

# SCHOOL HEALTH SERVICES

# SCHOOL HEALTH

► School are the places where a child spends more time than everywhere else except home. Schools are helpful to teach children about health, and promote healthy behavior.

Or

► School health means maintain the physical health, mental health and safety during the school day.

## OBJECTIVES OF SCHOOL HEALTH

- ▶ To prevent the risky behavior of children such as alcohol and tobacco, etc.
- ▶ To promote healthy behavior among the children.
- ▶ To detect diseases early in children and treat diseases early.
- ▶ To encourage healthy habits of children.

## Definition of school health services

- ▶ It refers to need basis comprehensive service rendered to pupils, teachers and other personnel in the school to promote ,prevent, protect their health and control the disease and maintain the health of children and people.

# OBJECTIVES OF SCHOOL HEALTH SERVICES

- ▶ To promote the health of the children.
- ▶ To promote growth and development of school children through nutritional programs.
- ▶ To control the communicable diseases.
- ▶ To detect diseases early and provide treatment and follow-up.
- ▶ To promote healthy behavior in children through awareness.
- ▶ To prevent disease.

# HEALTH PROBLEMS OF SCHOOL CHILDREN

- ▶ Malnutrition: Anemia, protein energy malnutrition, vitamin deficiencies.
- ▶ Dental problem: Dental caries, bleeding gums, bad odor, irregular teeth etc.
- ▶ Gastrointestinal: Intestinal parasites, diarrheal diseases and constipation.
- ▶ Skin conditions: Scabies, lice, eczema, dermatitis, pigmentation, etc.
- ▶ Eye disease: Conjunctivitis, visual disorders.
- ▶ Respiratory diseases: Rhinitis, sinusitis, acute pharyngitis, laryngitis, pneumonia, asthma and TB.
- ▶ Ear disease: Ear infections, acute otitis media.
- ▶ Others: Congenital health problems, urinary infection, defective postures, headache, etc.

# Malnutrition

- ▶ The WHO defines malnutrition as the cellular imbalance between the supply of nutrients and energy with demand of body.
- ▶ It is of two types:
- ▶ ***Under nutrition:*** It is a condition in which there is inadequate consumption, poor absorption or excessive loss of nutrients.
- ▶ ***Over nutrition:*** It refers due to excessive intake of specific nutrients leading to accumulation of fats in the body.

# Anemia

- ▶ It is most common type of blood disorder among infants and children. It means lack of Hb in blood.
- ▶ It is a condition in which the hemoglobin concentration becomes lower than body requirement. Iron Deficiency Anemia
- ▶ The most common cause of anemia in children is iron deficiency. The conception period, prematurity twin baby, maternal anemia and inadequate iron intake in diet, prolonged feeding of cow's milk, delayed weaning, poverty, etc. are the factors responsible for this condition in school children.

## Vitamin Deficiencies

- ▶ It is Condition of a long-term lack of Vitamin. The most Common nutrients deficiencies in children include.
- ▶ Vitamin A— Conjunctival Xerosis, Bitot's spot, Night blindness, etc.
- ▶ Vitamin D—Rickets
- ▶ Vitamin B12—Anemia
- ▶ Vitamin C—Scurvy, Bleeding Gums.

## Prevention

- ▶ Adequate immunization against preventable diseases.
- ▶ Early diagnosis and treatment.
- ▶ Provision of nutritional supplementation from ICDS centers and schools (Mid-day meal).
- ▶ Nutritional education and Nutritional Counseling in schools.
- ▶ Periodic health check-up of all children.
- ▶ Creating awareness about preventive measures by demonstration.
- ▶ Exposure to sunlight to reduce vitamin D deficiency

## Dental Problems

- ▶ There are number of problems that affects the oral health of children.
- ▶ ***Dental caries:*** It is a progressive and destructive process. It is also known as tooth decay or dental cavities. It is a process causing decalcification of the tooth, destruction of dental and cavitation of the teeth. Further it can also spread into the tooth pulp and cause inflammation and abscess.
- ▶ ***Bleeding gums:*** It occurs due to increase of plaque accumulation of their gum line. Bleeding gums are also cause due to brushing too hard and infection.
- ▶ ***Irregular teeth:*** It also called as malocclusion of teeth. It is the malposition of mandibular and auxiliary teeth due to improper relationship between upper and lower dental arches.
- ▶ ***Dental fluorosis:*** It usually develops due to high concentration or fluorine in drinking water supply. It is appearance of joint white lines or mottled discoloration of teeth enamel.

## Prevention

- ❖ Dietary modification by reducing carbohydrate-rich food intake.
- ❖ Use of fluoride tooth paste.
- ❖ Good oral and dental hygiene.

# Gastrointestinal Problems

## *Intestinal Parasites*

- ▶ Intestinal parasitic infections are most common infections among children in developing countries. Infant, toddlers and very young children are at risk for the parasitic disease that are called giardiasis that causes diarrhea.

