



MATERNITY AND CHILD HEALTH CLINIC SERVICES

Kajaani, Kainuu

LEGISLATION GUIDING MATERNITY AND CHILD HEALTH CLINIC SERVICES

- Maternity and child health clinic services play an integral part in preventive and health-promoting procedures within primary health care
- Government Decree 338/2011 obliges the municipalities to offer all families systematic maternity and child health clinic services that are equal in quality. The services are comprised of detailed health checks at regular intervals and health guidance taking individual and family needs into consideration.

Government Decree on maternity and child health clinic services, school and student health services and preventive oral health services for children and youth, 338/2011 (Finlex)

- Health Care Act, Health Care Act [1326/2010 \(Finlex\)](#)
- Government Decree on maternity and child health clinic services, school and student health services and preventive oral health services for children and youth
- Act on the Status and Rights of Patients, 785/1992 (Finlex)
- Decree on medical records, [298/2009 \(Finlex\)](#)
- Act on Health Care Professionals, 559/1994 (Finlex)
- Act on the Openness of Government Activities, [621/1999 \(Finlex\)](#)

LEGISLATION REGULATING MATERNITY AND CHILD HEALTH CLINIC SERVICES

- Personal Data Act, [523/1999 \(Finlex\)](#)
- Act on National Personal Data Registers for Health Care [556/1989 \(Finlex\)](#)
- Mental Health Act, [1116/1990 \(Finlex\)](#)
- Act on Welfare for Substance Abusers, [41/1986 \(Finlex\)](#)
- Act on checking the criminal background of persons working with children, [504/2002 \(Finlex\)](#)
- Government Decree on Screenings, [339/2011 \(Finlex\)](#)
- Decree on Vaccination and Infectious Disease Screenings during pregnancy [421/2004 \(Finlex\)](#)
- Decree of the Ministry of Social Affairs and Health on Information Material Regarding the Feeding of Infants and Young Children, [267/2010 \(Finlex\)](#) Guideline to providers of information material regarding infant feeding



MATERNITY AND CHILD HEALTH CLINIC SERVICES

- Services are voluntary and free of charge for families. Municipalities are responsible for organising maternity and child health clinic services.
- In Kajaani, maternity and child health clinics work together.
- In Kajaani, the client's public health nurse is determined by his or her neighbourhood.
- Maternity and child health clinic consultation is by appointment. A client telephones the public health nurse of his or her neighbourhood to book an appointment.

Contact details: <https://sote.kainuu.fi/>

or for the child health clinic, online using omasote at

<https://omasote.kainuu.fi/>

GOALS OF MATERNITY CLINIC SERVICES

- To promote and monitor the health and wellbeing of pregnant women and mothers recently given birth
- To promote and monitor healthy growth and development of the baby during pregnancy
- To promote the health and wellbeing of the expectant parents and their family
- To support the family in adjusting to parenthood
- To identify and organise support and assistance for the family if required

AT MATERNITY CLINIC

Maternity clinic, first-time mother

Weeks of pregnancy	At the maternity clinic
8-10	Public health nurse
10-16	Ultrasound/ doctor (maternity clinic physician)
12-13	KAKS, Kainuu Central Hospital, Labour and Delivery Ward
Ward	
	if attending the prenatal screening
15-18	Public health nurse
19-21	KAKS, Kainuu Central Hospital, (structural ultrasound)
22-24	Public health nurse
26-28	Public health nurse
30-32	House call, Public health nurse and a family worker
	for first-time parents
35-36	Public health nurse +doctor (maternity clinic physician)
38	Public health nurse
40	Public health nurse
41	Public health nurse
1 week from delivery:	House call
Health check for the mother 5 to 12 weeks after the delivery Public health nurse and doctor	
Public health nurse and doctor	

Maternity clinic, other expectant mothers

Weeks of pregnancy	At the maternity clinic
8-10	Public health nurse
10-16	Ultrasound/ doctor (maternity clinic physician)
12-13	KAKS, Kainuu Central Hospital, Labour and Delivery
	if attending the prenatal screening
15-18	Public health nurse
19-21	KAKS, Kainuu Central Hospital, (structural ultrasound)
22-24	Public health nurse
30-32	Public health nurse
35-36	Public health nurse
38	Public health nurse
40	Public health nurse
41	Public health nurse
	(Potential post term)
1 week from delivery:	House call
Health check for the mother 5 to 12 weeks after the delivery :	



