



Activities of NAN in Finland 2009

BJD GLOBAL NETWORK CONFERENCE
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Key projects in 2009

In the Finnish health care system the communal decision-making plays a vital role. The Finnish NAN formulated an official statement on the communal bone and joint care and musculoskeletal disorder (MSD) prevention in collaboration with the Finnish Rheumatism Association, the Finnish Back Association, the Finnish Osteoporosis Association and the Finnish Osteoarthritis Association. The statement follows the general BJD guidelines. The main focus of the statement was that early MSD prevention should be included in all communal policies and action plans concerning the lives and well-being of all age groups. The statement had an additional information sheet listing the socio-economical key figures about the considerable burden caused by MSD to the Finnish society.

The local branches of all the 4 associations delivered the statement to their communal leaders. Almost half of Finland's 348 communes/cities have an active local branch of some of the associations mentioned above. The statement was also delivered to the minister of Public Administration and Local Government.

Key patients group activities and outcome



Last April the Finnish NAN organized a national networking meeting for the BJD volunteers and contact persons to discuss the plans for next National MSD Action Day in October, which is part of the International Action week celebration.

For the 5th time the NAN established the National MSD Action Day. The Action day is a Finnish invention to remind people about the importance of musculoskeletal health in everyday life. The day is done in collaboration with the associations mentioned above.

Thanks to the positive feedback, it was decided to continue with last years Action Day theme: Good Balance. Regular balance training helps to avoid osteoporotic fractures and fatal falls.

A MSD Action Day happening was organised in almost 70 cities, where Good balance -postcards were distributed featuring an easy home training program for maintaining balance. A local cartoon figure, Mauno Mansikka, acted as the star of the training program. The postcard is available at:

<http://www.tules->

[vuosikymmen.org/Tilaisuuksia/Toimintaviikko/tasapainokortti.pdf](http://www.tules-)

Each happening had a lottery with a balance cushion as the main prize. Thanks to a local sponsor the cushions could also be tested on the spot.

The MSD Action Day reaches directly around 10.000 people yearly. Last year the National MSD Action Day was covered in more than 40 local newspapers and 10 radios with a coverage area of 600.000 people.

Key development plan for 2010

An up-dated lecture info-kit will be developed on MSD prevention for the regional BJD provincial instructors. In the provinces there are 13 instructors organizing public lectures and training events on the disorders belonging to the focus areas of the Decade and on the prevention and care of the disorders. In 2010 they will make regional lecture tours with the new info-kit.

By the end of 2010 the Finnish NAN will launch a new internet portal concentrating on MSD prevention. This web-based data bank will serve as the legacy of the Finnish BJD project. The portal will include tools, methods and programs designed during the decade, but it will also provide newly gathered information on MSD areas, which were considered important after the findings of a web-survey done among the members of the operation network of the Finnish BJD. The portal will be useful in tackling MSD even after 2010.