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“Phantoms” Help Students In Learning Dentist’s Work

At the University of Oulu, dentist students practice their future job on so-called phantoms, before they ever start treating people’s teeth. Phantoms are headforms that are specifically designed for this purpose.

Learning on a headform called Kalle, is really helpful before moving on to clinical patient work. There are about fifty this kind of phantoms at the laboratory of the University of Oulu.

Headforms are used in different stages of the studies. In the early stages, students will practice drilling teeth and filling cavities, later taking care of gums, removing teeth and tartar, putting on braces and completing even the most demanding dental surgical procedures.

Phantoms will be used the first time in the spring of the second year of basic medical training. The first things to learn are manual skills and use of instruments. The actual clinical simulation training will start in the fall of the third year. Then, students will practice everything they are going to need in actual patient work: Drilling, filling, treating gums and removing tartar. Phantoms are used to practice all these procedures.

Approximately after one year of practicing on headforms, students can start treating real patients. If necessary, they can always go back to the lab to practice more on phantoms.

The students of University of Oulu are satisfied with the opportunity to practice the profession this way before moving on to the actual patient care. They say that working with people is hard at first, but even first times of drilling the teeth of phantom made them nervous. Also the supervisor and post-doctorate Marja-Liisa Laitala assures that this type of training is important, so that the students’ hands can do what the brains tell them to do—also in the right care situation.

Source: yle.fi

Finland Provides Citizens 10 000 Free Health Check Ups

THL, the National Institute for Health and Welfare offers Finns 10 000 free health check ups. These check ups include blood samples, weight, height, body fat, blood pressure, cholesterol and glucose level measurements and

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liver and adrenal function tests. In some cases, people can also discuss their diet, exercise and sleep habits with health care professionals. A variety of functional tests are offered as well. This is very versatile research and is way more thorough than any regularly offered occupational health examination.



10 000 Finns from across the country have been invited to participate in the study. People are selected randomly. However, not all the people who are selected, want to participate. Some say that they just had their check up recently, or that they simply aren't interested in their own health. There are also those who say that are too sick, so they don't want to be included in the study. They are well aware of their own health problems and don't want to be reminded of them even more.

In turn, well-educated working people are happy to participate in the study. These are usually people who take good care of their health anyway. Therefore, there is a risk that the study will provide an inaccurate image of people's health, and it won't reflect the actual situation. That way, it is also difficult to decide what health care services are really needed in the country.

Source: yle.fi

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Finns: Street Dust is Annoying, but not Enough to Wear a Mask

With the arrival of spring, road dust often starts causing irritation in the throat and mucous membranes. Allergy and Asthma Association recommends the use of a special mask when spring comes.

People in Tampere and Jyväskylä were asked, whether they find using a mask like this useful. They were also offered light respiratory mask to try it on. Many people said that they don't find the mask necessary, even though the street dust irritates their breathing once in a while.

Masks are recommended for healthy people or patients with mild asthma, but not for those who are suffering from moderate to severe asthma and chronic obstructive pulmonary disease. For them, the best way to avoid street dust is to try to stay out of particularly dusty areas during the worst days of dust. Likewise, masks are not recommended to elderly, because they may resist breathing.

Allergy and Asthma Association says that a good mask must be equipped with an exhalation valve and sit tightly to the face.

Source: yle.fi

Untreated Teeth Endanger the General Health of Finns

More and more Finnish people skip their dentist visits. This is concerning, because oral and dental health affect also general health.

Kyösti Oikarinen, professor of dentistry at the University of Oulu says that dental health of Finnish people is two-fold: there are those whose teeth are in excellent condition, while others have such bad teeth that it's threatening their general health.

Especially older people are skipping their dentist appointments. The reason is not the fear of dental treatment as it once perhaps was. Nowadays the treatment is much less painful.

The real reason is probably the high cost of dental care. There are long waiting times to public health providers. Private dental care is more accessible in that it's easier to schedule an appointment, but because it costs more, many people can't afford it.

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Spanish Health Care Practitioners Enjoy Working in Kainuu

Through an international employment services, three years ago the Kainuu region invited doctors from different countries to work in the area. A number of practitioners came from Spain.

They are doing great, because out of fourteen people who came to Kainuu back then, only one has returned to his home country.

Raul was one of those who came to Finland to work. He learned the Finnish language quickly and in 2015 started to work as a doctor in the local health center.

The beginning, it was hard to get used to treatments being often different in Finland and Spain. For example, various diseases were treated with different antibiotics. Also Raul's Finnish language was a bit rough at first. Sometimes the Finns did not want a foreign doctor, which sometimes still happens. But the vast majority have welcomed him and other foreign doctors positively.

Raul's wife Vanesa is currently in a job training, pursuing a career as a nurse. Couple's first baby will be born in August. The couple wants to raise their children in Finland. They say they feel homesick about once a week, but otherwise they like the peaceful life in Finland.

Esa Ahonen, the Chief of Administration of Kainuu's social and health services reform says that it doesn't matter from which country the doctor is from. As long as he is a good professional, he is welcome. He says that when job vacancies become available, both Finns and foreigners can apply for them.

According to the Finnish Medical Association, there were more than 20 000 doctors in Finland in 2016. The vast majority spoke Finnish as their mother tongue. The next largest groups were Swedish and Russian-speaking doctors. 17 doctors were speaking Spain as their native language.

Source: yle.fi

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