

SCHOOL HEALTH SERVICES



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LEARNING OBJECTIVES

At the end of this lecture students will be able to

1. Define School Health Services.
2. Enlist Objectives of school health services.
3. Explain the Duties of school health team.
4. Describe Role of research
5. Enumerate the Functions of school health services.
6. Explain Role of school teacher

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Vision & Mission of RMU

Vision

Highly recognized and accredited center of excellence in Medical Education, using evidence-based training techniques for development of highly competent health professionals, who are lifelong experiential learner and are socially accountable.

Mission Statement

To impart evidence-based research-oriented health professional education in order to provide best possible patient care and inculcate the values of mutual respect, ethical practice of healthcare and social accountability.



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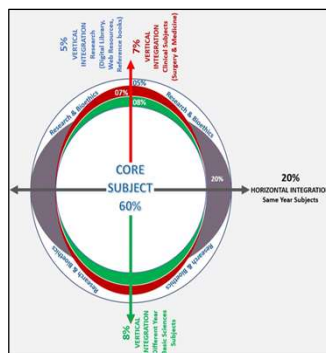
Core subject



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LECTURE SEQUENCE

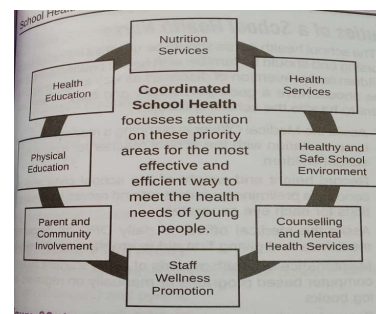
CORE CONTENT	22 SLIDES
HORIZONTAL INTEGRATION	04 SLIDE
VERTICAL INTEGRATION	01 SLIDE
FAMILY MEDICINE	01 SLIDE
RESEARCH	01 SLIDE
BIO ETHICS	01 SLIDE
EOLA	01 SLIDE



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Coordinated school health services

Core subject



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Aspects of school health services

Core subject

1. Health appraisal of school children and school personnel
2. Remedial measures and follow up
3. Prevention of communicable diseases
4. Healthful school environment
5. Nutrition services
6. First aid and emergency care

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OBJECTIVES OF SCHOOL HEALTH

Core subject

- Promotion of positive health
- Prevention of diseases
- Early diagnosis treatment and follow up of defects
- Awakening health consciousness in children
- Provision of healthful environment



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Aspects of school health services

Core subject

7. Mental health
8. Dental health
9. Eye health
10. Health education
11. Education of handicapped children
12. Proper maintenance and use of school health records

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SCHOOL HEALTH PROBLEMS

Core subject

- ☐ Malnutrition
- ☐ Dental caries Parasitic-infestation.
- ☐ Eye defects
- ☐ Ear, nose & throat infection
- ☐ Skin diseases



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HEALTHFUL SCHOOL ENVIRONMENT

Core subject

- **Location** : away from business centers, cinemas , houses, railway tracts : the school building should be fenced and kept away from hazards
- **Site structure class rooms furniture doors and windows**
- **Consider for appropriate land (play areas) size of class rooms :** ventilation water supply etc

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SCHOOL HEALTH PROBLEMS

Core subject

- ☐ Communicable diseases
- ☐ Inadequate seating arrangement
- ☐ Improper ventilation
- ☐ Poor sanitary conveniences
 - ☐ Toilets
 - ☐ Water supply
 - ☐ Collection and removal of refuse
 - ☐ Inspection of food



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Core subject

SCHOOL HEALTH TEAM

- School Medical Officer.
- School Health Nurse.
- An Attendant.



