

Primary Health Care Initiatives (PHCI) Project  
Contract No. 278-C-00-99-00059-00  
Abt. Associates Inc.

**Community Primary Care**

- **Homes Visits**
- **School Health**

**LEARNING OBJECTIVES:**

- Understand the value and implementation of home visits
- Promote better health education in the schools
- Describe the elements of the school health program
- Provide information and technical assistance regarding requirements to implement a school health service program

**TEACHING STRATEGIES**

- Use questions to stimulate discussion of material
- Ask participants to describe a recent home visit in which they participated, and what they learned from the visit
- Use brainstorming in small groups

**MATERIALS AND EQUIPMENT NEEDED**

- White board and markers
- Flip chart and markers
- Overhead projector and key transparencies (main points of presentation, sample checklist for home visit to elderly patient)

**LEARNING POINTS:**

- **Home visits**
  - Definition – Scheduled monitoring visit to the home of a patient by one or more members of the health team
  - Purposes of home visit
    - Provide medical care to those who cannot come to Health Center (disabled, elderly, mother with several sick children)
    - Provide insight into environmental and social aspects of patient and community
    - Discover health risks not previously noted (environment, dangerous home design, etc.)
    - Address home safety (handrails, bath rugs, stairs, etc.)
    - Provide more personalized counseling and advice, especially in case of pregnancy, post-partum, or infant visit

- Instruct family members in care of patient
- Who is candidate for home visit?
  - Elderly and immobile
  - Physical disability, permanent or temporary
  - Pregnant woman
  - Postpartum
  - Infant child for evaluation
  - Follow-up of recent hospitalization and not yet mobile
  - Dying patient
- Doctor's role in Home visit
  - Conduct interview and focused physical examination
  - If elderly or disabled, assess ability to cope with Activities of Daily Living (ADL)
  - Evaluate mental status and possibility of depression or anxiety
  - Observe house and environment for risks, depending on patient's age and problem
  - Counsel patient and family members as appropriate
- Nursing/Midwife role
  - Perform interview and physical assessment on woman or child
  - Observe patient for possible depression or anxiety
  - Observe house and environment for risks, depending on patient's age and problem
  - Counsel patient and family members as appropriate
- Preparing for the visits
  - Should carry minimum of equipment necessary to complete medical visit
    - Lubricant
    - Otoscope and ophthalmoscope
    - Patient records and charting materials
    - Prescription pad
    - Sphygmomanometer (various cuff sizes)
    - Stethoscope
    - Sterile specimen cups
    - Thermometer
    - Measuring tape for children
    - Tongue depressors
    - Patient education materials
    - Optional – small scale for weighing
- Check list Sample for home visit to elderly patient
  - See attachment !
- Recording of findings
  - Record of visit, history and physical exam done, observations, treatment, and counseling given should be made, and placed in patient's chart in Health Center
  - Preferable to fill out record at the time of visit, carrying appropriate records forms with visiting team

## School Health

- Characteristics of school children:
  - More extensive contacts among each other with increased risk for contagious diseases
  - Low death rate
  - At risk for effects of violence – home, community, school
  - Behavioral problems, often related to family dysfunction and problems
  
- Components of the School Health Program
  - School Environment
  - Health protection and Promotion
  - Routine physical and Dental examination for 1<sup>st</sup>, 4<sup>th</sup>, 7<sup>th</sup> and 10<sup>th</sup> grades
  
- Recommended school screening exam:
  - 1- Growth and vital signs:
    - Height and Weight - measured and graphed on a growth chart to screen for underweight and obesity
    - Blood pressure – note that criteria of hypertension in children vary with age
  
  - 2- Head (scalp) screen for:
    - Lice
    - Fungal infection such as Tinea capitis ( Tinea of the head) causes patchy alopecia (hair loss )with broken hairs and some scaling  
Treatment; oral griseofulvin for 4-8 weeks is the treatment of choice.
  
  - 3- Vision screening for visual acuity, amblyopia and strabismus, or inflammation.
    - eye chart (Snellen chart)
    - cover and uncover test
  
  - 4- Examination of both ears for:
    - Any symptoms and signs of hearing impairment, using finger rub test for hearing acuity
    - Wax
    - Otitis media (acute or chronic)
  
  - 5- Examination of mouth:
    - Tonsils
    - Teeth for caries
  
  - 6- Examination of the neck:
    - Lymph nodes
    - Enlargement of thyroid gland
    - Nodules (masses) of the thyroid gland.
  
