

# **ACT NOW**

# **National Analysis and Survey**

**Tartu Ülikool**  
**Estonia**

**2019**



**Estonia**



45227 km<sup>2</sup>

1.3 million

- Socio-economic profile
  - Average income: 1310€ (2018)
  - Percentage of people living in poverty
    - Absolute poverty: 3.4% (2017)
    - Relative poverty: 22.6% (2017)
  - Unemployment rate: 5.4% (2018)

- Education levels
  - Basic education
  - General secondary education
  - Vocational education (4 options)
  - First level of higher education
    - Professional higher education
    - Bachelor study
  - Master's study
    - Integrated Bachelor's/Master's study
  - Doctoral study

# **Health system**

- Estonians have opted for a solidarity-based social insurance system. This means that healthcare services in Estonia are for everyone according to the individual needs
- The national health insurance, Estonian Health Insurance Fund (EHIF), scheme covers approximately 95% of the population

- Primary care is provided by family physicians.
- Secondary and tertiary care are provided in hospitals and outpatient centers.
- 800 family physicians, 65 public and private hospitals in Estonia, including 35 nursing and rehabilitation hospitals.
- The EHIF has contracts with the 19 public hospitals
- Estonia spent 6.7% of its GDP on health in 2016 and health care is largely publicly financed



# **Psychosocial impact of visible differences**

- Little research has been done on body image in other countries besides Anglo-Celtic origin in Western countries, particularly in Estonia

- Research on body image and body weight showed that both women and men who were older, heavier, and less exposed to Western media preferred heavier bodies

- Women images used in advertisements in Estonia, produced locally or overseas, are figuring more “thin ultra-feminine” models than muscular female athletes

- Estonian teenage girls were dissatisfied with their body weight more than boys

- Estonian adult women perceived themselves to be larger than ideal figure, heavier. They were less satisfied and wished to be thinner

# **Country Specific Needs/Issues**

- Obesity is on a rise.
- The prevalence of adult obesity increased by nearly 40% between 2000 and 2015.
- Overweight and obesity rates in adolescents more than doubled between 2001–2002 and 2013–2014 (rising from 7% to 16%).
- Some children (26%) are already overweight or obese at primary school



- Rehabilitation service including social, occupational, and medical rehabilitation
- Disabled persons have the right to receive social benefits
- Support measures for pupils with special educational needs: differentiated teaching in classes, additional guidance outside classes, special education or speech therapy assistance in remedial instruction groups and implementation of an individual curriculum

# **General information about our organization**

- We had questionnaires from different places
  - Clinic (private, with insurance coverage)
  - University (public)
  - Other clinics (mostly private with insurance coverage system)

- Staff composition
  - doctors, nurses, assistants, administrative staffs
- Who treated and numbers
  - health professionals (doctors, nurses, assistants)
- Kind of treatment is offered
  - all kind of dental treatment, multidisciplinary

# **Results of Healthcare professionals Questionnaires**

# Q1 to Q3

- Total number of participants:  $n = 38$
- Country: Estonia
- Mean age:  $36.2 \pm 13.1$  years
- Age range: 21–66 years
- Male/Female: 6/32

# Q4-5: Type of health professional & specialty

Type of health professional	n	%
Dental assistant	13	34.2
Dentist	9	23.7
Orthodontist	6	15.8
Surgeon	4	10.5
Nurse	3	7.9
Dental student/assistant	1	2.6
Physical therapist	1	2.6
Speech-language pathologist	1	2.6

Specialty	n	%
Dentistry	21	55.3
Orthodontics	8	21.1
Orthopedics	5	13.2
Prosthodontics	1	2.6
Restorative dentistry	1	2.6
Physical therapy	1	2.6
Speech pathology	1	2.6

# Q6: How long have you worked

- Mean:  $11.6 \pm 11.7$  years
- Range: 1 month to 43 years



# Q7: Who do you typically work with

	Yes	%	No	%
Children 0–5 years	18	47.4	20	52.6
Children 6–10 years	22	57.9	16	42.1
Children 11–17 years	27	71.1	11	28.9
Adults 18+ years	36	<b>94.7</b>	2	5.3
Parents of young patients	14	36.8	24	63.2

Most of health professionals typically work with adults 18+ years, followed by children 11–17 years, children 6–10 years, children 0–5 years, and parents of young patients

# Q8: Do you come across patients with appearance concerns or body image issues

- Yes: n = 29 (76.3%)
- No: n = 6 (15.8%)
- Do not know: n = 3 (7.9%)

# Q8 (Yes): Do you come across patients with appearance concerns or body image issues

- Examples of concerns
  - Asymmetry
  - Face
  - Smile
  - Jaw: asymmetric, front/back position, too big
  - Teeth: ugly teeth, missing teeth, color changes
  - Malocclusions
  - Orthopedic deformations
  - Disorders: CL/P, JIA, Osteogenesis imperfect
  - Disability
  - No limbs
  - Transgender

# Q9: Do you ask your patients if they have appearance concerns

- Yes: n = 29 (76.3%)
- No: n = 9 (23.7%)