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Horizontal integration

EQUIPMENT FOR SCHOOL CLINIC

- | | |
|---|--|
| <input type="checkbox"/> Weighing Machine | <input type="checkbox"/> Vaccination Equipment |
| <input type="checkbox"/> Surgical kit | <input type="checkbox"/> Glucometer |
| <input type="checkbox"/> Height scale | <input type="checkbox"/> Examination Couch |
| <input type="checkbox"/> BP Apparatus | <input type="checkbox"/> Sterilizer |
| <input type="checkbox"/> Snellen's Eye Chart | |
| <input type="checkbox"/> Tongue Depressor & Torch | |
| <input type="checkbox"/> Nasal & Ear Speculum | |



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Core subject

DUTIES OF A SCHOOL MEDICAL OFFICER

- ☐ Periodical medical inspection
- ☐ Annual medical check-up
- ☐ Arrangement for immunization of children
- ☐ Advise to parents on the mental & physical conditions of children.
- ☐ Inspection of physical training program
- ☐ Health education of teachers
- ☐ Capacity building of teachers to handle health issues of students

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Horizontal integration

DRUGS FOR A SCHOOL CLINIC

- Pain killers and anti pyretic
- Eye drops
- Ear -ache drops
- ORS



- Anti-emetics
- Anti spasmodic
- Anti histamines
- Antacids

First aid kit

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Core subject

SCHOOL HEALTH NURSE

- ☐ Supervision of physical training
- ☐ Supervises health habits of children
- ☐ follow up of service.
- ☐ home visiting.
- ☐ treatment of minor ailments in absence of doctor.
- ☐ maintaining of record properly both at school & of home visits.
- ☐ to attend monthly conferences



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Family medicine

MEDICAL INSPECTION OF SCHOOL CHILDREN

- ☐ Intimation to parents
- ☐ Initially by nurse then detailed medical examination by SMO
- ☐ Inspection of environment (sp. food)
- ☐ Maintenance of record and necessary action



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Core subject

RECORDS

- Health Habit Card
- Daily OPD Card
- High Risk Cases Register
- Referral Case Register

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Core subject

FUNCTIONS OF SCHOOL HEALTH SERVICES

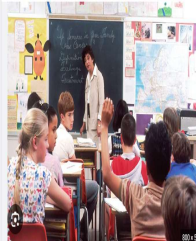
- ☐ **Primary prevention**
 - ☐ Health education
 - ☐ personal hygiene
 - ☐ Hand washing
 - ☐ Dental hygiene
 - ☐ Balanced diet
- ☐ **Accidents prevention**
 - ☐ how to avoid accidents
- ☐ **Immunization**
 - ☐ Vaccination records of students maintained
- ☐ **Teacher training**

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Core subject

ROLE OF SCHOOL TEACHER

- ☐ **First Aid:** Can Give First Aid In Minor Illness And Injuries
- ☐ **Health Education** Of The Students
- ☐ Can Notice Changes In Student Behavior And Report To Medical Officers
- ☐ Can Ensure Vaccination Of Students
- ☐ Supervise Cleanliness Of The School Environment
- ☐ Participate In School Meal Services



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Core subject

SECONDARY PREVENTION

- ☐ **Complete general examination**
 - ☐ Refractive errors
 - ☐ Hearing problems
 - ☐ Congenital heart defects
 - ☐ Anemia
- ☐ **Follow up of cases**
 - ☐ Treatment of minor illness
 - ☐ School clinic can treat minor illness like sore throat , red eyes ,
- ☐ **Prevention of spread of communicable diseases**

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Core subject

HEALTH PROMOTING SCHOOLS

According to WHO

- Promotes health and learning
- Involving all stakeholders
- Healthy environment
- Implementing standard policies and practices
- Improvement in health



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Vertical integration

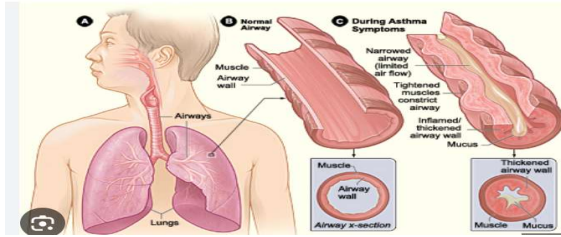
TERTIARY PREVENTION

- ☐ **Learning disability children**
 - ☐ Remedial classes for autistic, ADHD and children from learning disabilities
 - ☐ diagnose cases
 - ☐ arrangements for such children for their special needs
- ☐ **Children with chronic disorders**
 - ☐ Diabetic ,asthma epilepsy
 - ☐ School environment can take care of such students

