

School Health Services

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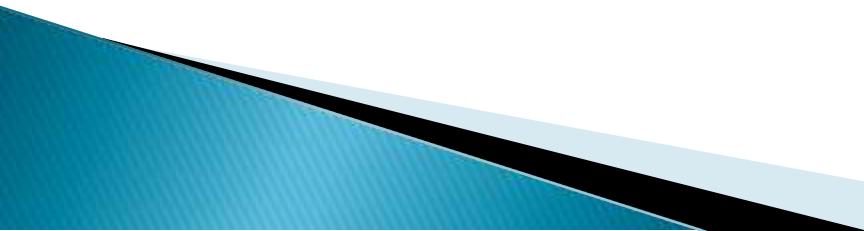
INTRODUCTION

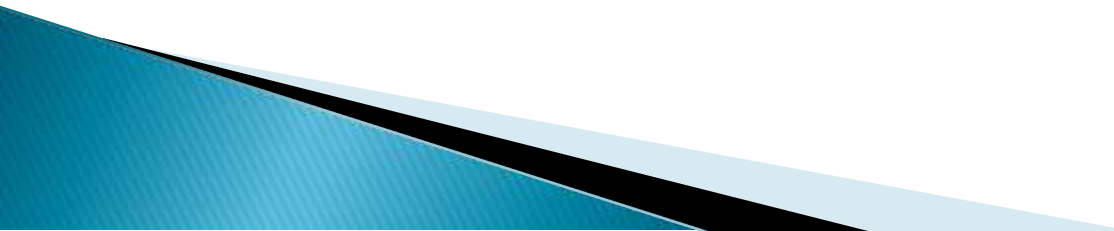
Important branch of community health
Economical and powerful means of raising
community health in future generations.



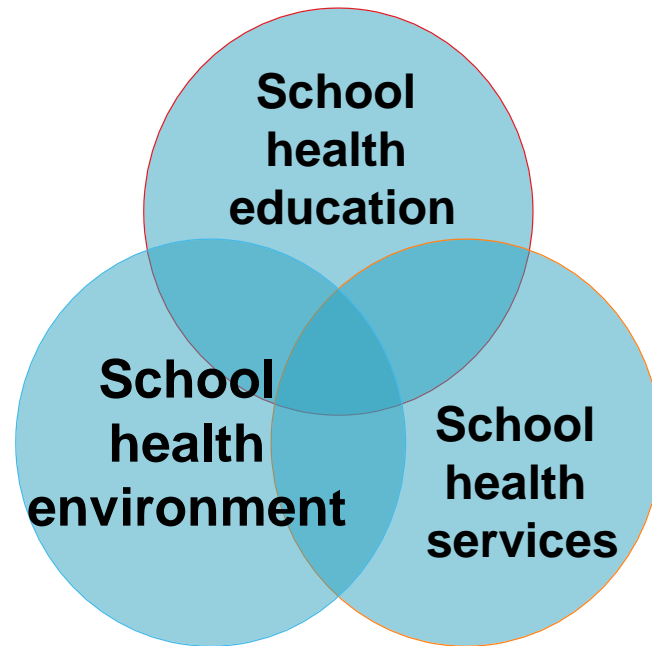
Development from narrower concept of medical
examination of children to the present day
broader concept of comprehensive care of the
health and well being of children throughout
the school years.

Reasons for giving school age special considerations

- ❑ They constitute a big sector of the population (about 1/6). This sector is easily reached through schools, as by law, children are compelled to attend schools and spend about half of their day for a period of 9 years.
 - ❑ School pupils are considered a vulnerable group. They are growing, exposed to physiologic, mental and emotional stress at home or school.
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- ❑ Some children attend school with different health problems, could be diagnosed early and treated.
 - ❑ School pupils are very active & curious so liable to accidents.
 - ❑ Health status of pupils is a strong determinant of their school achievement.
 - ❑ Pupils are affected by school environment.
 - ❑ School years are the best opportunity for health education.
 - ❑ We can reach parents through their children.
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Component Of School Health Program



