language which helps the employment opportunities for international nurses for whom Finnish is a second language in the growing field of gerontological nursing in Finland. Creating this educational material for nursing students will enhance the Finnish communication skills during placement and at workforce. The project begins by identifying the key concepts, terms, and definitions in gerontological nursing through literature retrieval. Next, a vocabulary that includes definitions, explanations, and examples of the identified terms was developed by the thesis authors working with the supervisory teacher and some nurses. The vocabulary is designed to be user-friendly and easily accessible, and which useful for various settings, including classrooms, clinical placements, professional career practice, and independent study.

Hybrid methodology was made used of during this entire project implementation. Hybrid is an approach which is a combination of the Waterfall and Agile methodology. The information provided in this project thesis was obtained from reliable sources and cited according to SAMK's recommendation. The project created vocabularies for the target group as an educational tool for nursing students, and by suggesting future directions for research and development of the vocabulary. Ultimately, the Finnish vocabulary for gerontological nursing has the potential to enhance nursing students' understanding and ability to provide high-quality care to elderly people.

Keywords: Gerontological nursing, Health and ageing, Vocabulary as educational materials, Studying Finnish language

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1 INTRODUCTION

In Finland, the demographic data show an increasingly aging population. In Finland, those over 60 years of age is 27 percent of the Finnish population, a percentage which is rapidly increasing with the rising average age of the population and more people reaching retirement age (Marten, 2016). The consequence of this is that gerontological nursing will assume greater importance in the years to come and it will require more qualified nursing staff to cater for this.

Gerontological nurses must have the professionals that are assisting elderly with self-management of their specific chronic conditions. ("Scope of Gerontological Nursing Practice | Nurse Key" n.d.). The gerontological nurses can also work with families. Identifying the role is crucial for nurses as it aims to improve the elderly's longevity and quality of life. Therefore, Finnish language proficiency is needed in this field here in Finland. As the overall population ages, more staff qualified in gerontological nursing will be required and this will be reflected in the employment market of the international nursing students.

Finnish vocabulary expectancy among international students empowering the understanding of the elderly population in the Finnish context, and the science underpinning its medical needs, should improve and evolve. There are ongoing studies in gerontological medicine and nursing, and nurses need to keep up to date with this to be able to remain competent in their profession. ("Biology of Healthy Aging Program | Johns Hopkins Geriatric Medicine and Gerontology" n.d.)

The demand for nurses to cater for geriatrics is increasing in Finland, especially in the southern part of Finland where there is greater population. The population of elderly people those 65 years and older is increasing, especially

in developed countries (Independent Evaluation Group, 2019). Due to this increase in the ageing population, a corresponding rise in the number of nurses catering for this section of the population is expected. Finnish language vocabulary expectation among international students relative to this demography and the science underpinning its medical needs should improve and evolve.

Due to Finnish language challenges, international nursing students in Finland are experiencing difficulties in communicating and caring for these geriatrics during clinical practice and after graduation. The barriers, challenges in communicating with clients, and experiences the authors had during their placements in homecare and hospitals as nursing students made them decide to do this thesis.

The purpose of this thesis is to create an up-to-date, relevant, and useful Finnish vocabulary of gerontological nursing for nursing students. The objective of this project thesis is to enhance nursing undergraduates in improving their Finnish language which helps the employment opportunities for international nurses for whom Finnish is a second language in the growing field of gerontological nursing in Finland. Creating this educational material for nursing students will enhance the Finnish communication skills during placement and at workforce.

2 THEORETICAL BASIS OF THE THESIS

2.1 Gerontological nursing

Gerontological nursing is evidence-based. It specialized in addressing the distinctive characteristics of this field. For instance, physiological, social, and psychological that are essential for elderly care. The nursing practice is an application of the knowledge which focuses on elderly people and their protection, rehabilitation, recovery, and advancement of their overall well-being; avoidance of diseases and damages; assistance of curing; reduction of difficulties by using detection of disease and therapy; and advancement in the protection of elderly people, practical nurses, households, sections of populace. (Bickford, 2018)

The figure of people aging from 65 or older is seen to increase. In 2010, the estimated increased reached up to 1.5 billion in 2050 from 524 million (Ageing and health, 2019). Global demography is changing rapidly, with advances in medicine and technology producing an enhanced quality of life in the populace, including, pertinently, the geriatric component of society-consequently people tends to live longer. It is worth noting that this advances the quality of life of the populace, resulting increased longevity. It is further noteworthy that this ageing process comes with attendant challenges such as those concerning functional ability and mental impairment. (World health organization, 2020)

In European countries, Finland is considered having one of the oldest populations, one which is living in a four historical concurrent generations era. The population is aging fast as the Finnish people are living longer while the first-time mothers age has increased, and birth rates have reduced. (Ageing policy – THL, 2023)

Also, in the 21st century, the new demography of death created a challenge to the emerging economies of the world, the reason being there was and still is an increase in longevity necessitating an increase in geriatric health and social

security spending. In addition, with the fertility transition speed which occurs between two generations, these considerations generate challenges to the economies. The question is, how do we begin to prepare ourselves for the future based on the new demography of death? (OECD, 2015).

