

Health

Quarter 1 – Module 4: Health Appraisal and Screening Procedures



Health – Grade 7

Alternative Delivery Mode

Quarter 1 – Module 4: Health Appraisal and Screening Procedures

First Edition, 2020

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7

Health

Quarter 1 – Module 4:

Health Appraisal and Screening Procedures

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

“Prevention is better than cure.”

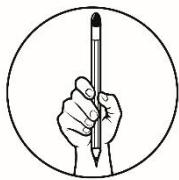
Our goal is to attain a holistic health. It could be achieved through monitoring your health status. Regular check-ups and screening tests are important to monitor health status. The school health personnel perform these check-ups and screening tests from the beginning towards the end of the school year. As you go along, you will notice that the diseases or health condition you experience or encounter can be prevented. There are many concerns that need to be addressed but with the correct and adequate health information, positive attitude, healthy lifestyle practices and desirable coping skills, the right practice of all of these will help in attaining and maintaining holistic health.

This module will give you the knowledge and information that you may use in your daily life. It focuses on the importance of health appraisal and the process of undergoing the series of screening tests that will help you attain holistic health. You will be provided with a lot of activities that will test your prior knowledge and will help you understand more about health and test procedures.

Are you ready to learn new knowledge? Let's start!

The module focuses on this lesson:

- Lesson 7 – Growth and Development: Health Appraisal and Screening Procedures
- After going through this module, you are expected to:
- explain the proper health appraisal procedures. H7GD-Ii-j-22
- demonstrate health appraisal procedures during adolescence in order to achieve holistic health. H7GD-IIi-j-23



What I Know

A. Multiple choice

Directions: Write the letter of your answer in your activity notebook.

1. This test will inform you about your general health status.
 - A. Dental examination
 - B. Hearing test
 - C. Medical examination
 - D. Vision test

2. This test will inform you about your teeth and mouth condition.
 - A. Dental examination
 - B. Hearing test
 - C. Medical examination
 - D. Vision test

3. It is an abnormal curvature of the spine, which causes pain and affects growth. What condition is this?
 - A. Breast cancer
 - B. Malnutrition
 - C. Scoliosis
 - D. Spinal cord

4. This examination can help females check any abnormalities in their breast.
 - A. Breast-Self Examination
 - B. Dental examination
 - C. Medical examination
 - D. Scoliosis screening

5. It refers to the series of procedures that assess or determine the health status of students.
 - A. Health
 - B. Health appraisal
 - C. Health status
 - D. Physical fitness

6. The following are signs of scoliosis for doctor treatment EXCEPT one. Which one is it?
 - A. A hip appears higher or is more prominent than the other.
 - B. The entire body is leaning to side by side.
 - C. The rib cage is uneven.
 - D. The waist is uneven.

7. The following are personnel who conduct the screening test EXCEPT.
- A. Canteen manager
 - B. School dentist
 - C. School nurse
 - D. School physician
8. The following are procedures on breasts examination of female EXCEPT.
- A. While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes of size, shape, contour, or dimpling, or redness of the nipple or breast skin.
 - B. Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone.
 - C. Lie down on your back and place your right arm behind your head.
 - D. A hip appears higher or is more prominent than the other.
9. Height taking: gives you an idea about your growth rate; Weight taking: Keeps you _____
- A. Aware if you are within your ideal weight at your age.
 - B. Informed of any dental problems.
 - C. Informed of your visual acuity.
 - D. Check unusual lumps.
10. The following signs should be referred to a doctor for treatment in scoliosis.
- A. The spinal cord alignment is appropriate.
 - B. The bone is dislocated.
 - C. The rib cage is uneven.
 - D. The rib cage is even.

B. Matching Type

Directions: Match the functions in column A with the screening test 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. Keeps you informed of any abnormal curvature of your spine.
2. Checks unusual lumps.
3. Checks the ability to hear the loudness and pitch of the sound.
4. Keeps you informed of your visual perception.
5. Gives you an idea about your growth rate.

