

Helsinki

Home Care Physician services

Brochure about the operations of
the Home Care Physicians unit

What does a home care physician do?

Home care physicians are general practitioners and specialists who specialise in the care and treatment of the elderly. We provide health centre physician services at home for patients who cannot visit health stations due to frailness, illness or reduced ability to function.

Each home care physician is responsible for the patients of several home care areas simultaneously and can be reached by the home care team and nurses daily by phone.

Whom do home care physicians monitor?

Patients are referred for a home care physician's assessment at the suggestion of home care workers or at the recommendation of a health centre physician, hospital or memory outpatient clinic, for example. The transfer of the responsibility for treatment from a health centre physician to a home care physician is

agreed upon with the patient, and the transfer is always based on an individual assessment.

Home care physicians treat their patients in close cooperation with the home care unit's nurses and public health nurses and the patient's informal carers.

As a patient, you cannot change the doctor working on your area but you can transfer back to your local health station, if you wish.

What kind of service does a home care physician provide?

A patient is usually transferred under a home care physician's care during their initial appointment. During the initial appointment, the physician reviews the patient's medical history and conducts a comprehensive assessment of the patient's current health, medications and potential need for help, support and rehabilitation. Furthermore, the initial appointment can serve as the basis for preparing statements required when applying for pensioner's disability allowance or a transport benefit (taxi card), for example.

The initial appointment also might involve discussion of the patient's thoughts and wishes in regard to end-of-life care and possible treatment limitations, as our patients are often frail and elderly people with multiple illnesses.

The patient's family members are told about upcoming home visits and they are welcome to attend them. Home visits are always conducted with a home care nurse.

After the initial appointment, the physician sees the patient for periodic assessments, unless any changes occur in the patient's state of health. Between these periodic meetings, the physician receives up-to-date information about the patient's health from the care team. Periodic assessments are conducted based on the patient's individual care plan.

If the patient develops a new ailment, home care nurses consult the physician, who assesses the need for follow-up examinations or treatment.

In the event of an acute illness, the home care team and physician hold a discussion on how to most effectively organise the immediate diagnosis of the illness.

Home care physicians can be reached during business hours via home care nurses. We are happy to return any call requests.





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Social Services and Health Care Division
Hospital, rehabilitation and care services
Home care physicians

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