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### 1. Full name and date

Kuosmanen, Lauri Markus

Male

CV updated: March 8, 2021

### 2. Date and place of birth, nationality, current residence

29th March 1967, Joensuu, Finland

Nationality: Finnish

Address: Kolmas Linja 5 A 20, 00530 Helsinki, Finland (home)

Telephone: Mobile +358 50 5167055 (work); +358 500 557137 (home)

Email: [lauri.kuosmanen@uef.fi](mailto:lauri.kuosmanen@uef.fi)

### 3. Education and degrees awarded

Title of Docent / adjunct professor (Nursing Science) 17.1.2013

University of Turku

Department of Nursing Science

Doctor of Health Sciences (Nursing Science) 1.4.2009

University of Turku

Department of Nursing Science

Master of Nursing Science (MNSc), Nurse Educator 16.5.2003

University of Kuopio

Department of Nursing Science

Registered Nurse (Mental Health Care) 27.5.1992

Mikkeli Health Care College

Secondary School Graduate 31.5.1986

Mikkelin Yhteiskoulu

### 4. Other education and training, qualifications and skills

Diploma in Service Design, Aalto University / Professional Development, Finland. 10 credits. 19.2.2021

Specialist Qualification in Management (JET) organised by Amiedu, Finland. 18 months education including courses on economics, HR, process management and change management. Thesis: Mental health and Substance abuse work strategy in City of Vantaa, Finland. 15.8.2012-30.5.2006

Group Therapy Training, Hospital District of Helsinki and Uusimaa. 22 seminar days with 153 hours of theoretical studies, 60 hours of small group counselling and clinical patient group supervision. 3.11.1994-12.12.1996

### 5. Linguistic skills

Finnish: native language; English C1/2; Swedish A1/2

## 6. Current positions

### *Full-time*

University Lecturer 1.8.2020 -  
University of Eastern Finland  
Department of Nursing Science

### *Part-time*

Lecturer; Consultant; Expert; Partner 1.1.2013 -  
Evipro Company, Finland

## 7. Previous work experience

### *Full-time*

Professor (Preventive Nursing Science) 1.6.2018 – 31.7.2020  
University of Eastern Finland  
Department of Nursing Science

Collaboration Coordinator (service integration between primary and specialized health care), Helsinki University Hospital, Department of Psychiatry and Primary Health Care Organization of City of Vantaa 1.11.2015-31.5.2018

Project Director, Mielen avain [Key to the Mind] –project (developing and implementing mental health services, mental health promotion and ill health prevention) funded by Ministry of Social Affairs and Health and administrated by Primary Health Care Organization of City of Vantaa 26.5.2010-30.10.2015

Project Manager, Sateenvarjo –project (developing and implementing mental health services, mental health promotion and ill health prevention) funded by Ministry of Social Affairs and Health and administrated by Primary Health Care Organization of City of Vantaa, 1.1.2009-25.5.2010

Project Coordinator, Sateenvarjo –project (developing and implementing mental health services, mental health promotion and ill health prevention) funded by Ministry of Social Affairs and Health and administrated by Primary Health Care Organization of City of Vantaa, Finland, 1.9.2005-31.12.2008

Research assistant, University of Turku, Department of Nursing Science, ePsychNurse.Net -project, The Leonardo da Vinci programme, European Commission, 19.11.-16.12.2007 and 1.-30.4.2008

Officer, Tehy - The Union of Health and Social Care Professionals 1.5.2003-30.8.2005

Researcher, University of Tampere, Department of Nursing Science, Evaluation of Internet-based Patient Support System in Mental Health: A Cost-Effectiveness analysis –project 30.8.-12.9.2004

Nurse Manager, Hospital District of Helsinki and Uusimaa, Kellokoski Hospital 15.4.2002-30.4.2003

Nurse, Hospital District of Helsinki and Uusimaa, Kellokoski Hospital (Acute Psychiatry and Adolescent Psychiatry) 18.1.1999-14.4.2002

