



Health Appraisal, Prevention of Communicable Diseases, Remedial Measures and Follow-up

Introduction

The School Health Service in India dates back to 1909. A medical examination of school children was carried out in Baroda city for the first time during this period. The Bhore committee which was established in 1946 reported that School Health Services were practically absent in India, and if present, they were in an under-developed state. In 1953, the Secondary Education Committee emphasized the need for medical examination of students and school feeding programme. In 1960, the Government of India constituted a school health committee to assess the standards of health and nutrition of school children and suggested ways and means to improve them. In 1961, the committee submitted its reports, which contains many useful recommendations. During the five year plans, many state Governments have provided for school health and school feeding programmes. What the School Health Services provided was hardly more than a token service because of shortage of resources and insufficient facilities.

School Health is an important branch of community health. The aspects of School Health Service according to modern concept are an economical and powerful means of raising community health and more importantly for future generations. The school Health Service is also a personal Health Service. It has developed during the last 100 years from the narrow concept of medical examination of children to the present day broader concept of comprehensive care of the health and well-being of the children throughout the school years.

Under National Rural Health Mission (NRHM)/National Health Mission (NHM) the School Health Programme is a programme for School Health Service, which has been necessitated and launched in fulfilling the vision of NRHM/NHM to provide effective health care to the population throughout the country. It also focuses on effective integration of health concerns through decentralized management at district with determinants of health like sanitation, hygiene, nutrition,

Safe drinking water, gender and social concern. The school health programme intends to cover 12,88,750 government and private aided school's covering around 22 crores students all over India.

Rationale of School Health Programme

The school health programme is the only public sector programme specially focused on school age children. Its main focus is to address the health needs of children, both physical and mental. In addition, it also provides nutrition interventions, yoga facilities and counselling. It responds to an increased need, increased efficacy in child development. It ensures good current and future health, better education outcomes and improves social equity.

The health problems of school children vary from one place to another. Surveys carried out in India indicates that, the main emphasis will fall in the following categories

- a. Malnutrition
- b. Infectious diseases
- c. Intestinal Parasites
- d. Diseases of skin, eyes and ears
- e. Mental health
- f. Dental health

The objective of the programme of the school health services are:

- a. The promotion of positive health
- b. The prevention of diseases
- c. Early diagnosis, treatment and follow-up of the defects
- d. Awakening health consciousness in children
- e. the provision of healthy environment

Aspects of School Health Service

The tasks of a school Health service are manifold, and vary according to local priorities. Where resources are plentiful, special school health services may be developed. Some aspects of a school health service are as follows:

1. Health appraisal of school children and school personnel
2. Remedial measures and follow-up
3. Prevention of communicable diseases
4. Healthy 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.

Health appraisal

A health appraisal is an evaluation of an individual's health performed to gather information about both his current physical fitness as well as his risk of developing various medical conditions. While a health appraisal can bear many similarities to a physical examination, it tends to place more emphasis on future medical risks than a traditionally physical examination does. Periodic health appraisals are often mandatory for students, and may also be offered by one's employer. Some health appraisal providers offer follow-up support services which assist individuals in controlling their risk of developing a certain medical condition in the future.

The health appraisal should cover not only the students but also the teachers and other school personnel. Introduction to School Health is a challenge to children entering schools:

Health appraisal can be viewed from the following three categories, they are-

- a. Health behaviour, influenced by teachers and classmates
- b. Children are prone to variety of ailments
- c. Accidents may lead to permanent deformity / handicap both physically and mentally

Hence, the need for watch fullness by the school teachers is required.

Goals

The goals for the health appraisal are:

- a. To prepare children to adopt healthy behaviours
- b. To help children to become healthy and useful citizens.

Strategies

Some strategies for the health appraisal are as follows:

- a. Regular medical check-up for early detection and prompt treatment (EDPT)
- b. Protection against preventable diseases through vaccination
- c. Health and Population Education Programs in schools
- d. Ensuring healthy school environment e.g. safe drinking water, Sanitation, food hygiene, accident prevention
- e. Nutrition education and nutritional supplements WIFS (Weekly Iron folic acid supplementation) and Dewormin ,Biannually that means twice in a year.
- f. Adolescents friendly Health services / RKSK(Rashtriya Kishor Swasthya Karyakram) (from class VI to XII Standards)

Health appraisal consists of periodic medical examinations and observation of children by the class teacher.

Prevention of Communicable Diseases

Communicable diseases are all illness due to a specific infectious agent or its toxic products capable of being directly or indirectly transmitted from human to human, animal to animal, animal to human or from the environment (through air, dust, soil, water, food etc.) to human or animal.

