

## VACCINATIONS

There is a national vaccination programme in Finland. It aims at protecting people as largely as possible against the diseases that are preventable. Thanks to vaccinations many diseases have become rare or they have totally disappeared from Finland.

In the paediatric health care centre children are vaccinated against the following diseases: rota-virus-diarrhoea, meningitis, pneumonia, sepsis, diphtheria, tetanus, whooping cough, poliomyelitis, laryngitis, measles, mumps, and rubella.

Children are vaccinated in the paediatric health care centre according to the following age categories: 2 months, 3 months, 5 months, 12 months, (14-18 months), 4 years, and 6 years. The persons who have not earlier got any vaccinations or who do not know about their vaccinations are vaccinated following an individual programme. Further information is provided by the nurse of the paediatric health care centre. Vaccinations are voluntary and free of charge.



## Preventive health care in maternity and paediatric health care centres



## PREVENTIVE HEALTH CARE IN MATERNITY AND PAEDIATRIC HEALTH CARE CENTRES

Preventive health care is comprised of activities aiming at finding out and preventing as early as possible various diseases and harmful health habits. In the paediatric health care centres the parents get information about services offered by the society such as the maternity package and family work. Consultations in the maternity and paediatric health care centres are free of charge.

In the maternity and paediatric health care centres pregnant women and children's health is followed up, healthy living habits are enhanced and internal family relations are strengthened. Mothers stay clients of the maternity health care centre during three months after delivery and the children of the paediatric health care centre from the birth to the school age. When sick, you must not go to the maternity and paediatric health care centre. When sick you have to go to the health care centre of your residence area.

### MATERNITY HEALTH CARE CENTRE ACTIVITIES



Sanni Weckman / TAMK

Pregnant women usually take contact with a maternity health care centre at pregnancy weeks 5-7. The first check-up made by the nurse usually takes place at pregnancy weeks 8-10, and thereafter visits take place about once a month until pregnancy week 30, and thereafter every two weeks. During the last week, visits take place every week. A doctor makes a check-up twice or three times during pregnancy.

Maternity health care visits aim at following the state of health of the pregnant woman and the fetus by means of various examinations. At the beginning of pregnancy some blood tests are made to find out eventual transmissible diseases and to determine the blood group. During pregnancy it is possible to have, free of charge, two ultrasound examinations of the uterus.

During pregnancy blood pressure and weight are measured and also the urine protein and sugar are followed up. The heart pulsations of the fetus can be heard after pregnancy week 14. The growth of the uterus is followed up by measuring the belly as of pregnancy week 20.



### PAEDIATRIC HEALTH CARE CENTRE ACTIVITIES

Paediatric health care centres serve children under school age and their parents. They aim at ensuring the best possible state of health of each child and at enhancing the wellbeing of the whole family.

Consultations in the paediatric health care centres take place about once a month during the child's six first months and thereafter every 2 to 6 months. The family meets the nurse at every consultation and the doctor four times during the child's two first years. The parents make themselves the booking for the annual check-up in the paediatric health care centre for the 2-6-year-old children.

The basic duty of the paediatric health care centre is to follow up and support the child's physic, psychic and social growth and development and to find out in early phase any differences from norms. In the paediatric health care centre, child's weight, height, head circumference, vision and hearing are checked up among other things, and also the development of speech is followed up.