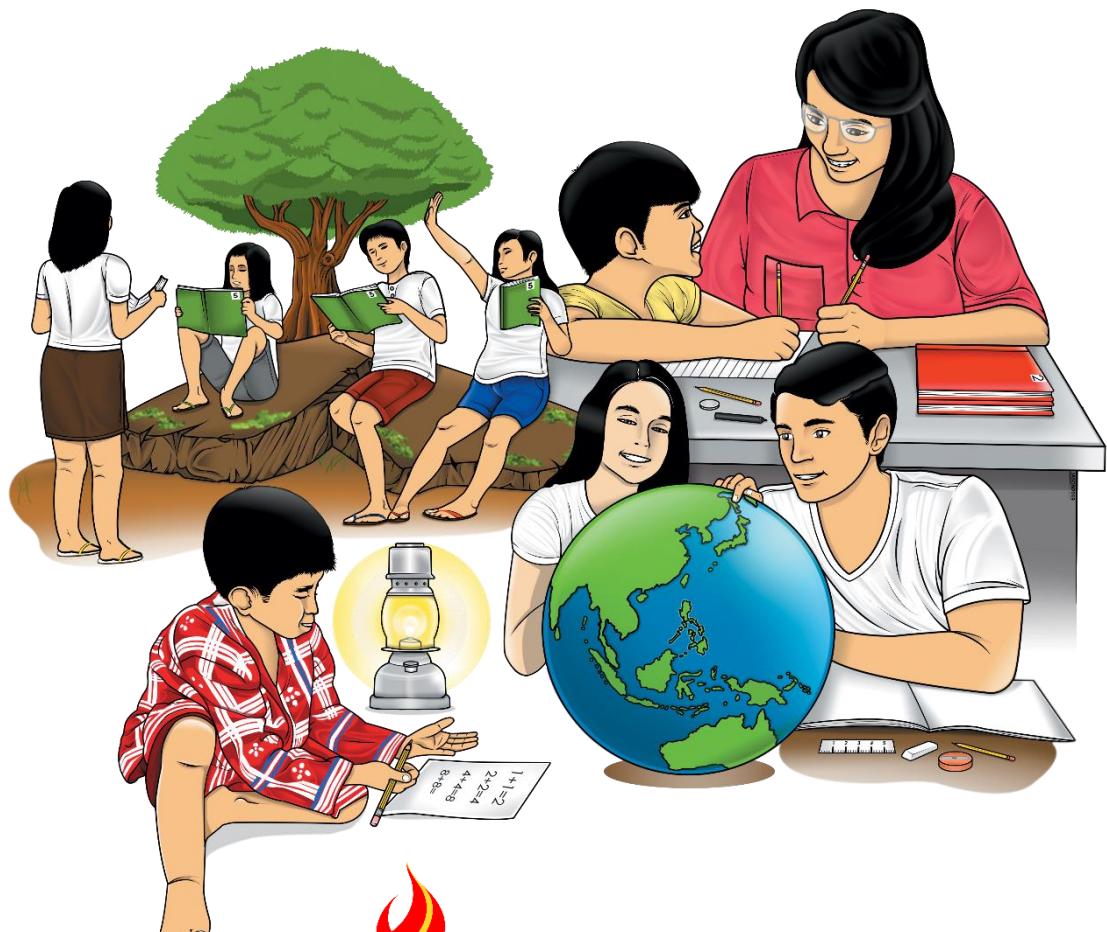


Health

Quarter 1 – Module 5: Health Services



Health – Grade 7
Alternative Delivery Mode
Quarter 1 – Module 5: Health Services
First Edition, 2020

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Health

Quarter 1 – Module 5:

Health Services

Introductory Message

This Self-Learning Module (SLM) has been prepared for you so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

This SLM is composed of different parts. Each part will guide you step-by-step as you discover and understand the lesson prepared for you.

In this SLM, a pretest is provided to measure your prior knowledge on the lessons in it. The result of it will tell you if you need to proceed on completing the activities in it or if you need to ask your facilitator or your teacher's assistance for better understanding of the lessons in it. At the end of this SLM, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

Please use this SLM with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any question in using this SLM or any difficulty in answering the activities in it, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

In the previous lesson, you have learned about health appraisal and screening procedures. You also learned about different screening tests to attain holistic health. The next chapter deals with health services that are offered in the school and in the community to help you attain healthy living.