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TERTIARY PREVENTION

Horizontal
integration



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MENTAL HEALTH

Core subject

- ☐ Promote Mental Health And Good Behavior
- ☐ Identification Of Unhealthy Behavior
- ☐ Healthy School Environment
- ☐ Good Teaching Environment
- ☐ Address Risk Factors For Abnormal Mental Problems

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HEALTH APPRAISAL

Core subject

- ☐ Periodic medical examination
 - ☐ Detailed history and examination: blood tests
 - ☐ Assessment for nutritional deficiencies, vision hearing and speech assessment :
 - ☐ Measurement of weight , height annual testing of vision : maintenance of proper record
- ☐ School personnel staff
- ☐ Daily morning inspection

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SITTING ARRANGEMENTS

Core subject

MINUS DESK vertical line from edge of desk falls on the seat

ZERO DESK vertical line from edge of desk touches edge of seat

PLUS DESK vertical line from edge of desk falls outside edge of chair



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DAILY MORNING INSPECTION IDENTIFICATION OF DISEASE

Core subject

- ☐ Unusually Flushed Face
- ☐ Any Rash Or Spots
- ☐ Symptoms Of Acute Cold
- ☐ Coughing And Sneezing
- ☐ Sore Throat
- ☐ Rigid Neck
- ☐ Nausea And Vomiting
- ☐ Red Or Watery Eyes



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HEALTHFUL SCHOOL ENVIRONMENT

Core subject

- **Location** : away from business centers, cinemas , houses, railway tracts : the school building should be fenced and kept away from hazards
- **Consider for appropriate land (play areas) size of class rooms :** ventilation water supply etc

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Core subject

RESEARCH IN SCHOOL HEALTH SERVICES

- ❑ Types of cases and seasonal variation seen in school clinic OPD
- ❑ Nutrition status of students in middle and lower income school
- ❑ Parasitic infestation in school children

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END OF LECTURE ASSESSMENT

- What type of desks is appropriate for school children

- a) Minus desk
- b) Plus desk
- c) No fixed rule
- d) Which are less expensive
- e) Zero desk

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ETHICS

ETHICS IN SCHOOL HEALTH SERVICES

- Provision of resources for school health infrastructure
- Provision of quality of care
- Adequate health training of school personal

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Core subject

SCHOOL HEALTH EDUCATION

سکول ہیلتھ پروگرام

تفصیل اور سہولت چیکسٹر اسکول کے آس پاس میں ملے گا۔

- 1- اسکول کے ہیلتھ سروسز کے تحت اسکول کے بچوں کو طبی اور دوا کی سہولت ملے گی۔
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Research

Walker SC, Kerns SE, Lyon AR, Bruns EJ, Cosgrove TJ. Impact of school-based health center use on academic outcomes. *Journal of Adolescent Health*. 2010 Mar 1;46(3):251-7.

- ❑ Examine The Effects Of School-based Health Center (SBHC) Use On Academic Outcomes For High School Students
- ❑ Significant Increase In Attendance For SBHC Medical Users Compared To Nonusers
- ❑ Grade Point Average Increases Over Time Were Observed For Mental Health Users Compared To Nonusers.
- ❑ Discipline Incidents Were Not Found To Be Associated With Sbhsc Use.

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Core subject

SCHOOL HEALTH EDUCATION

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Core subject

SCHOOL HEALTH EDUCATION

دانشجیوں کی صحتیابی

دانشجیوں اور اساتذہ کی صحتیابی کے لیے یہ کتاب لکھی گئی ہے۔
اس کتاب میں صحتیابی کے لیے لگائی جانے والی کوششیں ہیں۔

دانشجیوں کی صحتیابی کے طریقے

دانشجیوں کی صحتیابی کے لیے صحتیابی کے طریقے	دانشجیوں کی صحتیابی کے لیے صحتیابی کے طریقے
دانشجیوں کی صحتیابی کے لیے صحتیابی کے طریقے	دانشجیوں کی صحتیابی کے لیے صحتیابی کے طریقے
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