2.1.1 Ageing and health

Most institutional care were not designed for purely medical purposes. The proportion of this care was for assistive living, helping elderly with functional daily living and improving well-being. Being old is not a disease, but a vulnerability to conditions. Aging is associated with being easily harmed by infections from viruses, bacteria, some parasites, prions and with chemical, physical hazards such as radiation or environmental toxins, and inadequate nutritional habits which might result in abnormality. (Neves, 2015).

In 1989, Lars Tornstam proposed the theory about gerotranscendence. It is a theory of aging with positivity. This research was conducted by Lars Tronstam in the latter part of 1970s and the beginning of 1980s. To mention, Lars Tronstam was working with other theorists on working on this research. He began to investigate about aging with a phenomenological qualitative approach. On his early days of works, he revealed that getting old is a common in human growth procedure toward maturation and intelligence. (Rajani, 2015.)

The hypothesis of gerotranscendence focuses on two facts or phenomenon: the older person and the aging process. The theory of gerotranscendence brings new key of understanding the developmental process and the progression of aging of human. These theories have two main categories: one is biological theories, described as the activities that take place in the body during the aging process. Another one is the psychosocial theories which involve human development/individual changes, behavior, roles, relationships, ability to cope, cognitive functions, and social changes. This theory of gerotranscendence eases the structuring of care and describes the development that occurs during aging in older people. It can also help in structuring proper ways in

caring elderly could be done. It also shows how the aging process could be promoted by the nurses and staff catering to the elderly. (Rajani, 2015.)

Alzheimer and Parkinson disease are the type of Degenerative diseases. Another example of this diseases are type 2 diabetes and cardiovascular disease and osteoporosis, various central nervous system and rare neurological illness, gout, as well as cancerous diseases. Due to the wider accessibility of medical studies and references in the more developed countries, nowadays, diseases are easily diagnosed, managed, or treated, thus postponing disability and mortality (Neves, 2015.).

Immunosenescence is a disease associated with age, a change in the immune system, and an abnormal immunity contributing to age-related disease complications, for example, macrophages and NK cells or natural killing cells, dysfunction of granulocytes and adjustment of both lymphocytes (T and B). Aging associated with changes in molecules, cellular tissue, and organ levels may be due of their lifestyle, dietary choices, and behavior throughout life. The incidence of these factors may be associated with chronic diseases, for instance, cancer. (Neves, 2015)

Energy is one of the major components that aging needs to maintain physical and physiological function. The Mediterranean diet is liked with the dietary pattern and aging. Mediterranean diet – a dietary model categorized and associated with high consumption of plant-based foods, adequate eating of fish, and low in dairy foods and meats. Mediterranean diet has proven in reductions of many risks in age-related diseases includes cardiovascular diseases, neurodegenerative diseases, and cancers. (Mathers, 2014)

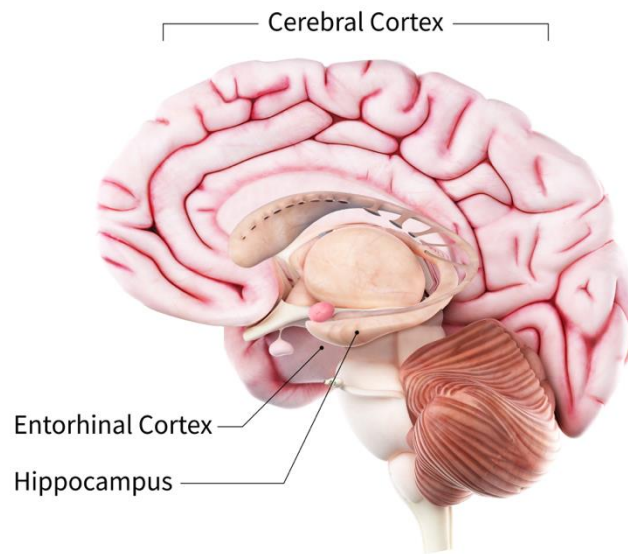
2.1.2 Diseases of the elderly

The diseases that are common among the elderly in Finland in all patients over 65 years of age range from stroke, Alzheimer's disease/dementia, epilepsy and cancer were identified from medical records (Hu et al., 2017; Pajunen, 2021).

Dementia is a syndrome related to the ongoing declination of brain functioning and is commonly chronic or progressive. It is made up of the deterioration of various higher cortical functions. Cortical functions are responsible in cognitive functions of a person. These impairments often occur when elderly or a person undergone changes with their emotions, social behaviour, or motivation. Alzheimer's disease and neurological deficits are one of the examples that may result of having dementia. (Denning T, 2015).