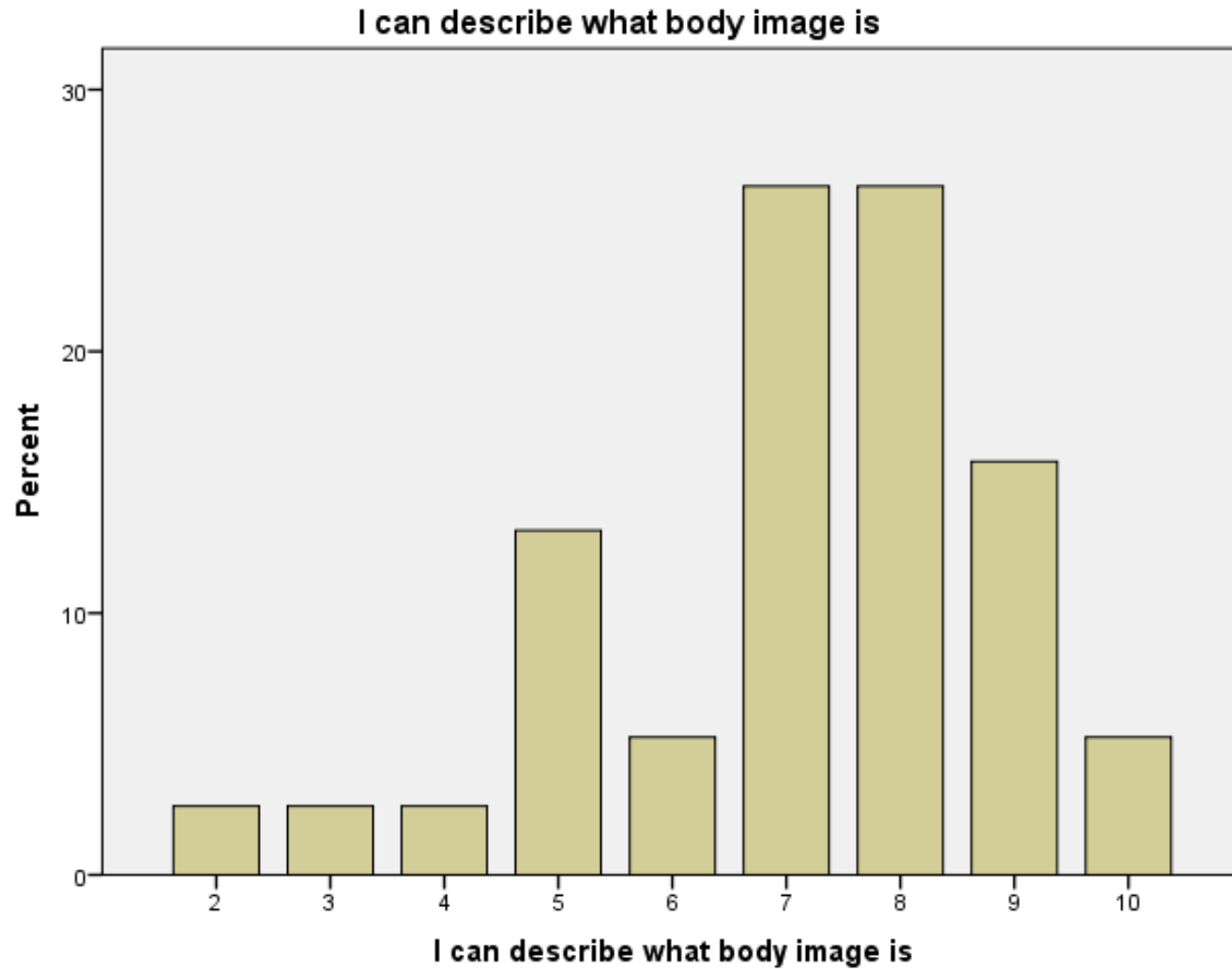
# Q9 (Yes): Do you ask your patients if they have appearance concerns

- Examples of questions about appearance concerns
  - Are you concerned about the situation
  - Do you experience malfunction
  - Are you satisfied
  - Describe what they don't like about themselves
  - What the patient wants to change
  - Dental problems; smile; face; teeth; mouth breathing; orofacial muscle tone problems

# Q9 (No): Do you ask your patients if they have appearance concerns

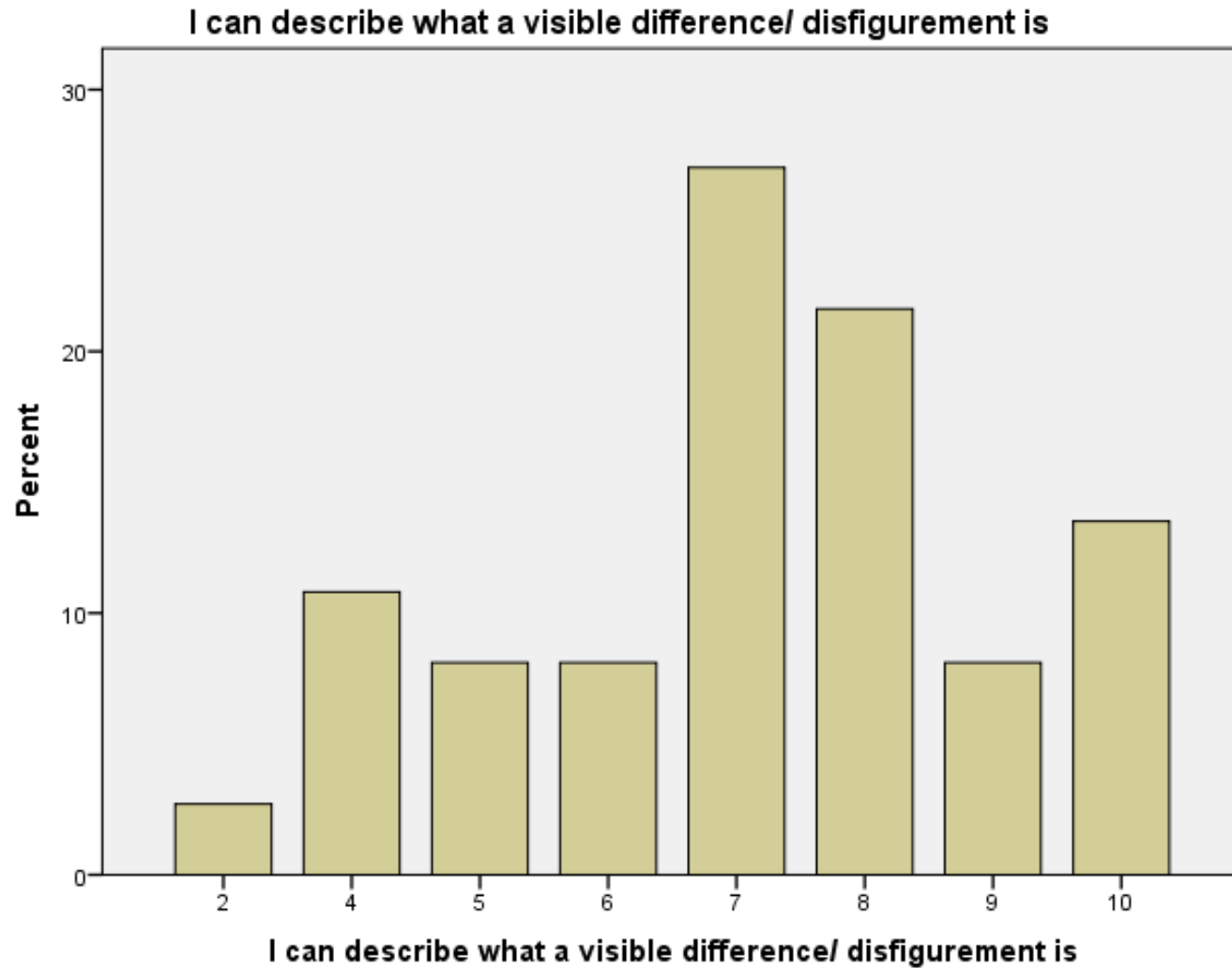
- Why not?
  - Don't know who to ask about such things correctly
  - Inappropriate if the patient comes to me with such complaints
  - The patients tell me themselves
  - Time management, other concerns

