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Maternity and children's
health care in Espoo





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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
- Excellent results



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Maternity health care

- The aim is to promote healthy habits and mental and psychosocial welfare on the whole family
- Fathers are invited to visit maternity health clinic
- Observation of weight, blood pressure, urintests, heartbeats of the baby
- Average age of women giving birth has risen to 30,3 year
- Almost all births take place in hospital



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Statistics 2011

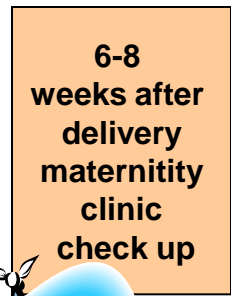
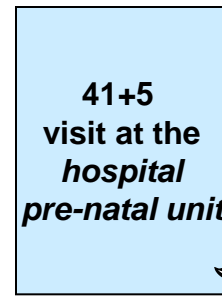
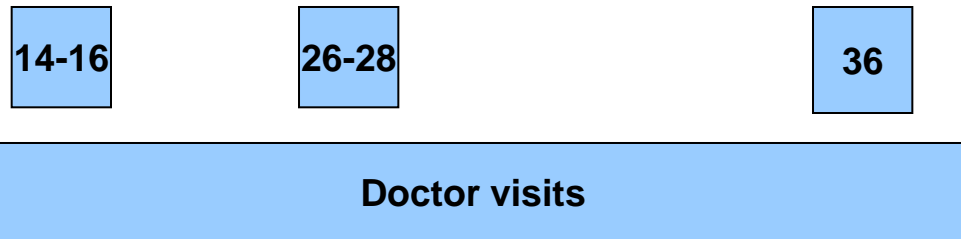
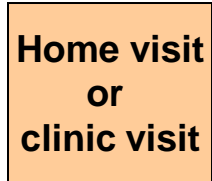
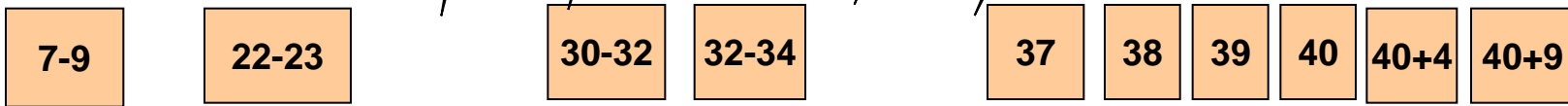
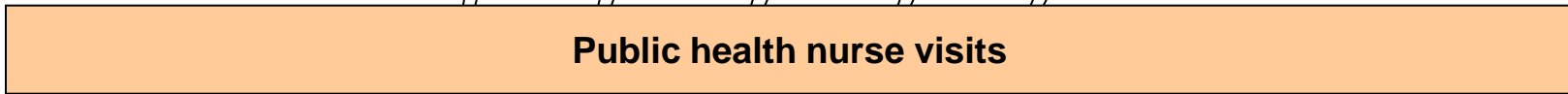
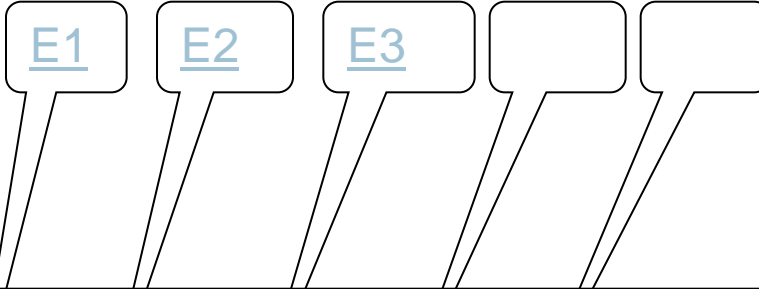
ESPOO:

- Every year about 3500 new born babies
- 6742 client at maternity health clinic
- 23 593 client at child health clinic
- 99 health nurse

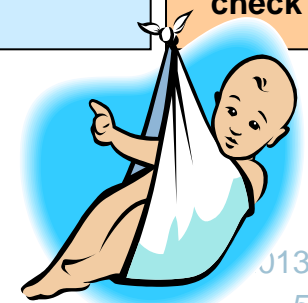
Maternity health care in Espoo

Family counselling sessions 5 times before and 5 times after the birth

At hospital
ultrasound-
screening,
trisomia-test
10-12+6
ultrasound-
screening
18-21



First contact with
the maternity clinic
4-7 rv





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Family counselling in Espoo

Objective:

Early parental empowerment

- Multi-professional skills offered to families
- Opportunity to share experiences with peers
- The equal roles of mother and father in their child's life

The instructors are employees from either the Social and Health Services, the parish and/or organizations depending on the content of the meetings.





