

THE PUBLIC HEALTH NURSE

A BROAD-BASED EXPERT
IN PREVENTIVE WORK



PUBLIC HEALTH NURSES

GUIDE AND COUNSEL PEOPLE OF DIFFERENT AGES AND DEVELOP HEALTH SERVICES

REGISTERED PUBLIC HEALTH NURSES ARE HIGHLY TRAINED EXPERTS.

The degree in public health nursing is offered by universities of applied sciences and takes four years to complete.

The programme is built on evidence-based knowledge and involves work placements and other workplace cooperation.

REGISTERED PUBLIC HEALTH NURSES ARE ALSO REGISTERED NURSES.

Through their education, public health nurses acquire competence in family planning, pregnancy monitoring, supporting the growth of children and adolescents, promoting the health of adults and supporting the health and functional ability of the elderly.

The education of a public health nurse is wide-ranging, thus equipping graduates to handle many different social welfare and health care duties.

PUBLIC HEALTH NURSES ARE EXPERTS IN PREVENTION, HEALTH PROMOTION, AND PUBLIC HEALTH WORK.

PUBLIC HEALTH NURSES WORK TO PROMOTE HEALTH AMONG THE POPULATION.

Public health nursing is a unique profession that is not found in the same form elsewhere in the world. Everyone engages with public health nurses at different stages of their lives.

Central to the work of public health nurses is decision-making skills and responsibility, as they often operate alone without the immediate support of a surrounding work community.

PUBLIC HEALTH NURSES PROMOTE THE HEALTH AND WELL-BEING OF PEOPLE OF ALL AGES.

The expertise of public health nurses includes vaccinations, lifestyle guidance, family planning advice and sexual health, as well as support for parenting, relationships, mental health and freedom from substance abuse.

Public health nurses work in a range of different settings, including maternity and child health clinics, school and student health care, occupational health care, health services for the elderly, health centre services, hospitals, entrepreneurial activities, research and development projects and organisations.

The work of a public health nurse involves multidisciplinary cooperation to promote the health and well-being of individuals, families and communities as well as their living environments.

PUBLIC HEALTH NURSES CARRY OUT IMPACTFUL AND SOCIALLY SIGNIFICANT WORK THAT ALSO SAVES PUBLIC FUNDS.

Public health nursing aims at prevention of health problems, early intervention and the promotion of health and functional ability.

Preventive work can reduce the risk factors for chronic diseases such as cardiovascular diseases.

Preventive work prevents problems developing and increases well-being.

PREVENTIVE WORK SAVES HEALTH CARE RESOURCES AND MONEY IN BOTH MUNICIPALITIES AND WELLBEING SERVICES COUNTIES.

The work of public health nurses adapts to the changing needs of society and the surrounding population: families are becoming more diverse, the population base more multicultural, and people's problems more varied.

THE SKILLS AND EXPERTISE OF PUBLIC HEALTH NURSES IN PREVENTIVE WORK SHOULD BE UTILISED EXTENSIVELY IN MUNICIPALITIES, WELLBEING SERVICES COUNTIES AND HEALTH AND SOCIAL SERVICES CENTRES.