

SCHOOL HEALTH SERVICE

INTRODUCTION • School health service is an important aspect of community aspect of community health. It is possible to increase the health level of community and achieve growth in the health of future generation through school health service.

DEFINITION OF SCHOOL HEALTH •

School health refers to a state of complete physical, mental, social and spiritual well being and not merely the absence of disease or infirmity among pupils, teachers and other school personnel

DEFINITION OF SCHOOL HEALTH SERVICES

School health service refers to need based comprehensive service rendered to pupils, teachers and other personnel in the school to promote, protect their health, prevent and control disease and maintain their health.-

AIMS

The ultimate aim of school health services is to promote, protect and maintain health of school children and reduce morbidity and mortality in them.

OBJECTIVES OF SCHOOL HEALTH SERVICE

The promotion of positive health • The prevention of diseases • Early diagnosis, treatment and follow up of defects • Awakening health consciousness in children • The provision of healthful environment.

GOALS OF SCHOOL HEALTH SERVICES

• To prepare the younger generation to adopt measures to remain healthy so as to help them to make the best use of educational facilities, to utilize leisure in productive and constructive manner, to enjoy recreation and to develop concern for others • To help the younger generation become healthy and useful citizen who will be able to perform their role effectively for the welfare of themselves, their families and the community at large and country as a whole

NEED FOR SCHOOL HEALTH SERVICES

• School children constitute a vital and substantial segment of population. • Schoolchildren are vulnerable section of population by virtue of their physical, mental, emotional and social growth and development during this period. • School children are exposed to various stressful situations. • Children coming to school belong to different socio economic and cultural background which affect their health and nutritional status and require help and guidance in promoting, protecting and maintaining their health and nutritional status. • Children in school age are prone to get specific health problems.

PRINCIPLES OF SCHOOL HEALTH SERVICES

• It is based on health needs of school children • It is planned in co-ordination with school health personnel, parents and community people. • It emphasize on health education to promote, protect, improve and maintain health of children and staff. • It emphasize on promotive and preventive, aspects.

• It emphasize on health education to promote, protect, improve and maintain health of children and staff. • It emphasize on learning through active and desirable participation. • It is an ongoing and continuous program. • It has an effective system of record keeping and reporting.

COMPONENTS OF SCHOOL HEALTH PROGRAMME

• Health appraisal of school children and school personnel • Remedial measures and follow up • Prevention of communicable disease • Healthful school environment • Nutritional service • First aid and emergency care • Mental health

• Dental health • Eye health • Health education • Education of the handicapped children • Maintenance and use of school health records

1. Health appraisal of school children and school personnel → Periodical medical examination of school children, teacher, health personnel. → Medical examination on entry- 4 years → Routine physical examination needs to be done. → Clinical examination for nutritional deficiency, examination of faeces. → Tuberculin testing/ screening for Hansen's annual testing of vision, regular and quarterly wt/ht checking. → Daily morning inspection by the teachers unusually flushed face, rashes, spots, signs of acute cold, coughing and sneezing, sore throat, rigid neck, nausea, vomiting, watery eyes, headache, chills, fever, etc.

2. Remedial measures and follow up → Following the regular examination, respective referral services. → Special clinics should be conducted in the health units. → Specialist should be employed in schools for the same. → Referral hospital must provide for beds for children who are admitted and provide relevant treatment.

3. Preventive of communicable diseases → Protection of all school going children against preventable disease by immunization according to the National Immunization Schedule.

4. Healthful school environment → An optimal school environment, location, building and equipment's are important pre-requisites for a school health. → A good school environment promotes physical, social and emotional health of the pupils. → School should serve as exemplary place to reflect sanitation.

5. Nutritional services → Good nutrition is very essential not only for optimal health growth and development of the school child but also for his/her educational achievement. → A nutritious mid-day meal for children in the school is considered as a practical solution to combat malnutrition in children.

6. First aid and emergency care → The school must have an arrangement for providing first aid and emergency care to children who get injured or sick at the school. → The teachers should receive adequate training during teacher training program or in service training programs to prepare themselves to carry out this obligation.

7. Mental health → The mental health of the child affects his physical health and the learning process. → Juvenile delinquency, maladjustment and drug addiction are becoming problems among school children. so, teachers need to plan and organize well-balanced curricular activities so that students are not over burdened and have sufficient relaxation and recreation,

8. Dental health → School children usually suffer from dental diseases and defects. → School health should incorporate dental health components too. → Dental hygienist and dentist are to be employed. → During the dental check up should focus on prophylactic cleansing and dental hygiene classes.

9. Eye health services → Teachers are in key position to detect refractive errors, refer for treatment for squints, amblyopia and to detect eye infections. → Vitamin A administration could be done.

10. Health education → Health education is very important for school children as it creates awareness, gives knowledge regarding health matter, gives knowledge regarding health matter, develops motivation and promotes change in health behavior and health attitudes. → Health education content areas include personal hygiene, environmental health, nutrition, prevention and control of communicable and non-communicable diseases.

11. Education of handicapped children → Every child irrespective of the disability, should be encouraged to become productive and self supporting. 12. School health records → The schools have cumulative health records providing pertinent information and serves as tool to evaluate the school health services.

NATURE AND SCOPE

- It is an integral part of community health. It is that phase of community health and family health service that promotes the well-being of the children and his education for healthy living. • It can be a powerful influence for shaping health behavior. There is a unique opportunity to promote, maintain and improve health and well-being since teacher reach most people early in life, where attitudes and values are most readily developed. • School health service is a personal health service. It stresses the role of the child as a "change agent for community". A child has greater capacity to observe, learn, experiment and then transfer knowledge to others

- School health helps to impart information of health habits and practices of healthful living throughout school life, which are very important during the formative period of one's life. • School health program help the younger generation become healthy and useful citizen who will be able to perform their role effectively for the welfare of themselves, their families, etc

SCHOOL HEALTH TEAM

The school principal • The school teacher • The parents • The community • The children • The medical officer • The school health nurse/ community health nurse

ROLE OF NURSE • Administrator • Educationist • Service provider • Researcher • Initiation and implementation • Liaison activities • Co-ordination • Evaluation • Training and guidance.