Alzheimer's disease is a brain disorder. It occurs in the brain that damages the person's cognitive skills and the ability to do daily errands slowly. For elderly people, this disease is one of popular source of dementia. It affects their health which damages the brain areas that involves in memory functions, including the entorhinal cortex and hippocampus. As it progressed, this will cause damages certain areas in the cerebral cortex. Cerebral cortex is responsible for linguistics, reasoning, and social behavior. In addition, many other areas of the brain are damaged. (NIH, 2023)

Picture 1. Parts of the brain damaged by Alzheimer`s disease. (NIH, 2023)



In Finland, Alzheimer`s disease is one of the medical conditions among elderly group that is very common. According to Statistics Finland, in 2020, the total of Finnish population died from dementia reached up to 10,700 (including Alzheimer's disease). It increases over 500 deaths from previous years. From 2019, Dementia`s mortality rate increased by 2 percent. This was in relation to the population and age structure. The elderly`s death caused by this disease, particularly with this group were accounted for 19 percent of all deaths in Finland. In a decade, this mortality rate has increased nearly doubled and continuously increasing ((OSF), 2020). The advancement is also distinguishable in the age-standardized figures (Figure 1). Mortality from dementia diseases has grown per annum in both genders. Nevertheless, majority of the deaths are most common for women which is roughly about two-thirds. This higher percentage of death between gender is due to that fact that women have longer lifespan than men in Finland. The median age of passing of elderly who died due this disease is 86 years old for men while women is 89 years old (Taskinen, 2019). In gerontological nursing medical professionals are advised to be more understanding with elderly patients since they will require more assistance as their condition worsens, and eventually, they could need to be placed in-home care.

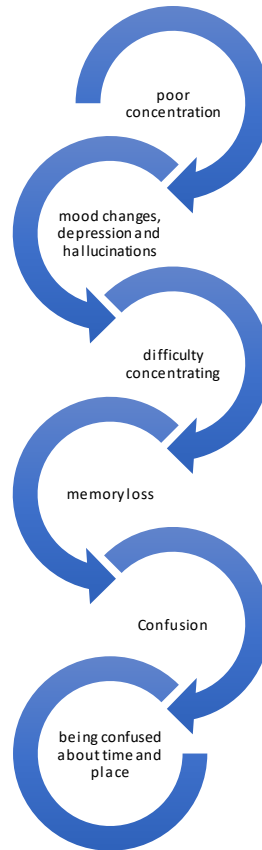


Figure 1. Symptoms of dementia (NHS, 2023.)

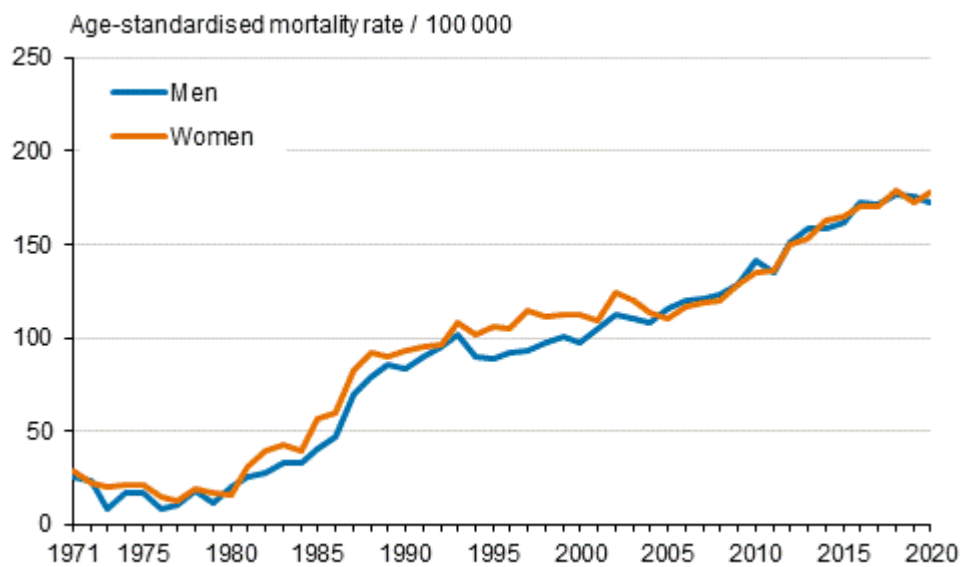


Figure 2. Age-standardised dementia mortality 1971 to 2020 (incl. Alzheimer's disease) (OSF, 2020)

The second biggest origin of expiration of humankind and followed by disability diseases is Cerebrovascular accidents also known as stroke. Stroke occurs due to immediate damage of some cerebrum cell due to oxygen shortage. It occurs when there is an obstruction of an artery in the cerebrum, blocking the cerebrovascular system and resulting to brain damage or disability. Stroke is also a major cause of dementia as well as depression. Some causes of stroke include hypertension, elevated lipids, and diabetes. (NHS, 2022)

There are 13 million stroke cases yearly worldwide. Stroke is the fourth major causes of death among Finnish population and in Europe. There are 20 000 stroke cases in Finland alone each year. Therefore, on average per day, there is 55 persons rushed to hospitals due to stroke. One-third of which are still working age. 25% of the patients recover, and about 15% will need permanent and constant care. (Haltian, 2021)

