

# Common Health Discomforts among SDCA Students and Employees

Cerina Joy M. Alarca RN MAN

St. Dominic College of Asia, School of Health Science Professions, Program Chair  
[cjoyalarca@yahoo.com](mailto:cjoyalarca@yahoo.com)

**Abstract** – *Schools, whether they are private or public, is a community that is also required to receive health care from health care providers such as Nurses and Doctors. Community diagnosis is one of the activities of a nurse, where he/she identifies factors that affect the health of the school population and determine the availability of resources within the school to adequately address these factors. One tool that is used in the Community Diagnosis of SDCA is getting the vital and health statistics of the members via identifying the morbidity and common discomforts of the school population. In the year 2014, the most common discomforts among SDCA students were rashes/skin irritations, cough/colds, and difficulty of breathing, while the common discomforts among employees are headache/nape pain, difficulty breathing, and abdominal pain. The highest frequency of students who consulted the school clinic were from the School of Business and Computer Studies and the highest frequency of employees came from the admin staff. In year 2015, the most common discomforts among SDCA students were still rashes/skin irritations, cough/colds, and difficulty of breathing while the common discomforts among employees are sore throat and headache/nape pain. The highest frequency of students who consulted the school clinic was from the School of Health Science Professions and the highest frequency of employees are from the faculty of the School of Business and Computer Studies.*

**Keywords** – *Health discomforts, SDCA students, SDCA employees*

## Introduction

The BS Nursing program aims to develop a professional nurse who is able to assume entry level positions in health facilities or community settings. The professional nurse is capable of providing safe, humane, holistic and quality care to individuals in varying ages, genders, health-illness statuses. Also to healthy or at risk families, population groups, and the community singly or in collaboration with other health care providers to promote health, prevent illness, restore health, alleviate suffering, and provide end-of-life care. (CHED, 2016)

The Nursing Department under the School of Health Science Professions of this institution strictly complies with the requirements of the Commission on Higher Education's Memorandum Order No. 14. Also, the department provides enhancements in different nursing program outcomes. One program outcome that a nursing student should develop is to provide safe, appropriate, and holistic care to individuals, families, population groups and communities by utilizing the nursing process. Providing safe and holistic care to the community will be learned and applied upon taking the nursing professional courses, most importantly the Community Health Nursing course. Schools, whether they are private or public, are examples of communities and are required to also receive health care from health care providers such as nurses and doctors.

The researcher, as a Clinical Instructor that is usually assigned in the School Clinic during the application of Community Health Nursing, has the responsibility to supervise and teach the nursing

students about community needs assessment by having them assess and monitor the health status of the students and employees. The main objective of this study is to determine the common discomforts among St. Dominic College Asia higher education students, faculty, and employees so that the researcher will be able to show to the nursing students how community assessment is done and make a possible healthful lifestyle program once the result is made.

This study aims to determine the common health discomforts among SDCA higher education students, faculty, and employees in the year 2014 and 2015.

This study is beneficial to the:

1. School nurses, in which they will be aware of the common discomforts and the possible interventions that will be made ready for them to prepare the school clinic once they encounter clients/patients with conditions listed as one of the identified common discomforts.
2. Nursing Schools, where preparation of instructional materials will be made during Health Education of student nurses in the school clinic.
3. Nursing Students, with the guidance of the clinical instructor, may prepare instructional materials during their Health Education for each client/patient.
4. The institution's data will serve as the basis for SDCA's health status repository and may provide support for health needs.
5. Students and Employees, as they can receive immediate interventions from the school clinic whenever they have discomforts.

The archival data gathered from St. Dominic College of Asia's school clinic are from the years 2014 and 2015. The present year (2016) was not included. Data was gathered through consultation forms given during client and physician consultations. There were months in year 2015 where no consultations were rendered due to the school physician's leave of absence.

## **Methodology**

This study utilized a quantitative descriptive design where the study generates numerical data from which statistical analysis can be carried out in order to describe the relationship between variables within a sample from a particular population.

The respondents of this study were SDCA students and employees who had consultations from the school clinic in the years 2014 and 2015. A total of 154 students and 32 employees had a consultation at the school clinic in the year 2014, while 57 students and eight employees had a consultation at the school clinic in the year 2015.

With the use of archival data, the researcher was able to determine the frequency and percentage of common discomforts and the demographic profile of the respondents.

