



Global School Health Services

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

Done by:

Team leaders: Khalid Aleisa & Ghada Alhadlaq

Team members: Allulu Alsulayhim & Essam Alshahrani

Revised by: Yara Aldigi

Important | Extra | Notes

[Editing file](#)

School Health

- **Definition:** School health is a branch of preventive medicine which deals with the curative (like clinics that deal with the usual health problems such as menarche, headache, vertigo, stress), preventive¹ and promotive² aspects of school health settings.
- **The fundamental aim:** 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 by school health record to detect any deviation from normal state (early detection of communicable and NCDs)
- 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 School Health Problems (SHP)

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

School health problems

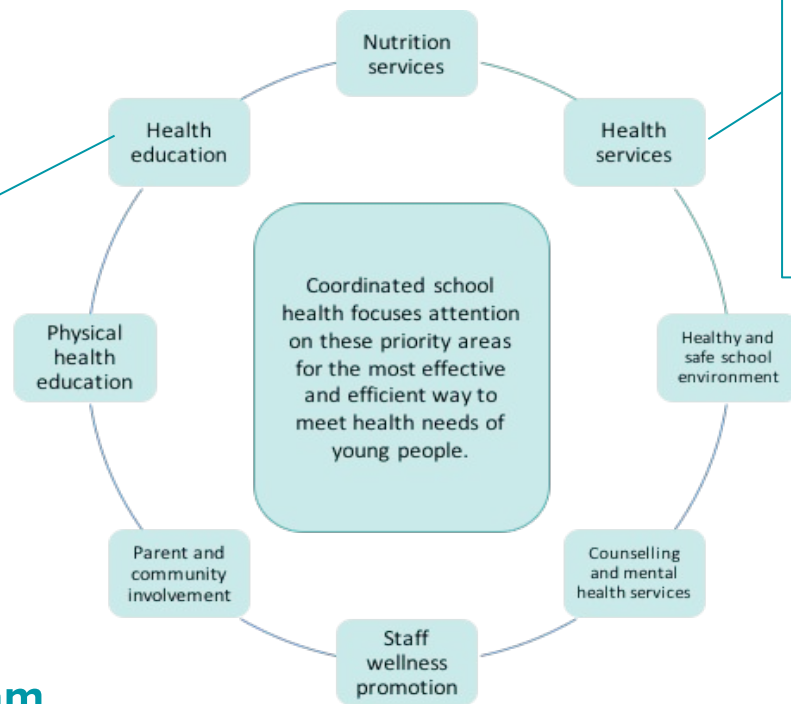
1. Nutritional problems; obesity arising in KSA, malnutrition
2. Dental caries because of lack awareness of dental hygiene
3. Eye defects because of poor illumination and poor sunlights, crowding which will lead to straining the eyes to see the board especially for those who sit on the back
4. Ear, nose and throat disorders e.g. otitis media
5. Skin disorders
6. Postural issues (due to incorrect sitting for a long time, around 8 hours) which leads to back and neck pain
7. Respiratory illnesses like corona, URTI, TB (Improper ventilation)
8. Hair lice
9. Infectious diseases (e.g. scabies, malaria)

¹ vaccination camp in the school

² through health education like infectious diseases, diet, physical activity

Coordinated School health program

Education about the common diseases like anemia. In some countries there is reproductive education (the changes happened to body like breast change for female)



E.g. In UK students will have dentists visiting them to check for dental caries and to learn about dental care at the age of 5, if the school cannot afford this then the parents will have cards for the visit

School health team

- School medical officer In UK They must have a certified school health 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
- Conduct mandatory annual medical examination for all students
- There should be a real clinic that knows how to deal with the common disease and the emergency conditions run by a consultant or nurse at the absence of the doctor

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, **Blood pressure** 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. (In KSA the bathroom should be on the ground and first floor for the young children and on the high floors for the high grades)
- 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 (Because the teacher is around the students most of the time '8 hours')

