

Community Health Nursing – learning from Finland

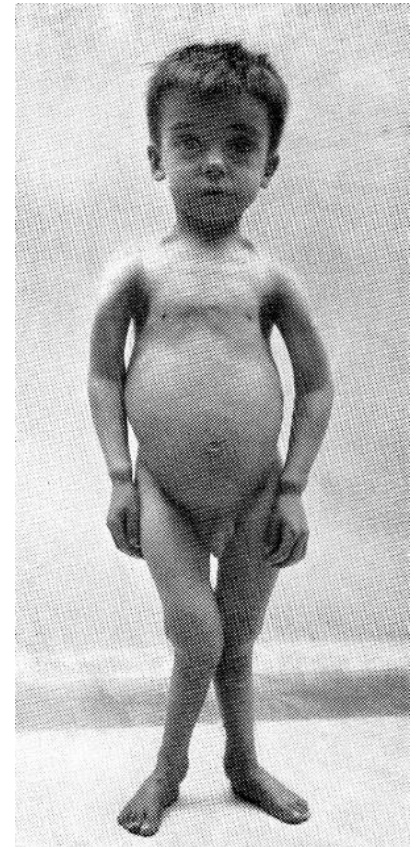


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Community Health Nursing in Deutschland

Anna Suutarla
Head of International Affairs
RN, PHN, M.Sc.
Finnish Nurses Association

Roots in early 1920s

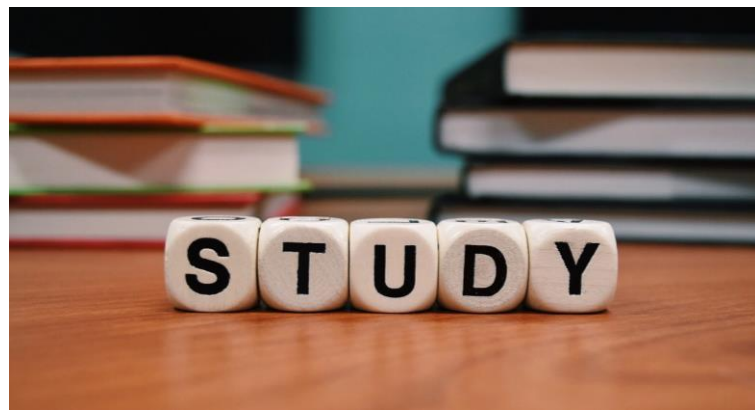
- Poor country, low health status
 - Public health nurses (PHN): primary care near people
 - Promotion, prevention, families
 - Free, available for all
- **Today**
 - unique front-line key person in primary health care
 - independent work in multi-professional teams



Vitamin D to prevent rickets!

Education

- University of Applied Sciences
- 240 ECTS, 4 years
- Bachelor degree, EQF 6
- Licenced and registered:
nurse + public health nurse
- For nurse part:
Dir 2005/36/EC / Dir 2013/55/EU



Total **80 622** Nurses / **15 560** Public Health Nurses (2014)

Public Health Nurse – Expert in Health Promotion

- **What?**
 - Prevention, promotion, health literacy
- **When?**
 - All stages of people's lives
- **Who?**
 - Individuals, families, communities, occupational groups, whole population
- **How?**
 - Strengthen resources, improve self-care
 - Holistic, appreciate peoples' life situations
 - Early, targeted - vulnerable groups



Picture: Finnish Association of Public Health Nurses

Free, easy access – aim: health and well-being equality

Where?

- Maternity and child health clinics
- Family planning clinics
- Schools, students
- Occupational health care
- Home care
- Health centers
- Elderly care
- Some others



Picture: Finnish Association of Public Health Nurses

Example: Public Health Nurse work at Child Health Clinic - *neuvola* in Finnish

- **Who?**
 - Families with children 0-6 years
- **When?**
 - Regularly: fixed-term framework
- **What?**
 - Monitor: welfare, growth, development
 - Vaccinations
 - Parenting
- **How?**
 - Family living and life-styles
 - Visits, home, groups, telephone, eHealth
 - Continuous, confidential



Picture: Finnish Association of Public Health Nurses

No cost for families,
financed by taxes

Topical

- Emphasis of services
- Skills: interaction + networking + independent decision making
 - all age groups, mental health
 - multi professional cooperation
- Continuous professional development (CPD)
- Future: education Master's level??