Frequency count and percentage was used. A frequency distribution is a tabular arrangement of data showing its classification grouping according to magnitude or size.

## Results and Discussion

In year 2014 a total of 154 students had a consultation in the school clinic. 33 students were from the School of Health Science Professions (SHSP), 25 from School of Arts and Sciences (SASE), 46 from the School of International Hospitality and Tourism Management (SIHTM), and 50 from the School of Business and Computer Studies (SBCS). 120 of the respondents belong to the 15–19 year-old age bracket, 33 belong to the 20-39 year-old age bracket, and one belonged to the 40-46 year-old bracket. There were 107 female and 47 male respondents, all of them were single, the majority were Roman Catholic, and belonged to the Pediatrics category.

**Table 1. Demographic Profile of Respondents (SDCA Higher Education Students) in year 2014.**

<b>SCHOOL</b>	<b>Frequency</b>	<b>Percent</b>
SHSP	33	21.4
SASE	25	16.2
SIHTM	46	29.9
SBCS	50	32.5
Total	154	100.0
<b>AGE</b>	<b>Frequency</b>	<b>Percent</b>
15- 19	120	77.9
20- 39	33	21.4
41-64	1	.6
Total	154	100.0
<b>GENDER</b>	<b>Frequency</b>	<b>Percent</b>
FEMALE	107	69.5
MALE	47	30.5
Total	154	100.0
<b>CIVIL STATUS</b>	<b>Frequency</b>	<b>Percent</b>
SINGLE	154	100.0
<b>RELIGION</b>	<b>Frequency</b>	<b>Percent</b>
RC	102	66.2
CHRISTIAN	37	24.0
PROTESTANT	3	1.9
BAPTIST	4	2.6
IGLESIA	2	1.3
LDS	1	.6
JEHOVAH	2	1.3
WITNESS		
OTHERS	3	1.9
Total	154	100.0
<b>CLASSIFICATION</b>	<b>Frequency</b>	<b>Percent</b>
MEDICINE	29	18.8

PEDIATRICS	108	70.1
OB GYNE	6	3.9
SURGERY	11	7.1
Total	154	100.0

In year 2015 a total of 57 students had a consultation in the school clinic. 20 were from SHSP, 10 from SASE, 13 from SIHTM, and 14 from SBCS. Forty of the respondents belong to 15-19 year old bracket, 17 to the 20-39 year-old age bracket, and one to the 41-46 year-old age bracket. There were 43 female and 14 male respondents, all of them were single, a majority were Roman Catholic, and belonged to the Pediatrics category.

**Table 2. Demographic Profile of Respondents (SDCA Higher Education Students) in year 2015.**

<b>SCHOOL</b>	<b>Frequency</b>	<b>Percent</b>
SHSP	20	35.1
SASE	10	17.5
SIHTM	13	22.8
SBCS	14	24.6
Total	57	100.0
<b>AGE</b>	<b>Frequency</b>	<b>Percent</b>
15- 19	40	70.2
20- 39	17	29.8
Total	57	100
<b>GENDER</b>	<b>Frequency</b>	<b>Percent</b>
FEMALE	43	75.4
MALE	14	24.6
Total	57	100.0
<b>CIVIL STATUS</b>	<b>Frequency</b>	<b>Percent</b>
SINGLE	57	100.0
<b>RELIGION</b>	<b>Frequency</b>	<b>Percent</b>
RC	28	49.1
CHRISTIAN	24	42.1
IGLESIA	1	1.8
LDS	1	1.8
OTHERS	3	5.3
Total	57	100.0
<b>CLASSIFICATION</b>	<b>Frequency</b>	<b>Percent</b>
MEDICINE	15	26.3
PEDIATRICS	36	63.2
OB GYNE	6	10.5

SURGERY	57	100.0
Total	15	26.3

The top three common discomforts of SDCA students in year 2014 are skin rashes/irritations, difficulty breathing and cough/colds. This was same with the result in the year 2015.

