

A long, empty school hallway with blue lockers on both sides and a central table. The hallway is brightly lit by overhead fluorescent lights. The lockers are arranged in two long rows, one on each side of the hallway. In the center of the hallway, there is a long, narrow table with several chairs. The floor is a light-colored tile or linoleum. The ceiling is white with recessed lighting fixtures.

GLOBAL SCHOOL HEALTH

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Objectives

Define school health services

List components of school health

Define responsibilities of school health team members

Define functions of school health programs

Highlight the importance of research in school health programs

Defination

- School health is a branch of preventive medicine which deals with the curative, preventive and promotive aspects of school health settings.
- The fundamental aim is prevention, early detection, and correction of disease

Targets of School health

- Creation of a suitable environment indispensable for healthy physical, mental and emotional development
- To have a clear written measure of the health status of the children and the students
- Detection of early deviation from the normal, whether physical, mental or psychological and application of prompt therapy
- Training of scholars in health habits through efficient programs of health education

Objectives of SHP

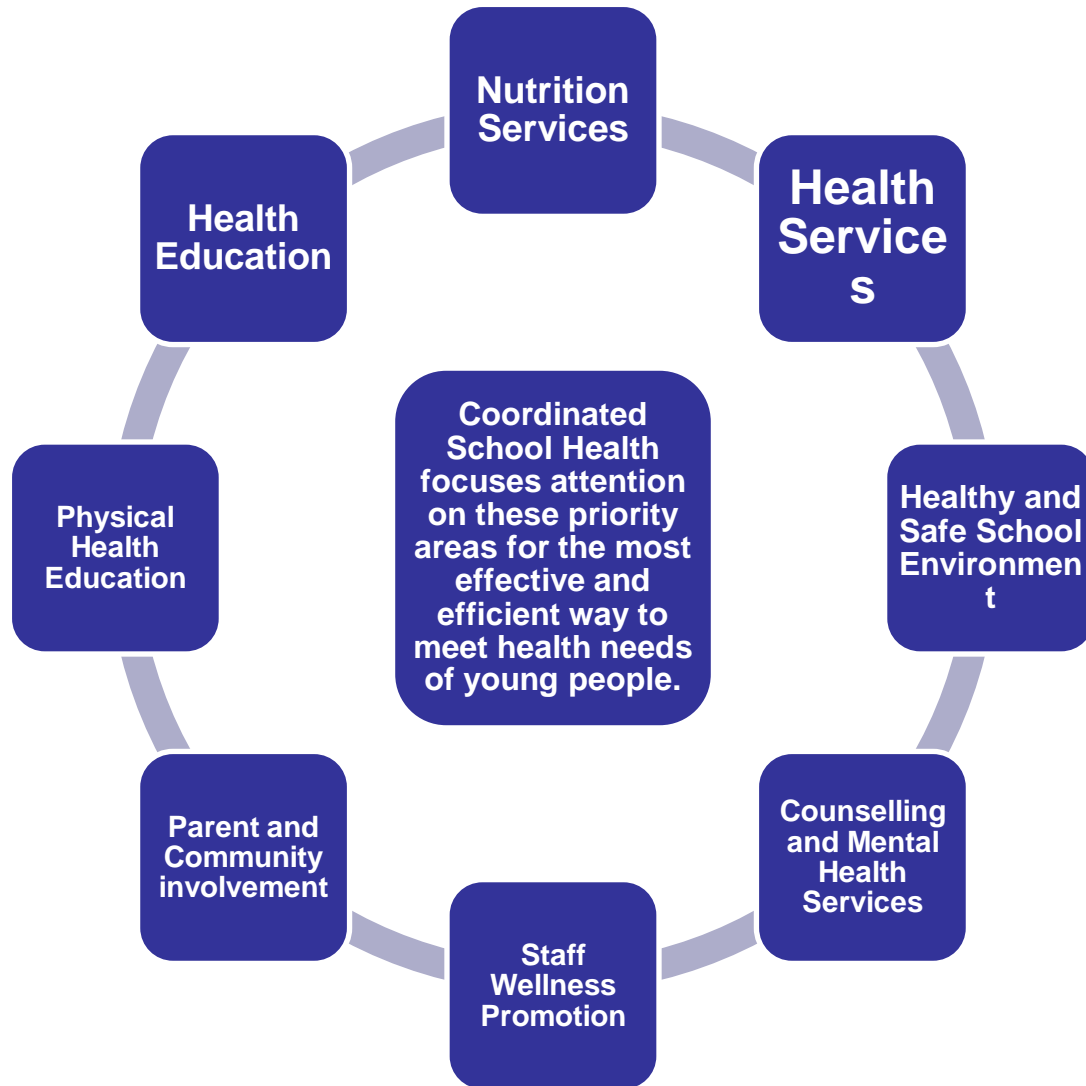
- Health promotion of school children, prevention and control of health hazards, and rehabilitation of the handicapped