# Q10a



Median = 7

# Q10b

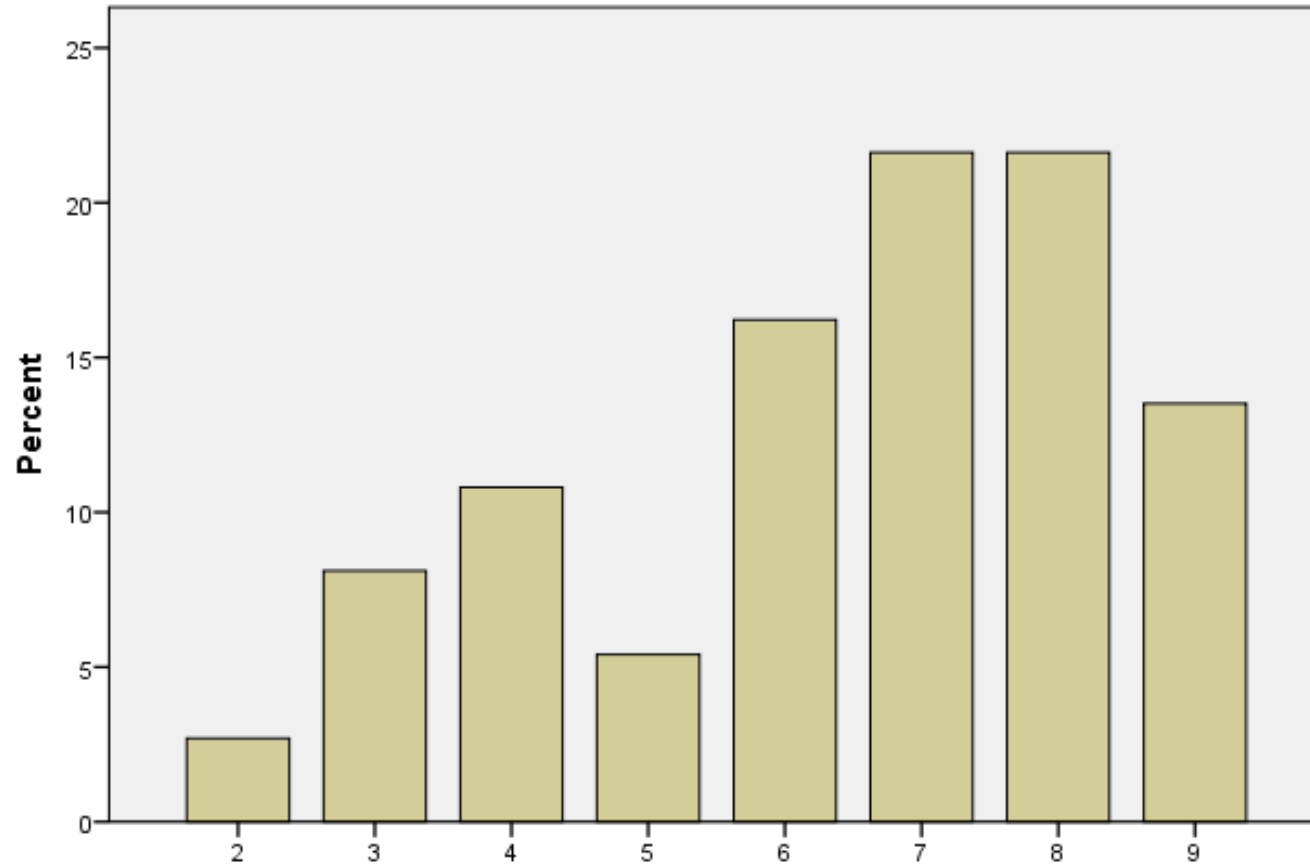


Median = 7



# Q10c

I can describe the psychological and social challenges/difficulties that people with a visible difference/disfigurement might encounter

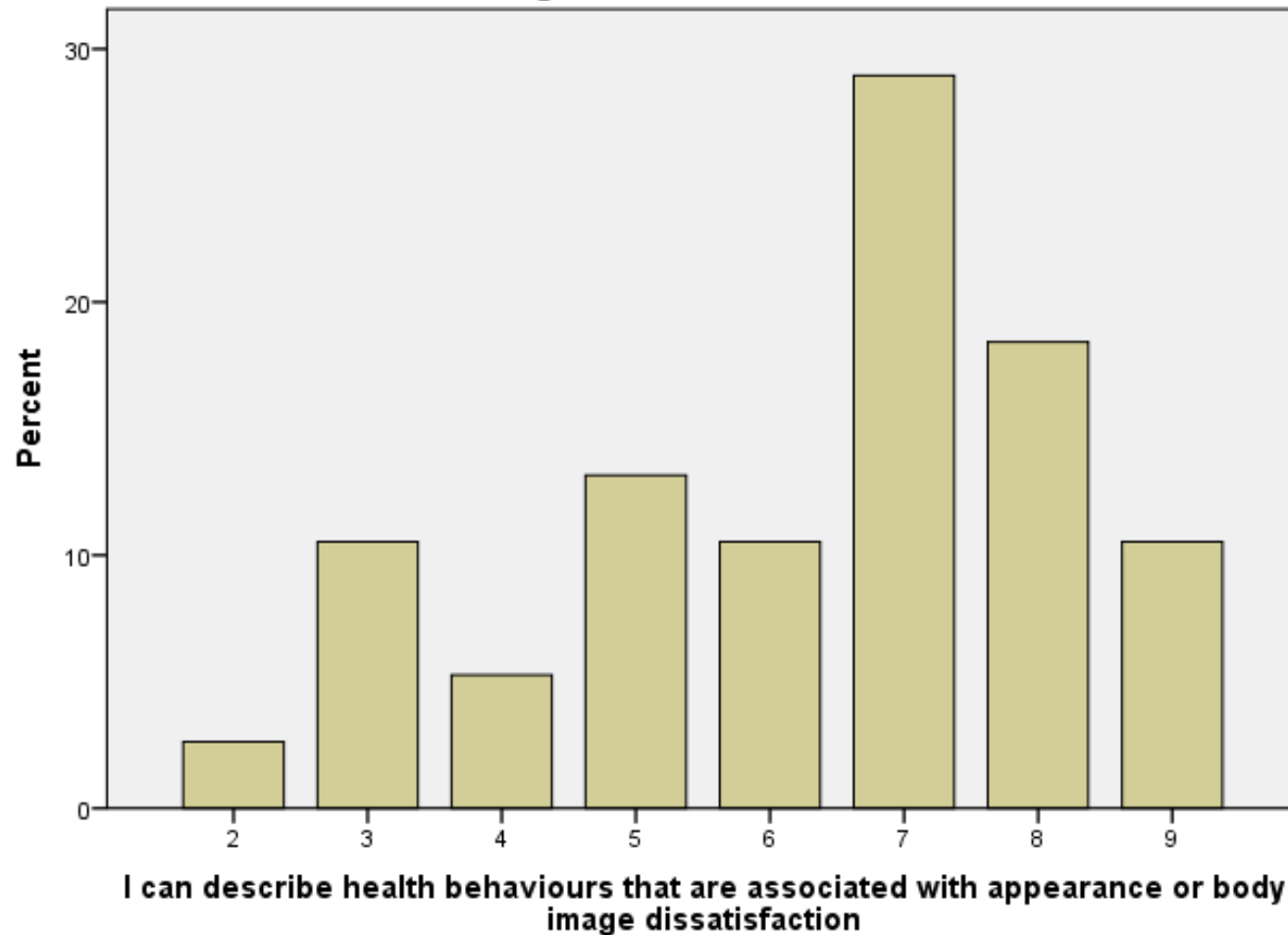


I can describe the psychological and social challenges/difficulties that people with a visible difference/disfigurement might encounter