Nurse, Hospital District of Helsinki and Uusimaa, Peijas Hospital (Internal Medicine and Psychiatry) 1.7.1993-17.1.1999

Nurse, Hospital District of Helsinki and Uusimaa, Jorvi Hospital (Psychiatry) 1.6.1992-30.6.1993

### *Part-time*

Independent Researcher, MindsTogether project, Prime Minister's Office, Finland (The objective of the MindsTogether project has been to provide decision makers with evidence-based information about effective models for mental health and addiction services. The project consisted of a literature review, expert interviews, general public survey, and focus group work with experts by experience) 21.2.-31.12.2017.

Publication: <https://www.julkari.fi/handle/10024/136063>

University Researcher (20%), University of Turku, Department of Nursing Science 1.1.-31.5.2014

University Researcher (20%), University of Turku, Department of Nursing Science 15.8.-31.12.2013

Teacher and lecturer in Nursing Science (see chapter 9) 2009 -

Teacher and lecturer in Nurse and Practical Nurse education 1996-2009

## **8. Research funding as well as leadership and supervision**

### *Research and development project funding*

Conversational Interfaces Supporting Mental Health and Well-being of People in Sparsely Populated Areas (ChatPal), Northern Periphery and Arctic Programme, European Union. Project Partners: Ulster University, University of Eastern Finland, Norrbotten Association of Local Authorities, Region Norrbotten, Luleå University of Technology, NHS Western Isles, Action Mental Health, Cork Institute of Technology with total funding of 1.5 million euros. Funding for University of Eastern Finland and Department of Nursing Science is 220 000 euros between 1.10.2019 - 30.9.2022. Lauri Kuosmanen coordinated ChatPal application as representative of University of Eastern Finland and is the project manager and responsible researcher of ChatPal in Finland.

### *Other ongoing research projects:*

- National study on psychiatric seclusion facilities: <https://uefconnect.uef.fi/tutkimusryhma/selvitys-suomen-psykiatrisista-eristystiloista/>
- Impact from COVID-19 Isolation on Mental Health in NPA Regions: <https://keep.eu/projects/24668/Impact-from-COVID-19-Isolat-EN/>
- Therapeutic engagement in psychiatric care: <https://uefconnect.uef.fi/tutkimusryhma/hoidollinen-yhteisty-akuutilla-psykiatrisella-osastolla/>
- Coercion and involuntary treatment in psychiatric care: Data from Northern Finland Birth Cohorts: <https://www.oulu.fi/nfbc/>

### *Supervised PhD dissertations*

- Emilia Laukkanen (2021) Coercive measures in Finnish psychiatric inpatient care – special emphasis on psychiatric nursing managers' attitudes. Available at: <https://erepo.uef.fi/handle/123456789/24257>

### *Ongoing Post doc research*

- PhD Riitta Askola, Therapeutic Engagement Questionnaire (TEQ) within mental health care in Finland. In collaboration with St. George's, University of London, UK, Helsinki University Hospital, Finland and Kuopio University Hospital, Finland 2018 -

*Ongoing registered dissertations, principal supervisor (7)*

- Anetta Väänänen, Psykiatristen sairaaloiden erityistilat fyysisenä ympäristönä [Psychiatric Seclusion facilities as physical environment] 2020-
- Menna Kärnä, Uuden psykiatrisen sairaalarakennuksen suunnittelu ja rakentaminen hyvän potilashoidon ja työntekijöiden työhyvinvoinnin mahdollistajina 2020-
- Katja Lumen, Kokemusasiantuntijuus oikeuspsykiatristen ja vaikeahoitoisten potilaiden hoidossa Suomessa [Experts by experience in forensic and difficult to treat patients' care systems in Finland] 2020-
- Mia Roos, Lähihoitajaopiskelijan, koulutuksen järjestäjän ja yksityisen palveluntuottajan välinen yhteistyö sosiaali- ja terveystieteiden sekä toimipaikkojen vetovoimaisuuden ja sitoutuneisuuden edistämiseksi 2020 –
- Iira Tiitta, Finnish registered nurses' observations of health effects related to climate change 2019 -
- Margit Lappalainen, Information related to antipsychotic medication provided to patient with first episode psychosis 2019 -
- Timo Laaksonen, Viipurin kaupungin mielisairaalan siirtopotilaiden hoito Kellokosken sairaalassa 2019 -