Column B

- A. Breast-Self examination
- B. Hearing test
- C. Height test
- D. Scoliosis test
- E. Vision test
- F. Weight test

After checking the correct answer, you may now rate your performance using the rubric below.

| SCORE | DESCRIPTION |
|--------------|--------------------|
| 13-15 | Very Good |
| 8-12 | Good |
| 5-7 | Fair |
| 1-4 | Needs Improvement |

Lesson 1

Growth and Development: Health Appraisal And Screening Procedures

This module introduces the screening procedures of scoliosis and the breast-self-examination that will help you attain holistic health.

Your teacher will help you clarify new terms and concepts. These questions will guide you.

- How many times do you visit your barangay health center?
- Do you go with your parents to attend the medical program in your barangay?
- Can you identify the medical tests that you had since you were in elementary grade?



What's In

From your previous lesson, you learned about the different coping skills. In this activity, you will be assessed if you still remember the different coping skills.

Directions: Write SSS on the blank if the item refers to support-seeking strategies, PPSS for positive problem-solving strategies, and PRS for positive- reframing strategies. Do this in your activity notebook.

1. Take a deep breath.
2. Look at the problem as a challenge.
3. Seek advice from responsible family members/relatives.
4. Talk to a friend who can do something about your problem.
5. Believe that you can do it.



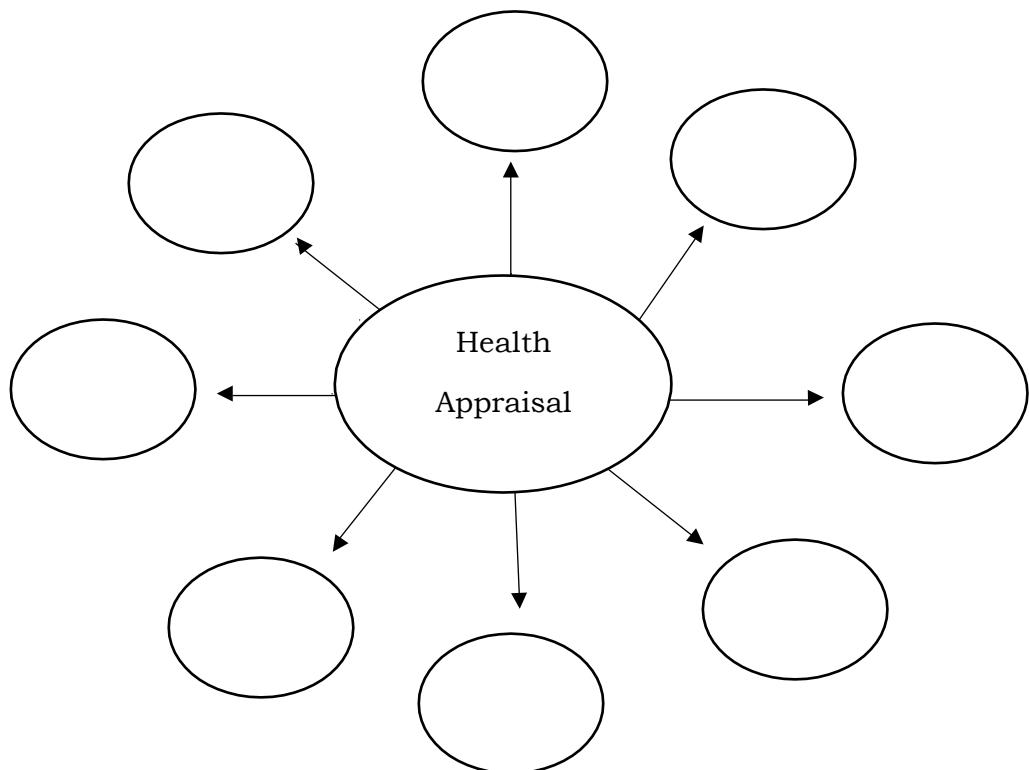
What's New

What is your score in the exercise? How is your score? Are all the coping strategies relevant to you?

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

Activity 1: My Thought

Directions: Using a concept map, write the words that can be associated with "Health Appraisal" inside the circles. You may add more circles, if necessary. Do this in your activity notebook.