It is true that health is one of our treasures! We can't do anything if we are not in good condition. As what the saying goes, "Health is wealth", every individual deserves to have a healthy body and a healthy mind as well.

Even the government does its initiatives like campaigns and advocacies in schools and in every community to safeguard our health.

As a grade 7 student, it is your responsibility to impart knowledge and be an advocate of health to your classmates, school mates, family, and in the community you live in. With that, this module will help you to learn information and understand health services.

Are you now ready to learn new knowledge? Let's get started!

The module focuses on this lesson:

Lesson 1 – Growth and Development: Health Services

After going through this module, you are expected to:

- avail of health services in the school and in the community in order to appraise one's health. H7GD-Ii-j-24





What I Know

The result of this activity will check your present knowledge and understanding about health services.

A. True or False

Directions: Write **TRUE** if the statement is correct and **FALSE** if the statement is not correct. Do this in your activity notebook.

- _____ 1. Health service is a public service providing medical care.
- _____ 2. Primary health care is the government program to promote community health.
- _____ 3. Health services consist of medical non-professional, organizations, and ancillary health care workers.
- _____ 4. Health services must be made available for free in the community.
- _____ 5. Pharmacy services distribute the medicines in all health centers.

B. Matching Type

Directions: Match the functions in column A with the health services in column B. Write the letter that corresponds to your answer on the space provided before each number. Do this in your activity notebook.

Column A

- _____ 1. Check for certain diseases and conditions.
- _____ 2. Provide free medicines
- _____ 3. Do tooth extraction
- _____ 4. Inform about general health status
- _____ 5. Adolescent counselling centers
- _____ 6. Check the nutritional status
- _____ 7. Operation timbang, food supplementation
- _____ 8. Check the intestinal worm
- _____ 9. Distribute medicines to all health centers
- _____ 10. Immunization

Column B

- A. Blood Testing
- B. Child Health Care
- C. Dental Health Program
- D. Deworming
- E. Medical Check up
- F. Medical Morbidity clinic
- G. Mental hygiene
- H. Nutrition program
- I. Pharmacy services
- J. School feeding
- K. Scoliosis test

Here is a rubric that best describes your achievement in the pre-test. Don't worry, this is just a check-up of your knowledge of the lesson!

12-15	8-11	5-7	1-4
Very Good	Good	Fair	Needs Improvement

Lesson 1

Growth and Development: Health Services

This module will introduce the different agencies or programs that offer different health services and their functions. Having the provision to learn these programs, services and their respective functions, it will help you attain holistic health.

With this, you are going to perform different activities that will evaluate your learning.



What's In

In your previous lesson, you learned about the importance of health appraisal and screening tests.

In this activity, you will be assessed if you still remember the different screening tests.

Directions: Unscramble the letters in column A to form each screening test being referred to in column B. Do this in your activity notebook.

Column A Screening test	Column B Function
1. G N I R A E H T S E T	Checks the ability to hear the loudness and pitch of the sound.
2. E A S T R B - E L F S A N I M A T I O N E X	Checks unusual lumps.
3. L I O S I S S C O T S T E	Keeps you informed of any abnormal curvature of your spine.
4. N O I S I V S T E T	Keeps you informed of your visual sharpness.
5. G H T E I W K I N G T A	Keeps you aware if you are within your ideal weight.
6. H G E H I T T A G K I N	Gives you an idea about your growth rate.
7. L D A E T N N E O X I A T M A I N	Keeps you informed about any dental problems.
8. C A D I M E L E X O N A M T I I N A	Keeps you informed about your general health status.