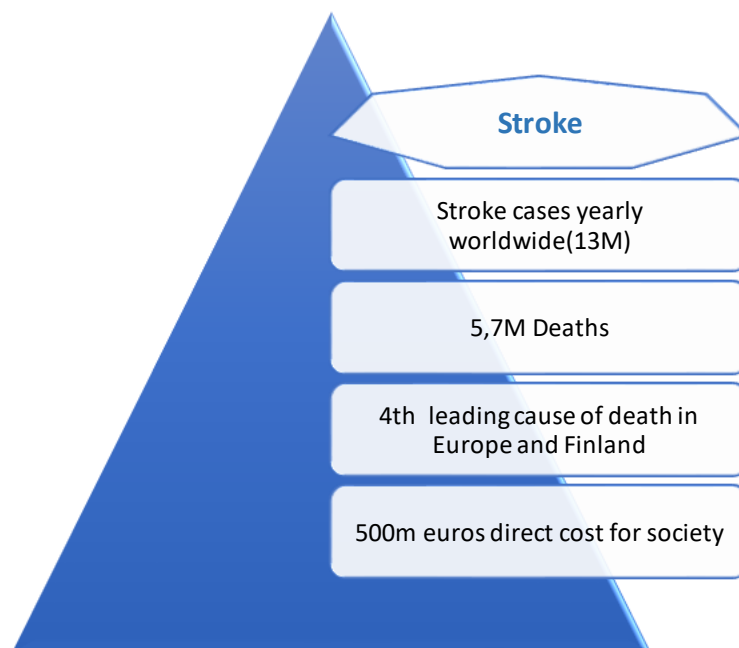


Figure 3: Pyramid showing global annual stroke cases and deaths; it's financial obligation to society. (Haltian, 2023)

One of the common symptoms and signs of stroke is the defective function of cognitive skills. Immobility of some body parts, strain with vision, sudden or severe hemicrania, and lastly, hobble (Mayo Clinic, 2022) which requires extra

assistance for elderly when it happens. Below is a brief description and kinds of strokes for better understanding of this disease.

The two major kind of strokes are ischaemic strokes and haemorrhagic strokes. Ischaemic strokes are commonly familiar classification of stroke. This transpire in the brain when there is interruption in the human's cerebrovascular system which stops the supply of blood and oxygen. This thrombus is naturally form in narrowed major veins which is caused excessive fats deposits. This action is well-known as atherosclerosis (Finnish Brain Association, 2023.).

Haemorrhagic strokes or cerebral haemorrhages or intracranial haemorrhages are infrequent than ischaemic strokes. This is source by major veins in cranium which erupt inside. After this, it gushes and spread around the cerebrum. The major source of haemorrhagic stroke is due to hypertension as it weakens the major veins in the cerebrum and make them more gushes in cerebrum (Finnish Brain Association, 2023.).

Epilepsy is a long-term sickness created by unexpected abnormalities that ejects inside the cerebrum; this incident affects temporary cerebrum dysfunction. (Yao & Cui, 2020). Epilepsy and seizures are at the peak of development during the old age stage. The episode of epilepsy and seizures is more familiar in elderly people between the age of 60 years old and above than in other age groups. (NHS, 2020)

In Finland, approximately 55,000 adults have epilepsy. Around 3,000 people begins taking their epilepsy medication yearly, of which most are elderly adults. Symptoms are managed with proper medication for many patients. About a third, however, there are circumstances that patients still suffer from seizures despite of medication. (Finnish Epilepsy Association, 2022).

Deaths by main causes of deaths in 2019 ja 2020

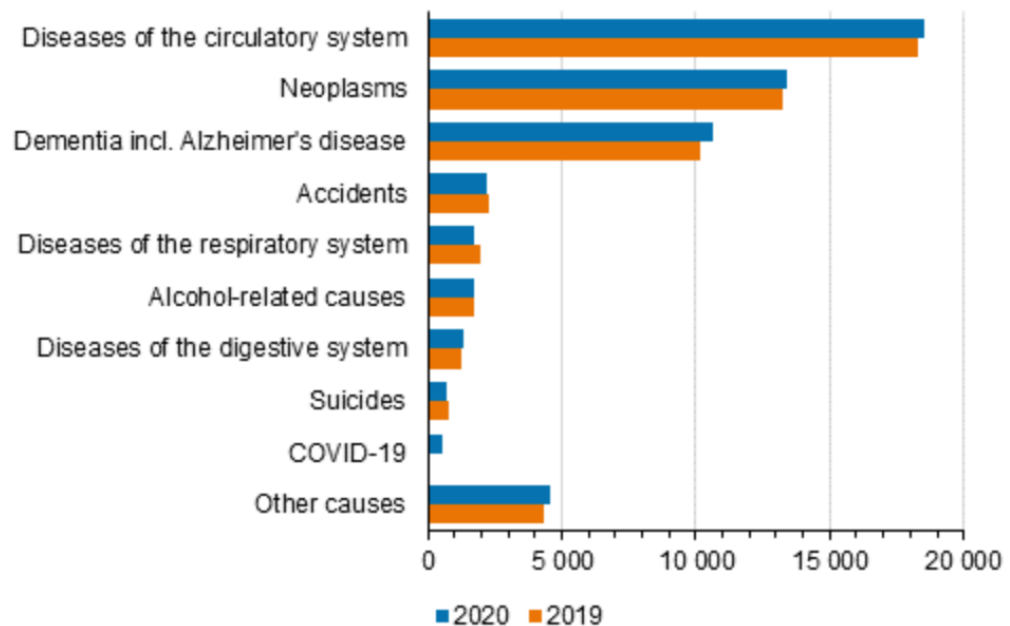


Figure 4. Shows the statistics on the death rate. (Hu et al., 2017; Pajunen, 2021)

Delirium, blanking-out, hardened muscles, out of control yanking motion of the upper and lower body, fainting and other psychological symptoms will manifest (Mayoclinic, 2023).

