

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

SCHOOL HEALTH

LEARNING OBJECTIVES

- 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 lecture or informal presentations to give the basic material needed
- Small group discussion of the elements of the program

MATERIALS AND EQUIPMENT NEEDED

- Audio visual aids
- Health education pamphlets
- Whiteboard or flip chart and markers

LEARNING POINTS

- Characteristics of school children:
 - More extensive contacts with ill children
 - Low death rate
 - Risk of violence
 - Behavioral problems, often related to family dysfunction
- Components of the School Health Program
 - School Environment
 - Health protection and Promotion
 - Routine physical and Dental examination for children in 1st, 4th, 7th and 10th grades
- Screening recommendations of children and adolescents (note – simple and rapid Head to Toe examination)
 - Growth and Vital Signs
 - Height and Weight should be measured and graphed on a growth chart to screen for underweight and obesity
 - Blood pressure should be measured periodically in children and adolescents (Criteria of hypertension in children vary with age)
 - Head (scalp) inspection for:
 - Lice
 - Fungal infection such as tinea capitis (tinea of the head) causes patchy alopecia (hair loss) with broken hairs and some scaling of scalp (Treatment - oral griseofulvin for 4-8 weeks is the treatment of choice)

- Vision screening for visual acuity, amblyopia and strabismus, or inflammation.
 - Inspection of eyes and conjunctiva for inflammation or evidence of anemia
 - Visual acuity with eye chart (Snellen chart)
 - Cover and uncover test for strabismus
- Examination of both ears
 - Any symptoms and signs of hearing impairment, using simple test such as finger rub test for hearing acuity
 - Wax
 - Otitis media (acute or chronic)
- Examination of mouth
 - Tonsils
 - Teeth for caries
- Examination of the neck
 - Lymph nodes
 - Enlargement of thyroid gland
 - Nodules (masses) of the thyroid gland.
- Chest
 - Auscultation of lungs
 - Presence of exercise -induced asthma (by history)
 - Auscultation of the heart (murmurs)
 - Palpitation of apical area (enlargement of the heart).
- Abdomen
 - Thorough palpitation) to pick up occult abdominal problems such as enlargement of liver or spleen, neuroblastomas or kidney tumor
- Genitalia (males) - Palpation for undescended testicles and hernias
- Inspection of spine and extremities for deformities
 - scoliosis – have child bend at waist to examine back for unusual curvature or assymetry
- Inspection of skin
 - Bacterial-skin infection
 - Impetigo
 - Cellulitis
 - Folliculitis
 - Abscess
 - Fungal infection
 - Tinea corporis (tinea of the body)
 - Tinea cruris (tinea of the groin)
 - Tinea pedis (tinea of the feet)
 - Viral
 - Warts
 - Herpes viruses
 - Dermatitis - Eczema
- Evidence of early childhood caries
- Evidence of family violence
- Symptoms of depression
 - Loss of interest in school or home activities
 - Recent weight gain or loss
 - Evidence of abuse or neglect
 - Anti-social or unusual behavior

- Vaccination of school children.
 - Review vaccination record for completion
 - DT booster in 10th grade

- Health Instruction (Education)
 - Engage students in learning activities that address important health issues and help develop life skills
 - 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

PREVENTION ISSUES AND HEALTH EDUCATION MESSAGES

- Parent and community involvement
- Health promotion of teaching staff
- Using a model in each area enhances the health of both students and staff members

CRITICAL ELEMENTS FOR REFERRAL

- Severely ill children who need immediate diagnosis and treatment
- For confirmation of positive results found on screening (for example: suspected hearing or vision loss, undescended testicle, scoliosis, otitis, etc.)
- To manage and prevent further progress of chronic disease, such as asthma, diabetes.
- Test other school and family members for the same disease

CASE STUDY

During a routine examination of the 2nd grade elementary class, 5 pupils were found to have head lice.

Topics of discussion regarding case study

1. Worries about the level of personal hygiene
2. Poverty
3. How would you deal with the problem?