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Child health clinics

- Monitor and support the physical, mental and social development of children
- Counseling, medical examinations, immunization
- Observation of growth in height and weight, growth of head circumference, acuity of vision, signs of squint, hearing, speech development, psychomotor skills, blood pressure

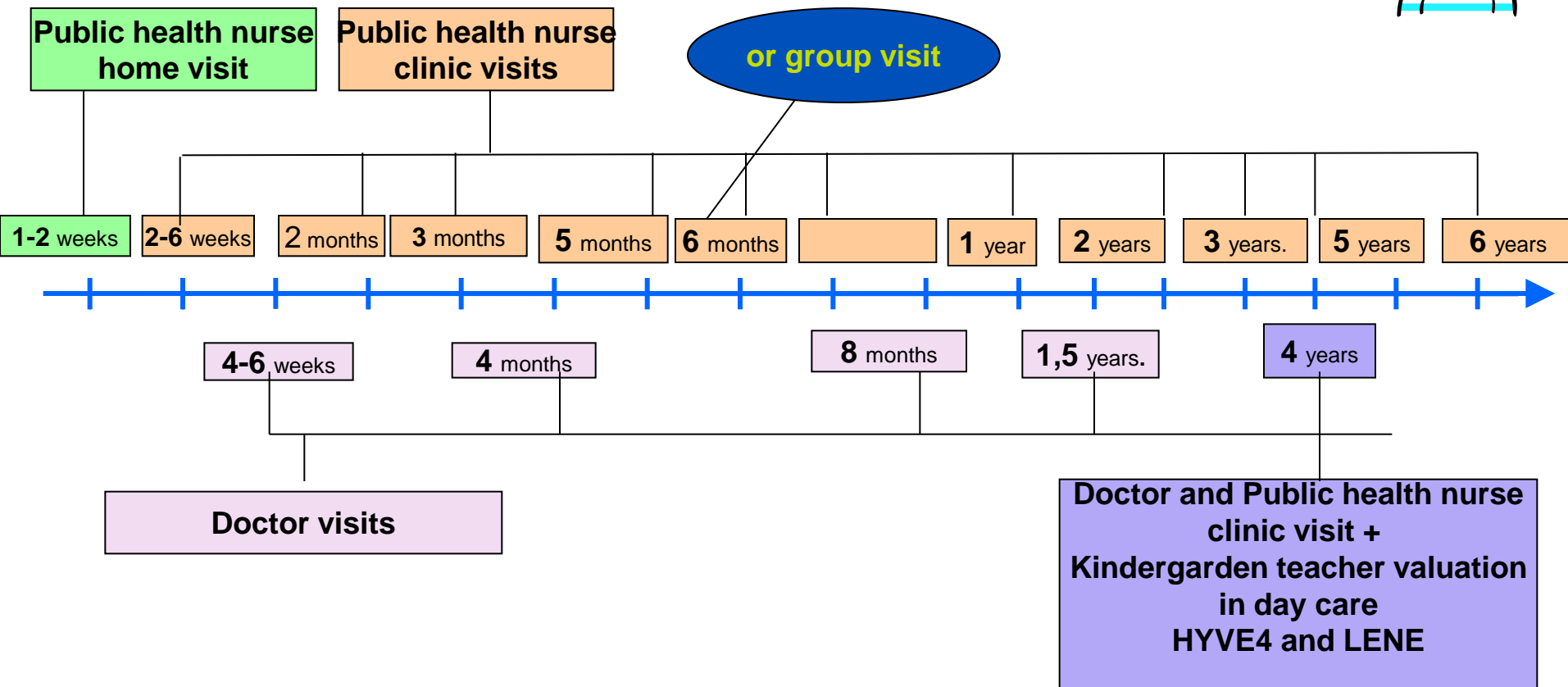
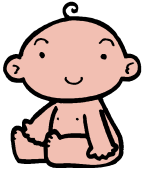


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Child health clinics

- Issues: Breast feeding and nutrition, prevention of accidents, physical activity, for parents smoking and consumption of alcohol, post-natal depression, emotional and social development of the child
- Early interactions in order to prevent further problems
- Child care clinics have an increasing role in assisting parents in all aspects of child care

Child health care in Espoo





FAMILY WORK IN ESPOO

PREVENTIVE WORK

basic services

Families with children in Espoo



EARLY SUPPORT

family workers /family advisers

service vouchers/ outsourced

- post-natal depression
- early interaction problems (mother/baby)
- various school-age groups
- families with disabled children
- the chronically ill (child, parent)
- mixed families

INTENSIFIED FAMILY WORK

family advisers/ outsourced

child protection client families and other demanding client families:

- faulty parenting
- interaction problems
- problems with intoxicants and mental health

FAMILY REHAB

internal/ outsourced

intensive support and rehab for family child protection clients

1.3.2013