During the last century

Many success stories in public health  also challenges remain

2015 Mothers' Index Rankings

RANK	COUNTRY	RANK	COUNTRY
1	Norway	46	Malta
2	Finland	47	United Arab Emirates
3	Iceland	48	Chile
4	Denmark	49	Bahrain
5	Sweden	50	Libya
6	Netherlands	51	Hungary
7	Spain	52	Barbados
8	Germany	53	Mexico
9	Australia	54	Bosnia and Herzegovina
10	Belgium	55	Qatar
11	Austria	*56	Russian Federation



Save the Children
100 YEARS

RANK	COUNTRY
91	Namibia
*92	Jamaica
*92	Maldives
*92	Sri Lanka
95	Dominic
96	Fiji
97	Mongolia
98	Vietnam
99	Turkmen
*100	Iraq
*100	Jordan
102	Nicaragua
103	Armenia
104	Tonga
105	Philippines
106	Timor-Leste
107	Kyrgyzstan

2019 END OF CHILDHOOD INDEX RANKINGS

TOP 10 Where childhood is most protected		BOTTOM 10 Where childhood is most threatened	
RANK	COUNTRY	RANK	COUNTRY
1	Singapore	167	Burkina Faso
2	Sweden	168	DR Congo
3	Finland	169	Guinea
3	Norway	170	Nigeria
3	Slovenia	171	Somalia
6	Germany	172	South Sudan
6	Ireland	173	Mali
8	Italy	174	Chad
8	South Korea	175	Niger
10	Belgium	176	Central African Republic



Thank you! Danke! Kiitos!

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anna.suutarla@nurses.fi

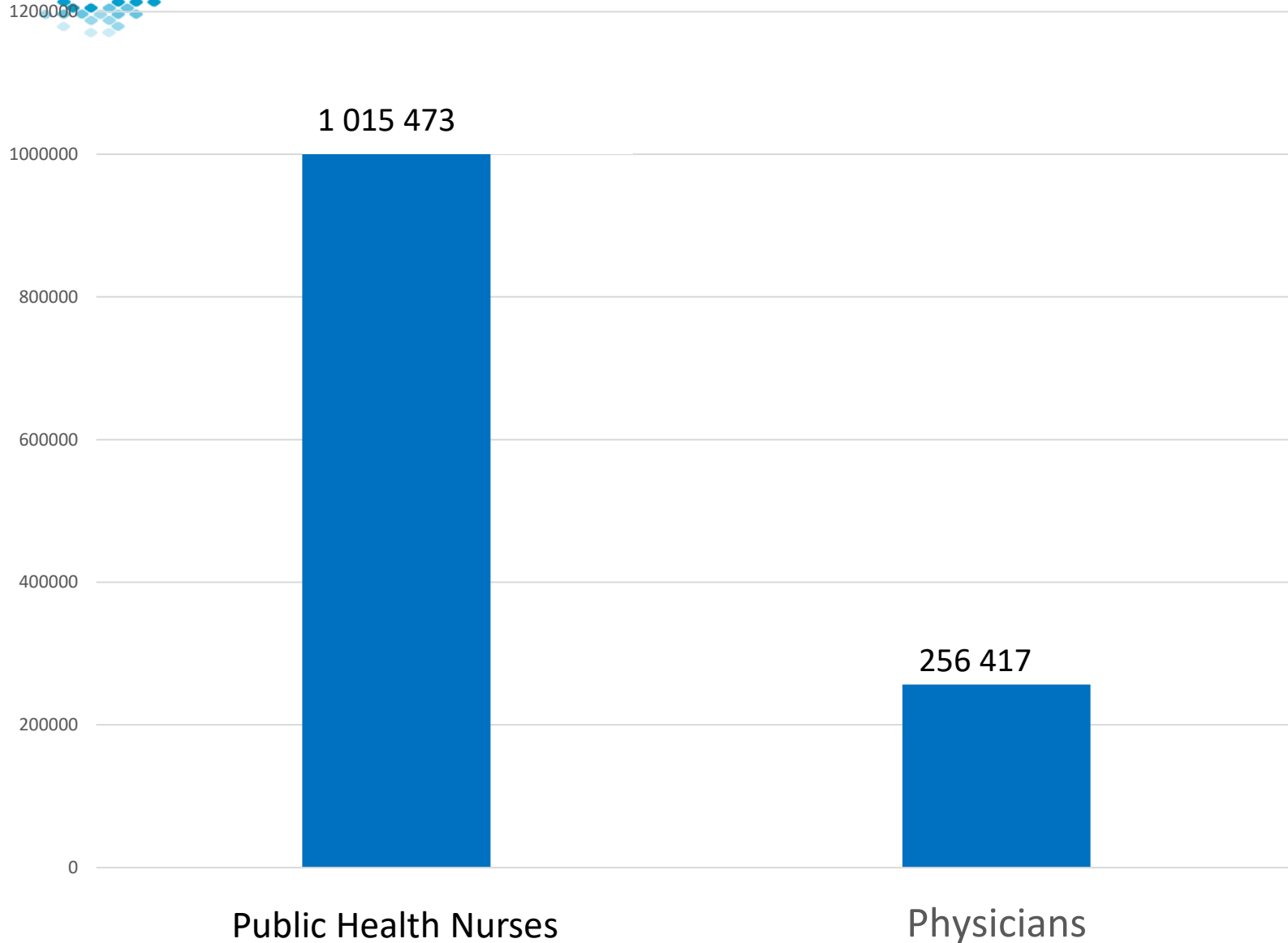
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Picture: Finnish Association of Public Health Nurses

Visits at Child health clinics, 2019



Primary health care, outpatient visits, 2019