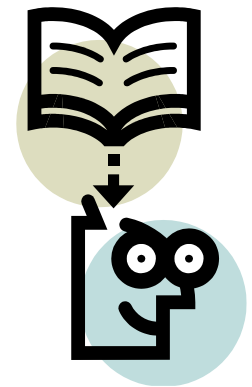
HISTORY

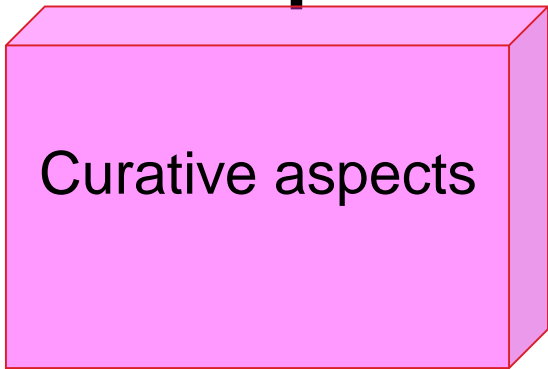
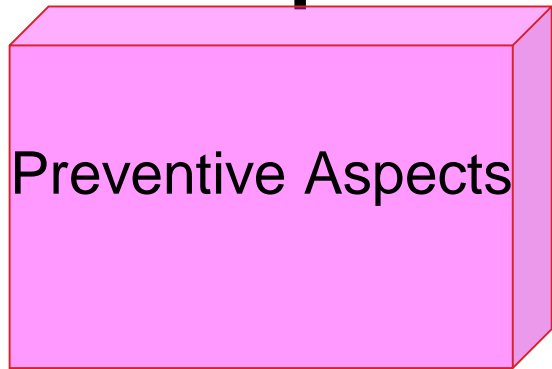
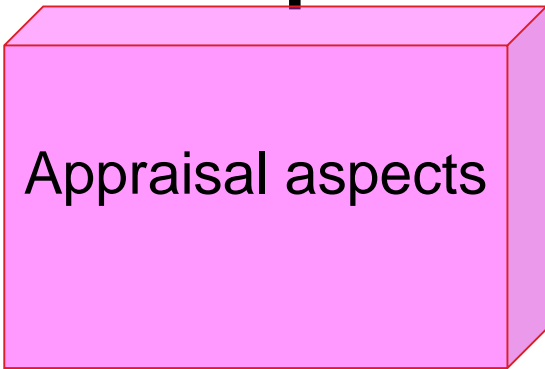
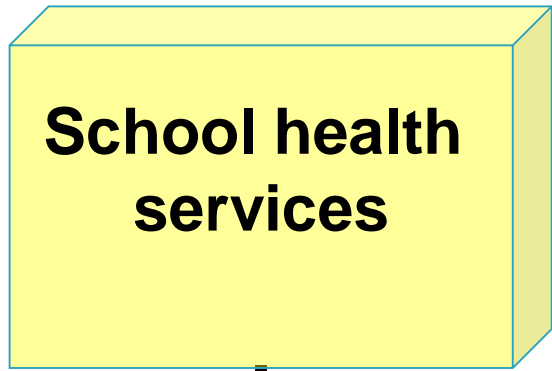


- ▶ 1909- medical examination in Baroda city
- ▶ 1946-Bhore committee reports that school health services inadequate.
- ▶ 1953-Secondary Education Committee-need for medical examination of pupils and school feeding programmes.
- ▶ 1960-School Health Committee by govt. of India to assess standards of health and nutrition.

Objectives Of School Health

- 1) Promotion of positive health
- 2) Prevention of diseases
- 3) Early diagnosis, treatment and follow up of defects
- 4) Awakening health consciousness in children
- 5) Provision of healthful environment





1- Components of Appraisal

History

Observation

Screening tests

Examination

Laboratory investigations

Preventive Aspects


I-Prevention and control of communicable diseases

II- Early detection and correction of non-communicable diseases

iii-Early identification and education of children with special disabilities

iV-Emergency care and first aid services

Aspects Of School Health

- 1) Health appraisal of school children
 - 2) Remedial measures and follow up
 - 3) Prevention of communicable diseases
 - 4) Healthful school environment
 - 5) Nutritional services
 - 6) First aid and emergency care
 - 7) Mental health
 - 8) Dental health
 - 9) Eye health
 - 10) Health education
 - 11) Education of handicapped students
 - 12) Proper maintenance and use of school health records
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1) Health Appraisal



