



SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

COMMUNITY HEALTH NURSING DEPARTMENT

SCHOOL HEALTH PROGRAMME AT MOTHER INDIA PUBLIC SCHOOL,

KALLARA on 5-7 July 2023

PROGRAMME REPORT

DAY 1(05-07-2023)

We the fourth year Bsc nursing under the supervision of Mrs.Amudha, Mrs. Unnimaya, Mrs.Deepa, Mrs.Sulaja went to Mother India Public School for making necessary arrangements for conducting school health programme. We met the Principal of the school and obtained permission for conducting programme. They provided library hall to us. Tables and chairs were arranged for systematic and smooth running of the programme and medical consultation area also fixed. Arrangements for chart exhibition and database for entering data were setup. After that health checkup was started for play class, kg and 1st standard students. At first students registered their names in a register and they will obtain a data sheet. After the health checkup conducted it includes height and weight checking, BMI calculation, physical examination, personal hygiene checklist, vision checking and medical consultation. Appropriate medical advice was given according to their complaints. The values and medical advice were collect as database in computer.

DAY 2(06-07-2023)

In the second day we were accompanied by Mrs.Unnimaya, Mrs.Sulaja, Mrs.Rethi Raina and Mrs.Deepa for conducting school health programme. We started the programme with registration at 9am. The students participated in the programme was 2nd,3rd,4th,6th,7th standard.It includes height and weight checking, BMI calculation, physical examination, personal hygiene checklist, vision checking and medical consultation. Appropriate medical advice was given according to their complaints. The values and medical advice were collect as database in computer.

DAY 3(07-07-2023)

In the third day we were accompanied by Mrs.Unnimaya, and Mrs.Deepa for conducting school health programme. We started the programme with registration at 9am. The students participated in the programme was 8th to 12th standarad . It includes height and weight checking, BMI calculation, physical examination, personal hygiene checklist, vision checking and medical consultation. Appropriate medical advice was given according to their complaints. The values and medical advice were collect as database in computer.

Based on the problems of school children, 4th year Bsc nursing students performed mime on the topic “say no to drugs”. It was very informative and interesting and also given health talk on personal hygiene and drug abuse. We have projected AVaids



on different topics like adolescent health, personal hygiene, drug abuse, menstrual hygiene and mental health.

Throughout the whole schedule of the programme was supervised by Mrs. Amudha M. The school principal and other staff were very much supportive and encouraging for timely running of the programme.

Individual physical assessment and medical consultation was completed by 1pm. And all the data were entered into the Microsoft access datasheet. Primary report of the medical checkup was given to the principal. We thanked the principal and staffs for all the facilities arranged by the school and good cooperation of the school for the smooth running of the programme.

INTRODUCTION

"Intelligence and skills can only function at the peak of their capacity when the body is healthy and strong"

-John F. Kennedy

School health

Children spend more time at school than anywhere else except home. Schools can have a major effect on children's health, by teaching about health and promoting healthy behaviors. The school building and environment should be a safe and healthy place for your child.

Schools work to prevent risky behaviors such as alcohol and tobacco use inactivity or bullying. They may also deal with specific health problems in students, such as asthma, obesity and infectious disease.

School health programme

According to UNESCO, education sector not only trains or prepares human resources needed for the economy; it also produces leadership for various spheres of life. The leadership coming out of the educational institutions influences social and political dynamics in the country. Teachers, professors, and education managers enjoy respect in the community, and they have the potential to contribute significantly as catalysts of social change and development.



Healthy school environment: the physical, emotional, and social climate and culture of the school supports and enhances the health of students, staff and families, School policies address the health of students along with academics. The school environment includes the physical, emotional, and social conditions that affect the well-being of students and staff.

Health education: a comprehensive health curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum provides knowledge and skills that help students maintain and improve their health, prevent disease, and reduce health-related risk behaviors. The curriculum includes a variety of topics such as personal and family health, community health, environmental health, sexuality, mental and emotional health, injury prevention and safety, nutrition, disease prevention and control, and substance use and abuse.



Physical education: a comprehensive, sequential curriculum that provides learning experiences in a variety of activity areas. Quality physical education should promote,



through a variety of planned physical activities, each student's optimum physical, mental, emotional and social development, and should promote activities and sports that all students enjoy and can pursue throughout their lives.

Health services: services are provided for students to appraise, protect, and promote health. These services are designed to ensure access or referral to primary health care services, foster appropriate use of primary health care services, prevent and control communicable disease and other health problems, provide emergency care for illness or injury, promote and provide optimum conditions for a safe school facility and school environment, and provide educational and counseling opportunities for promoting and maintaining health.

Nutrition services: access to a variety of nutritious, appealing and affordable meals that accommodate the health and nutrition needs of all students. School nutrition programs should meet or exceed the U.S. Dietary guidelines for Americans. The school nutrition services are designed to maximize each child's health and education potential, and provide an environment that promotes healthy eating habits for all children.

Counseling and psychological services: services are provided to improve students' mental, emotional, and social health; this includes individual and group assessments, interventions, and referrals. School counselors, social workers and psychologists contribute not only to the health of students but also to the health of the school environment. Prevention services facilitate positive learning and healthy behavior, and enhance healthy child and adolescent development.

