

# Guidelines for Describing Health and Care Solution for the Knowledge Hub

In this section you can browse and share innovative health and care solutions. These may be solutions developed from scratch or adapted from those developed elsewhere. Before sharing your solution, please *read these guidelines carefully*.

## What is meant by a solution?

A *health and care solution* refers to a **recurring, purposeful practice** that helps achieve a specific goal—for example, preventing illness, promoting healthy behaviours, improving adherence to treatment, or reducing unnecessary service use.

A solution is **not ONLY a product, tool or device**. Instead, it is a practice that is continuously carried out by people, shaped by the tools and technologies they use, and influenced by the setting in which care takes place. In other words, a solution is something that is **enacted in everyday work**, not a one-off action.

## What is meant by adaptation?

*Adaptation* refers to the **modification or adjustment** of a health and care solution when it is transferred from one setting to another. Adaptation may also include changes made within the adopting context itself.

Adaptation acknowledges that a solution that works well in one environment may need to be adjusted for another, due to differences in patient groups, staffing, technologies, workflows, available resources, or other contextual factors. Thoughtful adaptation is therefore essential to ensure successful implementation and meaningful results in a new setting.

## You can do the following in this section:

### Search for and browse existing solutions

- You can search for and browse existing [\*solutions by using the available filters\*](#).

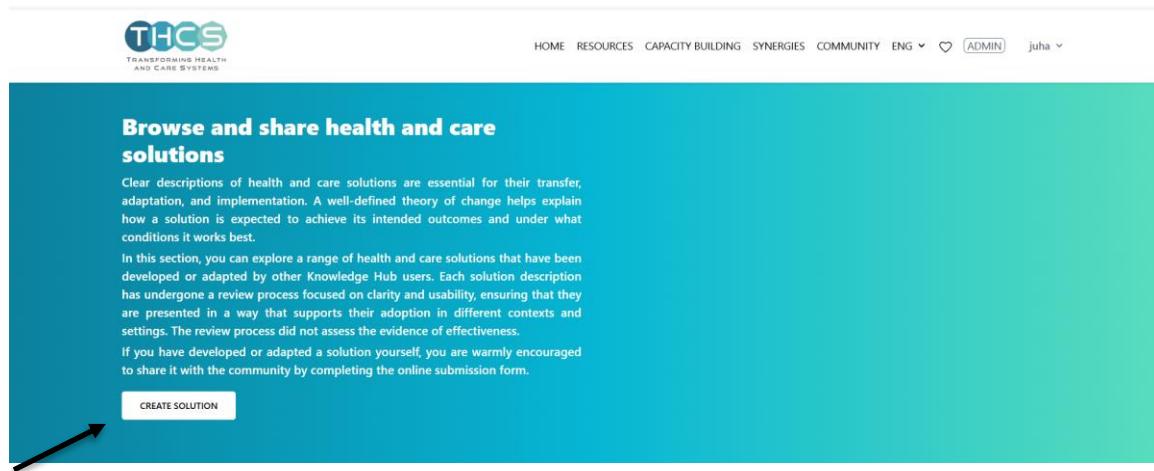
## Create an Account and Log In

Before you can begin to share and describe your solution:

- [Create a user account](#) or log in with your existing credentials from the top right corner of the THCS webpage.

## Describe a new solution and its evaluation results

- When logged in, you can describe an original solution that you have designed and its implementation and outcome evaluation results. To begin, click the option “*Create solution*”.



The screenshot shows the THCS website with a teal header. The header includes the THCS logo, navigation links for HOME, RESOURCES, CAPACITY BUILDING, SYNERGIES, and COMMUNITY, language selection (ENG), and user account information (ADMIN, juha). Below the header, a teal section titled "Browse and share health and care solutions" contains text about the importance of clear solution descriptions and a review process. At the bottom of this section is a "CREATE SOLUTION" button. A black arrow points to this button.

## Describe an adapted solution and its evaluation results

- When logged in, you can describe how you adapted, implemented, and evaluated in your own context a solution **that was originally developed elsewhere**. If the description of the original solution already exists in the Hub, open it and begin by clicking “*Implement this solution*” at the end of the page. See an example [here](#).
- If you are working with a solution transferred from another context and it is **not yet described in the Hub**, start by creating a description of the original solution by clicking “*Create solution*”. After that, you can describe its adaptation and implementation and outcome evaluation results in your own environment by clicking “*Implement this solution*” at the end of the description.

## Fill the form

The form has open fields provided to guide your writing.

- **Be clear and concise.** The goal is to make your description understandable and useful for others who may want to adopt your solution.

## Submit for Review

Once your description is complete:

- Submit the form for review by THCS partners.

**The review checks for clarity of the description**— not the scientific quality or evidence of the solution.

- The reviewer may ask you to make corrections to the description. Make the corrections and, if needed, discuss them with the reviewer by email.

## Publication

After approval, your solution will be published in the \*\* Browse and share health and care solutions \*\* section of the Knowledge Hub, making it publicly accessible to others.

If you have any questions, please contact [thcs.solutions@thl.fi](mailto:thcs.solutions@thl.fi)

To learn more: [See the THCS Handbook for Transferring and Implementing Health and Care Solutions.](#)