Median = 7

# Q1 0d

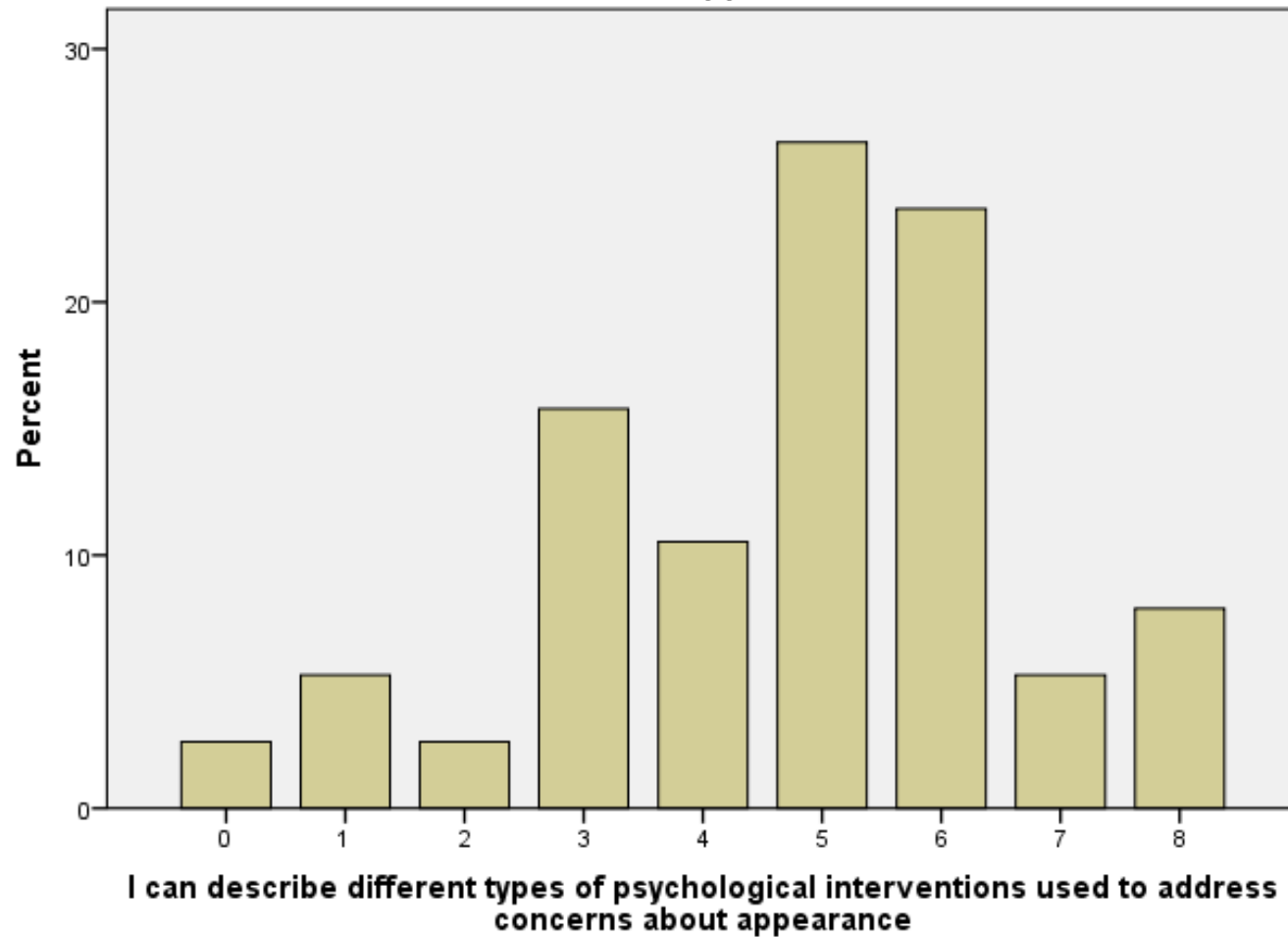
I can describe health behaviours that are associated with appearance or body image dissatisfaction