## *Diarrheal Diseases*

- ▶ It is the second leading cause of death under five year children. Diarrhea is defined as passage of loose liquid or watery stools more than 3 times per day.

## *Constipation*

- ▶ Constipation is a common problem seen in many children. It is indicated by infrequent bowel movements or hard or dry stools. The changes in diet leads to constipation. Lack of exercise and emotional issues also cause constipation.

## Prevention

- ▶ Consumption of safe drinking water.
- ▶ Maintenance of good personal and food hygiene along with environmental sanitation
- ▶ Health education
- ▶ Early diagnosis and treatment

# **Skin Condition**

## *Scabies*

- ▶ It is produced by borrowing action of parasite insects in the epidermis layer and it results in irritation, vesicles and pustules.

## *Lice*

- ▶ Head lice are tiny wingless insect who are found in the scalp. Their bites can make a child's scalp itchy, irritating and scratching and it further leads to infection.

## *Eczema*

- ▶ It is a skin condition in which skin gets irritated, red, dry and itchy. Itching may be severe and constant. It occurs due to environmental factor (weather) and due to soaps, detergents and shampoos.

## Prevention

- ▶ Hand washing
- ▶ Wash cuts, wounds, scraps, on insect bites right away.
- ▶ Avoid strong soaps
- ▶ Eat healthy diet.

# Eye Diseases

- ▶ There are many common eye problems in children.

**Conjunctivitis:** It is also called pink eye. It is an irritation or inflammation of Conjunctiva. It is caused by allergies or a bacterial or viral infection. It is a contagious disease.

## Defects:

- ❖ Childhood cataract: It may be congenital or acquired. The most common cause are prematurity, maternal infections and metabolic disorder.
- ❖ Refractive error: It occurs when images fail to come into a proper focus on the retina of the eye

## Visual disorder

- ❖ Night blindness (Nyctolopia)
- ❖ Double vision (Diplopia)
- ❖ Color blindness (Color perception is defective or absent).

## Prevention

- ❖ Hand Washing and cleaning of eyes
- ❖ Regular checkups of Children
- ❖ Vitamin Rich Diet
- ❖ Encourage Healthy eye care habits and use sun glass when go to dusty areas.

## Respiratory Diseases

- ▶ Rhinitis
- ▶ Sinusitis
- ▶ Laryngitis
- ▶ Pneumonia
- ▶ Tuberculosis

## Prevention

- ▶ Hand washing
- ▶ Avoid exposure to air pollutants
- ▶ Maintain personal hygiene of children
- ▶ Regular health checkup and do breathing exercise.

## Ear Problems

- ▶ Ear problems are commonly found in children.
- ▶ *Ear infection*: It occurs due to bacteria and virus get into middle ear.
- ▶ *Acute otitis media*: It is associated with upper respiratory infection. It is an infection of middle ear. It is painful type of ear infection. In this, the middle ear becomes inflamed and infected.
- ▶ **Prevention**
  - ❖ Parental counseling
  - ❖ Avoidance of insert hard things in ear
  - ❖ Early diagnosis and treatment
  - ❖ Regular check up.

## **Behavioral Disorders in Children**

- ▶ Children are dependent on their parents and in schools they have to adjust with the Schoolmates, teachers and environment. Some children show a wide variety of behavior which create problems to the parents, family members and society. These problems are due to failure in the adjustment to external environment. Behavioral problems always requires special attention.

## **Causes of Behavioral Disorder**

- ▶ Faulty parent attitude
- ▶ Mentally or physically handicapped condition
- ▶ Influence of social relationship
- ▶ Influence of mass media
- ▶ Inadequate family environment.

## Most common behavioral problems are as follow:

- ▶ Antisocial problem: Stealing, lying, sexual offense, etc.
- ▶ Habit disorder: Thumb sucking, nailbiting, bedwetting, substance abuse, anorexia nervosa.
- ▶ Personality disorder: Jealousy, tantrums (temper, shyness, daydreams, fear, and anxiety).
- ▶ Psychological complaint: Attention deficit disorder, sleep disorders.
- ▶ Speech problems: Unclear speech, delayed speech, stammering.
- ▶ Education difficulties: School phobia or school refusal, School failure, etc.

## Habit disorders Prevention

- ❖ Assessment of psychological environment
- ❖ No punishment
- ❖ Hygiene
- ❖ Supportive psychotherapy
- ❖ Provision adequate facilities for recreation
- ❖ Periodic psychiatric guidance facilities in schools
- ❖ Parenteral counseling
- ❖ Sex education and counseling.

## Personality disorders Prevention

- ❖ Guidance and counseling
- ❖ Behavioral therapy
- ❖ Deep breathing exercise
- ❖ Meditation
- ❖ Adopt healthy mental health habits.