1. Examination of student:
 - ▶ Periodic medical examination:
At time of entry then every year
 - ▶ Initial examination: history, physical examination with test for vision, hearing, speech and clinical examination
2. Examination of school personnel
3. Daily morning inspection

2) Remedial measures and follow up



3) Prevention of communicable diseases

- Best way by immunisation
- Essential to maintain record

HEALTHFUL SCHOOL ENVIRONMENT

1- Psychosocial and emotional Environment

This includes

- **School schedules,**
- **Duration and timing of school day,**
- **Amount and timing of homework.....etc.**
- **Healthful emotional environment: through teacher-pupil relationship or pupils –pupils relationship**

2- Physical Environment

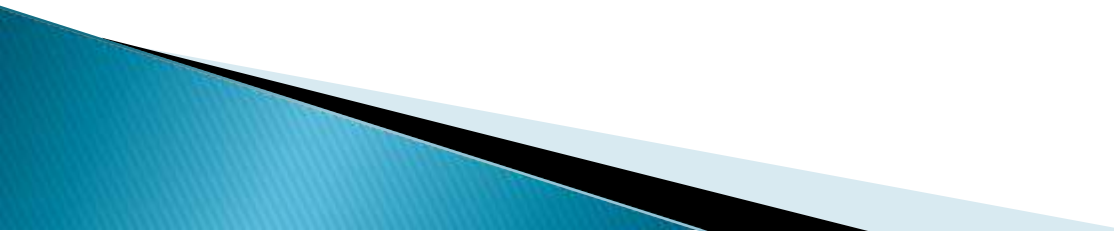
Safe and sanitary school facilities:

Classroom ventilation, lighting, furniture.....

Play facilities

Garbage disposal

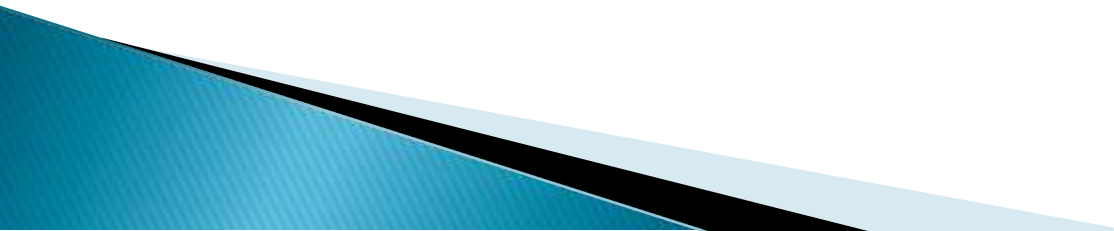
Necessity Of Healthful School Environment

- School is part of environment in which child grows and develops.
 - For the best emotional, social and personal health of pupil.
 - School serves as demonstration centres of good sanitation to the community.
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IDEAL HEALTHFUL SCHOOL ENVIRONMENT

- Location
 - Site
 - Structure
 - Class Room
 - Furniture
 - Doors and Windows
 - Colour
 - Lighting
 - Water Supply
 - Eating Facilities
 - Lavatory
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Location

- ☞ Centrally situated with proper approach of roads
 - ☞ At a fair distance from busy places
 - ☞ Premises should be properly fenced
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Site

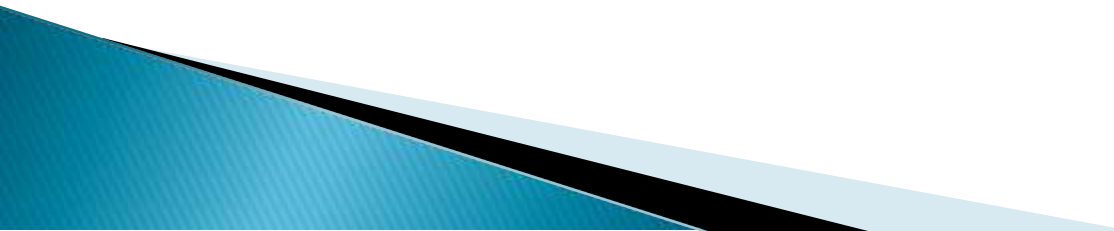
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- ☞ Suitable highland
- ☞ No inundation or dampness
- ☞ Proper drainage
- ☞ 10 acres land for higher secondary school, 5 acres for primary school, additional 1 acre for every 100 students

