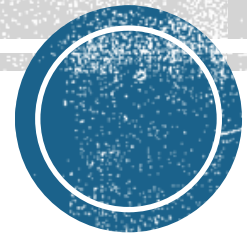


SCHOOL HEALTH SERVICES

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INTRODUCTION

- School health is important branch of community health.
- The School health services developed during the last past 70 years for narrower concept of medical examination of children to the present day border concept of comprehensive care of health of well being of children.



DEFINITIONS

- **School health:**

School health refers to a state of complete physical, mental, social & spiritual well being and not merely the absence of disease or infirmity among pupils, teachers & other school personnel.

- **School health services:**

Ideally school health services refer to need based comprehensive services rendered to pupils, teacher, and other personnel in the school to promote and protect their health, prevent and control diseases and maintain their health. But practically, it refers to providing need based comprehensive services to pupils to promote their health, control diseases and maintain their health.



HEALTH PROBLEM OF SCHOOL CHILDREN

- School Health services must be based on the local health problem of the school, the culture of the community and the available resources in terms of money, material and manpower.
- While health problems of school children vary from one place to another survey carried out in India.
- **THE MAIN PROBLEMS ARE**
 - 1. Malnutrition,
 - 2. Infectious diseases,
 - 3. Intestinal parasites,
 - 4. Diseases of eye, ear, skin &
 - 5. Dental caries .



OBJECTIVE OF SCHOOL HEALTH SERVICES

- **Specific objective:**
- The promotion of positive health
- The presentation of diseases.
- Early diagnosis; treatment & follow up of defects.
- Awakening health consciousness in children.
- The provision environment.



- **General objective:**

- To understand the school health organization as an important part of the community.
- To recognize every child as an individual and as member of the family unit.
- To observe and correct health problems of each individual child.
- To assist teacher in early detection of disease and deviations from normal and to help for referral of children.
- To help the teacher to assume responsibility for taking prompt action when the child is ill or for returning children to their homes who became sick at school.
- To help in maintenance of healthy teacher and pupil relationship.



- To observe if possible the attitudes of parents and other family members towards the child.
- To help to maintain adequate health and sanitation standards in school health environment.
- To help in maintenance of healthy physical and mental health of school personnel.
- To help the pupil and the teacher to improve school, home and community relationship.
- To help the teacher in developing the course of study related to hygiene health and nutrition.
- Learn to give planned and unplanned health teaching to individuals and groups.
- To guide in health promotion and health education through: School health services.



NEED FOR SCHOOL HEALTH SERVICES

- School children constitute a vital and important segment of population.
- They are future citizens and benefited for their families and nation.
- School children are vulnerable section of population by virtue of their physical, mental, emotional, and social growth and development during this period.



PRINCIPLES OF SCHOOL HEALTH SERVICES:

- **School health services should be**
- Be based on health needs of school children's.
- Be planned and co-ordination with school health personnel, parents and community people.
- Be part of community health services.
- Emphasis on promotion and preventive aspects.
- Emphases on health education to promote, protect, improve and maintain health of the pupils and school personnel, rather health education should be integrated in regular school curriculum.
- Emphasis on learning through activities and desirable participation.
- Be ongoing and continuous programme.
- Have an effective system of record keeping and reporting.



ACTIVITIES TO SCHOOL HEALTH SERVICES:

- **Its activities are depends up on following:**
- Location of school (village, district or city)
- No. of students, teachers and other school personnel.
- Level of school (nursery, primary, middle, secondary and senior secondary.
- Co-operation of local bodies (municipality, Panchayat, Municipal Corporation etc.) and voluntary organization.
- 5. Presence of specific diseases identified in the school area.
- 6. Organization of health services and availability of resources.
- 7. Knowledge of teachers about diseases and participation of parents.
- 8. Community health nurses dedication, public contact and ability to communicate.