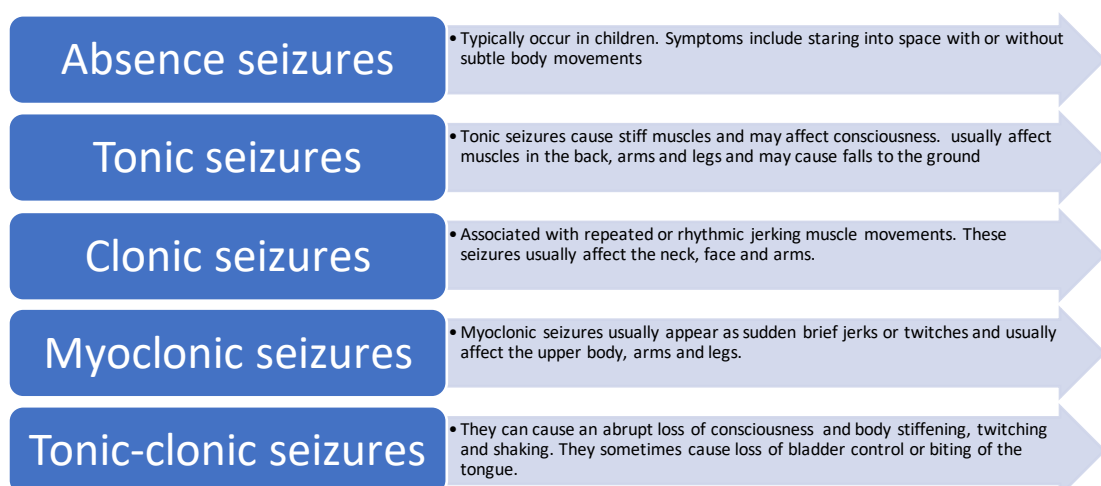


Figure 5. Generalized seizures. (Mayoclinic, 2023)

2.2 Studying Finnish language

In Finland, there is a significant number of immigrants, and of which is continuously growing. According to statistics in Finland, about 8.5 percent of the Finnish population are immigrants. The number of immigrants in Finland was at a record high, 49,998 in 2022, having been 29,000 to 36,000 in the previous years. (Institute for the Languages of Finland, n.d.). The Finnish health protection establishments are in deficient in nursing professionals which is roughly about 8000 workers. This insufficiency of white-collar workers will evidently result to significant problems in the upcoming years. Ethically disparate nurses are asked to deliver efficient care to the populace. About 15.2 % of registered health care providers are either foreign-born or foreign educated (Kamau et al., 2023). Due to the rapid increase of immigrants in Finland, it is strengthening the requirements to acquire Finnish as a supporting language in the past two decades. In agreeability with internationalization strategies, universities in Finland have as well enhanced the number of Finnish language classes provided for degree students and exchange students (Jalkanen & Vaarala, 2023, p.107-108).

For students to acquire good Finnish language skills. Language learning strategies (LLSs) are to be put into practice, which are explained as specific actions, behaviours, method used by undergraduates to improve their schooling. The use of LLSs is favourable for all students; Nevertheless, it is crucial for students who are learning the Finnish language as their second language, for it will ease their learning and enhance the learning process. Additionally, the practice of language learning methods will assist students and nurses to surpass some elements that may disturb the secondary language (L2) learning steps (Naif & Saad, 2017).

Finnish language is a member of the Uralic family of languages. Around 4.9 million of Finnish people and they speak their native language, while others, more than half a million use Finnish language as secondary language (Institute for the languages of Finland, n.d.). Learning a language like Finnish needs a great focus and determination to excel. It is quite difficult to learn Finnish but

nevertheless if one could access the right material, it would be of great use. Finnish language is spoken and used both on daily basis and in work life. Gerontological nursing, is a field of nursing that involves in the caring and the management of the disease of the elderly and to support healthy ageing. International students in Finland are required to speak Finnish to grant an easy communication with the clients and patients in placement and workplace after graduation.

2.3 Vocabulary as educational material

The system of learning a foreign language in the 21st century has changed due to the use of modern technologies. Due to relaxed convenience of language schooling technologies, the chance for acquiring the skills in language outside of the classroom have a set of progressively integral part of instruction (Stauffer, 2014).

A skill like vocabulary can never be fully mastered; rather, it grows and expands with practice. It is simple to access the vocabulary when there is information nearby that can be used in many formats. For instance, a PDF may be printed out as a hard copy or accessible online, both of which are huge advantages for various people.

Such amalgamation is, notwithstanding, result to the implementation of the computer assisted language learning system (CALL) in language classrooms. CALL is simply defined as the “process of learning language or improving language skills with the use of computer learners improve and learn language in any written context, involving the use of computer technologies. Rapid development of educational games has widely impacted the process and the method of learning (Shin et al., 2011.).