School health problems

- Nutritional problems; obesity, malnutrition
- Dental caries
- Eye defects
- Ear, nose and throat disorders
- Skin disorders
- Postural issues (due to incorrect sitting)
- Respiratory illnesses (Improper ventilation)

Coordinated School health program

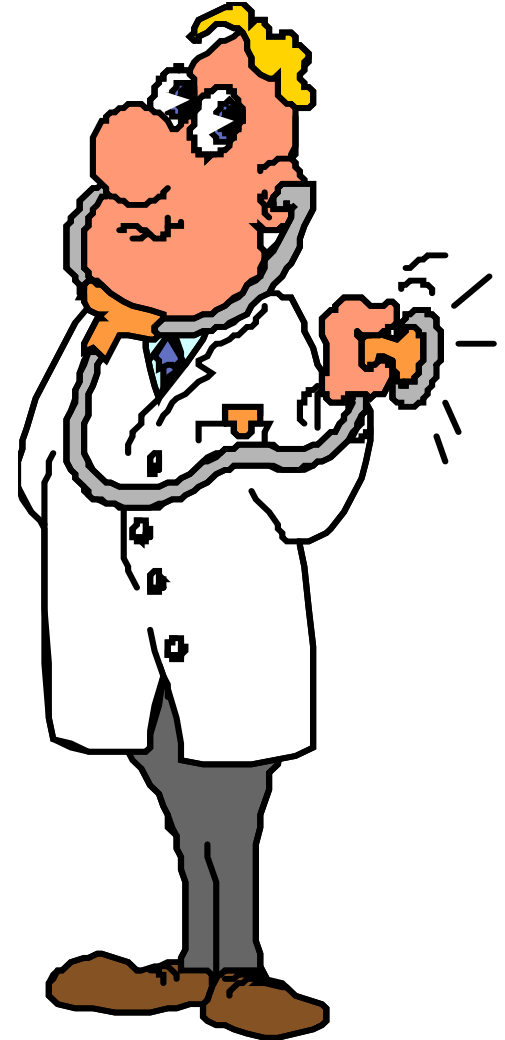


School health team

- School medical officer
- School health nurse
- Attendant

Role of School medical officer

- Health appraisal, including medical examination, and medical care of the sick
- **First aid and emergency service**
- Participation in prevention and curative services eg; of communicable diseases, mental illnesses, immunization programs
- **General inspection of the school environment**
- **Participation in health education program**
- Supervising preparation of statistical indices and health reports/records
- Counseling of parents, students, administration on nutritious diet and other health issues



Role of a school health nurse

- Assists the medical officer in planning a medical inspection in consultation with the school teacher
- Measurement of height, weight, and other biometrics of children
- Actively maintains and updates record keeping and assists the medical officer in the school clinic
- Helps the medical officer in conducting health education sessions and keeps her knowledge updated. Interacts and communicates with the teachers and mothers on various issues related to the student's health
- Supervises and monitors hygiene of the children, cafeteria, class rooms and bathrooms of the school
- Visits homes of children to follow-up on care and gather any other information that might be helpful in addressing health issues of the child, eg: mental health illness