  - 7- Chest:
    - Auscultation of lungs

- Presence of exercise -induced asthma (by history)
- Auscultation of the heart (murmurs)
- Palpation of apical area (enlargement of the heart).

8- A thorough abdominal examination (palpation) to pick up occult abdominal problems such as enlargement of liver or spleen, or tumors of the kidney

9- Genitalia in males - Look for undescended testicles and hernias.

10- Screening of spine and extremities

- scoliosis – have child bend at waist to examine back for asymmetry
- look for possible deformities in extremities

11- Screening of skin for:

- Bacterial skin infection:
  - Impetigo
  - cellulitis
  - folliculitis
  - abscess
  - Acne
- Fungal infection:
  - Tinea corporis (tinea of the body)
  - Tinea cruris (tinea of the groin)
  - Tinea pedis (tinea of the feet)
- Viral: -
  - Warts
  - Herpesviruses
- Dermatitis (Eczema)

12- Evidence of early childhood caries

13- Evidence of family violence

14- Depressive symptoms

- Vaccination of school children.
  - Review vaccination record for completion
  - DT booster in 10<sup>th</sup> grade
- Health Instruction (Education)
 

Engage students in learning activities that address important health issues and help develop life skills

  - Consumer Health
  - Environmental Health (noise exposure, poisons, air pollution, water pollution)
  - Family Life and Sexuality (STD, AIDS)
  - Mental and Emotional Health
  - Injury prevention and safety

- Nutrition
- Disease prevention and control
- Tobacco, alcohol and other drugs

### **CASE STUDY:**

During a routine examination of the 2<sup>nd</sup> elementary class a few pupils were found to have head lice

Topics of discussion regarding case study

1. Worries about the level of personal hygiene
2. Poverty
3. The general approach to the problem

### **CRITICAL ELEMENTS FOR EVALUATION OF COMPETENCE**

- Describe the basic objectives of a home visit
- Describe the basic elements to be done in a home visit, appropriate for the type of patient seen
- Describe the basic objectives of a school health program

## Appendix 1

### Home Visit Checklist (with Elderly Patient)

Patient's name: \_\_\_\_\_ Health Staff name: \_\_\_\_\_

Address: Telephone number: \_\_\_\_\_

Family members:

\_\_\_\_\_

Addresses and telephone numbers of family members:

\_\_\_\_\_

\_\_\_\_\_

#### Impairments/Immobility

Activities of daily living (ADL)	Yes	No	Instrumental ADLs	Yes	No
Balance and gait problems	Yes	No	Sensory impairments	Yes	No

#### Nutrition

Meals \_\_\_\_\_

Variety and quality of foods	Pantry _____	Refrigerator _____	Freezer _____		
Nutritional status	Obesity _____	Malnutrition _____	Other _____		
Alcohol presence/use	Yes	No	Smoker	Yes	No

**Home environment**

Neighborhood

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Exterior of home

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Interior of home: Crowding \_\_\_\_\_ Cleanliness \_\_\_\_\_ Privacy \_\_\_\_\_ Pets \_\_\_\_\_

Books \_\_\_\_\_ Television \_\_\_\_\_

**Other people**

Social supports                      Yes      No

Financial resources

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Patient attitudes \_\_\_\_\_

**Medications**

Prescription drugs              Yes    No

Nonprescription drugs        Yes    No

Dietary supplements         Yes    No

Medicines organized         Yes    No

Medication compliance      Yes    No

**Examination**

Weight \_\_\_\_\_ Height \_\_\_\_\_ Blood pressure \_\_\_\_\_    Other \_\_\_\_\_

Mini-Mental State \_\_\_\_\_ General physical condition \_\_\_\_\_

**Safety, Spiritual health and Services**

<b>Bathroom</b>	Safe	Unsafe		<b>Kitchen</b>	Safe	Unsafe
<b>Carpets</b>	Safe	Unsafe		<b>Lighting</b>	Safe	Unsafe
<b>Electrical Cords</b>	Safe	Unsafe		<b>Stairs</b>	Safe	Unsafe
<b>Furniture</b>	Safe	Unsafe			Safe	Unsafe

Fire and smoke detectors \_\_\_\_\_ Fire extinguishers \_\_\_\_\_ Emergency plans \_\_\_\_\_

Gas or electric range \_\_\_\_\_ Hot water heater \_\_\_\_\_

Heating and Ventilation \_\_\_\_\_ Water source \_\_\_\_\_

Spiritual health:

\_\_\_\_\_

Home health services

\_\_\_\_\_