What aspects of your health appraisal do you think you should be most attentive to? Why do you think so?



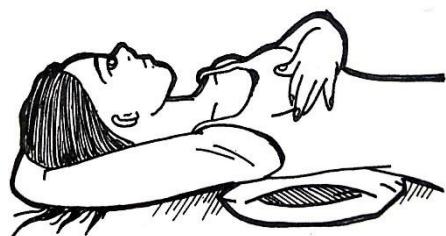
What is It

Health Appraisal and Screening Procedures

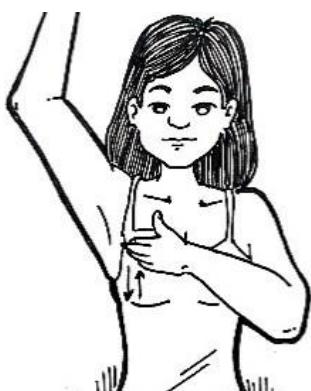
Health Appraisal is a series of procedures to assess or determine the health status of a learner. Screening for blood pressure is added to the routine tests for height, weight, vision, and hearing. Immunizations are also updated.

For girls, it is recommended to check your breasts for possible masses or lumps the moment you start menstruating. You should do this monthly, specifically one week after the onset of menstruation. You can do this while taking a shower or facing the mirror. This breast self-examination (BSE) can help females check any abnormalities that might need medical help. Remember, there are normal changes during and right before menstruation, so it is better to perform BSE after menstruation. Develop the habit of doing BSE monthly.

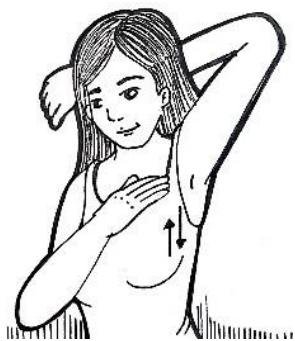
How to examine your breast:



1. Lie down on your back and place your right arm behind your head. Use the finger pads of the middle fingers on your left hand to feel for lumps in the right breast. Use overlapping dime-sized circular motions of the fingers pads to feel the breast tissue.



2. Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone (sternum or breastbone).

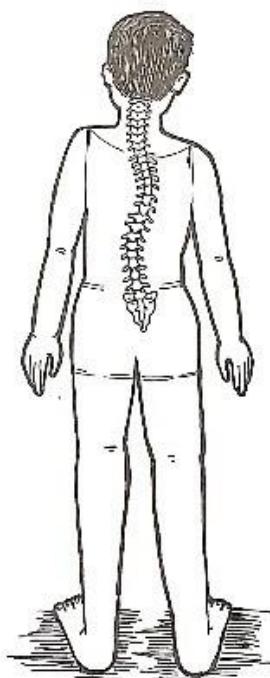


3. Repeat examination on your left breast, putting your left arm behind your head and using the finger pads of your hand to do the same.



4. While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes in size, shape, contour, or dimpling, or redness of the nipple or breast skin.