ASPECTS OF SCHOOL SERVICE -

- 1. Health appraisal of School children and school personnel.
- 2. Remedial measures & follow up.
 - - Prevention of communicable diseases
 - - Healthfull school environment.
 - - Nutritional Services.
 - - First Aid & Emergency Care.
 - - Mental Health.
 - - Dental Health.
 - - Eye Health.
 - - Health Education.
 - - Education of handicapped children.
 - - Proper maintenance and use of school health record.



- **I-Appraisal aspects**

- These are organized activities, carried out to assess the physical, mental, emotional and social status of school pupils.

- ***Purposes of school health appraisal***

- To have a clear idea about the overall health status of pupils.
- To detect pupils who need special care because of their health status
- Data obtained from the appraisal is useful for planning of school health program
- To change the unhealthful behaviors of the pupils, parents and teachers into healthful ones
- To provide a baseline data for further follow up of pupils' health status



- **1) Health Appraisal -**

- It covers not only students but also teacher and other school personnel it consist of –

- a) Periodic Medical Checkup -**

- At the time of entry & there after every 4 years. The examination should be thorough & should include careful history & physical examination with test for vision & hearing & speech.
- A routine examination of Blood & Urine should be carried out clinical examination for nutritional deficiency & examination of faces of intestinal parasites.
- The teacher should help in medical inspection by recording Medical History, regular recording of Height and weight.

- b) School personnel -**

- Medical examination should be given to teachers and other school personnel as they form part of environment to which child is exposed.

- c) Daily morning inspection -**

- The teacher is in a unique position to carry out daily inspection as he is familiar with children can detect changes in the Childs appearance or behavior that suggest & improper growth and development.



2) Remedial measures & follow up

- Medical examination should be followed by appropriate treatment follow up special clinic should be conducted at P.H.C. in rural areas.
- The clinic days and time should be intimated to all concerned schools in big cities, the required number of specialist should be employed in the school health services.



- **SCHOOL HEALTH ENVIRONMENT**

- **Location –**

- It should centrally situated with proper road fair distance from busy places like Cinema house, factories, market places, school premises should be free from all hazards.

- **Site –**

- It should be on suitable High land & can properly drained.
- The school health committee recommended 10 acres land for higher elementary school & 5 acres land for primary school.
- 1 acre land for per 100 students in congested area, the nearest public park or playground should be made available to the student.

- **Structure –**

- The exterior wall should have a minimum thickness of 10 inches & should be heat resistant.

- **Class Room –**

- Verandahs should be attached to class room. No class room should accommodate more than 40 students per capita space for per student is 10 sq. ft.

- **Furniture –**

- It should be according age group of students.
- It is desirable to provide single desk & chair with proper back rest.
- Desk should be of minus type.



- **Doors & Window-**

- The windows should be broad with bottom sill at a height of 2" - 6" from floor level combined

- **Colour –**

- Inside colour of the class room should be white & should
- periodical white wash.

- **Lighting** – Class room should have sufficient light preferably from the left & should not from front.

- **Water supply –**

- There should be independent source of safe water supply. Which should be continuous and distributed from taps.

- **Eating facility –**

- Vendors other than those approved by the school authorities should not be allowed inside school premises there should be separate arrangement for mid day meal.

- **Lavatory –**

- One urinal for 60 students & one latrine for 100 students and Arrangement should be separate for Boys & Girls.



5) Nutritional Services -

- A child who is physically weak will be mentally weak so diet receives first attention.
- The diet should contain all nutrients in proper proportion adequate for maintenance of optimal health studies shows that nutritional disorder are widely prevalent among school children particularly deficiencies related protein and vitamin.

6) First AID & Emergency Care -

- Teacher having responsibility of giving first Aid and emergency care to student, so they should have adequate training during Teachers Training Programme or in service training process e.g. Accidents leading to minor or serious injuries and Medical emergencies, such as colic, gastroenteritis, epileptic fits, fainting etc. every school a fully equipped first Aid post should be provided as per cent John Ambulance Association of India .

7) Mental Health -

- The mental health affects child physical health & the learning process. Juvenile delinquency, maladjustment & drug addiction are becoming a problem among school children.
- The school is the most strategic place for shaping the Childs behaviors & promoting mental health.
- The school routine should be planned there should be enough relaxation



- **8) Dental Health -**

- Children frequently, suffer from dental diseases.
- Dental caries & periodontal diseases are common dental diseases in India. There should be provision for dental examination once in a year.