Role of Teacher

- Key person in the school health service program
- Screening suspected cases through supervision of the students in the classrooms.
- Participation in health education program
- Supporting preventive and health promotion services and activities
- If trained; first AID, vaccination, education sessions
- Monitoring of activities under the school health program

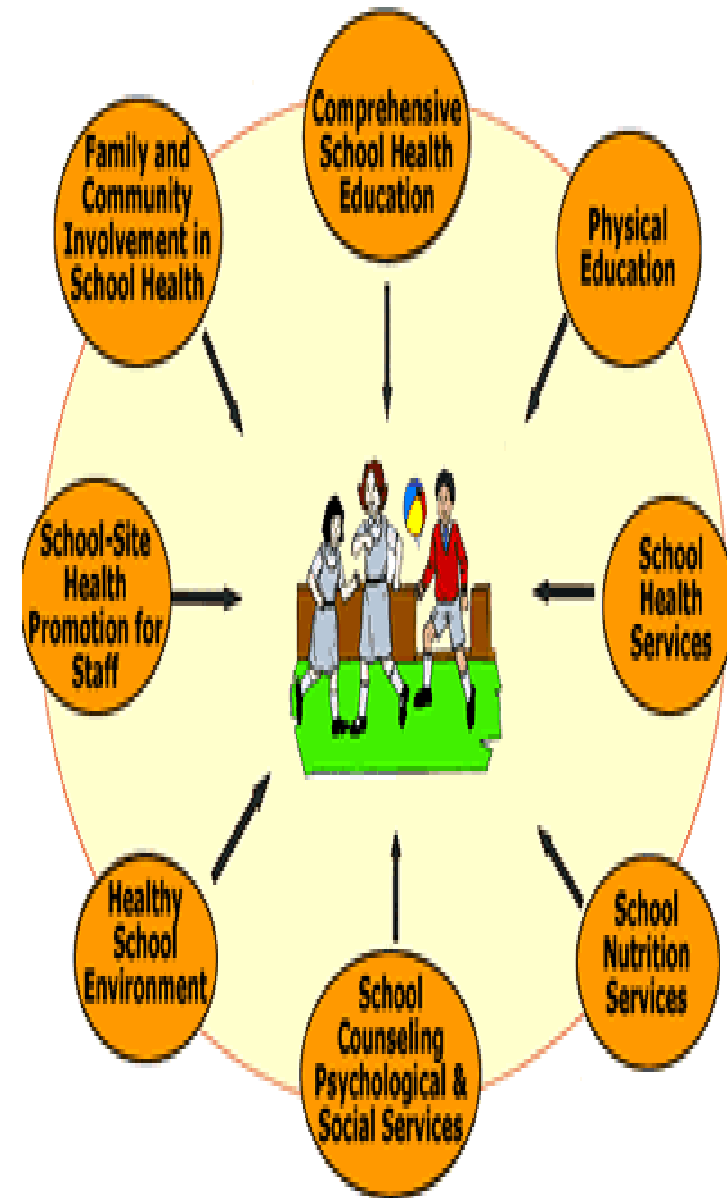


Functions of a school health service

- Primary prevention
 - Health education
 - Accident prevention
 - Immunization
 - Teacher training
- Secondary prevention
 - Complete general physical exam
 - Follow up of cases
 - Treatment of minor ailments
 - Prevention of spread of communicable diseases
- Tertiary prevention
 - Assistance of children with learning difficulties
 - Assistance for families and schools in managing children with chronic diseases

Health Promotion

- Adequate nutrition
- Sanitary school environment,
- Meeting the needs for mental development
(emotional & behavioral adjustment)
- Physical fitness and activities,
(for musculoskeletal development)
- Prevention of mental fatigue,
- Social activities and recreation.