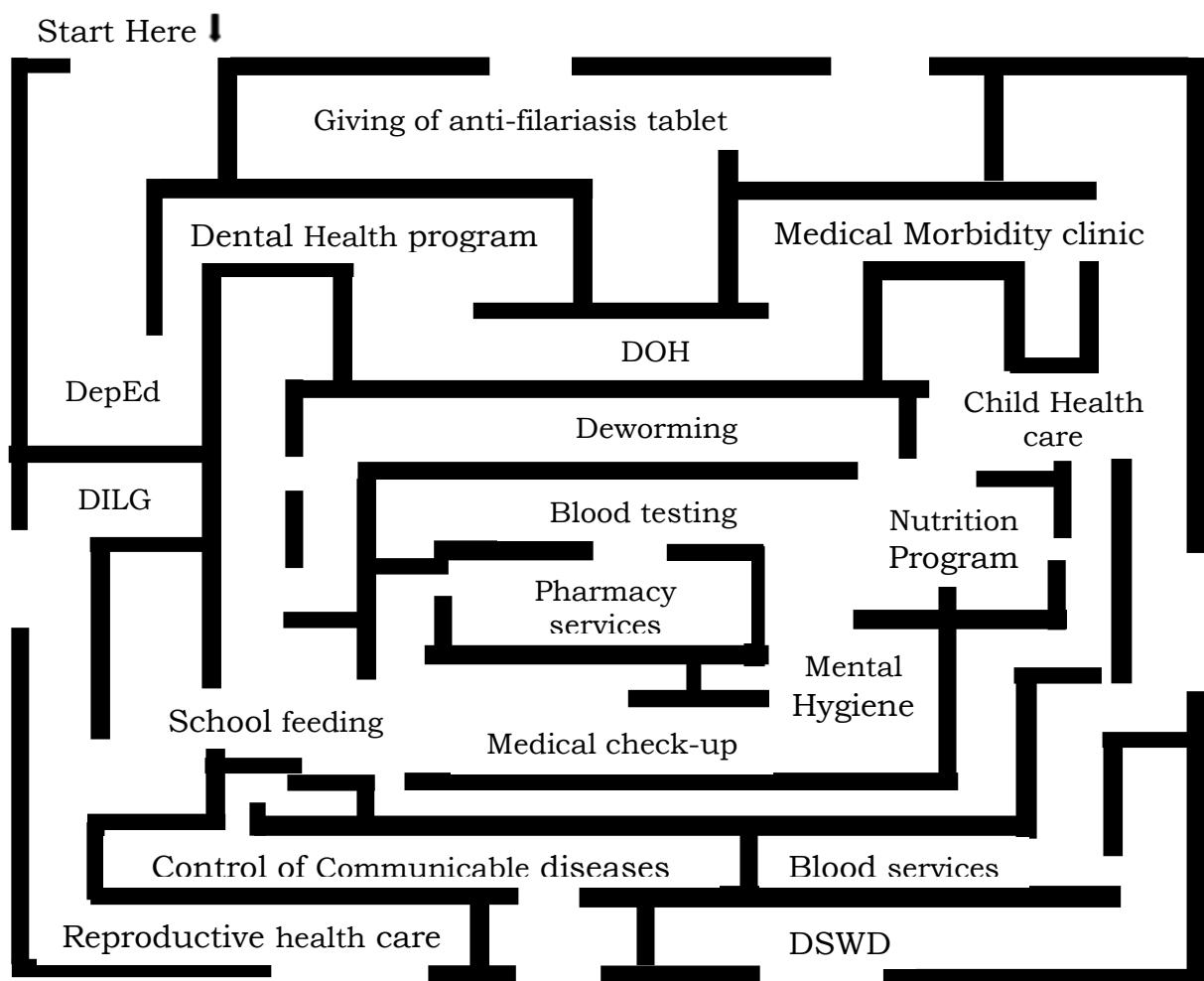


What's New

After performing this activity, your prior knowledge about health appraisal will be assessed.

Activity 1: Word Maze

Directions: Find your way into the heart of the maze to find the words related to health services. Do this in the photocopied material given by the teacher.



Guide Questions:

1. What health services are commonly available in your school and in your community?
2. Why is it important to understand the different health services? Answer it in 2-3 sentences.



What is It

Were you amazed of the maze? Are you now familiar to the health services in your school and in your community?

This time, let us discuss the different health services that are being offered in your school and in your community as well. Are these for free or not?

Time to Read!

Health service is a public service providing medical care.

Health services consist of medical professionals, organizations, and ancillary health care workers who provide medical care to those in need. Health services serve patients, families, communities, and populations. They cover emergency, preventative, rehabilitative, long-term, hospital, diagnostic, primary, palliative, and home care. These services are centered on making health care accessible, high quality, and patient centered.

Our government believes that a strong nation needs healthy citizenry. In order to achieve this, the Department of Health promoted community health in partnership with the Department of Education, community, barangay, government and non-governmental organizations through the program called Primary Health Care.

