

المحاضرة السابعة

School health services

The school health services are important dimension of community. The reasons are

- 1-large number in the total population, due to rapid growth and development
- 2-For early detection of nutritional and communicable diseases, due to group living

- **Objectives**

1. The promotion of positive health.
2. The prevention of disease.
3. Early diagnosis, treatment and follow up of defects.
4. Awakening health consciousness in children.
5. The provision of healthful living.

- **Aspects of school health services**

1. Health Appraisal of school children & School personnel.
2. Remedial measures and follow up.
3. Prevention of communicable diseases.
4. Healthful school environment.
5. Nutritional Services.
6. First aid and emergency care.
7. Mental Health.
8. Dental Health..
9. Eye health.
10. Health Education.
11. Education of Handicapped children.
12. Proper maintenance and use of school health records .

1. Health Appraisals:-

Health Appraisal consists of periodic medical examination of school children and also teachers & other school personal.

a) Periodic Medical Examination :

The recommended medical examination for the children who are newly entered in the school. The physical examination include - test for Vision, hearing, speech, blood, Urine, and faeces

b) Dental Examination: - Children are frequently suffer from dental diseases i.e. dental Carries So at least once a year dental examination should be provided.

c) School Personal :- Teachers & School personals are some of inspection like pulmonary tuberculosis. So they should also be examined.

c) Daily Morning Inspection :- Some of the Children help the teachers in detecting those children who need medical attention they are unusually flushed face.

- Any rash or spots.
- Sore throat, rigid neck, nausea, vomiting, Red or water eyes.
- Head ache, symptoms of acute cold, chills or fever, diarrhea , body pain.
- Head lice, skin infections like scabies etc.

2. Remedial Measures and Follow up:-

After medical examination they should be given appropriate treatment and follow up. Special clinics should be conducted.

3. Prevention of Communicable Diseases:-

This can be done by National Immunization program. A record of all immunization should be maintained as part of School health records when the child leaves the school, the health record should be accompanied with him.

4. Healthful School Environment :-

A healthful school environment is necessary for the child to grow best as emotionally, socially & Personal healthy. The school authority should

follow same standards towards location, site structure, class room, furniture doors and windows, lighting, water supply, eating facilities and lavatory for the school.

5. Nutritional Services :-

If the child is physically weak, he may be mentally weak also. So the child can't take full advantage of schooling .

In Iraq the nutritional disorders are malnutrition, Vitamin, Iron , Iodine and Calcium deficiencies.

To prevent these disorders the midday school meal, applied nutrition program , Vitamin A prophylaxis (Against blindness) programmes are important .

6. First aid and emergency care:-

The School teachers should be well trained during teacher training programme or in service training program in order to give first aid and emergency care for the pupils in school buildings .

7. Mental health:-

The School is the right place for shaping the child's behavior and promoting mental health. The mental health of the child affects the physical health and learning process. Some of the school children problems are drug addiction, Juvenile maladjustment and others .

The school teacher plays an important role helping the child to attain positive mental health.

8 Dental Health Service:-A school health programmes for dental examination at least once in a year should be provided for the children to prevent dental diseases & maintain dental hygiene.

9. Eye health Services :- The eye health services are to be provided in school to detect the refractive errors, treatment of squint and eye infections (trachoma)

10. Health Education :- In school Health services the most important element is health education towards environmental health, personal hygiene and family life.

11. Education of Handicapped children :- The ultimate goal is to assist the handicapped child and his family members and the child will be able to reach his maximum energy to lead a normal life as possible

12. School health Records :- In school, there should be a cumulative record for every student. Such record contain identifying data, i.e., date of birth, parent's name & Address, past health examination & Screening tests and record of services provided. These records are useful to analyze

and evaluate the school health program & provide a useful link between the school, home & the community .

- **Role of the Community Health Nurse in the school Health**

- She is a counselor and educator of health.
- She plans the health talks to be given in school.
- She provides guidance to the teachers and parents in matter of health.
- She is the coordinator and organizer of the school health programs.
- She helps and bridge the gap between what the child learns at school and practices at home.

- School health assessment

A- Assessment of the school

1- assessment of the building Location ,size , floors , walls ,playground , corridors , exits , heating system , cooling system , ventilation , lighting , fire proof instruction , safety tools , accident and health hazards

2- Assessment of classroom Size and dimension , lighting , ventilation ,seat , distance of the desk and blackboard , remarks (by student)

3- Assessment of sewage disposal Condition of latrine , design , location lighting ventilation , number per students , remarks

4- assessment of water supply Drinking foundation , design , number per students .sinks and wash base , design , location number per students

5- assessment of refuse disposal Method of collecting refuse : containers , sack system , the frequency of removal

6- assessment of school program

A- school health services

B –school health committees

C – health education