Median = 7

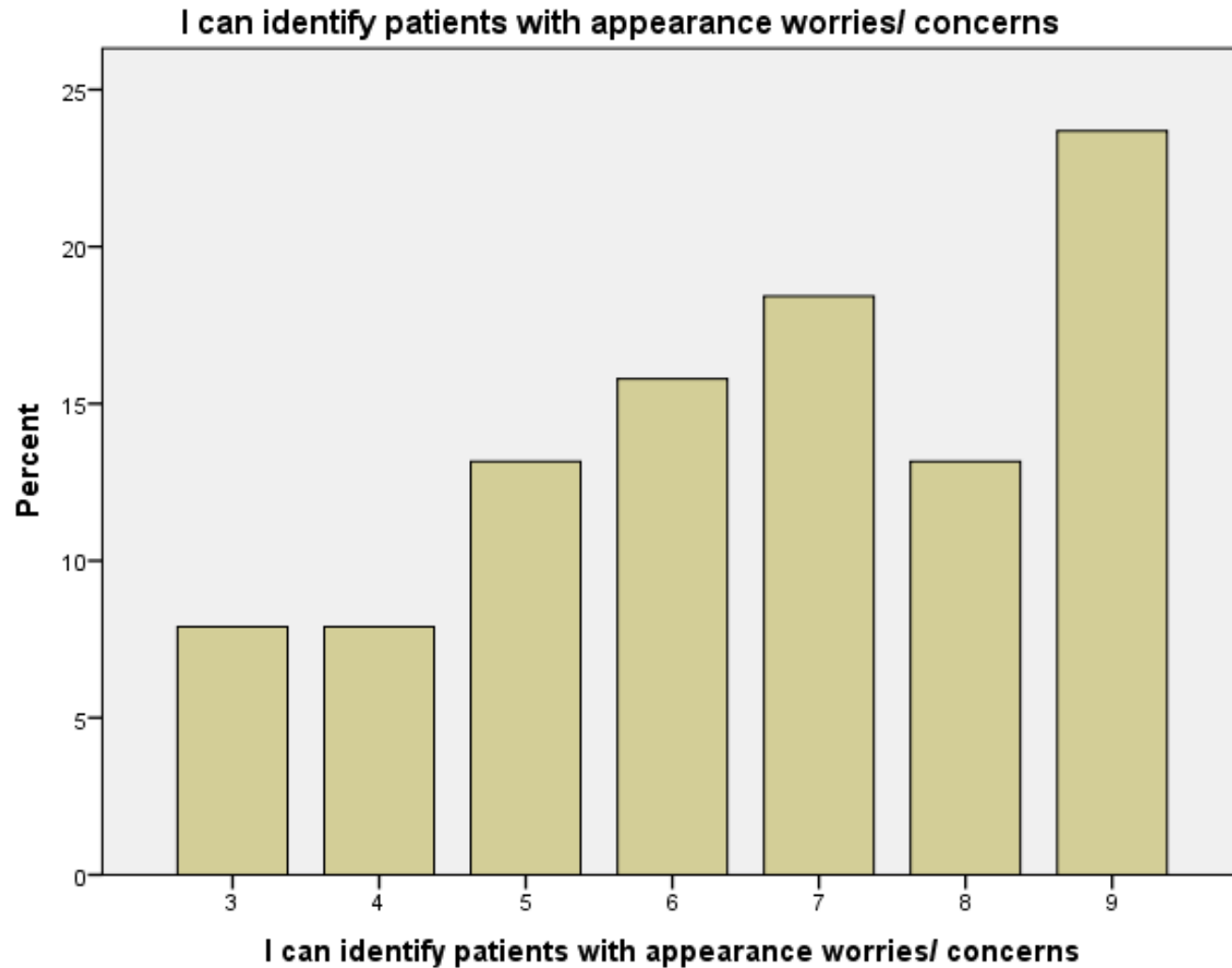
# Q10e

I can describe different types of psychological interventions used to address concerns about appearance