# Speech disorders Prevention

- ❖ Psychotherapy
- ❖ Early detection
- ❖ Speech therapy
- ❖ Counseling and guidance

## COMPONENTS OF SCHOOL HEALTH SERVICES

- ❖ Health appraisal
- ❖ Prevention of communicable diseases
- ❖ Nutritional services
- ❖ Immunization
- ❖ First aid
- ❖ Treatment and follow-up
- ❖ Mental health
- ❖ Dental health
- ❖ Eye health services
- ❖ Health education
- ❖ Healthful school environment

## SCHOOL HEALTH TEAM

- ▶ School head master
- ▶ Teachers
- ▶ Parents
- ▶ Students representatives
- ▶ The community
- ▶ Auxiliary health worker
- ▶ School health nurse
- ▶ Medical officer

## MAINTENANCE OF SCHOOL HEALTH RECORDS

- ❖ Every institution that is permanently organized should maintain their all records and it also includes the health records.
- ❖ It is essential to maintain complete accurate and contains health records of school children.
- ❖ It is useful in providing need based health care services.
- ❖ It is also helpful to improve the health services rendered to school children.
- ❖ It is important to maintain health record of both students and staff.

It is important to keep track of health related incidents, student medical records and actions to access their records every time.

Student health records are not shared with everyone.

Students may suffer from injuries, fall ill, have allergies or can face several health problems, all should be are maintained in a school health record.

## INITIATION AND PLANNING OF SCHOOL HEALTH SERVICES

- ✓ Need Assessment
- ✓ Establish a School Health Committee
- ✓ Define Objectives and Goals
- ✓ Develop Policies and Protocols
- ✓ Budget and Resource Allocation
- ✓ Collaboration with Healthcare Providers
- ✓ Health Promotion and Education
- ✓ Staff Training
- ✓ Health Records and Confidentiality
- ✓ Evaluation and Monitoring
- ✓ Emergency Preparedness
- ✓ Sustainability
- ✓ Legal and Ethical Considerations
- ✓ Cultural Sensitivity

# DEVELOPMENT OF SCHOOL HEALTH SERVICES IN INDIA

- ▶ Early efforts in school health services in India can be traced back to the mid-20th century, with some states introducing basic health programs within schools.
- ▶ **1909:** Beginning of school health services in India. Medical examination conducted for first time for school children in Baroda city.
- ▶ **1944:** The central advisory board of education recommended that there should be separate program of school health service under administrative control of education department.
- ▶ **1955:** The central council directed the state Govt. to take immediate step to establish a school health welfare services in each school to monitor the health of school going children.

- ▶ **1960:** Govt. of India appointed a committee under the chairmanship of Smt. Renuka to assess the standard of growth and nutrition of school children.
- ▶ **1961:** During five-year plans, above committee submitted report with recommendation and many state Govt. have provided for school health and school health feeding program and other services.
- ▶ **National Health Policy (1983):** The National Health Policy of 1983 recognized the need for school health services as a component of primary healthcare.
- ▶ **National school health program (1995):** The Government of India launched the National School Health Program in 1995, which aimed to provide health services to school children.

- ▶ All the states introduced a school health program from the year 2008. It is a cost effective tool to provide nutritional service, health education and hygiene services to the children, in the school and it helps to prevent and control communicable and Non-communicable diseases.
- ▶ **Kishore Vaigyanik Protsahan Yojana (KVPY)–2017:** The KVPY initiative focused on promoting scientific research among young students and identifying talent in the field of science. It indirectly contributed to the recognition of holistic development, including health, among school students.
- ▶ **Digital Health Initiatives:** With the advancement of technology, there has been an emergence of digital health initiatives aimed at providing health information, tracking student health records, and delivering health education through digital platforms.

- ▶ **COVID-19 Pandemic Response:** The COVID-19 pandemic highlighted the importance of school health services. It led to a renewed focus on hygiene, sanitization, and infection control measures within educational institutions.
- ▶ **2020:** Govt. of India has launched “School Health wellness program under Ayushman Bharat to strengthen health promotion and prevention of diseases among students.

# Objectives of School health programme

- ❖ Early detection of health problems.
- ❖ Development of healthy behavior and attitude.
- ❖ Promote health of students as well as non-teaching staff working in school.
- ❖ It helps the younger generation become healthy and useful citizens.
- ❖ To provide supportive information about health and nutrition to the school children.

# ROLE OF A SCHOOL HEALTH NURSE

- ▶ Anthropometric measurement
- ▶ Control of communicable diseases
- ▶ Promotion of oral hygiene
- ▶ Screening of diseases
- ▶ Immunization
- ▶ Administration of medication
- ▶ Initiation and implementation
- ▶ Referred services and follow-up
- ▶ Coordination
- ▶ Liaison activities
- ▶ Health education
- ▶ Periodic visit
- ▶ Health records
- ▶ Identify diseases/abnormalities/defects

THANK YOU