In the 1980s, vocabulary instruction is the major aim of computer-based instruction since the existence of computer usage, computers enlarge the educational system. The situation might be because of difficulties surfacing the

reach of all vocabulary by the means of contact learning (classroom) instruction only, taking into account, the number of vocabulary students must acquire in an insufficient instructional period provided for them. The new technologies emerging the society, the development of assisted language learning systems (CALL), and many modern or online integrated vocabulary application which is structured, programmed, and intentionally to make vocabulary learning extra interesting, easier to understand and remember, and more effective (Zhou, 2016.).

In this material, the authors made use of the Portable document format (Pdf) as a final format. Good learning material is crucial to students when learning. PDF file is one good example that can be of very good use for the students because it can be accessed online, and it can also be printed so one can have a hard copy. This type of material is user-friendly anyone can have it in any format they want. The target group will find this material very easy to access and it will also save students from printing paper that could put them in some expenses. Portable Document Format permits dependable duplication of released data on any platform and is the most popular online format (Nganji, 2015.).

3 THE PURPOSE AND OBJECTIVES OF THIS PROJECT THESIS

The purpose of this thesis is to create an up-to-date, relevant, and useful Finnish vocabulary of gerontological nursing for nursing students. The objective of this project thesis is to enhance Finnish language skills which help the employment opportunities for SAMK students for whom Finnish is a second language, in the growing field of gerontological nursing in Finland. Creating this educational material for nursing students will enhance Finnish communication skills during placement and in workforce.

4 PROJECT PLANNING AND IMPLEMENTATION

To achieve a good project result, it's important to have a good step-by-step guide on how our project goal can be executed and achieved. These steps involve, identifying the goals, the stakeholder and targeted group.

4.1 Project methodology

Hybrid methodology was made use of in the entire project implementation. Hybrid approach is a mixture of the Waterfall and Agile approaches, concentrating on gathering and analysing requirements at the start. This approach is malleable and meant for in advanced project. (Freshservice, 2023)

Information from various sources were gathered by the authors to implement their own project. The different options and risks that could impede the project were weighed by the authors. The progress of the plan was assessed with greater attention step by step so to achieve the final goal which is making Finnish vocabulary material for nursing students.

4.2 Literature retrieval and theoretical background

In literature retrieval in this project, good use of bibliographic databases such as SAMK Finna, PubMed and Google scholar were used by the authors. The information was related to the thesis key words, with relevant database platforms was applicable to the search words such as gerontological nursing, ageing and health, vocabulary as educational material and studying Finnish language.

Inclusion and exclusion criteria were considered by the authors. These involves publications such as articles, books and journals which are ten years old or less. However, a few older than ten years publications, which are still relevant were used due to limitation of updated newest publications. During

the search for examples (vocabulary) there was a lack of recent publications related to the key words. However, other related publications were utilised.

Table 1. Inclusion and exclusion criteria

INCLUSION CRITERIA	EXCLUSION CRITERIA
Publication published (within 10 years) from the year 2012 to 2022	Publications studies published more than 10-11 years ago.
Article publications written with English.	Articles, journals, and books written without the use of English language.
Studies are full text, can be accessed freely.	Studies that lack free accessibility.
Publications that are related and relevant with our topic.	Publication, Articles that are not related to topic.

4.3 Target group

The project produced educational materials for Finnish vocabulary for nursing students in Satakunta University of Applied Sciences (SAMK) in the field of gerontological nursing. Satakunta University of Applied Sciences is a reputable institution in the west coast part of Finland, with four different campuses: in Pori, 4200 students; Rauma, 1500 students, Kankaanpää, 130 students; and Kuninkainen campus, 400 students. This project targets groups of nursing students in Satakunta University of Applied sciences, first, second and third-year students.

This educational material will help them to work in Finland not only with the geriatrics but also with other field in nursing. Nursing student in SAMK especially the non-native Finns, do have challenges with Finnish language during

placements and in working fields after graduation. This educational material will be a helping hand for them to communicate with clients and co-workers.

4.4 Vocabulary

The vocabulary of gerontological nursing is a selective list of words in this specialized field of nursing that was produced for easy and quick learning for nursing students and nurses, and which can be referred to. According to the word “vocabulary”, which means collections of words or phrases known and used by individuals or groups of persons, vocabulary forms the root of reading comprehension, and it is critical for communication and expression of words. (Vedantu, 2022). In the collection of these vocabularies, we made use of bilingual dictionaries which according to the Oxford English Dictionary give the translation of the headword in a different language than the headword.’ (Oxford).

The words used in this thesis vocabulary are gathered from previous dictionaries and vocabularies which are related to the subject, either gerontological care or nursing. Some words are gathered from the author's own knowledge and work application (Apotti). Notwithstanding, the authors also generated some words to the subject matter which they from placements and workplace. The authors recognized the importance of establishing inclusion and exclusion criteria that are related to the production of project products. Inclusion criteria, which mean a selection of a topic that aligns with the subject matter to avoid creating bias or confusion, were used to determine if certain words or phrases should be included or removed from the gerontological nursing vocabulary. It is important to create a set criterion to ensure objective quality and consistency of the final product and prevent internal validity and external validity that may affect the product creating bias. (Nikolopoulou, 2022.; Patino CM, 2018.). The inability to select words with no consideration or selection criteria may result in poor quality vocabulary, where there will be no comprehensive or adequate words relating to a gerontological nursing or nursing field which will be of any use or may affect the purpose of the project by producing irrelevant vocabulary.