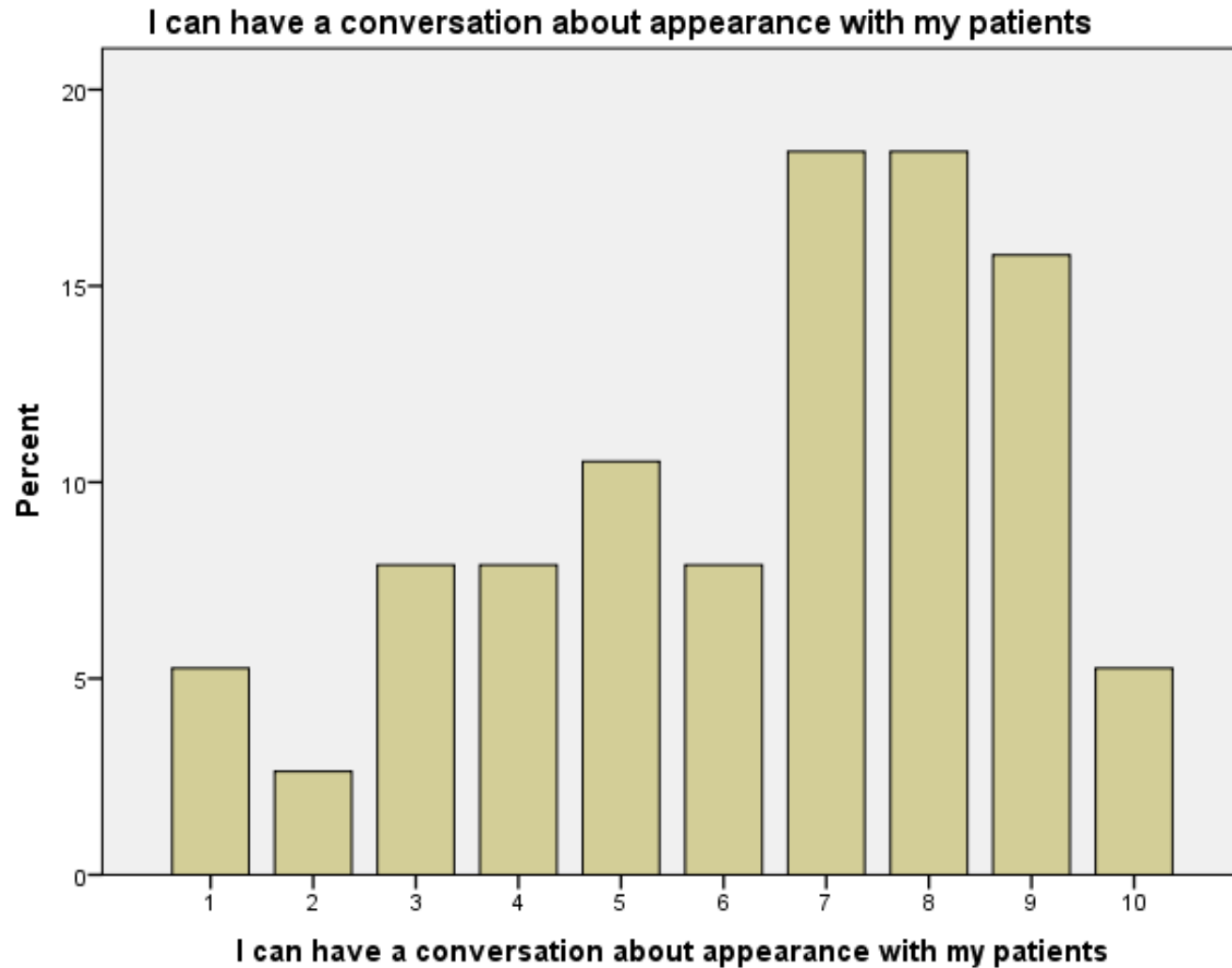
Median = 5

# Q1 of



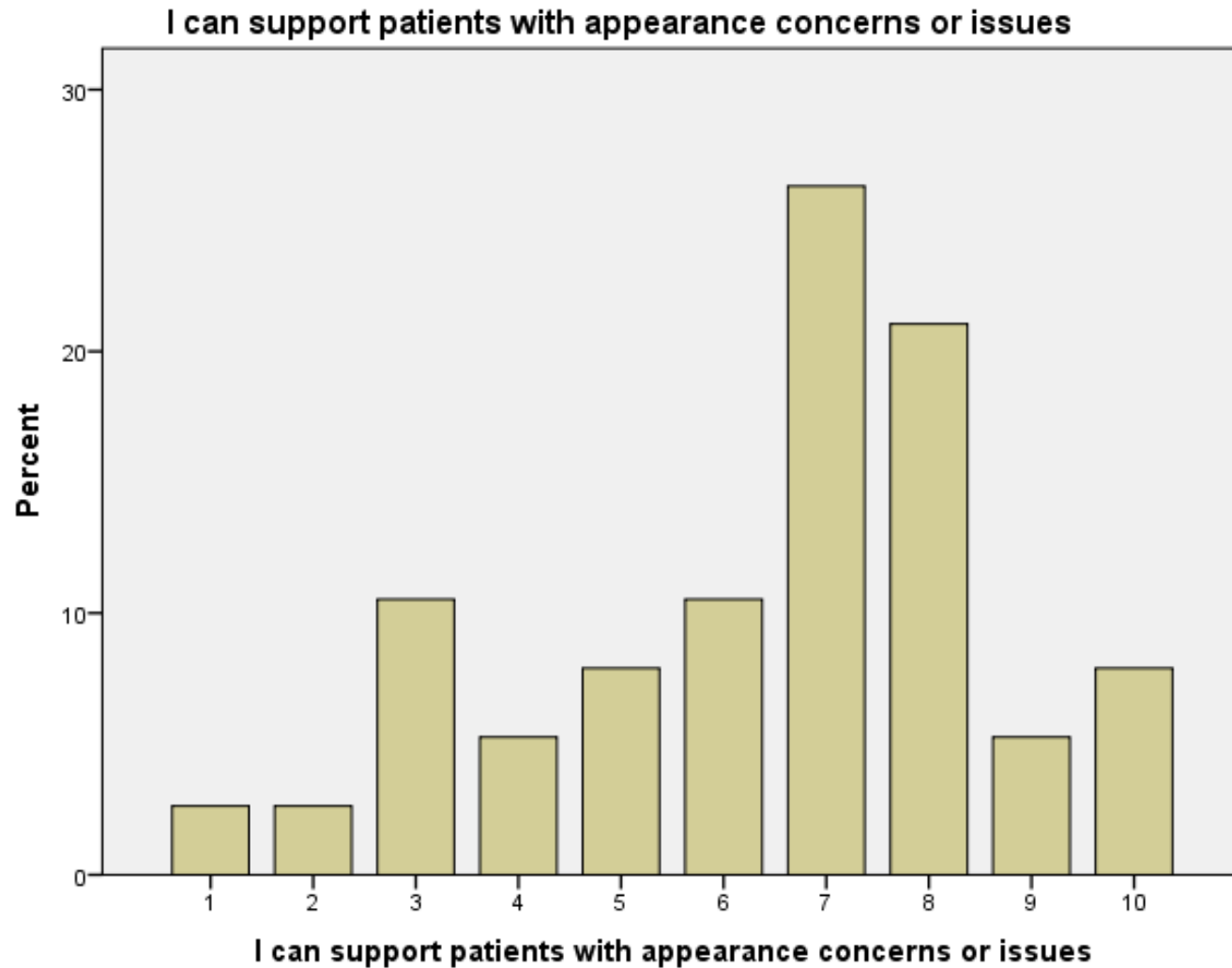
Median = 7

# Q1 0g



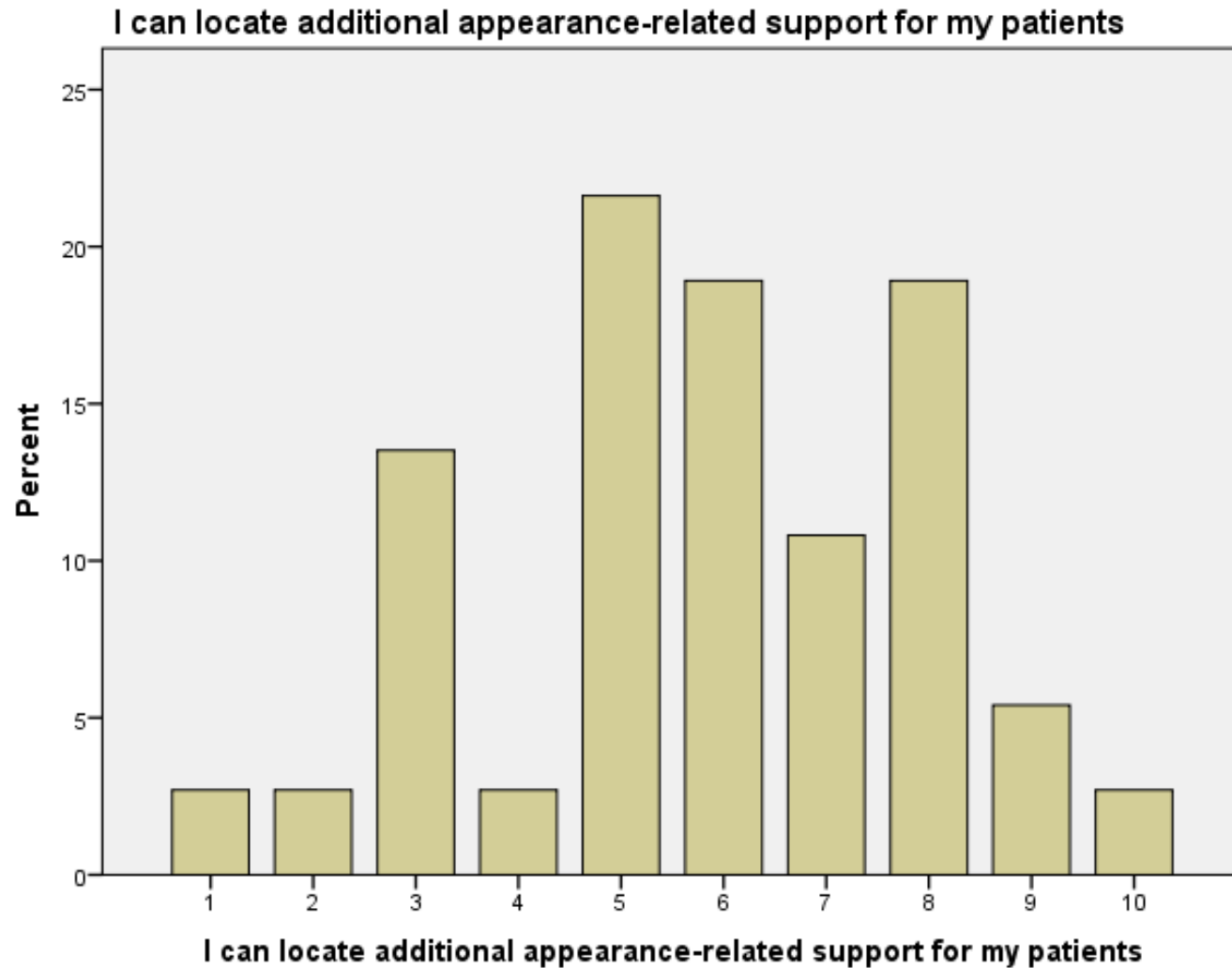
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# Q10h



