

Lauri Kuosmanen, CV

1. Personal details and the date of the CV

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h-index: 17

Date of the CV: Oct 26, 2022

2. Degrees

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 Teacher 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

3. Other education and expertise

Diploma in Service Design 19.2.2021

Aalto University, Professional Development, Finland

Description: A four-month education with 10 credits including planning and implementing of service design project ("European Conference on Mental Health as client centered learning platform"). Studies included optional credits on Strategic Planning and Basics of Business Economics.

Specialist Qualification in Management (JET) 30.5.2014

Amiedu, Finland

Description: 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.

Group Therapy Training 12.12.1996

Hospital District of Helsinki and Uusimaa, Finland

Description: 22 seminar days with 153 hours of theoretical studies, 60 hours of small group counselling and clinical patient group supervision.

4. Language skills

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

5. Current employment

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, Finland

6. 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

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

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

Registered 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

7. Research funding and grants

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:

- Principal Investigator, National study on psychiatric seclusion facilities: <https://uefconnect.uef.fi/tutkimusryhma/selvitys-suomen-psykiatrisista-eristystiloista/>
- Principal Investigator, Coercion and involuntary treatment in psychiatric care: Data from Northern Finland Birth Cohorts: <https://www.oulu.fi/nfbc/>
- Mentor, Therapeutic engagement in psychiatric care: <https://uefconnect.uef.fi/tutkimusryhma/hoidollinen-yhteisty-akuutilla-psykiatrisella-osastolla/>

Projects and fundings outside academia

- Partner, Expert and Educator at Erasmus+ Programme (2021-1-IE01-KA220-ADU-000030367 OID E10209077) Embedding an Emancipatory Educational Framework in Communities for people

marginalised and excluded because of mental health and/or substance misuse issues 2021-2024. Project Lead Dublin City University, Ireland. **Total funding 399 457 euros.**

- Project Director and responsible applicant at Mielen avain (Key to the Mind) -project funded by the Ministry of Social Affairs and Health, Finland 2010-2015. Development and testing of new ways to improve mental health and well-being of Citizens in Southern Finland (population 2.2 million). **Total funding 10.2 million euros.**
- Project Director and responsible applicant at Sateenvarjo (Umbrella) -project funded by the Ministry of Social Affairs and Health, Finland 2005-2009. Development and testing of new ways to improve mental health and well-being of Citizens in City of Vantaa, Finland (population 200 000). **Total funding 1.5 million euros.**

8. Research output

My *h*-index is 17 (Scopus) and my list of publication includes in total 59 peer-reviewed scientific articles and 6 scientific conference proceedings. In addition, but not included in the list of publications, I have 90 international and 23 national scientific conference abstracts.

9. Research supervision and leadership experience

Supervised PhD dissertations

- Kirsi Hipp (2021) Patient Participation in Pro Re Nata Medication in Forensic Psychiatric Inpatient Care. Available at: <https://www.utupub.fi/handle/10024/152633>
- 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>

I am in steering groups of three doctoral students – one at University of Tampere, Finland and two at University of Turku, Finland.

In addition, I have evaluated two adjunct professor (title of docent) applications (+ one agreed for Autumn 2022) and acted twice as member of review panel on Docent (Adjunct professor) application process in University of Turku, Finland, evaluating candidates teaching skills.

Ongoing Post doc mentoring

- 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 -

Doctoral students - ongoing supervision as principal supervisor (11),

Note: names of the students removed based on the instructions by The Finnish National Board on Research Integrity TENK and The General Data Protection Regulation (EU) 2016/679 (GDPR)