Scoliosis Screening

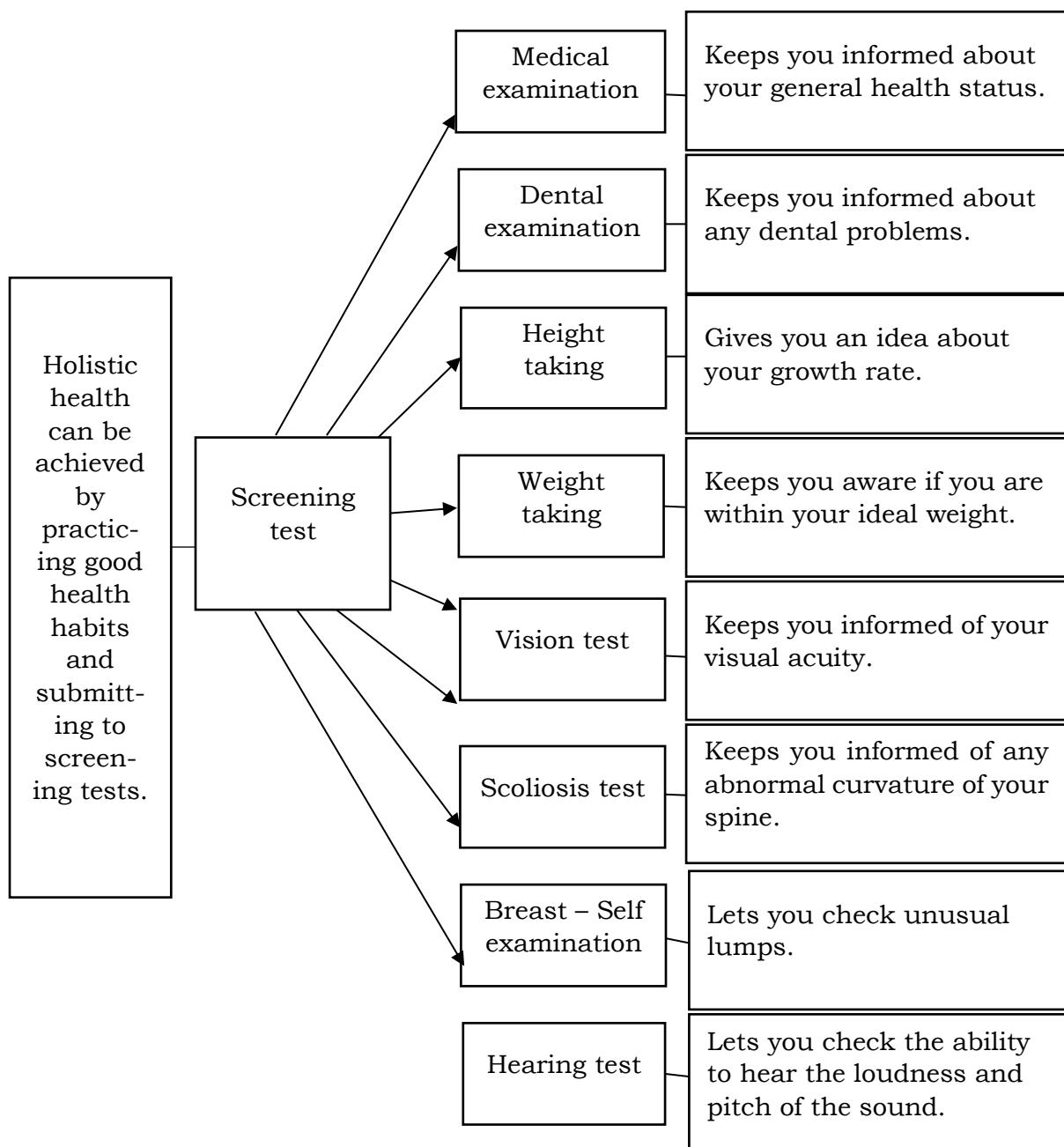


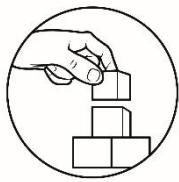
Scoliosis is a condition in which the spine curves to the side. It is an abnormal lateral or side-to-side curvature of the spine. This condition commonly develops during sudden growth of adolescents. It affects girls more often. This condition can be corrected if treated early before the bones have fully developed.

The following signs should be referred to a doctor for treatment:

- One of the shoulder blades is more prominent.
- The head is not aligned to the center of the pelvis.
- A hip appears higher or is more prominent than the other.
- The rib cage is uneven.
- The waist is uneven.
- The entire body is leaning to one side.

The graphic organizer below shows the importance of health appraisal/screening test in attaining holistic health.





What's More

Well, you have just read about Health Appraisal and Screening Procedures. The activity that follows will help you remember if you have undergone screening test before and if you have attained holistic health.

Activity 1: Smile Doc!

Directions: Put ☺ before each item if you have undergone the procedure listed below. Copy the table and answer in your activity notebook. Please answer each of the items honestly.

| | |
|--|---|
| | 1. Have you gone to a hospital/clinic/barangay center and been informed about your general health status? |
| | 2. When you had a problem with your teeth, did you consult your dentist and was informed about your dental condition? |
| | 3. Are you aware of your growth rate? |
| | 4. Have you visited the hospital to consult the doctor about your spinal condition? |
| | 5. Have you consulted a medical expert to test your ability to hear? |
| | 6. Do you have an idea about your ideal weight appropriate to your age? |

Answer the following questions to process the above activity.