School environment

- Value of Sanitary Environment;
 - Basic preventive measure of communicable diseases
 - Contributes to health promotion
 - Provides feeling of comfort, and enhances educational achievement

Components of healthy school Environment

Site and area:

- Easily reached
- Located in quite area

School building

- Damp, fire and rodent proof
- 2 – 3 floors
- > 1 stair case

Class rooms:

- **Rectangular 6x8 = 48 m²**
- **1-1.5m² of floor area for primary students,**
- **1.5-2m² for intermed. & high school students**
- **Windows location on left side**
- **Allow best illumination**
- **Natural & white ceiling**

School furniture:



Suitably suspended
writing board

- Height & slope of desks
(15 degree angle)
- Size of seats in relation to students
age & built
- Distance between columns of
desks (60 cm)



Kitchen and Dining:

- Proper illumination & ventilation
- Rat & insect proof
- Washable walls & floors
- Cold & hot water taps
- Refrigerators
- Sanitary refuse baskets
- > one door
- Proper control of food handlers



Water, Sewage and refuse disposal:

- Drinking fountains
- one tap / 40 students
- one toilette / 30 students
- Soap & ? Paper towels



Medical Care

Health Appraisal includes

- **comprehensive medical examination**
- **screening tests**
- **clinical (curative) service, and**
- **survey studies**



Objectives medical examination

- Case-finding, specially of unapparent disease
 - Assessment of health status of school children
- (planning and evaluation of school health services.)
- Primary examination at school entry (baseline for follow-up of health status)
 - Health education and guidance of students

Screening Tests

- **They are simple tests which can be carried out frequently to:**
 - To screen for certain pathological conditions or diseases.
 - To screen suspected cases of disease, who need further investigation for final diagnosis.
- **Examples of screening tests include:**
 - **weight and height**
 - **visual acuity**
 - **acuity of hearing**
 - **IQ testing, and**
 - **dental examination**

Clinical Service

- **School health units**
- **Referrals to specialized clinics**
- **Referrals to hospitals for diagnosis and treatment of disease**
- **Some cases may need specialized diagnosis or/and management**

Research in school health services

- **Required for investigation of a particular disease or health problem, specially when precise data are not available,**
(e.g. nutritional deficiency and parasitic diseases, and handicapping conditions)

Types of seasonal diseases seen in the school clinic

- **Objective of survey study:**
 - **to find out ecological data** (host – agent – environment)
 - **or health problem under study,** (which are needed for planning and evaluation of prevention and control programs).

Handicapping conditions

- **May be congenital or acquired**
- **Children with minor or mild cases of disability can attend regular schools**
- **Severe forms (e.g. the deaf, blind, or mentally retarded) can attend special institute**

Some forms of handicapping conditions in regular school

- **Heart disease:**

Rheumatic valvular disease is the most important.

- **Musculoskeletal deformities:**

mild paralytic poliomyelitis, and healed rickets.

- **Impaired vision:**

mainly due to errors of refraction, and may be corneal opacity.

- **Impaired hearing:**

neglected chronic otitis media, ear injury by foreign body, and occasionally ototoxic drugs and complicated meningitis.