- 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 exam³, 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 **By promoting hand washing**

³ For every child that enters the school. The examination should be reported (measure the weight, height, BMI, ⁴ blood pressure "high BP is rising in children, recently a study found out 30% are prehypertensive and die to increase obesity)

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 By making sure the students understand the concept of sanitary health, and enroll the students in the health education
 - Provides feeling of comfort, and enhances educational achievement

Components of healthy school Environment

Site and area	School building	Classrooms
<ul style="list-style-type: none">● Easily reached● Located in quiet area	<ul style="list-style-type: none">● Damp, fire and rodent proof● 2 – 3 floors● > 1 stair case	<ul style="list-style-type: none">● 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● Having glass windows allowing the sun rays to enter

School furniture:

- Suitably suspended writing board
- Height & slope of desks (15 degree angle) To prevent postural problems
- Size of seats in relation to students age & built
- Distance between columns of desks (60 cm) To prevent postural problems

Kitchen and Dining:

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

Water, Sewage and refuse disposal:

- Drinking fountains
- One tap / 40 students
- One toilet / 30 students
- Soap & ? Paper towels

Medical Care

- **Health Appraisal includes**
 - Comprehensive medical examination
 - Screening tests
 - Clinical (curative) service
 - Survey studies

Objectives medical examination

- Case-finding, specially of inapparent disease That's why it is important the teacher and the consultants know what causes the disease to define the disease and prevent it
- 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
- **In KSA, every school should be connected to a primary hospital, so if anything happened in the local school they will transfer the student to the clinic**

Screening Test: They are simple tests which can be carried out frequently to:

1. To screen for certain pathological conditions or diseases.
2. To screen suspected cases of disease, who need further investigation for final diagnosis.

Examples of screening tests include:

1. Weight and height
2. Visual acuity
3. Acuity of hearing
4. IQ testing
5. 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

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).

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)

Handicapping conditions

- May be congenital or acquired
- Children with minor or mild cases of disability can attend regular schools (Autistic students should attend normal schools because it will improve their social skills. This is not applied in KSA. There is a special school for autistic students where they teach them the basic life skills like how to comb your hair, how to wear your clothes and how to brush your teeth)
- Severe forms (e.g. the deaf, blind, or mentally retarded) can attend special institute
- ❖ **Some forms of handicapping conditions in regular school** (They just need a card about their condition)
 - 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 So you know what communicable diseases happened, when did it happen.

