

CURRICULUM VITAE

March 2026

Maarit Ahtiala
MHSc, RN, Authorized Wound Care Nurse
Finland, Europe
Nationality: Finnish

[LinkedIn profile](#)

**Education**

Master of Health Sciences, University of Eastern Finland, Kuopio, Finland (2024)

Bachelor of Health Sciences, University of Eastern Finland, Kuopio, Finland (2021)

Advanced Studies in Wound Care, Turku University of Applied Sciences, Finland (2009)

*Authorized Wound Care Nurse (certified in 2011; renewals in 2015, 2019, and 2023)

Registered Nurse (Medical-Surgical), Turku, Finland (1998)

Early Childhood Educator (Nanny), Hämeenlinna, Finland (1989)

High School Diploma, Lieksa, Finland (1987)

Affiliation

Registered Nurse, Authorized Wound Care Nurse,
Intensive Care Unit, Turku University Hospital, Turku
The Wellbeing Services County of Southwest Finland

Work history

Registered Nurse, Intensive Care Unit, Turku University Hospital,
6/1998-7/2024, 1/2026- ongoing
The Wellbeing Services County of Southwest Finland

- Authorized Wound Care Nurse, since 2011
- Responsibilities include coordinating wound care and pressure ulcer prevention practices within the ICU

Project Manager / Coordinator, Wound Center, Turku University Hospital
1.2.-31.12.2025

Senior Advisor/Event Producer, Educational Services, Finnish Nurses Association
2.4.2024 – 31.1.2025

Research activities

Coordinator and Organizer, Pressure Ulcer (PU) Research Program at the Adult ICU, Turku University Hospital (2010–2016)

*The program resulted in nine international peer-reviewed publications (articles 1, 2, 4, 5, 6, 7, 8, 9, 10).

*Focus areas included pressure ulcer prevention, wound care practices, and clinical outcomes in critically ill patients.

Collaborator with national and international research teams in the field of wound care and pressure ulcer prevention.

University of Eastern Finland, Faculty of Health Sciences Department of Nursing Science Nursing science: Nursing leadership and management

*Bachelor's Thesis: Systematic literature review. *Pressure Injury Risk Assessment Tools in Adult Intensive Care Units – Content and Functionality of the Tools.*

*Master's Thesis: Qualitative and descriptive study. *Head nurses' views on circumstances that facilitate and hinder the implementation of the pressure ulcer prevention.*

Publications in English

- 1) Ahtiala M, Soppi E, Wiksten A, Koskela H & Grönlund J. (2014) Occurrence of pressure ulcers and their risk factors in mixed medical-surgical ICU - A cohort study. *J Intens Care Soc* 15(4);2-4.
- 2) Ahtiala M, Soppi E & Kivimäki R. (2016) Critical evaluation of the Jackson/Cubbin pressure ulcer risk scale – A secondary analysis of a retrospective cohort study population of intensive care patients. *Ostomy Wound Manage* 62(2);24-33.
- 3) Ahtiala M. Pressure ulcer risk and risk assessment in intensive care unit. *Sår* 2017.
- 4) Ahtiala M, Kivimäki R & Soppi E. (2018) Characteristics of ICU patients with pressure ulcers present on admission, acquired in ICU or no ulceration: a retrospective cohort study. *Wounds Int* 9(1);10-16.

- 5) Ahtiala M, Laitio R & Soppi E. (2018) Therapeutic hypothermia and pressure ulcer risk in critically ill intensive care patients: A retrospective study. *Intens Crit Care Nurs* 46;80-85.
- 6) Ahtiala M, Soppi E & Tallgren M. (2018) Specific risk factors for pressure ulcer development in adult intensive care patients – A retrospective cohort study. *EWMA J* 19(1);33-42.
- 7) Ahtiala M, Soppi E & Saari T. (2018) Sequential Organ Failure Assessment (SOFA) as a predictor of pressure ulcer risk in intensive care patients – a retrospective cohort study. *Ostomy Wound Manage* 64(10);32-38.
- 8) Ahtiala M, Kivimäki R, Laitio R & Soppi E. (2020) The association between pressure ulcers/injuries development and short-term mortality in critically ill patients: A retrospective cohort study. *Wound Manage & Prevention* 66(2);14-21.
- 9) Ahtiala M, Kivimäki R, Laitio R & Soppi E. (2020) Effect of mattress deployment on the development of pressure ulcers – a real-world observational cohort experience. *Wounds Int* 11(1);12–16.
- 10) Ahtiala M & Soppi E. (2025) A new pressure ulcer risk assessment scale for intensive care patients. *Wounds Int* 16(4); 26-33.
- 11) Kiello-Viljamaa E, Suhonen R, Ahtiala M, Kolari T, Katajisto J, Salminen L & Stolt M. (2021) The development and testing of the C/WoundComp instrument for assessing chronic wound-care competence in student nurses and podiatrists. *Int Wound J* 18(1);62–78.
- 12) Kiello-Viljamaa E, Ahtiala M, Suhonen R & Stolt M. (2021) Simulated wound care as a competence assessment method for student nurses and registered nurses. *Advances in Skin & Wound Care* 2021;34(11);588- 595. doi:10.1097/01.ASW.0000756676.32202.b1.
- 13) Fourie A, Ahtiala M, Black J, Hevia H, Coyer F, Gefen A, LeBlanc K, Smet S, Vollman K, Walsh Y & Beeckman D. (2021) Skin damage prevention in the prone ventilated critically ill patient: A comprehensive review and gap analysis (PRONect study). *J Tissue Viab* 30(4);466-477. doi: 10.1016/j.jtv.2021.09.005
- 14) Fourie A, Ahtiala M, Black J, Hevia H, Coyer F, Gefen A, LeBlanc K, Smet S, Vollman K, Walsh Y & Beeckman D. (2023) Development of prone positioning and skin damage prevention digital education: the PRONect project. *Journal of Wound Care*. 32(9):570-578.
- 15) Fourie A, Ahtiala M, Black J, Hevia H, Coyer F, Gefen A, LeBlanc K, Smet S, Vollman K, Walsh Y, Karlberg-Traav, M & Beeckman D. (2024) Enhancing Prone Positioning and Skin Damage Prevention Education: A Randomized Controlled Non-Inferiority Trial Comparing a Digital Education Hub (PRONect) and a Traditional Lecture on Final-Year Nursing Participants' Confidence and Knowledge. *International Journal of Nursing Studies*. *Journal of Tissue Viability* 33(2), 298-304.

