



Maternity and child health care in Espoo

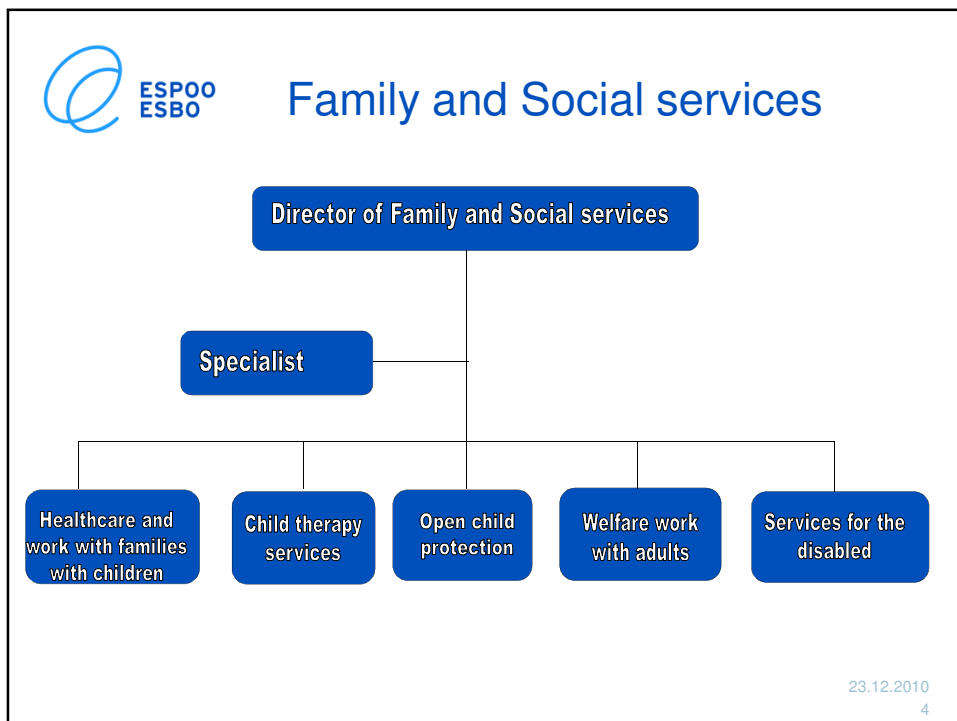
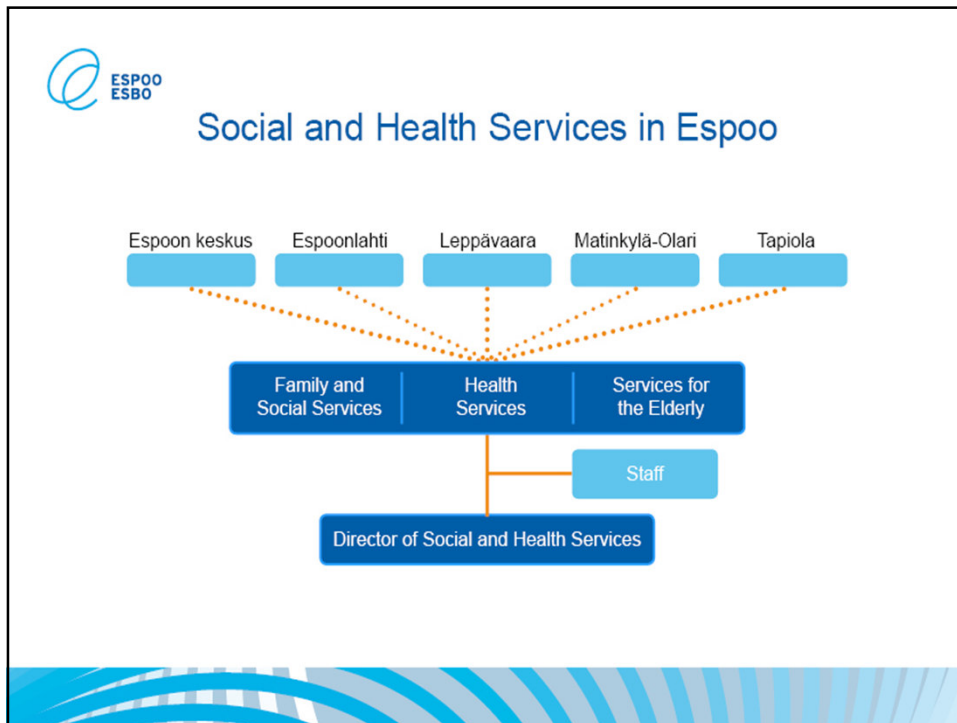


Espoo is the second largest city in Finland

- Population 244,200
- The population has increased tenfold in the last fifty years
- Area 528 km², of which land 312 km² and water 216 km²
- 58 km coastline and 95 lakes
- The municipality has 13,500 employees



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Maternity and child health care clinics in Espoo



Finnish health policy

- Focus on children and families
- New guidelines and recommendations have been issued for the development of child health clinics plus school and student health care services
- The aim is to create the basis for a healthy life
- Health promotion services are free of charge
- Almost 100% of families use the services

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The employees in the clinics

Public health nurse competence

- *includes nursing competence, but also requires a deeper knowledge and skills in health promotion and preventative care for people of all ages, families and different groups in their living surroundings.*