- N.N., Sámi perceptions of welfare and its influencing factors 2021-

- N.N., Vanhemmuuden kokemuksen tukeminen vauvaperheissä - julkisen sektorin lapsiperhepalveluiden vaikuttavuus osana kansallista ja kehittyvää sote-integraatiota 2021-
- N.N., Culturally responsive mental health care - Guidelines for nursing practice 2021-
- N.N., Designing mental health chatbot conversations: Conversational design tool for mental health professionals 2021-
- N.N., Psychiatric Seclusion facilities as physical environment 2020-
- N.N., Experts by experience in forensic and difficult to treat patients' care systems in Finland 2020-
- N.N., Uuden psykiatrisen sairaalarakennuksen suunnittelu ja rakentaminen hyvän potilashoidon ja työntekijöiden työhyvinvoinnin mahdollistajina 2020-
- N.N., Lähihoitajaopiskelijan, koulutuksen järjestäjän ja yksityisen palveluntuottajan välinen yhteistyö sosiaali- ja terveysalan sekä toimipaikkojen vetovoimaisuuden ja sitoutuneisuuden edistämiseksi 2020 –
- N.N., Finnish registered nurses' observations of health effects related to climate change 2019 -
- N.N., Information related to antipsychotic medication provided to patient with first episode psychosis 2019 -
- N.N., Viipurin kaupungin mielisairaalan siirtopotilaiden hoito Kellokosken sairaalassa 2019 -

Doctoral students - ongoing supervision as second supervisor (2)

Note: names of the students removed based on the instructions by The Finnish National Board on Research Integrity TENK and The General Data Protection Regulation (EU) 2016/679 (GDPR)

- N.N., Colorectal cancer patients' experiences of counselling quality and resilience: a longitudinal study 2019 -
- N.N., Cultural sensitive nursing care of multicultural cancer patients 2018 –

Master thesis supervisor (17) and ongoing thesis (10)

10. Teaching merits

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. I have described my pedagogical expertise also in my teaching portfolio.

Involvement in curriculum planning and the implementation of courses at University of Eastern Finland

Table 1. My courses (name, ECTS credits) as responsible teacher at University of Eastern Finland, Department of Nursing Science 2018-2023

Course	ECTS	2018-2019	2019-2020	2020-2021	2021-2022	2022-
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						2023
Values and Ethics in Nursing Science	5		x			
Ethics in Intercultural Interaction	5	x	x			
Values and Knowledge Basis in Nursing Science	3		x	x		
The Global Perspectives in the Future of Health Promotion	5	x	x	x	x	x
Theoretical Basis of Preventive Nursing Science and Health Promotion	6	x	x	x	x	x
Equality, Equity and Participation in Health Promotion	6	x	x	x	x	x
Effective Action Models and Interventions of Health Promotion	4	x	x			
Orientation to Family and Community Nursing	2			x	x	x
Preventive Nursing Science – Community and Family Nursing	27-30		x			

Involvement in curriculum planning and the implementation of courses in other Universities and outside academia

1. Doctoral level education:

- 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.
- 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

2. Master level education

- Responsible teacher, Ethics in Health Care Organization (3 ECTS). University of Turku, Department of Nursing Science 2011-2015

3. Courses for health care professionals, students and service-users

- Organiser and Chair, “Mental Health in Nursing Science” Networking days for mental health professionals and students. University of Eastern Finland, Kuopio 28.1.2020, Helsinki University Hospital, Helsinki 2.-3.12.2021 and 19.5.2022 Helsinki University Hospital, Helsinki

- Course responsible teacher, “Orientation to recovery-oriented practices” (Two-day education in collaboration with professionals, NGOs and service users). So far, 12 courses and over 1000 participants has participated). Helsinki Summer University 2018 –
- Mentor, School for Managers (11 ECTS). Tehy -The Union of Health and Social Care Professionals in Finland 4/2015 – 3/2016
- 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

- I am one of the developers and teachers of course *Global Perspectives for Climate and Health*. Course is organised in collaboration with University of Eastern Finland, Public Health Foundation of India, University of Port Harcourt, Port Harcourt, Nigeria and Villanova University, United States of America. This interdisciplinary (medical, nursing, and public health), international course will examine the impact of climate change on human health in Finland, India, Nigeria, and the U.S. Faculty (professors) and students from different regions of the world (Finland, India, Nigeria, & US) will study climate health science; strategies of mitigation and adaptation; local, national, and international policy; and real-time ground-level climate realities from each participating nation. This 14-week course was first carried out in January-April 2021 and again in January-April 2022.
- I am one of the responsible organizers of annual *European Conference on Mental Health* -events. So far, we have had conferences in eight different European countries: Finland, Estonia, Latvia, Czech Republic, Germany, Croatia, Northern Ireland and Portugal - each having approximately 350 participants. In 2020 and 2021 we organized an Online Conference and in 2023 we will be in Ljubljana, Slovenia. 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 1600 conference abstracts, and have personal academic and professional connections in all continents and in over 40 different countries. I am very experienced in both practical and educational arrangements of a scientific conference. See: www.ecmh.eu
- 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.