Health promotion for staff: opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated health program.

Family and community involvement: an integrated school, parent, and community approach for enhancing the health and well-being of students. School health advisory committees, coalitions, and broadly based constituencies for school health can build support for school health program efforts. Schools actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students.

Objectives of school health programme

1. Promotion of positive health



2. Prevention of communicable diseases
3. Early diagnosis, treatment and follow-up
4. Awaking health consciousness in school children
5. Provision of health environment

Aspects of school health services

The need for school health services: schools bring together large populations of students and staff with needs for first aid management, detection of contagious diseases, routine medication administration, specialized health care procedures for students with special health care needs, and so forth. To address these issues, some of which are legislative mandates, a system needs to be in place to reduce risks and liability. In addition, because education and health are linked, health services are needed to promote student health and prevent disease. Therefore, although the primary goal of schools is education, basic school health services are an essential component of today's education program. Roles and responsibilities for school health services should be determined with community input.

Coordination with student's health care

provider/parents/guardian:

An important component of a school health program is the direct delivery of health care services to students. Health care services include health assessments, population-based screenings, providing emergency care and managing crisis situations, and addressing the day-to-day health care needs of the students.

School health services should be coordinated with the student's health care at home. There should be ongoing communication between the school health services personnel and the student's parents/guardians and health care provider so that the student is able to participate in school at the highest level.

Choosing a model:

Each school health services model can be successful in facilitating or providing access to primary health care if properly designed and aggressively implemented. Therefore, a school health services model should be determined locally based on which model, or model combination, best matches a community's needs and characteristics.

Role of nurse in school health programme

The school nurse provides direct care to students:

- Provides leadership for the provision of health services
- Provides screening and referral for health conditions
- Promotes a healthy school environment
- Provides health education by providing health information to individual students and groups of students through health education. science, and other classes
- Serves in a leadership role for health policies and programs
- School nurse is a liaison between school personnel, family, health care professionals



School health programme is a part of community health programme through which comprehensive care of children throughout the school year is taken care of.

The programme aims of:

- ☐ Identify health problems through health checkup and provide expert medical consultation
- ☐ Create health awareness among school children through structured health education session

Table 01

Table 01 shows distribution of subjects from play class to UKG according to their age, gender and health problem.

SL.NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1.	Age		
	➤ 3-4	55	42.9



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	➤ 5-6	73	57.1
2.	Gender		
	➤ Male	59	46
	➤ Female	69	54.
3.	Health Problems		
	➤ Healthy Children	73	57.07
	➤ Dental carries		
	➤ Ear wax	36	28.12
	➤ Cough	7	5.46
	➤ Fever	5	3.90
	➤ Nasal Discharge		
		2	1.56
		5	3.90

Table 02

Table 02 shows distribution of subjects from 1 -4th standard according to their age, gender and health problems.

SL NO.	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1.	Age		
	➤ 6-7	94	48.45
	➤ 8-9	100	51.55
2.	Gender		
	➤ Male	106 88	54.63
	➤ Female		45.37



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3.	Health problems		
	➤ Healthy children	67	73.60
	➤ Dental caries	15	16.05
	➤ Ear wax	3	3.0
	➤ Cough	4	4.09
	➤ Fever	1	1.09
	➤ Nasal discharge	2	2.19
	TOTAL	91	100

Table 03

Table 03 distribution of subjects from 5 -7th standard according to their age, gender and health problems

SL NO.	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1.	Age		
	➤ 10-11	71	78.02
	➤ 8-9	20	21.9
2.	Gender		
	➤ Male	38	41.75
	➤ Female	53	58.25
3	Health problems		
	➤ Healthy children	67	73.60
	➤ Dental caries	15	16.05
	➤ Ear wax	3	3.0
	➤ Cough	4	4.09
	➤ Fever	1	1.09
	➤ Nasal discharge	2	2.19
	TOTAL	51	100

Table 04



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Table 04 distribution of subjects from 8 -10th standard according to their age,

SL NO.	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1.	Age		
	➤ 13-14	33	64.70
	➤ 15-16	18	35.30
2.	Gender		
	➤ Male	23	45
	➤ Female	28	55
3.	Health problems		
	➤ Healthy children	46	90.1
	➤ Dental caries	1	1.96
	➤ Ear wax	1	1.96
	➤ Cough	1	1.96
	➤ Fever	1	1.96
	➤ Nasal discharge	1	1.96
		1	1.96
	TOTAL	51	100

gender and health problems

Table 05

Table 05 distribution of subjects from 11st -12th standard according to their age, gender and health problems

SL NO.	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1.	Age		
	➤ 16-17	16	94.1
	➤ 18-19	1	5.9
2.	Gender		
	➤ Male	9	52.9
	➤ Female	8	47.1



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3.	Health problems		
	➤ Healthy children	13	76.4
	➤ Dental caries	1	5.88
	➤ Ear wax	1	5.88
	➤ Cough	1	5.88
	➤ Fever	1	5.88
	➤ Nasal discharge	1	5.88
		1	5.88
		1	5.88
	TOTAL	17	100

The above data shows that more than 50% of the children had health problems

.CONCLUSION

The whole programme was so organized and in a systematic manner, it was beneficial for students and us for identifying problems of school health and medical advices were given