**Table 3. Common discomforts of the SDCA Higher Education Students in year 2014.**

DISCOMFORTS	Frequency	Percent
COUGH AND COLDS	16	10.4
DOB	19	12.3
RASHES/SKIN IRRITATIONS	20	13.0
HEADACHE/ NAPE PAIN	7	4.5
DIZZINESS / FAINT/ LOC	10	6.5
PELVIC PAIN/ DYSMENORRHEA	11	7.1
ABD'L PAIN	11	7.1
INFECTED WOUNDS / BOILS	9	5.8
MUSCLE / JOINT PAIN	12	7.8
DYSURIA/FLANK PAIN/ HEMATURIA	5	3.2
SORETHROAT	12	7.8
EYE IRRITATIONS	7	4.5
CHEST PAIN/PALPITATIONS	5	3.2
ACCIDENTS/TRAUMA	10	6.5
Total	154	100.0

**Table 4. Common Discomforts of the SDCA Higher Education Students in year 2015**

<b>DISCOMFORTS</b>	<b>Frequency</b>	<b>Percent</b>
COUGH AND COLDS	10	17.5
DOB	9	15.8
RASHES/SKIN	9	15.8
IRRITATIONS		
HEADACHE/ NAPE	4	7.0
PAIN		
DIZZINESS / FAINT/	4	7.0
LOC		
PELVIC PAIN/	4	7.0
DYSMENORRHEA		
ABD'L PAIN	5	8.8
MUSCLE / JOINT PAIN	3	5.3
SORETHROAT	3	5.3
ACCIDENTS/TRAUMA	6	10.5
Total	57	100.0

In year 2014 a total of 37 employees had a consultation in the school clinic. 5 were from SHSP, 9 from SASE, 2 from SIHTM, and 4 from SBCS. 4 of the respondents belong to 15-19 year old bracket, 19 to the 20-39 year-old age bracket, 8 to the 41-46 year-old age bracket and 1 from the 65 years-old and above age bracket. There were 21 female and 11 male respondents, 2 of them were single while 10 were married, a majority were Roman Catholic, and belonged to the Medicine category.

**Table 5. Demographic Profile of Respondents (SDCA Employees) in year 2014.**

<b>SCHOOL</b>	<b>Frequency</b>	<b>Percent</b>
SHSP	5	5
SASE	9	9
SIHTM	2	2
SBCS	4	4
ADMIN	12	37.5
Total	32	100.0
<b>AGE</b>	<b>Frequency</b>	<b>Percent</b>
15- 19	4	12.5
20- 39	19	59.4
40-64	8	25.0
65- ABOVE	1	3.1
Total	32	100.0
<b>GENDER</b>	<b>Frequency</b>	<b>Percent</b>
FEMALE	21	65.6
MALE	11	34.4
Total	32	100.0
<b>CIVIL STATUS</b>	<b>Frequency</b>	<b>Percent</b>
SINGLE	22	68.8
MARRIED	10	31.3
Total	32	100.0
<b>RELIGION</b>	<b>Frequency</b>	<b>Percent</b>
RC	25	78.1
CHRISTIAN	3	9.4
PROTESTANT	2	6.3
IGLESIA	1	3.1
OTHERS	1	3.1
Total	32	100.0
<b>CLASSIFICATION</b>	<b>Frequency</b>	<b>Percent</b>
MEDICINE	25	78.1
PEDIATRICS	5	15.6
SURGERY	2	6.3
Total	32	100.0

In year 2015 a total of eight employees had a consultation in the school clinic. Two were from SHSP, one from SASE, two from SIHTM, and three from the school administration. Three respondents belonged to the 20-39 year-old age bracket, and five to the 41-46 year-old age bracket. There were four female and four male respondents, three were single while five were married, a majority were Roman Catholic, and belonged to the Medicine category.

**Table 6. Demographic Profile of Respondents (SDCA Employees) in year 2014.**

<b>SCHOOL</b>	<b>Frequency</b>	<b>Percent</b>
SHSP	2	25.0
SASE	1	12.5
SIHTM	2	25.0
ADMIN	3	37.5
Total	8	100.0
<b>AGE</b>	<b>Frequency</b>	<b>Percent</b>
20- 39	3	37.5
41-64	5	62.5
Total	8	100.0
<b>GENDER</b>	<b>Frequency</b>	<b>Percent</b>
FEMALE	4	50.0
MALE	4	50.0
Total	8	100.0
<b>CIVIL STATUS</b>	<b>Frequency</b>	<b>Percent</b>
SINGLE	3	37.5
MARRIED	5	62.5
Total	8	100.0
<b>RELIGION</b>	<b>Frequency</b>	<b>Percent</b>
RC	5	62.5
CHRISTIAN	2	25.0
PROTESTANT	1	12.5
Total	8	100.0
<b>CLASSIFICATION</b>	<b>Frequency</b>	<b>Percent</b>
MEDICINE	8	100.0
Total	8	100.0

Headache was the most common discomfort of SDCA employees in 2014, followed by difficulty of breathing, abdominal pain, and dizziness. In 2015, headache and sore throat were the most common discomforts.



