



**ESPOO  
ESBO**

**International visits to the  
Espoo Social and Health Services:**

**Health Centres**





# Welcome to visit our health centres!

- At the health centre, the client's situation is assessed by a nurse, practical nurse or public health nurse, who interviews the client and makes an assessment of their need for treatment.
- Health centres provide basic-level care. Clients receive assistance with urgent (acute) health issues. Health centres also provide services for diagnosing various chronic diseases and other matters related to their treatment. If needed, clients are referred from the health centre to specialised health care services.
- **This brochure introduces health centres that welcome international visitors.** These centres accept max. 15 visitors at a time. The typical visit program (max. 2 h) includes a general presentation of the clinic, introduction of spaces as well as Q & A. We charge a visiting fee.





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# Requests for Visit

1. Choose which health centre your group would like to visit.
2. Email the contact person, preferably 30 days before the visit, providing the following information:
  - Preferred date and time of the visit (max. 2 h, on weekdays)
  - The size of the group (max. 15 visitors)
  - The organization(s) and professional background of the group members
  - Billing information
3. We will answer your email and confirm whether the visit can be arranged.

**Contact information:**

Paula Pallasaho

paula.pallasaho@espoo.fi

**Address:** Terveyskuja 2, 02770 Espoo

## Short description

- Nurses treat acute short-term illnesses, such as stomach diseases, the flu and various inflammatory diseases. Some nurses have received additional training entitling them to write medical prescriptions under certain circumstances. The monitoring of chronic diseases is also done by nurses and public health nurses. In such cases, patients are only referred to a physician if the nurse or public health nurse discovers a problem or if it has been more than two years since the patient's last visit to a physician.
- Physiotherapists treat acute back, neck and shoulder pain.
- Health centre physicians treat the more challenging emergency clients. Controls of chronic diseases and clients with new symptoms or complex health issues are also referred to the physicians. Physicians perform minor operations, write various certificates, prescriptions and referrals needed by clients and draw up the client's treatment plan in co-operation with the client.

## Languages

Finnish, English, Swedish



**Contact information:**

Tuomo Lehtovuori  
tuomo.lehtovuori@espoo.fi

**Address:** Konstaapelinkatu 2, 02070

## Short description

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- Physiotherapists treat acute back, neck and shoulder pain.
- Health centre physicians treat the more challenging emergency clients. Controls of chronic diseases and clients with new symptoms or complex health issues are also referred to the physicians. Physicians perform minor operations, write various certificates, prescriptions and referrals needed by clients and draw up the client's treatment plan in co-operation with the client.

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# Visit Content

- A brief introduction to the Finnish healthcare system (if one has not yet been provided). Materials and vocabulary related to the Finnish social and healthcare system are available on this website: [stm.fi/en/social-and-health-services/responsible-agencies](http://stm.fi/en/social-and-health-services/responsible-agencies)
- A brief overview of Espoo Social and Health Services (if one has not yet been provided). A brief introduction to health centre activities
- An introduction to the daily activities, results and management of the health centre visited
- Discussion and Q&A
- Tour of the health centre's facilities

The visit does not include meals.



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## Fees and billing

- We charge a visiting fee according to the health centre's consideration
  - **100 € / hour** (max. 2 hours)
- In addition, possible refreshments will be charged separately.
- The City of Espoo sends you a bill after the visit has been confirmed. Unfortunately, we can not accept cash payments.