Primary health care programs in the school and community

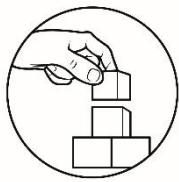
Health services	Functions
Dental Health program	Conduct dental-related examinations and procedures like extraction of milk teeth, giving prescriptions for tooth aches, etc.
Medical Morbidity clinic	Provide free medicines for simple health problems, prescribed by medical practitioners assigned in a community or school. Examples include stomach ache, fever, cough and colds.
Child health care	Conduct immunization for children, since their immune system is relatively weak. This includes vaccines for Measles, Mumps, Polio and Influenza. It also aims to control Diarrheal diseases caused by microorganisms through educating children about water safety and sanitation.

Health services	Functions
Nutrition program	Administers operation ‘timbang’ to ensure that children’s mass is appropriate for their age (BMI – Body Mass Index). To respond to the needs of children who are underweight, the community and school provides food supplementation through giving vitamins or free healthy snacks during recess.
Deworming	This service aims to eliminate intestinal parasites in children through the use of Mebendazole. This is being done every January and July (National Deworming Month) and has been a goal of Department of Health since then.
School feeding	This service aims to improve the nutritional status of students by providing free, healthy meals. It helps in increasing the attendance of students as well.
Medical check-up	Checks and informs children of their general health status such as weight, height, eye condition and heartbeat to guarantee good health and to provide early detection of diseases or abnormalities.
Mental hygiene	Provide centers for adolescents suffering from problems like depression, abuse and stress. These centers help in the overall physiological well-being of students.
Blood testing	Checks and tests components of the blood for possible disorders and conditions like anemia, leukemia and blood infection.
Pharmacy services	Delivers medicines to health centers for easier access. Examples are medicines which are badly needed by the locals in the community.

Did You Know?



Did you know that the above services must be made available for **free** in your community and in school because they are subsidized by the government to ensure that your health is being protected? **Yes, they are available and must be given for free.**



What's More

How are you after reading more information about health services? Are you now informed about the professionals and other personnel who are involved in providing such services? Are you aware about how they function in their respective assignments? This activity will guide you identify the health services in the school and in the community.

Activity 1: Available service

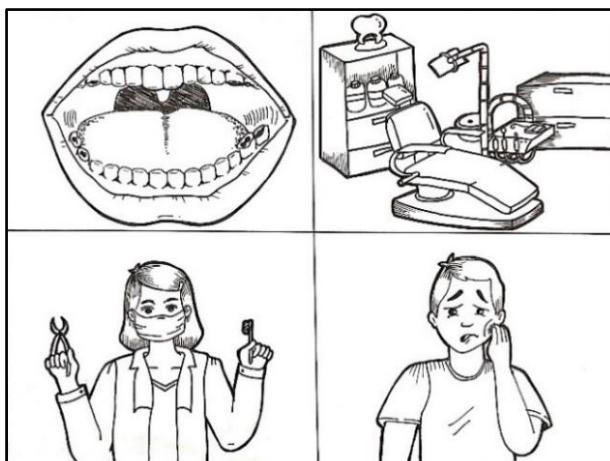
Directions: Make a spider map showing the available health services in your school and in your community. Add or delete lines as needed. Do this in separate paper.



Activity 2: 4 PICS, 1 WORD

Directions: Look at each picture closely and arrange the scrambled letters to form the word that collectively describe them. Write your answer in your activity notebook.

1.



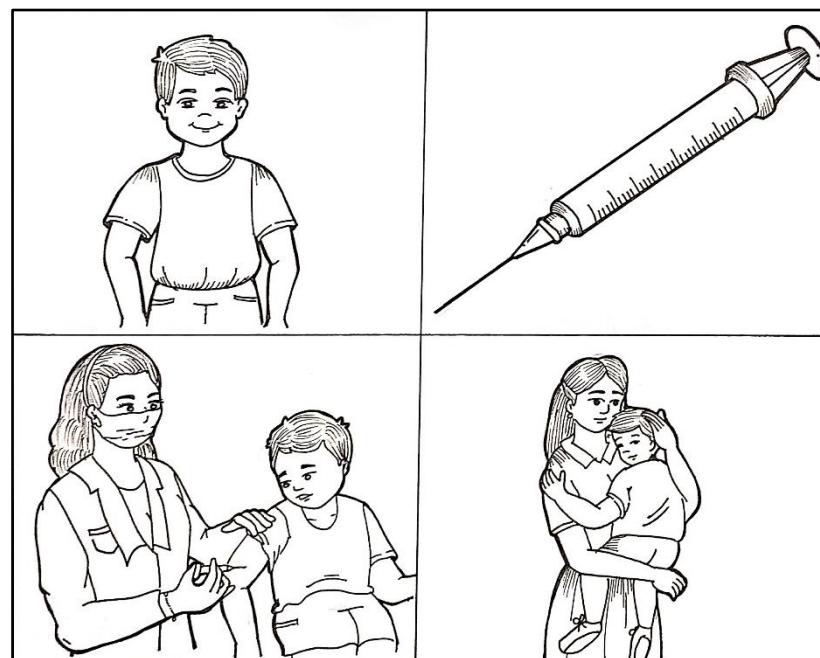
T A L E N D - A L T H H E - G R A M R O P