**Table 7. Common Discomforts of the SDCA Employees in year 2014.**

<b>DISCOMFORTS</b>	<b>Frequency</b>	<b>Percent</b>
DOB	4	12.5
RASHES/SKIN IRRITATIONS	2	6.3
HEADACHE/ NAPE PAIN	7	21.9
DIZZINESS / FAINT/ LOC	4	12.5
ABD'L PAIN	4	12.5
MUSCLE / JOINT PAIN	2	6.3
DYSURIA/FLANK	3	9.4
PAIN/ HEMATURIA		
SORETHROAT	1	3.1
CHEST	1	3.1
PAIN/PALPITATIONS		
ACCIDENTS/TRAUMA	2	6.3
FEVER	2	6.3
Total	32	100.0

**Table 8. Common Discomforts of the SDCA Employees in year 2015.**

<b>DISCOMFORTS</b>	<b>Frequency</b>	<b>Percent</b>
COUGH AND COLDS	1	12.5
HEADACHE/ NAPE PAIN	2	25.0
DIZZINESS / FAINT/ LOC	1	12.5
PELVIC PAIN/ DYSMENORRHEA	1	12.5
INFECTED WOUNDS / BOILS	1	12.5
SORETHROAT	2	25.0
Total	8	100.0

## **Conclusion and Recommendation**

The common health discomforts of SDCA Higher Education students in both 2014 and 2015 were skin rashes, difficulty breathing, cough, and cold. The common health discomforts of SDCA faculty and employees in 2014 were headache, nape pain, difficulty of breathing, and abdominal pain, while in 2015, headache, nape pain, and sore throat were the common health discomforts.

Since two of the top three discomforts of the students are communicable such as cough, colds, fever, and skin rashes or skin irritations, the following are recommended:

1. Scheduling of Health Education like hand washing/hand hygiene, proper food handling and preparation, proper waste disposal, and avoidance of sharing of personal items
2. Availability of hand hygiene materials and solutions in school comfort rooms and the school clinic such as water, soap or liquid soap, hand sanitizers, tissue, alcohol, etc.
3. Availability of over-the-counter drugs in the school clinic.

Top discomforts (headache, nape pain and DOB) can be relieved temporarily by rest periods. Common discomforts are usually felt by employees in general due to workloads and work schedules. The following are the recommendations:

1. Providing rest periods during break time.
2. Oxygen tank and tubing readily available in the school clinic.
3. Availability of emergency drugs in the school clinic.
4. Health education on relaxation techniques and stress management

## References

- [1] Barry and Yuill. (2012). *Understanding the Sociology of Health*, 3rd edition, SAGE Publications, pp 129-130, 139.
- [2] Green and Tones. (2010). *Health Promotion Planning and Strategies*, Second Edition, SAGE Publications, page 9,234.
- [3] Nies and McEwen. (2011). *Community/Public Health Nursing*, 5th edition, Elsevier Inc. Pp. 298-306
- [4] Common college ailments and illnesses, <https://owlcation.com/academia/common-problems-for-college-students>; 2015
- [4] Roberts, Eye Problems Among College Students, <http://wellbeing-support.com/eye-problems-among-college-students/>, 2011
- [4] Ten common problems college students face, [https://www.ecampustours.com/for-students/campus-life/health-and-safety/common-college-ailments-and-illnesses.aspx#.WA67\\_\\_krLIU](https://www.ecampustours.com/for-students/campus-life/health-and-safety/common-college-ailments-and-illnesses.aspx#.WA67__krLIU), 2015
- [5] Common discomforts of college students, <http://wellbeing-support.com/eye-problems-among-college-students/>, 2011
- [6] Workplace posture and ergonomics, <http://www.businessballs.com/workplaceposture.htm>, 2011
- [7] Preidt. Majority of College Students Report Backpack-Related Pain, <http://abcnews.go.com/Health/Healthday/story?id=5789534&page=1>, 2008
- [8] What is Archival Research? [http://www.psychwiki.com/wiki/What\\_is\\_archival\\_research%3F](http://www.psychwiki.com/wiki/What_is_archival_research%3F), 2010