11. Awards 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.

2010 Best article of the year. Melartin T, Kuosmanen L & Riihimäki K (2010). Tosi mies ei masennu? [Real men don't get depressed] Suomen Lääkärilehti (Finnish Medical Journal) 65 (3); 169-173.

12. Other key academic merits

Pre-examiner of a doctoral dissertation (7)

- Two examinations agreed for Autumn 2022
- Päivi Sanerma (2022), Prerequisites of a client-centered approach in home care services for older people: A multiple constituency evaluation, University of Tampere
- Laura Laukkanen (2022), Construct of Ethical Activity Profile of Nurse Managers – Effectiveness of the Ethics Quarter e-learning intervention, University of Turku
- Sari Hirsikangas (2021), Palveluohjausintervention vaikutukset ja hoitoon sitoutumiseen yhteydessä olevat tekijät terveystalvueluuta paljon käyttävillä asiakkailta, University of Oulu
- Maria Ameal (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 perheväkivaltaikäytymisen 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. Substantiivinen teoria työikäisen aivohalvauspotilaan perheenjäsenen emotionaalista tukemisesta sairastumisen akuutissa vaiheessa, University of Tampere

Opponent of a doctoral dissertation (4)

- Tiina Maria Miettinen (2022) Nuorten itsetuhoisuus ja siihen liittyvä apu. University of Tampere.
- 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 [Evaluation of the quality of child psychiatric specialized hospital care]. 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

- Founder of Mental Health in Nursing Science [Mielenterveys hoitotieteessä] network in Finland, 2019-
- 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

Secretary of Scientific Committee and Member of Organizing Committee

- 11th European Conference on Mental Health, Slovenia 2023
- 10th European Conference on Mental Health, Portugal 2022
- European Conference on Mental Health 2021 Online
- 9th European Conference on Mental Health (Online) 2020
- 8th European Conference on Mental Health, Northern Ireland 2019
- 7th European Conference on Mental Health, Croatia 2018
- 6th European Conference on Mental Health, Germany 2017
- 5th European Conference on Mental Health, Czech Republic 2016
- 4th European Conference on Mental Health, Latvia 2015
- 3rd European Conference on Mental Health, Estonia 2014
- 2nd European Conference on Mental Health Nursing, Finland 2013

Member of Organizing Committee

- 1st 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
- “How to reduce seclusion, restraint and other forms of coercion in psychiatric in-patient wards in Europe?” 16. Fachtagung für Pflege suchtkranker Menschen, Kloster Irsee, Germany, 4.2.2015

- “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

13. Scientific and societal impact

- Member, Infrastructure Working Group [Infrastrukturyöryhmä], Faculty of Health Sciences, University of Eastern Finland, 2022-
- Deputy Member of the Executive Board, Doctoral Programme in Health Sciences, University of Eastern Finland, 2018-
- Deputy Member, The Well-being and Health Sector’s Artificial Intelligence and Robotics Programme (Hyteairo) Network, Finnish Institute for Health and Welfare, 2019-
- Vice-Chairperson / Member, The National Advisory Board on Social Welfare and Health Care Ethics (ETENE), Appointed by The Ministry of Social Affairs and Health, Finland, 2014 -
- Permanent Expert in steering group, Development work of legislation and practices on the self-determination of clients and patients, Appointed by The Ministry of Social Affairs and Health, Finland, 2021-
- Permanent Health Care Expert, Appointed by VALVIRA – National Supervisory Authority for Welfare and Health, Finland, 2020 -
- Network Member, DigiNet YO, Digital Wellbeing University Network, 2019-
- Member, Expert Group on Psychiatry, Current Care Guidelines, The Finnish Medical Society Duodecim, 2021-
- 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 (Sairaanhoidajien koulutussäätiö), 2017-
- Expert, Optional Protocol to the UN Convention against Torture and other Cruel, Inhuman or Degrading Treatment or Punishment (OPCAT), National Preventive Mechanism (NPM) in Finland, Appointed by Parliamentary Ombudsman, 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

Previous 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