

# School health


- **1901** - First time school child medical examination in Baroda.
- 1960- Formation of School Health Commission in Govt. of India.
- Survey in India found following Health Problems of school child.
- These are Malnutrition, infectious diseases, intestinal parasites, diseases of eye, skin and ear, dental caries etc.
- 1961 – Report of the committee.

# Objectives of school health service-

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


# Aspects of school health service –

- Health appraisal of school children and staff.
- Remedial measures and follow up.
- Prevention of communicable diseases.
- Healthful school environment.
- Nutritional services.
- First aid and emergency care.

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- Mental health.
  - Dental health.
  - Eye health.
  - Health education.
  - Education of handicapped children.
  - Proper maintenance and use of school health records

# Health appraisal

- **Periodic medical examination** –is done first at the entry of the school and after every 4 years. Examination includes careful complete history and checking vision, hearing, speech, nutritional deficiency, tuberculin test, intestinal parasites, routine blood, urine and stool exam, weight and height.

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- **Daily morning inspection** – teacher is the main to see the change in the attitude of the pupil like unusual flushed face, rash, spots, acute cold, coughing, sneezing, sore throat, nausea, vomiting, headache, chills, fever, scabies etc. so teacher's training is essential.

# Remedial measures and follow up

- There is special clinic at PHC.
- FOR 5000 Pupil one clinic at urban area.
- There is specific day and time to each school.

# Prevention of communicable diseases

- Immunization is done and the record of the immunization is maintained.



# Healthful school environment

- **Location** –should be away from busy area.
- **Site** –high, 10 acre for elementary school and 5 acre area for primary school and 1 acre area additional for next 100 students with playground.
- **Structure** –with thick heat resistant walls.
- **Classroom** – verandas should be there. Not more than 40 students be there in the classroom. There should be 10sqft. Space per head.
- **Furniture** – desk should be minus type.

- **Doors and windows** – should occupy 25% area of total floor space. There should be cross ventilation.
- **Ventilators** – should occupy 2% area of floor space.
- **Color** – white.
- **Lighting** – natural light preferably from left side.
- **Water** – safe, drinking, continuous tap distributed water should be available.
- **Eating facilities** – there should be separate room for MDM. No unapproved vendors allowed.
- **Lavatory** – 1 urinal for 60 students and 1 latrine for 100 students. Boys and girls should have separate facility.

# Nutritional services –

- Are to be supplied to overcome deficiencies of proteins, vitamin A, C, B1, B2, calcium and iron.
- **M.D.M.P. (mid day meal programme)**- should be on no profit no loss basis.

# Principles of MDMP

- Meal should be supplement and not a substitute.
- Should provide  $\frac{1}{3}$  of calorie and  $\frac{1}{2}$  of protein.
- Cost of meal should be low.
- Can be easily prepared, no complicated processing.
- Locally available foods should be used.
- Menu should be changed.

# Menu model

● Foods	gm/day/child
● Cereals and millets	75
● Pulses	30
● Oils and fats	8
● Leafy vegetables	30
● Non leafy vegetables	30

\*Supplementation should be for 250 days throughout a year.

# Applied Nutrition Programme

- This programme is supported by UNICEF in the form of seed, manures, water equipments for school gardening. Education about nutrition is given.
- **Specific nutrients** – are supplied for prevention of specific disorders like dental caries, endemic goiter, night blindness, PEM, anemia, etc.

# First aid and emergency care

- training is given for teachers to handle emergencies like accidents, gastroenteritis, colic, epileptic fits, etc. first aid box is supplied.

# Mental health

- maladjustment, addiction are major problems.
- Relaxation between periods is essential.
- no distinction between rich and poor, race and religion, caste or community and between clever and dull is essential.



## **Dental health –**

- examination once in a year.
- **Eye health** – refractive errors, squint, infection are problems.
- Vitamin A and basic eye health should be provided.

# Health education

- Education about Personal hygiene including posture, smoking etc.
- Environmental health education should be given.
- Visits to vaccination centre, community health programme should be arranged.
- Education about family life is given in which healthy attitude towards reproduction is given.

# Education of handicapped children

- To become independent and productive and self supporting member of the society.

# School health records

- Identifying data,
- Past history,
- Record of findings of physical examination and
- Screening tests.

# School health administration

- Department of health and education.
- At PHC 1 medical officer checks 5000 – 6000 children per year.
- School health committees are there at village level, block level, district level, and state level and at national level.
- National School Health Council is an advisory and coordinating body.