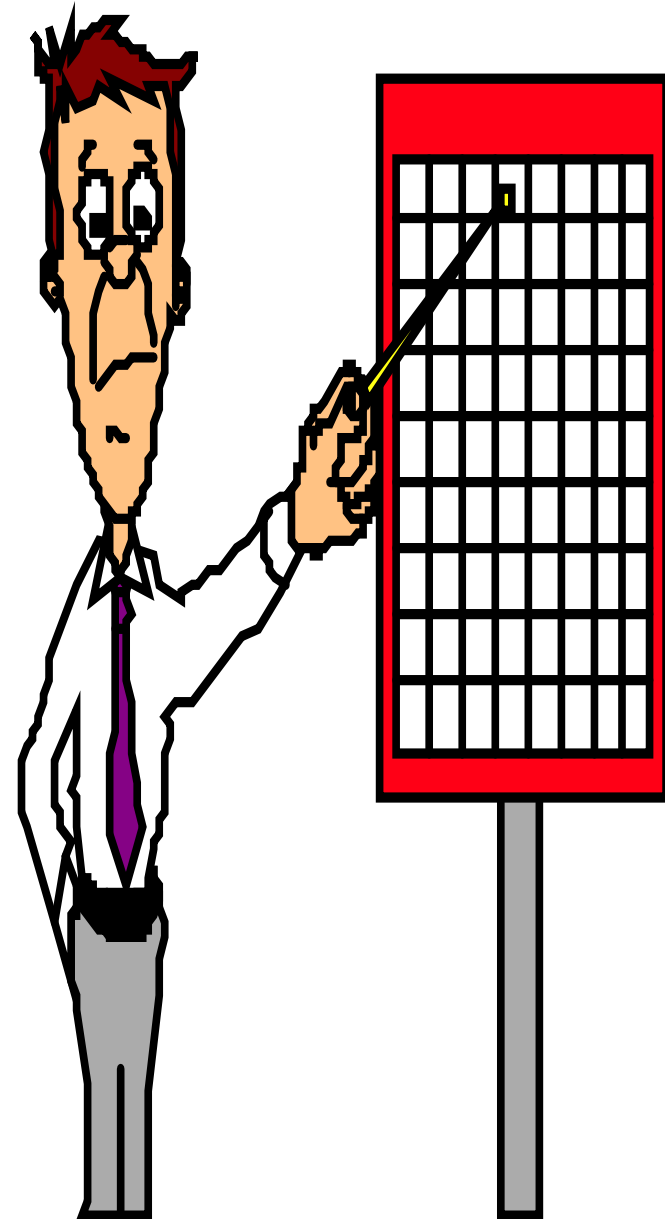


- **School Health Record**

Each school child should have his own health record, for registration of events and activities related to health.

- **Contents of Record**

- Personal and social data
- Results of health appraisal
- Immunizations /date/age
- Any morbidity, and management record



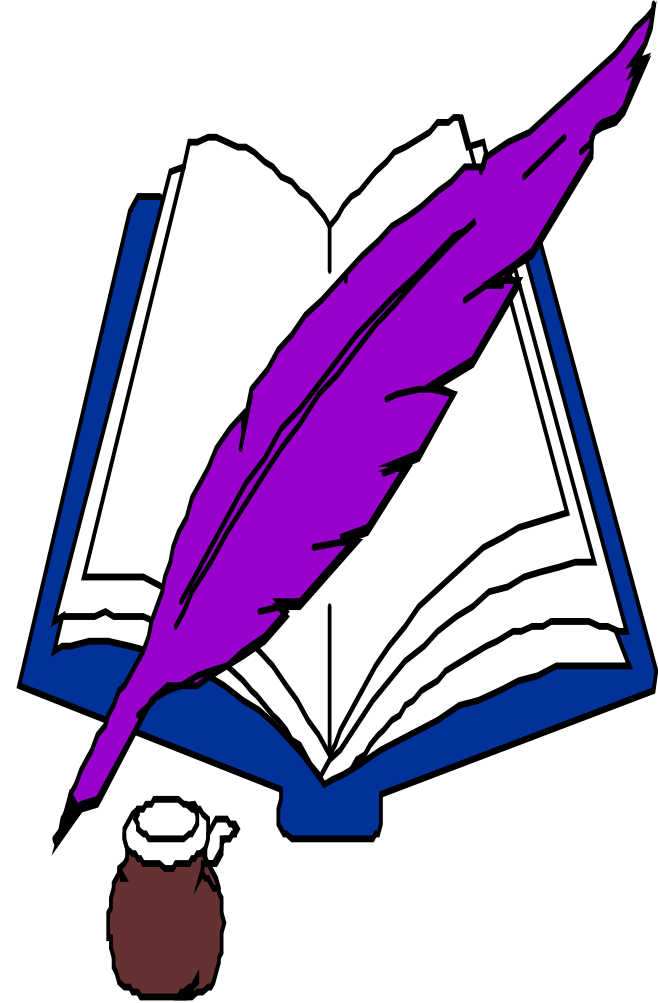
Value of Health Record

For reference whenever registered health data are needed;

e.g. past medical history to assist diagnosis of existing disease

Allows follow-up of chronic diseases

Collecting statistical data and indices of school children, (for future planning and evaluation of health services).