Contents of Record

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

Value of Health Record

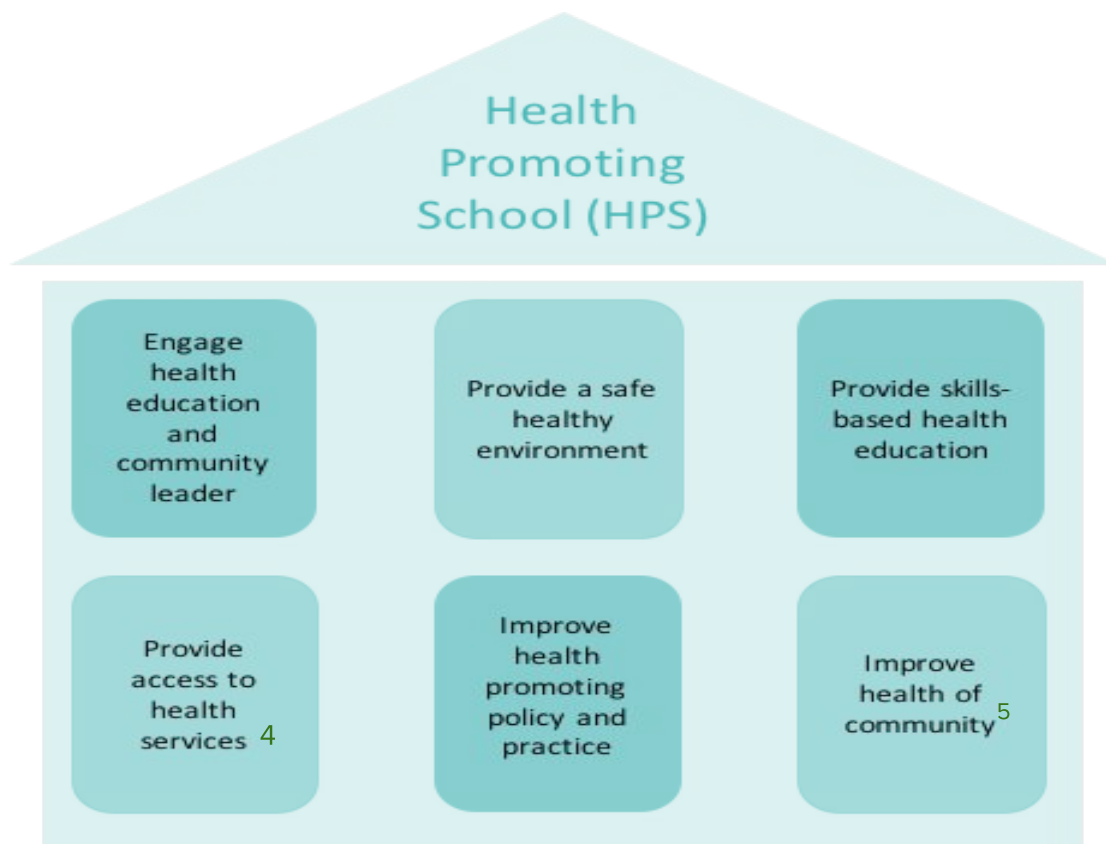
1. For reference whenever registered health data are needed; e.g. past medical history to assist diagnosis of existing disease
2. Allows follow-up of chronic diseases
3. Collecting statistical data and indices of school children, (for future planning and evaluation of health services **And identify what the budget should go to**).

For example, an outbreak about the seasonal influenza. The prevention would be the vaccine before the season comes (before October and November)

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

Key features of Health Promoting School (HPS)



⁴ As we said, every school should be connected to a primary hospital in case the students need referral or follow up

⁵ By increasing the public awareness about the common disease in the schools, so most parents are aware

How do health promoting schools work ?

- High-income countries; reduce the risk factors for NCDs, e.g. by improving body mass index, increasing physical activity, increasing intake of fruit and vegetables and reducing 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

Summary

School Health

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

Targets of School health

- Creation of a suitable environment for healthy **physical, mental and emotional development.**
- To have a clear written measure of the health status of the children.
- Detection of early deviation from the norm.
- Training of scholars in health habits.

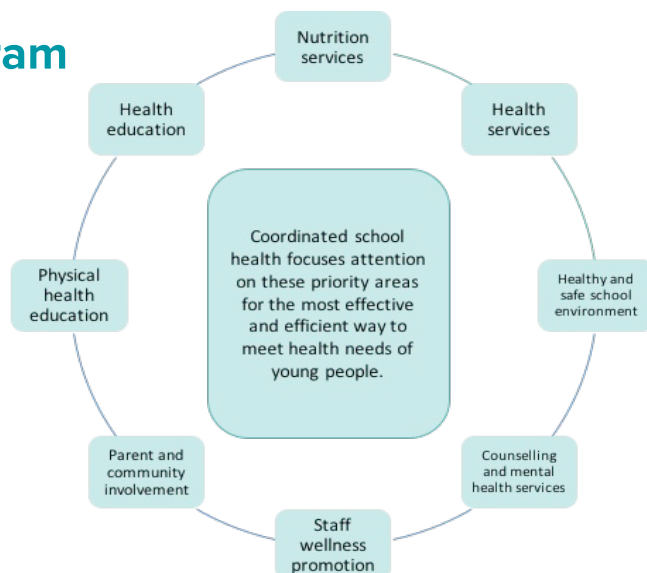
Objectives of School Health Problems (SHP)