1. How many items did you mark with a ☺? How many items you did not mark?
2. Where can you avail the needed screening test?
3. Based on the activity, what is the importance of screening test to our health?

Activity 2: Match It Up!

Directions: Match the different types of screening test inside the box with the picture below. Write your answer in your activity notebook.

Breast-Self-examination

Hearing test

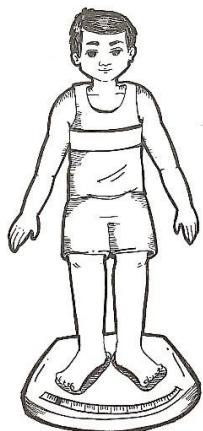
Height test

Scoliosis test

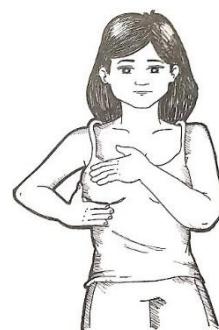
Vision test

Weight taking

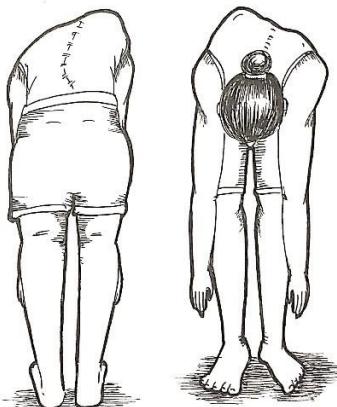
1.



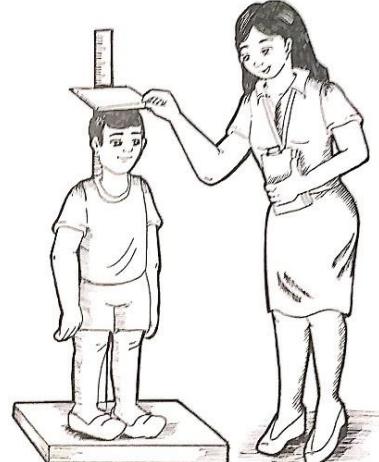
4.



2.



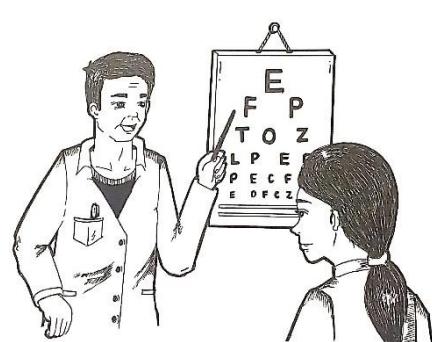
5.



3.



6.



Activity 3: I do it for you!

Directions: Write the function of each of the following screening tests. Follow the chart below. Number one is done for you. Write your answer in your activity notebook.

| Screening Test | Function |
|----------------------------|---|
| 1. Vision test | Keeps you informed of your visual perception. |
| 2. Hearing test | |
| 3. Breast-Self examination | |
| 4. Weight taking | |
| 5. Scoliosis test | |



What I Have Learned

How are you? Did you understand the Health Appraisal and Screening Procedures? In this activity, you will be assessed based on what you have learned from this module.

Activity 1: Fill Me In!

Directions: Fill in the missing letters in the box to come up with the complete word or phrase. Write your answer in your activity notebook.

