

symptoms are prominent and may affect any part of the body; anorexia, nausea, vomiting, diarrhea, dizziness, headache, leg pains, or abdominal pains are most common. Children may even develop a low-grade fever. A striking feature of school phobia is the prompt subsiding of symptoms when it is evident that the child can remain at home. Another significant observation is absence of symptoms on weekends and holidays unless they are related to other places, such as Sunday school or parties. Occasional mild reluctance to attend school is common among schoolchildren, but if the fear continues for longer than a few days, it must be considered a serious problem.

The onset is usually sudden and precipitated by a school-related incident. By taking a careful history, nurses find out whether a poor attendance record is caused by trivial reasons.

Nursing Care Management

Treatment for school phobia depends on the cause. The primary goal is school attendance. The longer a child is permitted to stay out of school, the more difficult it is for the child to reenter. Parents must be convinced gently but firmly that immediate return is essential and that it is their responsibility to insist on school attendance.

A school reentry protocol may be necessary for the child with severe symptoms. In reentry programs, the child role-plays routines involved in getting ready for school and that occur at school. Relaxation techniques are also used. The child usually goes to school initially for a half day and then progresses to a full day. Often the school nurse can provide support to the parents and the teacher during the reentry process. If the problem persists, professional help is recommended.

Conversion Reaction

Conversion reaction, also known as hysteria, hysterical conversion reaction, and childhood hysteria, is a psychophysiological disorder with a sudden onset that can usually be traced to a precipitating environmental event. The disorder is observed with equal frequency in both sexes in childhood, but affected girls outnumber affected boys during adolescence. The manifestations involve primarily the voluntary musculature and special senses and include