What is a health promoting school?

- A health promoting school (HPS) is a school that constantly seeks to strengthen its capacity to promote healthy living, learning and working conditions (WHO)
- It aims to provide a multifaceted response to the health needs of students

HEALTH PROMOTING SCHOOLS (HPS)

Engage health
education and
community
leaders

Provide
a safe healthy
environment

Provide skills-
based health
education

Provide
access to
health
services

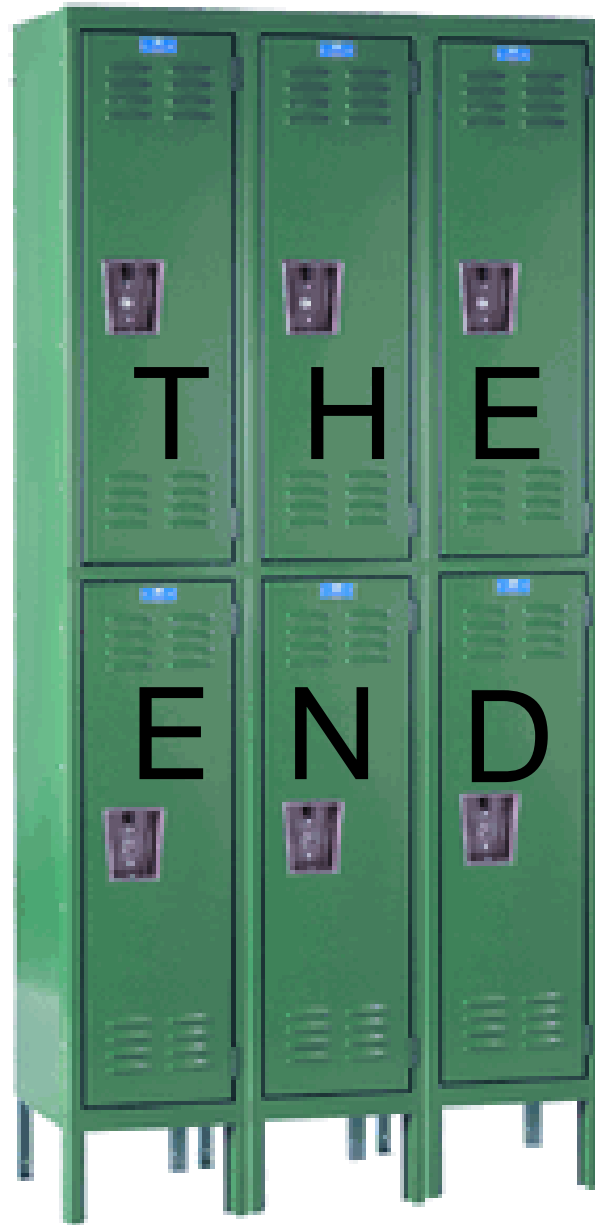
Improve health
promoting
policy and
practice

Improve
health of
community

Key features of HPS

How do health promoting schools work ?

- High-income countries; reduce the risk factors for NCDs, e.g. by improve body mass index, increase physical activity, increase intake of fruit and vegetables and reduce tobacco use
- In low- and middle-income countries; school-based interventions have been successfully implemented to prevent communicable diseases and other health problems, such as worm infection, malaria, diarrhea, iron deficiency, malnutrition and oral diseases
- Thomas RE, McLellan J, Perera R. School-based programmes for preventing smoking. Cochrane Database Systematic Reviews. 2013;4:CD001293.doi:10.1002/14651858.CD001293.pub3.
- 15 The status of school health. Geneva: World Health Organization; 1996 (WHO/HPR/HEP/96.1; http://www.searo.who.int/nepal/mediacentre/1996_the_status_of_school_health.pdf accessed 20 June 2016).



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