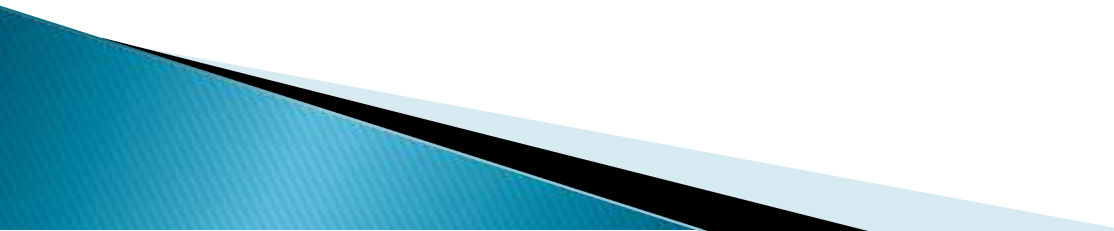
Structure

- ☞ Single storied building for Nursery and secondary school
- ☞ Ext. wall=10 inches in thickness and Heat Resistant

Class Room


- Verandhas should be attached to class room
 - Not more than 40 student in a class room
 - Per capita space for student= NOT less than 10 sq.feet
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Furniture

- Should be suitable for age group of students
 - Single Desk and Chair
 - Desk should be of 'minus' type
 - Chair should be with proper back rest
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Doors and Windows

→ Windows

- * should be Broad with steel base, at Ht. 2'–6' from the floor level, on different walls for cross ventilation
 - Combined area should NOT be $< 25\%$ of floor area
 - Ventilators should NOT be $< 2\%$ of floor area
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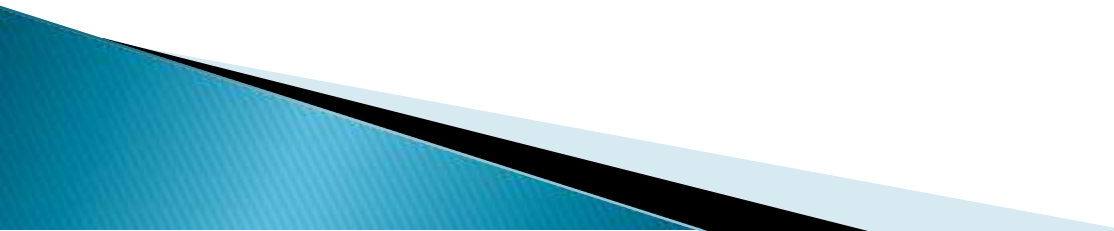
Colour

- Inside colour of classroom should be **WHITE** and periodically white washed

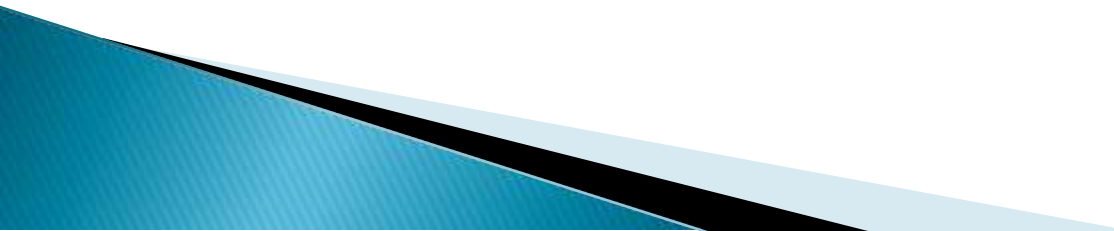
Lighting

- Sufficient natural light, preferably from LEFT and not from front

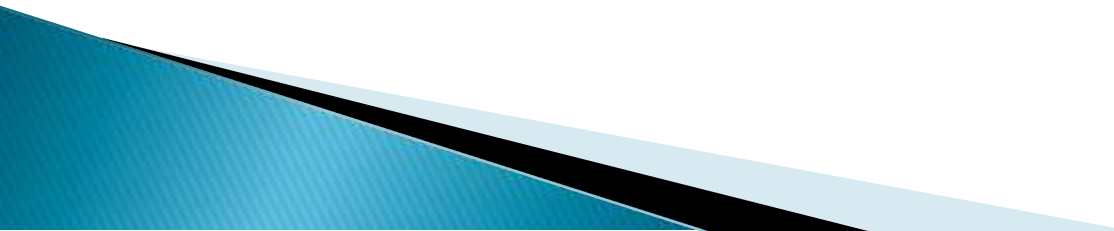
Water Supply

- Independent source of safe and potable water supply
 - Supply should be continuous and distributed from taps
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Eating Facilities