1. It is one way to attain one's holistic health condition.

| | | | | | | | | | | | | | | |
|---|--|--|---|--|--|--|--|---|---|---|--|--|--|---|
| S | | | E | | | | | G | - | T | | | | s |
|---|--|--|---|--|--|--|--|---|---|---|--|--|--|---|

2. This test keeps you aware if you are within your ideal weight.

| | | | | | | | | | | | | |
|---|--|---|--|--|---|---|---|--|---|--|--|---|
| w | | i | | | t | - | t | | k | | | g |
|---|--|---|--|--|---|---|---|--|---|--|--|---|

3. It is a series of procedures that assess or determine the health status of students.

| | | | | | | | | | | | | | | |
|---|--|--|---|--|--|---|--|---|--|--|--|---|--|---|
| h | | | l | | | - | | p | | | | i | | l |
|---|--|--|---|--|--|---|--|---|--|--|--|---|--|---|

4. It keeps you informed of any abnormal curvature of your spine.

| | | | | | | | | | | | | | | | | | |
|--|---|--|--|---|---|---|--|---|---|---|--|--|---|--|---|--|---|
| | r | | | t | - | s | | f | - | e | | | m | | t | | n |
|--|---|--|--|---|---|---|--|---|---|---|--|--|---|--|---|--|---|

5. It is an examination that checks your breasts for possible masses or lumps the moment you start menstruating.

| | | | | | | | |
|---|--|--|--|--|---|--|---|
| M | | | | | H | | Y |
|---|--|--|--|--|---|--|---|

6. This test keeps you informed of your visual acuity.

| | | | | | | | | | | |
|---|--|---|--|--|---|---|--|--|---|---|
| V | | S | | | N | - | | | S | T |
|---|--|---|--|--|---|---|--|--|---|---|

7. It is a condition in which the spine curves to the side.

| | | | | | | | | |
|---|---|--|--|---|--|--|--|---|
| S | C | | | I | | | | S |
|---|---|--|--|---|--|--|--|---|

8. This test checks the ability to hear the loudness and pitch of the sound.

| | | | | | | | | | | |
|--|---|---|--|--|---|---|---|--|--|---|
| | E | A | | | G | - | T | | | T |
|--|---|---|--|--|---|---|---|--|--|---|

9. It keeps you informed of any abnormal curvature of your spine.

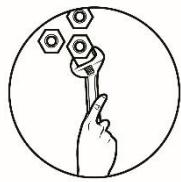
| | | | | | | | | | | |
|---|--|---|--|---|--|---|---|--|---|---|
| S | | L | | S | | S | - | | E | S |
|---|--|---|--|---|--|---|---|--|---|---|

10. This test informs you of your general health status.

| | | | | | | | | | | |
|---|--|--|---|--|--|---|---|---|--|---|
| M | | | I | | | L | - | E | | A |
|---|--|--|---|--|--|---|---|---|--|---|

Here is a rubric that best describes your achievement.

| | |
|------|-------------------|
| 9-10 | Very Good |
| 6-8 | Good |
| 3-4 | Fair |
| 0-2 | Needs Improvement |



What I Can Do

In your daily encounter with life's changes, can you now identify the procedure to assess your health status?

This activity shows the importance of health appraisal and how to demonstrate procedures to achieve holistic health through visual art.

Activity 1: Showtime!

Directions: Have a creative illustration of at least three (3) screening test showing their importance in real life situations. Use short bond paper. Draw it in a landscape format.

RUBRIC

| CRITERIA | 9-10 <i>Very Good</i> | 8-7 <i>Good</i> | 4-6 <i>Fair</i> | 1-3 <i>Needs Improvement</i> |
|--|--------------------------|--------------------|--------------------|---------------------------------|
| <i>Drawing is legible and large enough to see all the details.</i> | | | | |
| <i>The illustration shows what is necessary to convey and what is happening in the chosen screening test</i> | | | | |
| <i>Body Parts are consistently in correct position with one another</i> | | | | |
| <i>The drawing is neat and without unclear images/concepts</i> | | | | |



Assessment

A. Multiple choice

Directions: Write the letter of your answer in your activity notebook.