*Ongoing registered dissertations, assistant supervisor (3)*

- Saija Sihvola, Colorectal cancer patients' experiences of counselling quality and resilience: a longitudinal study 2019 -
- Marita Repo, Cultural sensitive nursing care of multicultural cancer patients 2018 –
- Kirsi Hipp, Patient participation in PRN medication in psychiatric inpatient settings 2016 -

*Master thesis supervisor (10) and ongoing thesis (10).*

In addition, I am in steering groups of two PhD studies and acted twice as member of review panel on Docent evaluation (evaluating applicant's teaching skills).

I am vice board member of Doctoral programme in Health sciences at University of Eastern Finland and vice member at The Well-being and Health Sector's Artificial Intelligence and Robotics Programme (Hyteairo) Network.

## **9. Merits in teaching and pedagogical competence**

*Pedagogical training and competence*

I have nurse teacher education from 2003. Currently, I am teaching mostly in preventive nursing science education at University of Eastern Finland and Department of Nursing Science. Since 1999 I have been arranging and teaching courses, lectures and seminars in University projects and courses both nationally and internationally. Between years 1996- 2009 did part-time teaching in nurse and practical nurse education in various organizations in Finland. For the last ten years I have done 30-40 lectures per year on various topics, mainly around mental health, in health organisations, NGO's, education seminars and conferences. So far, I have been lecturing in Sweden, Estonia, Iceland, Portugal, Norway, Romania, Russia, Denmark, Latvia, Ireland, Lithuania, South-Africa, England, Germany and Italy in university courses, project meetings, seminars, vocational education days and conferences. I have strong expertise in communicating with people from different backgrounds. My teaching is relaxed but at the same time very structured and I am able to create an atmosphere where everybody's opinion is heard and respected.

*Involvement in curriculum planning and the implementation of courses*

- Course responsible teacher at university of Eastern Finland, Department of Nursing Science 2018-2020 (altogether 87 ECTS):