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

School health problems

1. Nutritional problems; obesity arising in KSA, malnutrition
2. Dental caries because of lack awareness of dental hygiene
3. Eye defects
4. Ear, nose and throat disorders e.g. otitis media
5. Skin disorders
6. Postural issues which lead to back and neck pain
7. Respiratory illnesses corona, URTI, TB (Improper ventilation)
8. Hair lice
9. Infectious diseases (e.g. scabies, malaria)

Coordinated School health program



Role of School medical officer

- Health appraisal
- First aid and emergency service
- Participation in prevention and curative services
- 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 health issues

Role of a school health nurse

- Assists the medical officer in planning a medical inspection
- Measurement of biometrics of children.
- Actively maintains and updates record keeping
- Helps the medical officer in conducting health education sessions.
- Interacts and communicates with the teachers and mothers
- Supervises and monitors hygiene
- Visits homes of children to follow-up on care and gather any other information that might be helpful.

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.
- Physical fitness and activities.
- 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
- School Building
- Classrooms
- School Furniture
- Kitchen & Dining
- Water, Sewage & Refuse disposal

Medical Care

- **Health Appraisal includes**
 - Comprehensive medical examination (Assessment of health status)
 - Screening tests (dental examination)
 - Clinical (curative) service (Referrals to specialized clinics)
 - Survey studies (find out ecological data)

Research in school health services

Required for investigation of a particular disease or health problem.

Handicapping conditions

- May be congenital or acquired
- Children with minor or mild cases of disability can attend regular schools
- Examples: Rheumatic valvular disease, healed rickets.

School Health Record

For registration of events and activities related to health

Contents of Record

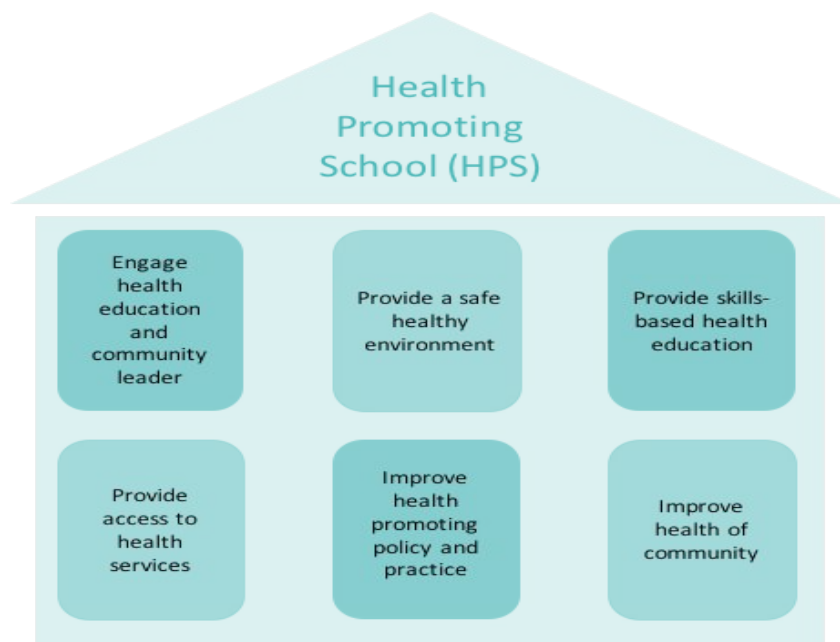
Personal and social data, Results of health appraisal, Immunizations /date/age, Any morbidity, and management record

Value of Health Record

1. For reference
2. Allows follow-up
3. Collecting statistical data

What is a health promoting school?

A school that constantly seeks to strengthen its capacity to promote healthy living, learning and working conditions (WHO).



Good luck!

