

**ESPOO
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School health services

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Riikka Puusniekka

Specialist, Family and social services





Kirkkojärvi school

School health services have a long tradition in Finland

- Have been a part of the Finnish health care system for over 100 years
- The purpose of services has remained the same:
to assure a healthy growth and development and to construct a basis for a healthy adulthood
- School health services are located in schools, in a main developmental environment for children and youth
- Low threshold services



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Services are statutory

- **Health Care Act 1326/2010**
- **Government Decree 338/2011**
on maternity and child health clinic services, school and student health services and preventive oral health services for children and youth
- **Basic Education Act 628/1998**
pupil welfare services

The Health Care Act states that...

- Local authorities shall provide school health services for pupils enrolled in educational institutions providing basic education in their area
- As regards the provision of school health services, local authorities shall cooperate with parents and guardians as well as with other pupil welfare and teaching personnel and other relevant parties
- The department responsible for the provision of primary health care in each municipality shall contribute to the drafting of the curriculum referred to in the Basic Education Act insofar as it concerns pupil welfare and cooperation between educational institutions and homes



...and the Government Decree...

- Gives more precise guidelines, especially for the health examinations
- Ensures that children and their families receive systematic health care counselling and health examinations in municipal health care services
- Ensures that services are equal in quality and take the needs of individuals and population into account
- Highlights the cooperation with professionals from different sectors and the provision of services in developmental environments

What includes in school health services?

1. Annual checks on the growth and development of pupils and health and welfare promotion
2. Support for parents and guardians of pupils (upbringing, parenting)
3. Oral health care for pupils, including oral health checks on at least three occasions and according to individual needs



4. Early identification and support for any special needs and tests required by pupils, cooperation with other pupil welfare organisations to help chronically ill children manage their conditions, and, if necessary, referral to further tests and treatment
5. Any specialised tests required for diagnosing medical conditions in pupils
6. Triennial checks on the health and safety of school environments and welfare promotion among learning communities





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Regular health examinations

Health examinations	1st grade	2nd grade	3rd grade	4th grade	5th grade	6th grade	7th grade	8th grade	9th grade
Extensive health examination	X				X			X	
Conducted by a public health nurse	X part of an extensive health examination	X	X	X	X part of an extensive health examination	X	X	X part of an extensive health examination	X
Conducted by a doctor	X part of an extensive health examination				X part of an extensive health examination			X part of an extensive health examination	
Oral health examination	X				X			X	

Health examinations are provided for schoolchildren during each school year, of which the examinations in the 1st, 5th and 8th grades are extensive health examinations



Criterion for extensive health examinations

- A pupil meets both a public health nurse and a doctor
- At least one of the parents/guardians attends to a child's health examination
- A comprehensive evaluation of child's wellbeing is carried out
 - Psychological, physical and social wellbeing
 - Home, school and leisure
 - Health and welfare of parents and the whole family
 - Search for protective factors and finding out how to support them



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Wellbeing of a family



The wellbeing of a family is investigated through an interview

Themes

- Changes in family situation
- Diseases of family and close relatives
- Health related behaviour: nutrition, exercise, rest, sleep, hobbies
- Smoking, abuse of alcohol or other intoxicants
- Domestic violence
- Interaction between child and parents
- Strengths and abilities
- Social support networks for families
- Financial situation



Examples of tests made in extensive examination

- Overall appearance (ability to take contact behaviour)
- Mood / emotional state
- Interaction between child and parents during the examination
- Height and weight
- Blood pressure, pulse
- Vision (far, near, colour)
- Spinal column (posture and structure)
- Heart and lungs
- Ears and throat
- Lymph nodes, thyroid
- Skin
- Palpation of abdomen
- Puberty and genitals
- Neurological examination if needed
- Problems related to speaking (1st grade)
- Symptoms and long-term diseases



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Health is viewed in a wide perspective

Health related behaviour

- Sleeping habits
- Nutrition
- Exercise
- Smoking, abuse of alcohol and other intoxicants
- Screen time
- Oral health
- Sexual health including contraception
- Prevention of accidents
- Hygienia

Health status

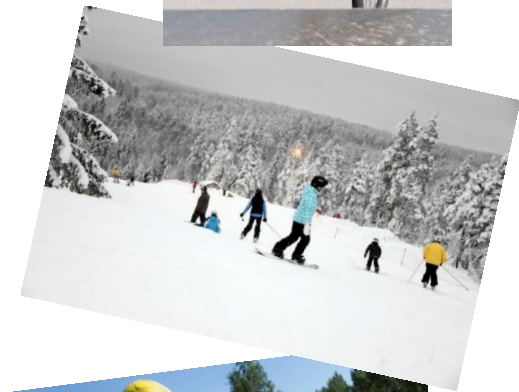
- Health status and self reported health
- Growth, psychosocial and physical development
- Long-term diseases
- Medication
- Health related symptoms
- Allergies
- Fysical ability
- Accidents, school accidents

School

- Personal ability
- Learning ability
- Need for support, current support
- Truancy
- Human relationships/skills
- Bullying
- Assessment of special needs with regard to choice of occupation and further studies

Home and leisure

- Rest and leisure time
- Human relationships, social skills
- Hobbies
- Social media
- After school activity (1st grade)
- Working during the school year (8th grade)



Health care counselling

- Support parenthood and enhance the social support networks of families
- Support the promotion of health, including mental health, and psychosocial well-being of individuals and their families at least in the following areas:
 - growth, psychosocial and physical development
 - human relationships, rest and leisure time, ergonomics, nutrition, exercise, weight control, oral health and sexual health...
 - prevention of domestic and intimate partner violence, accidents and smoking and the use of alcohol and other intoxicants
 - vaccinations, infection prevention
 - social security as applicable, and social welfare and health care services



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Supplementary health care counselling

- Support and promote independence, studying capacity, a healthy lifestyle...
- Prevent bullying in school
- Provide information on the requirements of occupations and health hazards related to particular jobs and occupations

What if a person doesn't attend a health examination?

- Health care personnel are required to try to establish what the need for support is of those persons who fail to attend regular health examination
- How?
 - By contacting the family
 - By house calls
 - By discussing with cooperating partners



Tiistilä school



Health and safety in the school community and the study environment

- Inspected at least every third year
- Comprehensive participation: *school personnel, pupils, school health services, the health inspector, occupational health care employees, occupational safety and health personnel, and other experts as required*
- Any shortcomings noted have to be corrected and the corrections monitored on a yearly basis
- Common practices are agreed in municipality and written in an action plan
- Evaluation focuses also on school atmosphere, bullying, strain caused by schoolwork, school lunch provision/arrangements etc.

Thank You for Your Interest!



Saunalahti Children's House