2.



U T N R I N O I T - P A M G R O R

3.



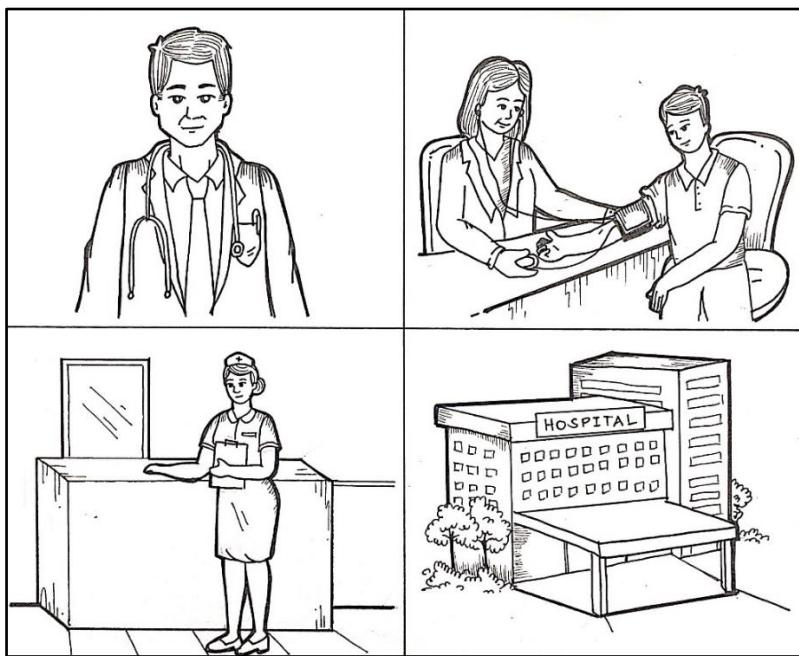
I H L C D - A L T H H E - R E C A

4.



Y | P | H | A | R | C | A | M - V | I | C | E | S | E | R | S

5.



D | E | C | I | M | A | L - H | E | P | C | K | U | C

Activity 3: Pick Me

Directions: From the pool of words, choose the answer that is being referred to in numbers 1-10. Write your answer in your activity notebook.

Deworming	Medical check-up
Child health care	Medical Morbidity clinic
Mental hygiene	Pharmacy services
Nutrition program	Dental Health Program
School feeding	Health service

1. Operation 'Timbang'
2. Tooth extraction
3. Provision of free medicines
4. A public service providing medical care
5. Check the nutritional status
6. Check the intestinal worm
7. Immunizations
8. Adolescent counselling centers
9. Informed about general health status
10. Distribution of medicines to all health centers

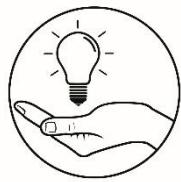
Activity 4: Look at Me!

Directions: Study the picture below. Make a 1-liner slogan composed of 5-10 words only. Use short bond paper. Do it in a landscape format. A model was done for you. For example: "Regular Check-up Makes You Healthy"



Criteria:

Creativity	4	3	2	1
Relevance of the message	4	3	2	1
Content	4	3	2	1



What I Have Learned

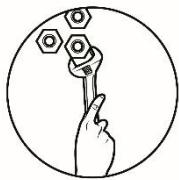
You just did series of exercises about health services. Now, how do you consider the health services being offered by your school and your community? Are these services essential as you grow?

In this activity, your learnings on the health services will be checked.

Activity 1: Health Book

Directions: Complete the statement and write something about what you learned about health services. Do this in your activity notebook.