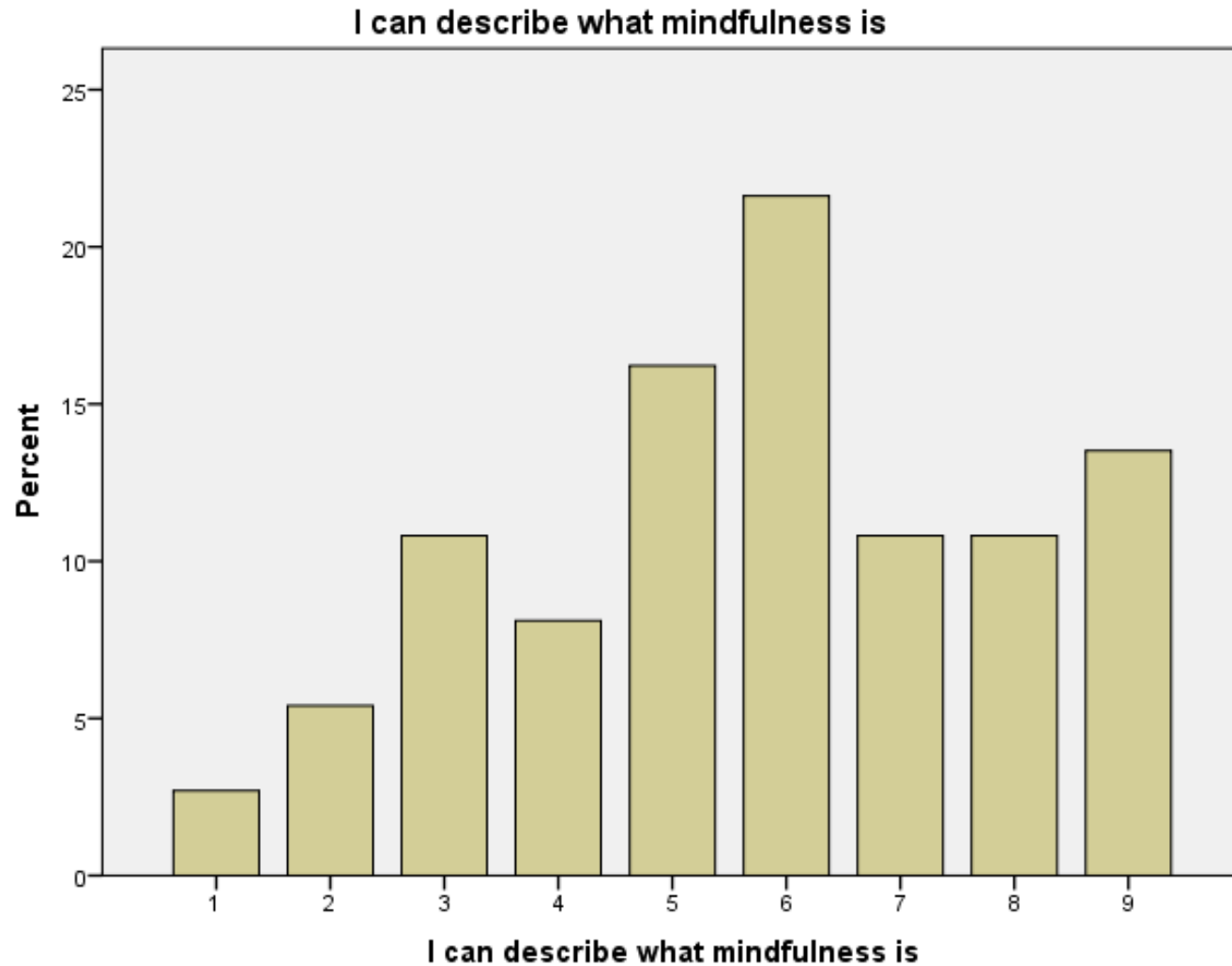
Median = 7

# Q10i



Median = 6

# Q10j



Median = 6



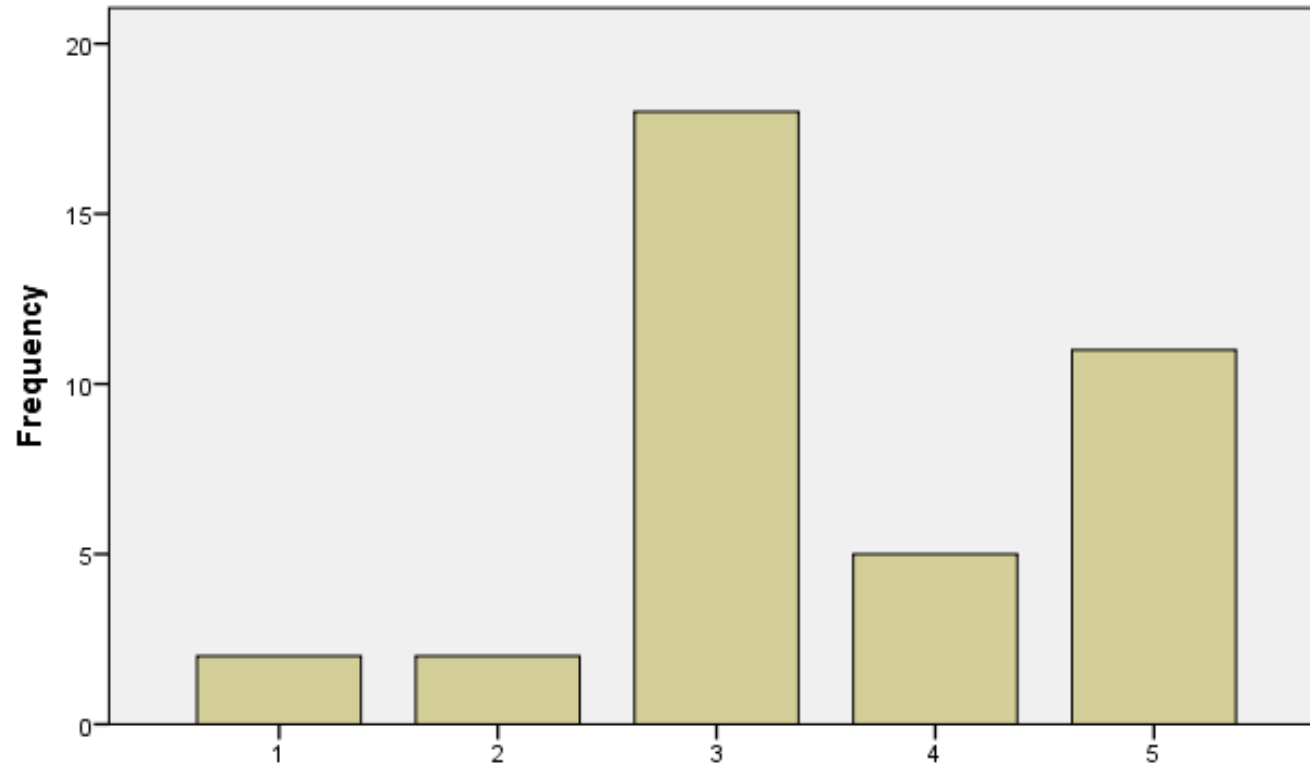
# Q10k



Median = 3

# Q1 1 a

**Socially disadvantaged patients (migrants, minority ethnic people, unemployed) who have visible difference/disfigurement, experience psychological and social challenges that are different to more socially advantaged patients.**



