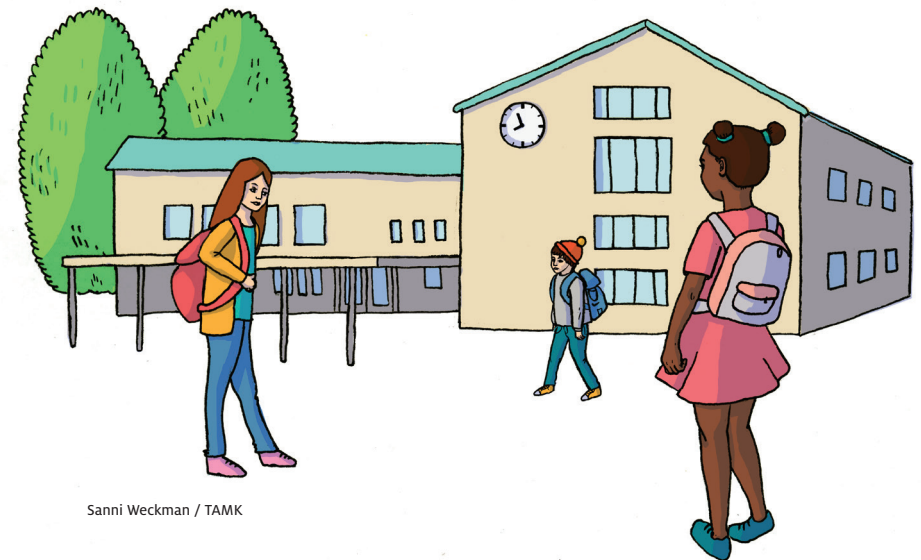
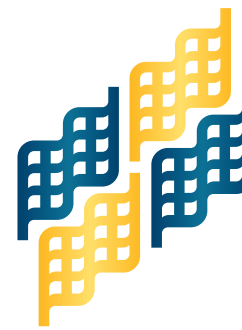


VACCINATIONS

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.

School and student health care services vaccinate all 14-15-year-old students against tetanus, diphtheria and whooping cough and also the 11-15-year-old girls against the papilloma virus. A booster dose against tetanus and diphtheria must be given every 10 years.

Those who have not earlier got any vaccinations or who do not know about their vaccinations get vaccinations according to an individual programme. Further information is provided by the nurse of the school or student health care service. Vaccinations are voluntary and free of charge.



Sanni Weckman / TAMK

Preventive health care in school and student health care services



Elinkeino-, liikenne- ja
ympäristökeskus



Text: Tuija Vuolle / MAKO-project
Pictures: Sanni Weckman / TAMK (Tampere University of Applied Arts)
Translation: Pirkanmaa Interpreters' Centre

Supporting immigrants' integration process in the health care services provided to children and young – (MAKO-project)

PREVENTIVE HEALTH CARE IN SCHOOL AND STUDENT HEALTH CARE SERVICES

Preventive health care is comprised of activities aiming at finding out and preventing as early as possible various diseases and harmful practices in the area of health. Preventive activities support school children and student's healthy growth and development and guide to life style enhancing health.

In the school and student health care service regular medical visits are carried out. The nurse informs the school child or student about the appointment for the visit. During the medical visit school children and students are encouraged to observe healthy ways of living and to avoid habits endangering health. When necessary, they are guided for the treatment of a disease.

It is also possible to go for consultation in the school and student health care service without any appointment at the open consultation time which is separately fixed by each school. School health care visits are free of charge. No doctor's consultation in case of sickness is provided by a school health care service. Doctor's consultations in case of sickness in a student health care service are fee-based for students having reached the age of 18.

MEDICAL CHECK-UPS IN SCHOOL HEALTH CARE

1st, 5th and 8th grade students' comprehensive medical check-ups

Preliminary information forms are used for the check-ups made by the school nurse. Forms are used as the basis of discussion when students' state of health, health habits and learning as well as students and their families' wellbeing is reviewed. Custodians are invited to attend the check-up.

The check-up includes student's physical state of health such as weight, height, vision and hearing. Also a doctor performs a medical examination of students. In the check-up of the 8th grade, the state of health can be evaluated in view of further studies and vocational orientation. At the check-ups, issues such as human relations and sexuality as well as intoxicants and mental health problems are discussed.

HEALTH CHECK-UPS IN OTHER GRADES

In the 2nd, 3rd, 4th, 6th, 7th and 9th grades, school students are invited to the school nurse's check-ups. The check-ups aim at following up students' growth and development as well as their health habits and wellbeing. Nurse's and/or doctor's consultations are organized more often if necessary.



HEALTH CHECK-UPS IN STUDENT HEALTH CARE

UPPER HIGH LEVEL AND VOCATIONAL SCHOOL STUDENTS

Upper high level and vocational school students usually have a medical check-up carried out by a nurse during the first year of studies should the studies take longer than one year. If necessary, students can have a doctor's consultation. The first-year students of the polytechnic high school fill in a form, which serves as the basis for the invitation to a check-up by the school nurse.

To facilitate the check-up a preliminary information form is used as the basis to discuss student's wellbeing, state of health and habits in the area of health. At the check-up, student's physical state of health is examined. When necessary, advice is given concerning issues such as nutrition, physical activities, contraception, vaccinations and psychic wellbeing.