(1)	Health Diary,
(2)	Today I learned that
(3)	
(4)	
(5)	This learning is important because
(6)	
(7)	
(8)	I realized that
(9)	
(10)	
(11)	I feel
(12)	
(13)	



What I Can Do

Finally, you will now showcase what you've learned from this module.

Activity 1: My Status

Directions: Draw a smiling face (☺) if the statement relates to your practice or habit and a sad face (☹) if it's not. Copy the table and write it in your activity notebook.

Statement	
1. I'm interested in my health status.	
2. I regularly check my academic performance.	
3. I experience vision test to assess my visual perception.	
4. I participate in school's activities which involved contests like drawing, cooking and other academic program activities.	
5. I visit the spiritual directors at least every quarter for spiritual assessment.	
6. I follow the doctor's advice on how to take good care of my health.	
7. I search for the advice of trusted adults such as parents, teachers and guidance counsellors whenever I have a problem.	
8. I undergo scoliosis screening in my school/barangay clinic.	
9. I join the inter-school/barangay sports program with my classmates and friends.	
10.I avail of the health services in our school/barangay health clinic.	

Evaluate your answer. How many times did you use smiling face?

The total number of smiling faces indicates the level of your health interest and practices.

Score	Interpretation	Indicators
9-10	Excellent	You continue being a model of healthy living.
7-8	Very satisfactory	You keep improving to reach the top.
5-6	Satisfactory	You are on track but there is still room for improvement.
3-4	Fair	You need to work harder and commit yourself to living a healthy life.
1-2	Needs improvement	You need to reflect on how your habits are hurting your health. Now is a perfect opportunity to start living the healthy way.

Activity 1: Health Advocate

Directions: Produce an advocacy material about health services. Choose one.

A. Poster

Create a poster that will promote the health services offered to the adolescents in the school and in the community. Use short a bond paper and draw it in a landscape format.

Criteria:

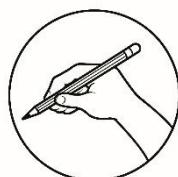
Creativity	4	3	2	1
Neatness of work	4	3	2	1
Message	4	3	2	1
Interpretation	4	3	2	1

B. Song/Poem

Write a five-liner song or poem consisting of 2-3 stanzas that promote health services in the school and in the community. Write it in a short bond or colored paper.

Criteria:

Creativity	4	3	2	1
Relevance of the message	4	3	2	1
Content	4	3	2	1



Assessment

A. True or False

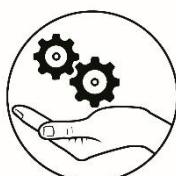
Directions: Write **TRUE** if the statement is correct and **FALSE** if the statement is not correct. Do this in your activity notebook.

- _____ 1. Health services consist of medical non-professionals, organizations, and ancillary health care workers.
- _____ 2. Primary health care is the government program to promote community health.
- _____ 3. Pharmacy services distribute the medicines in all health centers.
- _____ 4. Health services must be made available for free in the community.
- _____ 5. Health service is a public service providing medical care.

B. Matching Type

Directions: Match the functions in column A with the health services in column B. Write the letter that corresponds to your answer on the space provided before each number. Do this in your activity notebook.

Column A	Column B
_____ 1. Immunization	A. Blood Testing
_____ 2. Provide free medicines	B. Child Health Care
_____ 3. Check the nutritional status	C. Dental Health Program
_____ 4. Inform about general health status	D. Deworming
_____ 5. Check for certain diseases and conditions.	E. Medical Check up
_____ 6. Adolescent counselling centers	F. Medical Morbidity clinic
_____ 7. Operation 'Timbang,' food supplementation	G. Mental hygiene
_____ 8. Do tooth extraction	H. Nutrition program
_____ 9. Distribute medicines to all health centers	I. Pharmacy services
_____ 10. Check the intestinal worm	J. School feeding
	K. Scoliosis test



Additional Activities

Before we finally end our study, let us assess your deeper knowledge and understanding on the topics that you have analyzed.