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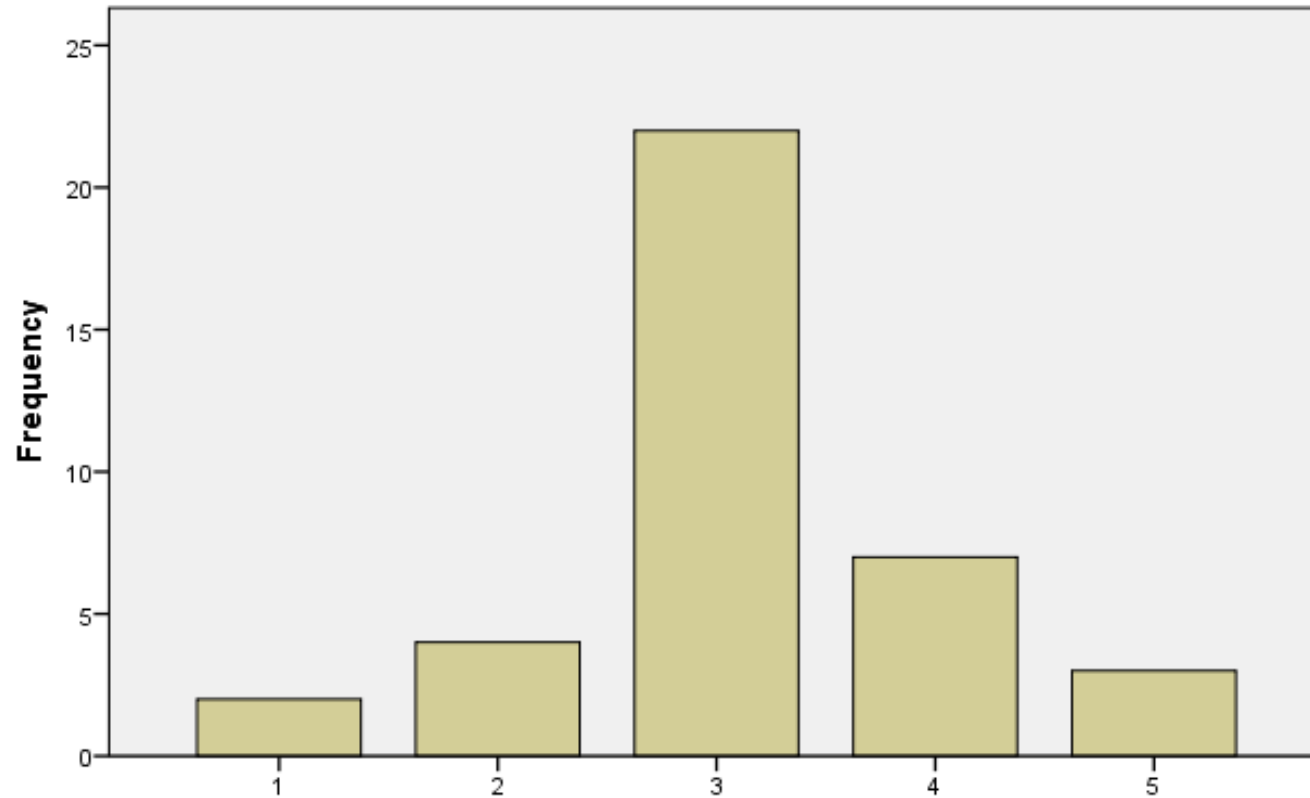
Median = 3

# Q1 1 a (agree, strongly agree)

- Examples of how they differ
  - Ability to get a job
  - Clothes; behavior; culture; language; religion; money
  - Bad orientation in society
  - Support system
  - Mostly untreated
  - Enclosed
  - Have no means to do with their appearance
  - They might feel that it is more difficult to be accepted by the society
  - Estonians can be very hateful with other people, both Estonians and foreigners

# Q11b

I encounter additional challenges in supporting socially disadvantaged patients who have visible difference/disfigurement, compared with more socially advantaged patients.



I encounter additional challenges in supporting socially disadvantaged patients who have visible difference/disfigurement, compared with more socially advantaged patients.

Median = 3

# Q1 1 b (agree, strongly agree)

- Examples of additional changes
  - Finances
  - Support system
  - Design step by step for the treatment plan
  - When the patient has language difficulties, we provide a medical team with necessary language skills
  - More to explain
  - Provide more help
  - Other psychological issues
  - The patient do not know the medical and social system

# Q12: Would you like to know more about how to support patients

- Yes: n = 35 (92.1%)
- No: n = 2 (5.3%)
- Missing: n = 1 (2.6%)

# Q12 (Yes): Would you like to know more about how to support patients

- What would be more useful
  - How to communicate with patients; interaction skills
  - Financing treatment for patients
  - How to help them
  - How to support them
  - Training courses
  - Learning materials
  - What kind of therapy they need

# Q12 (No): Would you like to know more about how to support patients

- Why not?

- As a dentist, I can't do as much

- Not very interested, not enough knowledge to deal with



Q13: If an accredited training course was available, would you be interested in

- Yes: n = 36 (94.7%)
- No: n = 2 (5.3%)

# Q13 (Yes): If an accredited training course was available, would you be interested in

	Yes	%	No	%
Online training	14	36.8	24	63.2
1-day face-to-face workshop	<b>28</b>	<b>73.7</b>	10	26.3
2-day face-to-face workshop	3	7.9	<b>35</b>	<b>92.1</b>

Most of participated chose 1-day face-to-face workshop

Q13 (No): If an accredited training course was available, would you be interested in

- Why not?
  - I can't see myself using it as it's not my job
  - Not very interested

Q13 (Additional comment): If an accredited training course was available, would you be interested in

- Training courses must be provided in Estonian or Russian