

Lifestyle and Healthy Ageing - 2

Each group has one hour, of which 30 minutes for the presentation, 15 minutes for receiving feedback and 15 minutes for exit time (uitlooptijd).

Time	Project	Tutor	Client
10:00 – 11:00	Healthy and active ageing in a nursing home	F. Schotman	M. den Ouden/ S. Stockentree
11:00 – 12:00	Light supply in the ultrasound rooms**	B. Seckin	M. van Galen
12:00– 13:00	Physical strain on ultrasound workers	B. Seckin	M. van Galen



Healthy and active ageing in a nursing home:

During the event we will present our findings of the past 20 weeks. We will do it with a PowerPoint presentation and a presentation of the product (the App). In the PowerPoint presentation we will explain the process of the research and the development of the App. Also the decisions which are made will be explained. The results of the main question and sub questions will also be covered during the presentation. Eventually this research led to the development of an App, which will be made visible by the application Invision. The presentation will lead to an example of the capabilities of the App in production at De Posten.

Light supply in the ultrasound rooms:

In cooperation with the Slingeland Hospital we did a research regarding the physical and mental health issues cardiac sonographers experienced during their work. The hospital will be moving in a newly build hospital in five years. In this new hospital there will be special lighting implemented, that may increase the wellbeing of the cardiac sonographers. For this purpose, we have made an advisory report. As an addition to this report, we have made a visualization of lifestyle interventions to help improve awareness about the well-being at work of cardiac sonographers. This is an open and easy way of promoting well-being at work.

Physical strain on ultrasound workers:

The symposium will be held on January 8, 2021. Our symposium will last approximately 45 minutes, of which 30 minutes will be presented and 15 minutes of feedback can be given. We start the symposium with a short introduction. We will then give a presentation on the basis of a poster / infographic with the progress of the research and the recommendations / outcomes. In between we will interact with the guests by means of a Kahoot. By means of a tips and tops padlet we will ask for feedback to make any adjustments.

The future
is here