- Arvot ja etiikka hoitotieteessä 5 Op 06.02.19 -06.05.19
  - Globaalit näkökohdat terveyden edistämisen tulevaisuudessa 5 Op 19.03.19 -31.05.19
  - Globaalit näkökohdat terveyden edistämisen tulevaisuudessa 5 Op 19.03.20 -15.05.20
  - Preventiivisen hoitotieteen ja terveyden edistämisen tietoperusta 6 Op 12.09.18 -29.10.18
  - Preventiivisen hoitotieteen ja terveyden edistämisen tietoperusta 6 Op 11.09.19 -29.10.19
  - Preventiivisen hoitotieteen ja terveyden edistämisen tietoperusta 6 Op 10.09.20 -29.10.20
  - Tasa-arvo, yhdenvertaisuus ja osallisuus terveyden edistämässä 5 Op 06.11.18 -12.12.18
  - Tasa-arvo, yhdenvertaisuus ja osallisuus terveyden edistämässä 5 Op 06.11.19 -12.12.19
  - Tasa-arvo, yhdenvertaisuus ja osallisuus terveyden edistämässä 5 Op 06.11.20 -12.12.20
  - Vaikuttavat terveyden edistämisen toimintamallit ja interventiot 4 Op 15.01.19 -13.03.19
  - Vaikuttavat terveyden edistämisen toimintamallit ja interventiot 4 Op 14.01.20 -11.03.20
  - Values and knowledge basis in nursing science 3 Op 01.04.19 -15.05.19
  - Values and knowledge basis in nursing science 3 Op 01.04.20 -15.05.20
  - Orientaatio yhteisö- ja perhehoitotyöhön Verkkokurssi 2 Op 01.09.20 -30.11.20
  - Orientaatio yhteisö- ja perhehoitotyöhön, Avoin yliopisto Verkkokurssi 2 Op 01.09.20 -30.11.20
  - Preventiivisen hoitotieteen ja terveyden edistämisen tietoperusta, Avoin yliopisto Verkkokurssi 6 Op 10.09.20 -29.10.20
  - Tasa-arvo, yhdenvertaisuus ja osallisuus terveyden edistämässä, Avoin yliopisto Verkkokurssi 5 Op 06.11.20 -12.12.20
  - Yhteisön terveyden edistäminen Verkkokurssi 5 Op 01.10.20 -07.12.20
  - Yhteisön terveyden edistäminen, Avoin yliopisto Verkkokurssi, 5 Op 01.10.20 -07.12.20
- Course responsible teacher, Preventive Nursing Science – community and family nursing (27-30 ECTS). Aducate, Open University, University of Eastern Finland 2019 - 2020
  - Course responsible teacher, Orientation to recovery-oriented practices (Two-day education in collaboration with professionals, NGOs and service users. So far, 10 courses and over 1000 participants has participated the course). Helsinki Summer University 2018 -
  - Course responsible person, Nursing science: perspectives of mental health and well-being in nursing research (6 ECTS). Finnish Doctoral Education Network in Nursing Science. University of Turku, Department of Nursing Science 25.-27.4.2018.
  - Mentor, School for Managers (11 ECTS). Tehy -The Union of Health and Social Care Professionals in Finland 4/2015 – 3/2016
  - Course organiser, Client-Centred Research Methods in Nursing Science (6 ECTS). Finnish Doctoral Programme in Nursing Science. University of Turku, Department of Nursing Science 30.9.-1.10.2013
  - Responsible teacher, Ethics in Health Care Organization (3 ECTS). University of Turku, Department of Nursing Science 2011-2015
  - Lecturer, Psychiatric team-work, community based work, patient rights and role of mental health nurses in services. EU Twinning project Support for the completion of the integrated mental health services system in Romania (RO/2007/IB/SO-01). Bucharest and Iasi, Romania 8.-12.3.2010

#### *Development of teaching methods*

- Kuosmanen L, Tuisku K, Oksanen M (2018). Depressiohoitajan työnkuva (Work description for Depression Nurse Specialist) Healthvillage.fi / Mentalhub. E-learning material for mental health professionals. Available at: [www.mielenterveystalo.fi](http://www.mielenterveystalo.fi).

## 10. Awards, prizes and honours

2016 Golden Decoration on achievements in Nursing Science. Issuer: Hospital District of Helsinki and Uusimaa, Finland.

2016 Health Science Research Award. Issuer: Hospital District of Helsinki and Uusimaa, Helsinki University Hospital, Psychiatric Division, Finland. Award was given for active research work in the area of health sciences and based on my active role in education and practice development in psychiatry and mental health.

2015 Ostrobotnia prize. Issuer: Ostrobotnia -project [Pohjanmaa -hanke], Finland. Prize was awarded for my work aiming to reduce restraint and other coercive measures in psychiatric care and supporting the rights of vulnerable populations in health care.

## 11. Other academic merits

### *Pre-examiner of a doctoral dissertation*

- Maria Ameel (2021) Applicability of the nursing interventions classification in the psychiatric outpatient care setting. University of Turku.
- Pia Keiski (2018) Perheväkivaltaa käyttäneen naisen minuus. Realistinen synteesi perheväkivaltakäyttäytymisen vähenemiseen tähtäävän intervention vaikutuksista. University of Tampere.
- Minna-Maria Behm (2015) Ihanteet ja arki päihteiden käytön puheeksiottotilanteissa päivystysvastaanotoilla. Eettisten periaatteiden toteutuminen. University of Eastern Finland.
- Birgitta Lehto (2015) Huolehtiva kanssakäyminen. Substanttiivinen teoria työikäisen aivohalvauspotilaan perheenjäsenen emotionaalista tukemisesta sairastumisen akuutissa vaiheessa. University of Tampere.