ANTENATAL CLASSES

GOALS

- To provide information about
 - changes in your relationship after the baby's birth
 - baby care, breastfeeding
 - childbirth
 - caring for and bringing up children
 - peer support
- Antenatal groups meet six times before the baby's birth and three times after.
- A public health nurse works together with a midwife, sexual therapist, substance abuse counsellor, an oral hygienist, a counsellor for fathers and an early childhood education worker

GOALS OF CHILD HEALTH CLINIC SERVICES

- To promote and monitor healthy growth, development and wellbeing of the child.
- To support parenting and the family's wellbeing
- To promote a healthy lifestyle in the child's home, other development environment and family
- To recognise the family's need for support and organise the support
- To prevent exclusion and
- to narrow health differences

AT CHILD HEALTH CLINIC

- Typical child health clinic work includes health checks and house calls
- In compliance with the Ministry of Social Affairs and Health recommendation, children under 12 months of age should have eight health checks at their child health clinic;
1- to 2-year-olds four checks,
and children between 2 years and school age should have a health check once a year



AT CHILD HEALTH CLINIC

Age	Health check by	Vaccination(s)
2-3 weeks	at the child health clinic or at home, Public health nurse	
4 weeks	Doctor	hepatitis B vaccination, if necessary
2 months	Public health nurse	RV
3 months	Public health nurse	DTaP-IPV-Hib, RV, PCV
4 months	Doctor	
5 months	Public health nurse	DTaP-IPV-Hib, RV, PCV
6 months	Public health nurse	hepatitis B vaccination, if necessary
8 months	Doctor	
10 months	Public health nurse	
12 months	Public health nurse	DTaP-IPV-Hib, PCV, MPR
16-18 months	Public health nurse, Doctor	varicella if necessary
2 years	Public health nurse	
3 years	Public health nurse	
4 years	Public health nurse, Doctor	DTaP-IPV
5 years	Public health nurse	
6 years	Public health nurse	MPR or MPRV vaccination
6 months to 6 years		Seasonal influenza annually

RV = rotavirus

DTaP = diphtheria, tetanus, acellular pertussis

IPV = inactivated polio vaccine

Hib = haemophilus influenzae type b

PCV = pneumococcal conjugate vaccine

MMR = measles, mumps, rubella

HPV = human papillomavirus vaccine

dtap = diphtheria, tetanus, acellular pertussis

BCG = tuberculosis



CHILD HEALTH CLINIC CHECKUPS COVER THE FOLLOWING

- The child's wellbeing
 - Physical, psychological and social health and development as well as health habits
 - Circle of friends, play and interests
 - Day care
- Parents' wellbeing
 - Health and health habits
 - Relationship
- Family interaction and structure
 - Parenting practices, home atmosphere
 - Interaction between the parent and child
 - Family structure
- Siblings' wellbeing
 - Mutual relations
 - Welfare
- Family circumstances and support network
 - Living conditions
 - Financial standing
 - Support network

AT MATERNITY AND CHILD HEALTH CLINIC

- In recent years, maternity and child health clinics have emphasised fathers' important role in the family's wellbeing
- Fathers often participate maternity and child health clinic visits and are actively involved in their family's day-to-day life
- Maternity and child health clinics attend to the whole family's health and wellbeing



COOPERATION OF CHILD HEALTH CLINICS AND EARLY CHILDHOOD EDUCATION

- Parents take an information transfer form from their child's day care centre to the child health care clinic and back again as the 1- to 6-year-old goes to his or her health checks.
- Day care staff write their observations about the child in everyday situations in the information transfer form. Public health nurse enters her notes in the same form.
- At day care, 3- and 5-year-olds are assessed for their language and motor skills and the results submitted to their child health clinic.
- If there is any concern about the child's growth or development, we arrange a joint meeting with the family, childhood early education, and when necessary, other professionals.
- In addition to early childhood education, we carry out multiprofessional cooperation with speech and occupational therapists, psychologists and child welfare workers.