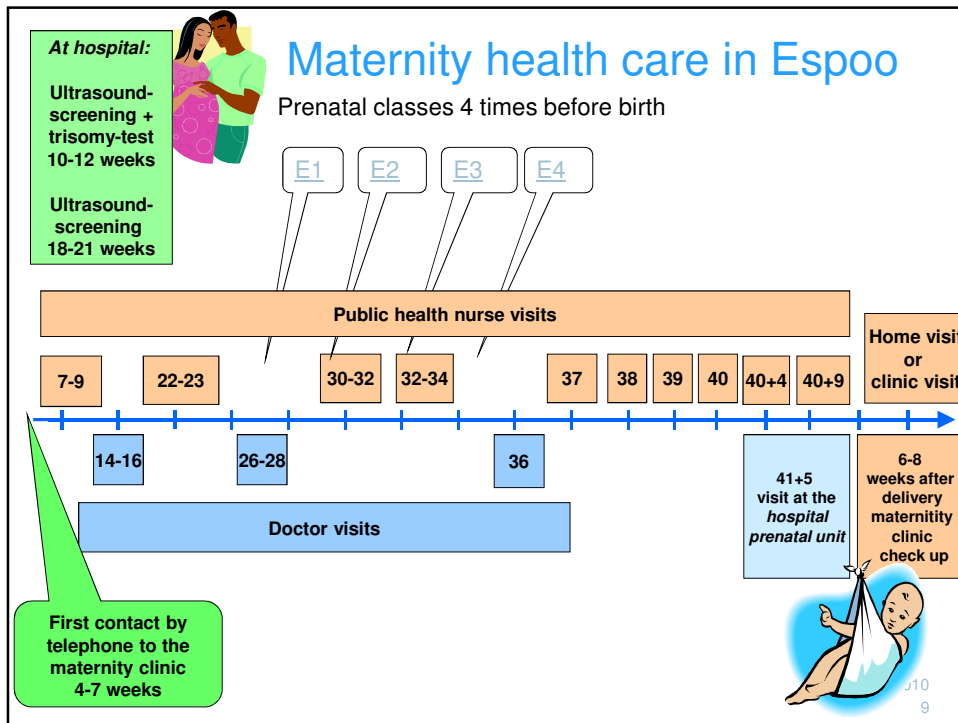
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Maternity health care

- The aim is to promote healthy habits and mental and psychosocial welfare on the whole family
- Average age of women giving birth has risen
- Almost all births take place in hospital
- Midwives are responsible for at least 70 % of normal deliveries

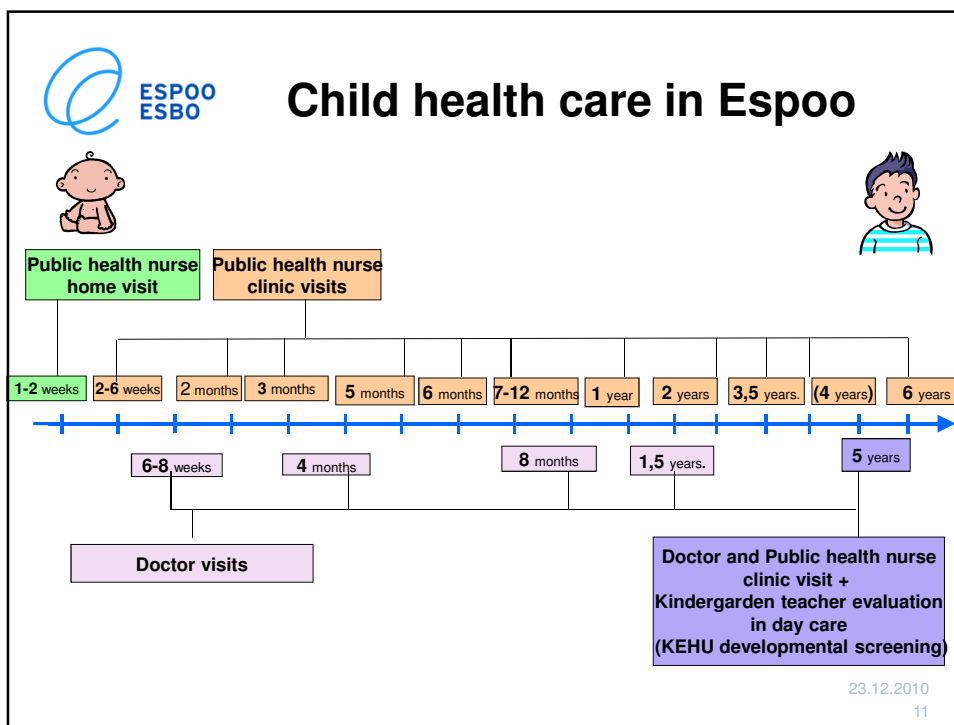
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ESPOO
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Child health clinics

- Observe and support the physical, mental and social development of children
- Advice, medical examinations, immunization
- Observation of growth in height and weight, growth of head circumference, acuity of vision, signs of squint, hearing, speech development, psychomotoric skills etc.



 **School health care**

- Children between 7 and 18 years
- Focus on health promotion and safety in the entire school community and among individual pupils
- Includes first aid and response to cases of acute illness
- Pupil care teams: the principal or/and another teacher, a public health nurse, a psychologist and a social worker

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