### *Opponent of a doctoral dissertation*

- Jenni Konttila (2020) Hypoteettinen malli työssä kohdatun väkivallan ja työhyvinvoinnin välisestä yhteydestä aikuispsykiatrisessa avohoidossa [The hypothetical model of association between workplace violence and occupational well-being in psychiatric outpatient settings]. University of Oulu.
- Mika Virtanen (2018) Lastenpsykiatrisen erikoissairaanhoidon laadun arviointi. University of Tampere.
- Irja Nieminen (2017) Koulutusinterventio osana mielenterveyskuntoutujien kuntoutusta. Käytännön teoria. University of Tampere.

### *Member in dissertation committees*

- Sebastian Gabrielsson (2015) A moral endeavour in a demoralizing context. Psychiatric inpatient care from the perspective of professional caregivers. Division of Nursing, Department of Health Science, Luleå University of Technology, Sweden.

### *Memberships and positions of trust in scientific and scholarly societies*

- Fellow of the European Academy of Nursing Science (FEANS). Issuer: The European Academy of Nursing Science 2015. Fellows are individuals with an established career in nursing research who have made significant contributions to the advancement of nursing science in Europe through scholarship and research. They will have an acknowledged track record and will have demonstrated a considerable breadth and depth of achievement in publications and grant funded research.
- Member, Hoitotieteiden tutkimusseura, HTTS ry, 2006 -

### *Referee for scientific and scholarly journals*

- International Journal of Qualitative Studies in Health & Well-being 2019 -

- Duodecim (The Finnish Medical Society Duodecim) 2017-
- Nordic Journal of Psychiatry 2017-
- Tutkiva Hoitotyö (Nursing Evidence) 2017-
- Scandinavian Journal of Caring Sciences 2016-
- Sosiaalilääketieteellinen Aikakauslehti (Journal of Social Medicine) 2014-
- Hoitotiede (Nursing Science) 2013-
- Mental Health Practice 2013-
- International Journal of Nursing Studies 2011-
- Saudi Medical Journal 2010-
- Journal of Medical Ethics 2009-
- Neurosciences 2009-
- Nursing Ethics 2007-

*Member of editorial advisory board*

- Mental Health Practice 2013-2017

*Member of steering group*

PsychNurse.Net: eQualitySystem – Municipality of Imatra, (EU, Leonardo da Vinci) 2010-2012

*Secretary of Scientific Committee and Member of Organizing Committee*

10<sup>th</sup> European Conference on Mental Health, Portugal 2021

9<sup>th</sup> European Conference on Mental Health (Online) 2020

8<sup>th</sup> European Conference on Mental Health, Northern Ireland 2019

7<sup>th</sup> European Conference on Mental Health, Croatia 2018

6<sup>th</sup> European Conference on Mental Health, Germany 2017

5<sup>th</sup> European Conference on Mental Health, Czech Republic 2016

4<sup>th</sup> European Conference on Mental Health, Latvia 2015

3<sup>rd</sup> European Conference on Mental Health, Estonia 2014

2<sup>nd</sup> European Conference on Mental Health Nursing, Finland 2013

*Member of Organizing Committee*

1<sup>st</sup> European Conference of Mental Health Nursing, Finland 2012

Nordic Conference of Mental Health Nursing, Finland 2011

*Researcher / research assistant in projects*

- ePsychNurse.Net – project, University of Turku (EU, Leonardo da Vinci) 2006-2008
- Evaluation of Internet-based Patient Support System in Mental Health: A Cost-effectiveness Analysis - University of Turku (Academy of Finland, TERTTU) 2004 -2007
- Patients' information receiving and restriction in psychiatric hospital - University of Turku; Kellokoski Hospital 2001-2003
- Patient satisfaction with psychiatric hospital care - University of Turku; Kellokoski Hospital 1999-2002