The words were chosen carefully with the aid of terms the authors encountered during placements and workplaces.

4.4.1 Dictionary translation

Dictionary translation refers to the process of translating words and phrases from one language to another using a dictionary. A dictionary is a reference book that contains words and their meanings in one or more languages. It can be a useful and valuable tool for translating text, but it is important to use it effectively. (Krajewski et al., 2015)

An important emphasis was placed by the authors on the context in which the word or phrase appears. During the collation of their work, it was appreciated by the authors that the words can have multiple meanings depending on the context, and using the wrong meaning can result in an inaccurate translation. The grammatical structure of the sentence and parts of speech of the words involved were also considered.

The importance of structuring ideas logically and coherently was understood. This involved organizing ideas into columns and using translation to connect them. Among the main sources of translation was the Finnish online dictionary sanakirja.fi, Google translate (google kääntäjä). The authors relied on the supervising teacher`s feedback on correcting any wrong translation and the authors also made use of a native Finnish speaker to check on the translation.

4.5 Stages of the project and schedule

This project was carried out to produce educational material on Finnish vocabulary for nursing students. In the formation stage, a project is conceptualized as a transformation of inputs to outputs. A project planning stage is an understanding of how and when a project objective is expected to be achieved

through initiation, planning, implementation, monitoring and controlling, and evaluation of results. (Barron et al., 2014).

Explanation of stages of project stages and development as captured in Table 2 on page 21.

The initiation started in August 2021; the project authors sought an approval from the supervisory teachers. At this stage, project's objectives, scope, stakeholders, target group, and overall approach were defined. We defined why the project is being undertaken and what specific outcomes or goals it aims to achieve. The project scope was defined, the boundaries and deliverables were outlined. What will be included and excluded from the project to manage expectation were known. Stakeholders were identified, all individuals or groups who have an interest and would be beneficiaries of the project. The project authors assigned roles and responsibilities to themselves and develop the project plan. The authors established the project governance by defining the project decision making structure, communication channels, and reporting mechanism. The risks and constraints were discussed, potential risks, uncertainties, and constraints that might impact the project success. Finally, we sought for necessary approvals from the responsible authorities before proceeding with the work.

The planning begun between March to November 2022, the authors began the process of defining the scope, objectives, and deliverables of the project, as well as determining the tasks, resources, and timeline needed to complete it successfully. There are some key steps and considerations undertaken during the project planning process. These steps include, defining the project scope, projects aims and objectives were set, stakeholders and target groups were defined. The project plan submission was concluded, an approval was obtained from the supervisory teacher. An agreement was signed between the authors and the subscriber, Satakunta University of Applied Science, SAMK.

The implementation started on November 2022 to February 2023, the authors retrieved resources of previously related project topics. At this phase, the planned activities, tasks, and strategies outlined in the project plan were

implemented. Detailed search of relevant materials from trusted publishers and governmental web portals such as statistics Finland and so on was obtained, analysed. Development of the education materials for Finnish vocabulary of gerontological nursing was started at this stage.

The project monitoring and controlling conducted between January to March 2023, a robust cooperation between the project authors and the supervisory teacher was more frequent. An established and direct communication link was implemented, this enhanced effective project monitoring and control. Projects risks and constraints were discussed, corrections were made where necessary. Project progresses were monitored, tutored, and evaluated.

Finally, the evaluation and reporting happened from the Month of April to May 2023, project feedback was obtained from the supervisory teacher and necessary amendment was made. The project performance was accessed, it's progress was measured, and the result communicated to the supervising teacher. The authors sought for final approval of the project work. Project progress and right to publish the final product were discussed.

Table 2. Project stages and schedule

Initiation	AUGUST 2021	Thesis topic proposal- sought for an approval from the supervisory teachers. Identified stakeholders and targeted group-identified the stakeholders and the targeted group SAMK and nursing students.
Planning	MARCH-NO- VEMBER 2022	Thesis planning process- Writing the thesis plan and the process of carrying out the project- Submitting thesis plan- Thesis plan submission and seeking for approval form the teachers. Finalising on thesis plan- The final approval from the supervisory teacher and signing an agreement with SAMK to start writing thesis.

Implementation	NOVEMBER 2022-FEBRU- ARY 2023	<p>Collection of materials- collected published materials and studies previously done and apply it in our studies.</p> <p>Implement of the thesis-carried out project tasks, by creating educational materials for Finnish Vocabulary of Gerontological Nursing.</p>
Monitoring and controlling	JANUARY 2022-MARCH 2023	<p>Cooperating with involved parties- Had an interview with supervisory teacher.</p> <p>Discussion of the project progress with supervisory teacher.</p> <p>Looking out for any risks and preventing their occurrence.</p>
Evaluation and reporting	APRIL-MAY 2023	<p>Summarize the feedback and make amendment.</p> <p>Seeking for final thesis approval from our supervisor.</p> <p>Discuss the conclusion of the thesis project work.</p> <p>Finalizing thesis project and publish.</p>

5 EVALUATION

5.1 Resources and risks

Every successful project demands resources to contribute to its implementation and ultimately to its success. Good management of a project results in effective and successful project outcomes. These were determined at the outset before the project was even initiated and launched, making use of essential resources that resulted in the smooth running of the project thereby optimizing its management. Resources included manpower, information, time, and economical resources which were used to produce a project. (Nösel, 2020).