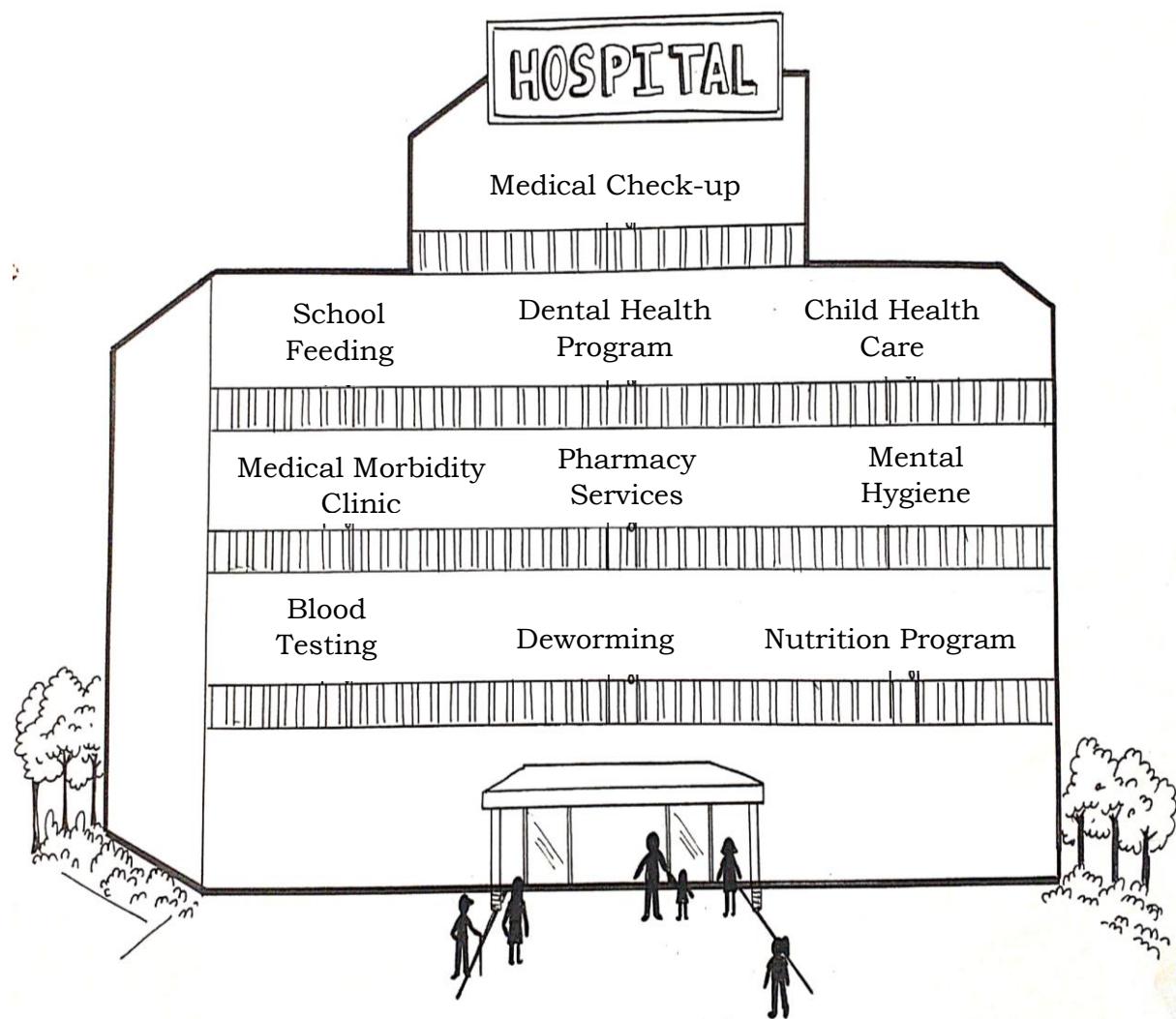
Activity 1: My Dream Clinic

Directions: Using a short coupon bond, draw your dream clinic that offers all health services. Draw it in a landscape format.

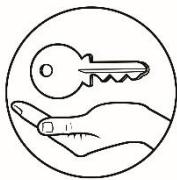
A large, empty rectangular box intended for students to draw their "My Dream Clinic" in landscape format.

Activity 2: Fit Me!

Directions: Classify the following health services of the hospital. Write them in the proper group where they belong. Do this in your activity notebook.



School	Community
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.



Answer Key

References

Department of Education. Physical Education and Health Teacher's Guide Grade 7.
Pasig City: Department of Education, 2017.

Department of Education. Physical Education & Health Learner's Material Grade 9.
Pasig City: Department of Education, 2017.

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