- **9) Eye Health Services -**

- In school basic eye health services should be provided in school.
- School should be responsible for early detection of refractive errors.
- Treatment of squints & detection & Treatment of eye infection . Administration of Vitamin A to children at risk.

- **10) Health Education –**

- Most important element of school health programs.
- The goal is to bring about desirable changes in health knowledge in attitude and practice.
- Health education in schools attitude & practice.
- Health Education in school should cover the following area.
 - 1. Personal Hygiene - Hygiene of skin, hair, teeth, clothing, posture.
 - 2. Environmental Hygiene - Encourage young population to take part in healthy activities & keep the environment clean.
- Participate in community action programs e.g. Vaccination, fly control, campaigns construction of sanitary well & latrines are excellent opportunities for health education.



- **11. Education of Handicapped Children -**

- The goal is to assist the handicapped child & his family so that the child will be able to reach his maximum potential to lead a normal life as possible to become as independent as possible & to become a productive & self supporting member of society.

- **12. School Health Records. -**

- A cumulative health record of each student should be maintained.
- The record should contain identifying data. Name, date of birth, parents name & address, past health history, record of findings of physical examination and screening tests & record of services provided.
- The purpose of maintaining the school health record is to have health information on the health of school children in order to give continuing health supervision. These records will be useful in analyzing and evaluating school health program.



SCHOOL HEALTH TEAM

- The school health team should be comprised of school:
 - Medical officer
 - School health nurse
 - An auxiliary health worker
 - Teacher
 - Parents
 - Student representative from the community



- **The school principal**

- **Responsibility :**

- Ensure that school health program has approval & support of school administrative authority
- Set up a school health committee/ school health council to work out the school health plan and for its implementation.
- Ensure that teacher are adequately trained in health care of schoolchildren.
- Provide facilities for implementation of school health services.
- Make sure that proper health records are maintained.
- Ensure that parents are involved & follow up of children is done



▪ **2. School teacher**

- Daily inspection of children for personal hygiene cleanliness.
- Daily observation of the children for child for detecting any evidence of any evidence of any deviation from normal health behavior, any communicable disease, malnutrition etc.
- Help in control of communicable diseases .
- Referral of a child having any problem in the school health clinic for further action.
- Informing the parents and maintaining follow up.
- Maintaining record of anthropometric measurements and other health record of children.
- Help in providing safe environmental sanitation.
- Giving first aid and emergency care for children



▪ **3. The parents**

- The parents have lots of responsibility towards the health of their school going children while they are in the school .These are:
- -They can help in making an assessment of health of children by providing information regarding past and present history of medical problems not only of the child but also of other members of the family
- -They can participate and co-operate in physical and medical examination of children and also in immunization of children.
- -They can help in the correction of defects if any and follow up of children found sick.
- -They can help in the formation of good healthful living habits and behavior.
- -Through parent-teacher association the parents can be involved in planning ,organizing and implementation of school health programme.
- -above all, the parents must relieve the child of work pressure at home so that the child can take advantage of school.



■ **4. The community**

- School children are the important segment of community in which they live. The health of these children contribute to the health of community. They are also the future of their community . if they are healthy, the community would thrive and be prosperous . so the community has a responsibility towards promotion of health of children. The community can contribute by supporting school health programme by;
- -providing suitable land for school building,
- Providing funds and labour in building proper school,
- Participation in school health committees or councils and contribute in formulation of school health policies and plan.
- Participation in implementation of programme activities.



- **The children :**
- The childrens are the clients for school health services and need to know about the importance of school health services and the activities which are to be carried under the school health programme.



ROLE OF NURSE IN SCHOOL HEALTH PROGRAMME:-

- **1) Health Promotion & specific protection-**
- **2) Early Diagnosis & Treatment-** (Secondary level prevention)
- **3) Prevention of complication & Rehabilitation-** (This is tertiary level of prevention)