*Invited keynote lectures abroad*

- “How to reduce seclusion, restraint and other forms of coercion in psychiatric in-patient wards?” 2. Andernacher Psychiatriedialog, Andernach, Germany 1.6.2017
- “Suicide prevention in Finland” Implementation of strategic plan for Kalininsky district on the base of pyll analysis. WHO, Baltic Region Healthy Cities Association, St Petersburg, Russia 5.11.2013
- “How to reduce seclusion, restraint and other forms of coercion in psychiatric in-patient wards?” Breaking Barriers - The Nordic Conference of Mental Health Nursing, Reykjavík, Iceland 12.9.2013

## **12. Scientific and societal impact of research**

H-index on March 9<sup>th</sup>, 2021: 15. Sum of times cited 593 and citing articles 475.

My list of publication includes in total:

- 54 Peer-reviewed scientific articles
- 5 Conference proceedings
- 31 Publications intended for professional communities

In addition, but not included in the list of publications, 80 international and 20 national scientific conference abstracts.

*Merits in science communication and expert assignments in the media*

- Best article of the year 2010. Melartin T, **Kuosmanen L** & Riihimäki K (2010). Tosi mies ei masennu? Suomen Lääkärilehti (Finnish Medical Journal) 65 (3); 169-173.

### **13. Positions of trust in society and other societal merits**

- Member, The National Advisory Board on Social Welfare and Health Care Ethics (ETENE), Finland, 2014-2018; Vice-chairperson 2018 -
- Health Care Expert, VALVIRA – National Supervisory Authority for Welfare and health, 2020 -
- Board member, Lapinlahden Lähde - Centre for culture and well-being, Mieli - Mental Health Finland 2019 -
- Vice-chairperson of the Board, The Finnish Nursing Education Foundation (Sairaanhoitajien koulutussäätiö), 2017-
- Expert, United Nations, Optional protocol to the convention against torture (OPCAT) subcommittee on prevention of torture in Parliamentary Ombudsman in Finland 2016 -
- Member, Ethics Committee, Tehy - Union of Health and Social Care Professionals in Finland, 2013-2021
- Member, Ethics Committee, Hospital District of Helsinki and Uusimaa, Helsinki University Hospital, Finland 2016-2018
- Co-founder, board member, Association of Mental Health Development and Research (Mielenterveystyön kehittäminen ja tutkimus ry) 2015-2017
- National Coordinator in Finland, Nordic Network for Reducing the Use of Coercion in Care, National Institute for Health and Welfare, Helsinki, Finland and Nordic Council of Ministers 2012-2015
- Member, Mental health expert group, Finnish Nurses Association 2005-2007, 2009-2013

*Expert positions in Ministry of Social Affairs and Health, Finland*

- Permanent expert in implementation group of plan for mental health and substance abuse work (Mieli -ohjelma) 2010-2012
- Secretary, Parliamentary substance abuse committee 2010-2013
- Secretary, Working group developing services for children with parents suffering from alcohol abuse problems 2010-2011
- Permanent expert in working group of plan for mental health and substance abuse work (Mieli -ohjelma) 2008-2009



## 14. Other merits

### *Projects and fundings outside academia*

- In my previous working life, I applied, coordinated, managed and evaluated two large scale social and health care projects (Sateenvarjo -project and Mielen avain -project) funded by the Ministry of Social Affairs and Health, Finland. The total funding for these projects between years 2005-2015 was 10 million euros.
- I am one of the responsible organizers of European Conference on Mental Health -events. So far, we have had seven annual conferences in seven different European countries: Finland, Estonia, Latvia, Czech Republic, Germany, Croatia and Northern Ireland. In 2020 we organized an Online Conference and in 2021 we plan to be in Lisbon, Portugal. This kind of activity have taught me how to do collaboration in different countries and in different academic and economic environments. I personally have read and evaluated as scientific committee secretary over 1500 conference abstracts, have personal academic and professional connections in all continents and in over 50 different countries. I am very experienced in both practical and educational arrangements of a scientific conference.