The human resources of this project are two authors of the thesis which are the most important persons of this project. Technological equipment (laptop) was used throughout the process. Adobe Acrobat was the main resource needed while formulating the portable document format (Pdf). In respect of the target group, the authors of this thesis assessed the product usability and the attainment of the objectives. However, SAMK had the workspace to form the product and a platform to implement it. Notwithstanding, a good database of previous publications on the topic was extremely vital in the thesis: these include SAMK Finna, PubMed, CINAHL, and Google Scholar. The knowledge of creating Pdf files was needed in creating these educational materials. Mapping out the risks and assigning the responsibilities, conducting research, and allocating resources. The authors defined their goals and identified their project targeted groups.

5.2 Ethical consideration

Every academic research focuses on ethical guidelines and considerations. To be able to achieve those goals, certain guidelines must be followed. The authors needed to be aware of and observe the guiding principles connected with research, data, and information gathering. These are enshrined in the Finnish Responsible Conduct of Research (RCR). These ethical instructions that

encourages of reliability and taking into account all ethical characteristics of research enforced to all Finnish educational organizations like the Universities of Applied Sciences. (Finnish Advisory Board on Research Integrity 2012, 29)

The authors are aware that at the bachelor's thesis level, this being a learning experience, the authors were guided and supported by teachers and mentors. A thesis is supposed to produce original ideas and suggestions, even if to a certain extent it is informed by reliable scientific sources, and the authors should not lose sight of this. The interpretation of relevant material must be proficient and objective, producing a reliable outcome and conclusion. (Vanclay et al., 2013)

5.3 Evaluation of project

Mapping out the project plan made it easy for authors to create this product, as it enabled them to know how to implement the project. This project followed the procedure of Hybrid methodology which is the combination of Waterfall and Agile methodology. The knowledge authors acquired from the university had a huge help in the project outcomes. The early selection of the main points, the subjects, and narrowing down the scope of the dictionary, produced success in this project.

The project scope was evaluated to ensure that it was well-defined and covered all relevant aspects. The project schedule was evaluated to ascertain if it was realistic and achievable. The project goals and objectives were evaluated, and it was ascertained that they were clear, achievable and align with the aim and purpose of the work. The work progress was regularly monitored and evaluated against the project plan to determine if it is on track and adjusted where as required. Necessary adjustments and updates were made to the project plan and process to ensure that it remains on track.

Based on the authors experiences, observations with other international nursing students in the working environment, the authors included essential factors to create an effective product that will be beneficial for the target groups. The

result of the product is educational material that will be used by nursing students during their placements and workplace. The authors engaged with the supervising teacher in charge of the thesis to make sure the product had necessary information and was in the right order. The product was also evaluated by the colleagues of the supervisor teacher in charge for the final product to be declared good educational material. The authors also evaluated the project thesis as it was critical to make sure the right outcome was achieved.

The authors worked closely with the supervising teacher. Based on feedback received by the authors, they modified and made some corrections to the product. Agile methodology assisted the writers of this thesis to remain on course and attain their goals by breaking down the process into several phases.

Project evaluation was critically needed to enable a good outcome, which authors took into consideration for a quality final product. Quality control and feedback from the subscribers were taken into consideration with the help of Finnish-speaking professionals and colleagues. Some revisions and changes informed by the quality and relevant experience of the subscribers, were made to fit the field of gerontological nursing.

The choice of this topic was made by the authors from the provided list. Important and relevant nursing terms concerning gerontological nursing were searched and identified. The template of the product consisted of thematic headings on health-related conditions and healthcare activities followed by a vocabulary list that was associated with those themes arranged in alphabetical order. The product included categories, vocabulary, and Finnish to English translations and excluded other aspects such as etymology, definition, index, and pronunciation (EAP Foundation 2018).

Based on the authors' experiences having a good dictionary helped them work with ease in their workplace. The simplicity of this layout made it possible for nursing students who will have access to this dictionary to quickly search for words they need to use or understand when carrying out their gerontological

nursing. In addition, the simplicity of the layout makes it easy for the nursing student to learn and commit to remembering the vocabulary for future use.

5.4 Personal growth

The work connected with this project thesis brought about a significant milestone in the author's personal growth as it required a lot of dedication, patience, effort, and endurance. Different skills improved upon completing the project thesis and have gained significant amount of knowledge. The authors developed critical thinking skills and improved the ability to analyse and interpret data.

Time management skills were enhanced and managed efficiently, since working on a project thesis requires considerable amount of time and effort. These skills are significantly useful for the authors' professional development and daily life. The successful completion of this thesis has helped the authors build confidence in their abilities and has given them a sense of accomplishment.

One of the noticeable improvements was the author's communication skills. With their effort to present this project to their senior colleagues and classmates, they have improved how to deliver and articulate complex ideas that are easier to understand. As a result of this project, the authors gained knowledge and understanding in this field and other related medical fields.

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