- Vendors should not be allowed inside school premises except approved one
 - Separate room for Mid-Day Meal
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Lavatory

- Separate for Boys and Girls
 - One urinal for 60 students
 - One latrine for 100 students
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4) Nutritional services



- Balanced diet of utmost importance
- In India, deficiencies among school children particularly relating to vit A, C, B1 and riboflavin, calcium and iron.
- Mid-day School Meal:
 - At least one nourishing meal needs to be assured.
- School meal should provide at least 1/3rd of the daily calorie and 1/2 of the daily protein requirement.
- Applied Nutrition Programme
 - Assisted by UNICEF
 - Provides implements, seeds, water supply equipments and manure.
 - Where land available utilised for school gardens.
- Specific nutrients for prevention of some disorders: eg. Endemic goitre, night blindness, PEM etc.

5) First Aid & Emergency Care



- Adequate training of teachers during the Teacher Training Programme or In Service programme essential
- Commonly seen emergencies in school:
 - i. Accidents causing minor or serious injuries
 - ii. Medical emergencies like gastroenteritis, colic, epileptic fits, fainting etc
- As per St. John Ambulance Association of India: all schools should be fully equipped with a First aid post.

6)Mental Health



- Common problems: Attention Deficit Hyperactive Disorder, Separation Anxiety Disorder, Conduct Disorder
- Upcoming problems among children: Juvenile delinquency, maladjustment, drug addition etc.
- Teacher has a both a positive and a promotive role and should help students develop as mature, responsible and well adjusted adults.
- Should try to relieve the tedium of classroom, no discrimination made.
- Vocational counsellor and psychologists in school for guiding students about careers.

7)Dental Health



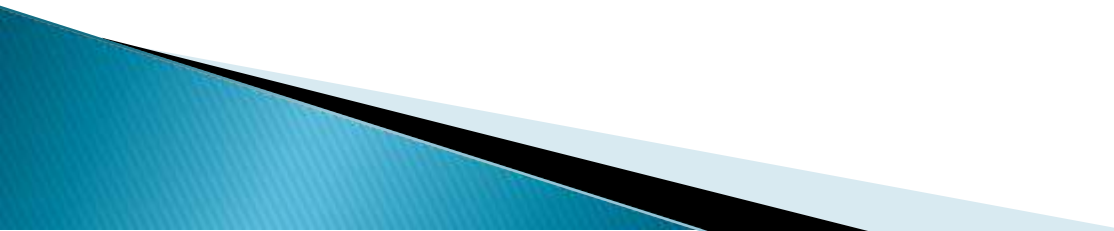
- ▶ Common dental problems:
 - a)dental caries
 - b)periodontal disease
- ▶ Provision for dental check up at least once a year essential.
- ▶ Dental hygienist help school dentists in inspection of teeth, prophylactic cleaning, preventing dental problems.
- ▶ Educating with reference to dental hygiene.

8) Eye Health Service

- ▶ Basic eye health services to be provided by the school
- ▶ Early detection of refractory error, amblyopia, squint, administration of vit A etc



9) Health Education

- Should include the following:
 - a) Personal hygiene : It should be practical and based on every day needs.
hygiene of skin, hair, teeth and clothing,
Attention to posture
 - b) Environmental health: importance of clean environment, community health programmes participation etc
 - c) Family life
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10) Education of Handicapped children

- Assist child to achieve maximum potential, to lead a normal life as possible, become independent and a productive and self supporting member.

11) School Health Records

a) Identity data (b) past health record (c) records of physical examination and screening and services provided

Also useful to evaluate school health programmes and providing a useful link btw school home and community

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

THANK
YOU

