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Difficult Work Life Forces People To Rely on Prescription Drugs

Finnish Association for Substance Abuse Prevention EHYT conducted a research on the use of prescription medication and drugs in working adults.

One thousand 18-63 year old Finns answered the survey in May 2017.

About half of the survey respondents said that their work life is more demanding than it was 12 months ago. That's why 15% of working Finns are using psychotic drugs or pain medications. About one-third uses medication daily, because they feel that they couldn't manage at work without taking them. One-fourth admits that medication has had some negative side effects on their mental health.

The most common medications used among working Finns are mild pain medications, depression and anxiety medications, strong pain medications and sleep medications.

Women, individuals on leading positions, senior officers and specialists use these medications more than others. 18-29 years old use medications more than others. Out of those people, one-fifth has used prescription medication to manage pain or anxiety at work. Drug use isn't remarkable: Only 2% respondents had used drugs to deal with work pressure.

Source: <http://www.ehyt.fi/>

Too Many Patients, Doctors Burned Out

Doctor's positions have been filled faster than before in Finland. Last year, only 3.5% of the positions were yet to be filled, and in Northern Finland, all positions were filled. If that's the case, then why do patients still have to wait a long time to get an appointment?

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Looks like that there still aren't enough doctors. 35-45% doctors say that they would like to have additional help. For example, the number of doctors in health centers hasn't changed at all. New, additional positions are needed, but there's simply no finances for them.

Patients have figured out the best way to make an acute appointment: They get online at midnight when the date changes, and book their appointment already then. When they don't do that and instead go to the health care center the next day, they end up waiting for hours or all the waiting numbers will be given out already before the midday.

All available doctors must do acute duty. Doctors say that these are the most difficult parts of their jobs. Two-third of the doctors admit that they feel burned out at least sometimes. However, doctors don't seek help too often.

Source: www.yle.fi

Cardiovascular Diseases Still The Leading Cause of Death

In 2015, more than 400 million people all over the world suffered from cardiovascular disease. 10 million died from it. Cardiovascular disease is still the number one cause of death in the world.

In Finland, 34% of people die from cardiovascular disease. About one fourth are caused by cancers and 16 % are caused by dementia. The next causes of death are accidents, respiratory disease and alcohol.

Source: www.duodecim.fi

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Patients are Unsatisfied: The Waiting Lines to ER Rooms are Too Long

Finnish patients are often unsatisfied with the availability of emergency care. They come to the ER room, but there's no one there to help them. Doctors tell why that might be happening:

- 1. There's someone else whose situation is more critical.** A patient can never see what's going on behind the closed doors – maybe there's someone who needs resuscitation right this moment? That's why it would be useful to have a screen in the waiting room, where people could see how many patients are in the ER room.
- 2. People come to the ER room without an urgent reason.** Sometimes people come to the ER room with problems like long term flu or mild back pain, or they need to take a sick day the next day. In the ER room, patients are taken care of in the order of urgency: The most acute situations will be taken care of first. If the problem isn't big, people are turned back, even if it took them hundreds of kilometres to get there.
- 3. There are not enough doctors.** In the past several years, doctor's work has become more demanding. Some ER rooms have been closed. Because of the ageing population, the number of patients grows; however, the number of doctors has remained the same.

Source: www.yle.fi

Fun Facts about Finnish Maternity Package

Finnish maternity packages are known around the world. The first packages were given to new moms on 1938 and were meant for only low income families. In 1930s, child death rates were high and birth rates low, so the packages were designed to improve this situation.

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The value of the maternity package was 450 Finnish Markka per child, which back then was about 1/3 of the average wage of a industrial worker. About 2/3 of the families were eligible for the care package. Since 1949, maternity packages have been available for everyone, no despite the family's financial situation.

Nowadays families can choose between the maternity package or cash (the package's worth). The package consists of 53 items that a newborn baby needs. There are textiles, diapers, toys, toiletries and more. The colors of textiles are neutral, so they fit for both girls and boys.

Kela sends out about 60 000 maternity packages a year. The value of the package is 140 Euros. Mothers can decide whether they are going to get the package or cash. Two thirds choose maternity packages and the rest cash.

Check out this video to see what's included in maternity package: <http://www.kela.fi/aitiyspakkaus>

Source: www.kela.fi

Moving to Finland? Check out the *In To Finland Service!*

In To Finland service at Helsinki Kamppi advises those who are moving to Finland, about taxes and social security. You can also apply for social security number and tax card there.

In To Finland is a joint service by Kela and Tax Administration (Verohallinto). Also Finnish Centre of Pensions (Eläketurvakeskus) is located in the same place. There you can get information about employment pension and other questions related to retirement.

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