1. This test will inform you about your general health status.
 - A. Dental examination
 - B. Hearing test
 - C. Medical examination
 - D. Vision test

2. This examination can help females check any abnormalities in their breast.
 - A. Breast-Self Examination
 - B. Dental examination
 - C. Medical examination
 - D. Scoliosis screening

3. This test will inform you about your teeth and mouth condition.
 - A. Dental examination
 - B. Hearing test
 - C. Medical examination
 - D. Vision test

4. It refers to the series of procedures that assess or determine the health status of students.
- Health
 - Health appraisal
 - Health status
 - Physical fitness
5. The following are personnel who conduct the screening test EXCEPT.
- Canteen manager
 - School dentist
 - School nurse
 - School physician
6. The following are signs of scoliosis for doctor treatment EXCEPT one. Which one is it?
- A hip appears higher or is more prominent than the other.
 - The entire body is leaning to side by side.
 - The rib cage is uneven.
 - The waist is uneven.
7. The following are procedures on breasts examination of female EXCEPT.
- While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes of size, shape, contour, or dimpling, or redness of the nipple or breast skin.
 - Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone.
 - Lie down on your back and place your right arm behind your head.
 - A hip appears higher or is more prominent than the other.
8. Height taking: gives you an idea about your growth rate; Weight taking: Keeps you _____
- Aware if you are within your ideal weight at your age.
 - Informed of any dental problems.
 - Informed of your visual acuity.
 - Check unusual lumps.
9. It is an abnormal curvature of the spine, which causes pain and affects growth. What condition is this?
- Breast cancer
 - Malnutrition
 - Scoliosis
 - Spinal cord
10. The following signs should be referred to a doctor for treatment in scoliosis.
- The spinal cord alignment is appropriate.
 - The bone is dislocated.
 - The rib cage is uneven.
 - The rib cage is even.

B. Matching Type

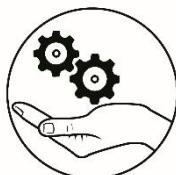
Directions: Match the functions in column A with the screening test in column B. Write the letter that corresponds to your answer on the space provided before each number. Do this in your activity notebook.

Column A

1. Keeps you informed of your visual perception.
2. Keeps you informed of any abnormal curvature of your spine.
3. Gives you an idea about your growth rate.
4. Checks unusual lumps.
5. Checks the ability to hear the loudness and pitch of the sound.

Column B

- A. Breast-Self examination
- B. Hearing test
- C. Height test
- D. Scoliosis test
- E. Vision test
- F. Weight test



Additional Activities

Let us strengthen more your understanding of the health appraisal and screening procedures. Do these.

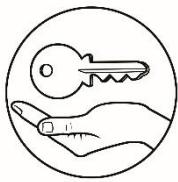
Activity 1: Say something

A. Directions: Supply the following phrases with thoughts based on what you have learned to complete the idea. Write your answer in your activity notebook.

1. I believe that health _____.
2. To attain holistic health, I must _____.
3. I will visit the hospital or health center because _____.

B. Directions: Based on your understanding of the lesson, write 2-3 sentences to answer the following questions in your activity notebook.

1. What will happen if you do not monitor your health status?
2. How will you identify a person who has attained holistic health?
3. Why are the different medical tests important?
4. What will you say to a person especially teenagers who did not consult medical personnel or visit the hospital for regular health condition check-up?



Answer Key

| What I Have Learned | | Activity 1: Fill Me In | | Activity 3: I do it for You! | | Activity 2: Match it up! | | What's More | |
|---------------------|---|------------------------|--|------------------------------|--|--------------------------|--|------------------------------|---|
| | | | | | | | | | |
| A. Screening tests | 1. It keeps informed the visual acuity. | B. Weight taking | 2. It checks of the ability to hear the loudness and pitch of the sound. | C. Health appraisal | 3. It checks the abnormal condition of the breast. | D. Examination | 4. It gives an awareness of the ideal weight at present age. | E. Monthly | 5. It checks the abnormal curvature of the spine. |
| A. Multiple choice | 1. C | B. Pre-test | 2. A | C. SSS | 3. A | D. SSS | 4. B | E. PRS | 5. C |
| B. Matching Type | 1. E | Pre-test / Post-test | 1. D | C. Hearing test | 2. A | D. Scoliosis test | 3. C | E. PRS | 4. A |
| | | | | F. Vision test | | G. Height test | | H. Breast - self examination | |
| | | | | I. Visition test | | J. Height test | | K. PRS | |

References

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

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