Chapters in books in English

- 1) Ahtiala M & Kiello-Viljamaa E. (2024) Wound Care, 3–9. In a book *Wound Care Education in Nursing: A European Perspective*. Ed. Kiello-Viljamaa, E, Stolt, M, Suhonen, R.
- 2) Ahtiala M, Kiello-Viljamaa E & Soppi E. (2025) Challenges in translating pressure ulcer preventative interventions from adults to pediatrics. 531-549. In a book *Neonatal and Pediatric Wound Care*. Ed. Ciprandi G, Beeckman D.

Other publications

- Author of several articles related to pressure ulcer prevention and wound care, published in Finnish Wound Journal, Finnish ICU Journal, Journal of General Practitioners and Swedish Sår Journal.
- Contributor to chapters in books and e-publications published by the Finnish Medical Society Duodecim, focusing on wound care and clinical nursing practices.

National and international presentations

I have been an invited speaker at several national and international educational events focused on wound care and pressure ulcer prevention. Examples include:

- * 1st and 2nd EPUAP Masterclasses, Ghent, Belgium
- * *Prone positioning in the ICU – challenges and possibilities*, EPUAP Webinar: Clinical Challenges of Caring for COVID-19 Patients, May 2020
- * *Implementing a pressure ulcer prevention protocol – an educational perspective*, Finnish Wound Care Society 25th Anniversary Virtual Symposium, 2020
- * ICN Congress 2025 Masterclasses on pressure ulcer etiology and prevention

Since 2010, I have also presented posters and oral presentations at various conferences, including ESICM (European Society of Intensive Care Medicine), EPUAP (since 2012), and EWMA (since 2013).

National and international cooperation

- *I served as a board member of the Finnish Wound Care Society from 2013 to 2019.
- *I have been serving as a deputy board member of Southwest Finland's Nursing Association since 2025.
- *I have served as a Trustee of the European Pressure Ulcer Advisory Panel (EPUAP) from 2014 to 2020, and again from 2021 onwards.
- *I have been a member of the International Guideline Translation Committee since 2014.

Members of the EPUAP/NPIAP/PPPIA International Guideline Small Working Groups since 2012:

Member of the Small Working Group (SWG), Special Populations, Critically Ill Individuals: EPUAP, NPUAP & PPPIA, Prevention and Treatment of Pressure Ulcers: Clinical Practice Guideline. Emily Haesler (Ed). Cambridge Media: Perth, Australia; 2014.

Member of the Small Working Group, Populations with Specific Pressure Injury Related Needs. European Pressure Ulcer Advisory Panel, National Pressure Injury Advisory Panel and Pan Pacific Pressure Injury Alliance. Prevention and Treatment of Pressure Ulcers/Injuries: Clinical Practice Guideline. The International Guideline. Emily Haesler (Ed). EPUAP/NPIAP/PPPIA: 2019.

Member of the Small Working Groups for EPUAP/NPIAP/PPPIA International Clinical Practice Guideline 2025. Most parts are published on internationalguideline.com

I serve as an ongoing peer reviewer for the Wound Healing and Management (WHAM) Collaborative at Curtin University, Australia, contributing to WHAM Evidence Summaries.

Conference organizer

- Member of the local organizing committee, EWMA Helsinki 2027
- Chair, 25th EPUAP Annual Meeting 2025, “*THEME: Care pathways in prevention and management of pressure ulcers*”
24.-26.9.2025, Helsinki, Finland, epuap2025.org
- Senior Advisor/Event Producer, Finnish Nurses Association Conference Helsinki, 2.–3.10.2024 and launch of FNA Conference 6.-7.11.2025
- Chair and main organizer, 4th EPUAP Focus Meeting
“*Pressure Ulcers in Critically Ill Pediatric and Adult Populations: Science and Practice United*”
Turku, Finland 21.–23.5.2018, epuap.org/10630-2

Awards and recognitions

- The Silent Hero Awards, winner, Mölnlycke Health Care, 2025
- Golden Badge of Merit in Nursing, Finnish Nurses Association, 2025
- Journal of Wound Care Pressure Care Award, winner, London, UK, 2019
- The Achiever of the Year, Turku University Hospital, 2015
- Best Scientific posters, Finnish Wound Care Society, 2012, 2014, 2015
- Best Scientific poster, EPUAP Annual Meeting 2012

Other accomplishments and tasks

- * I serve as a reviewer for international journals in the field of wound care.
- * I am a team member of the Finnish National Guideline for Adult Pressure Ulcer Prevention, coordinated by the Nursing Research Foundation, Finland.
- * I chaired the Finnish Translation Team responsible for translating the *Quick Reference Guide* of the 2019 International Guideline.
- * Since 2015, I have annually chaired scientific sessions at international conferences.

Membership of associations

European Pressure Ulcer Advisory Panel (EPUAP)
European Wound Management Association (EWMA)
Finnish Wound Care Society (FWCS)
Finnish Society of Intensive Care
Finnish Nurses Association (FNA)
The Finnish Association of Nursing Research