Some of the important communicable diseases are as follows:

1. Airborne/droplet infection through respiratory tract, for example: Tuberculosis (T.B), Measles, Mumps, Rubella, Influenza (Type A-H1N1 - Swine flu, Type A -H5N1- Bird flu, (Type B- Human influenza) Diphtheria Whooping Cough (Pertussis)
2. Intestinal infection and infestation for example Poliomyelitis, Viral hepatitis, Cholera, Acute Diarrhoea diseases, Typhoid fever, food poisoning, Amoebiasis, Round worm, Hook worm infestation.
3. Insects (Arthropod) borne infection, for example Dengue, Malaria, Filariasis
4. Zoonosis (Animal to Human) Viral, for example Rabies, J.E. (Japanese Encephalitis) Bacteria - Salmonellosis, Plague, Scrub Typhus.
5. Body Contacts. for example Tetanus, Leprosy, Trachoma, S.T.I. (Sexually Transmitted Infection), HIV/AIDS etc.

Some of the communicable diseases are vaccine preventable. Under the NIS (National Immunization Schedule), Vaccination programmes are held for 9 Vaccine Preventable Diseases, in short (VPD). They are;

Name of the Disease	Name of the Vaccine
Child hood TB(Tuberculosis)	BCG
Poliomyelitis	OPV
Diphtheria	DPT
Pertussis	DPT
Tetanus	DPT, T.T.
Measles	Measles
Hepatitis B	Hep. B
Japanese Encephalitis	J.E.
Haemophilus Influenza (Sub type B) (Meningitis)	Hib

A newer vaccine *Pentavalent* which consist of five diseases, Diphtheria, + Pertussis. + Tetanus + Hepatitis B + Haemophilus Influenza (Sub type B), will be introduced shortly in Manipur during 2015.

What is Mission Indradhanush?

Mission Indradhanush is a Mission programme projected for 5 (five year) 2015-2020 as an additional immunization programme for

mothers and children above the NIS, where low coverage area, left out, hard to reach area, difficult to reach areas etc. are to be covered in a phase wise manner. Mission Indradhanush which is also known as Rainbow Mission is taking seven colours of the rainbow as symbol for the seven Vaccine Preventable Diseases in short VPD. The seven diseases are Diphtheria, Pertussis, Measles, Childhood Tuberculosis(TB), Hepatitis B. Tetanus and Poliomyelitis.

A total of 201 districts throughout India have been identified for low coverage. In Manipur four districts namely Churachandpur, Tamenglong, Senapati and Ukhrul are identified for the Mission Indradhanush. Mission Indradhanush was launched for the first time in India on 25th December 2014 by the Prime Minister Narendra Modi.

Communicable diseases controls through immunization are the most emphasized school health services function. A well planned immunization programme should be drawn up against the common communicable diseases.

Immunization of school children

Immunization of school children is a must, because vaccinations control Vaccine Preventable Diseases (VPD) at primary school and helps children to control communicable diseases.

Required vaccination programme at school are;

- a). 5 to 6 years -Injection T.T. (Booster), DPT(Booster)
- b). 10 years-Injection T.T. (Booster)
- c). 16 years- Injection T.T. Booster and other vaccine as per need.

Now, let us see how the steps should be taken up for immunization of school children .

1. Inform parents on importance of vaccination and date of school for the vaccination programme
2. Prepare class-wise list of students needing vaccination
3. Arrange a well-lighted room
4. Arrange facilities for hand washing
5. Keep children in order and ready for vaccination
6. Entry in appropriate column of school health card after vaccination.

A record of all immunizations should be maintained as part of the school health records. When the child leaves school, the health record should accompany him. Now, let us see how to maintain the school health card;

1. Keep all health cards up-to-date
2. Ensure accuracy while entering
3. Store cards class-wise and section-wise
4. When students finish primary schooling, the cards should be handed over to them

5. Always treat cards / records as confidential
6. Well maintained cards can help in future references for records.

Roles and responsibilities of school teachers

B. Roles of school teachers are:

1. Work in close coordination with ANM in (PHSC) and MO of (PHC / CHC)
2. Observe children immunization report and deviation
3. Follow-up children under treatment

C. Responsibilities of school teachers are:

1. Provision of health instruction to students and promotion of healthful practices as health counselor
2. Detection of abnormalities, provision of first-aid and referral for treatment
3. Assistance in health check-up
4. Maintenance of health records.

Remedial Measures and follow-up

Medical examinations are not an end in themselves, they should be followed by appropriate treatment and follow-up. Special clinics should be conducted exclusively for school children at the Primary Health Centre's in the rural areas, and in one of the selected schools or dispensaries for a group of about 5,000 children in the urban areas. The clinic days and time should be intimated to all the concerned schools. Considering the high prevalence of dental, eye, ear, nose and throat defects in the school children in India, special clinics should be provided for the exclusive use of school children for examination and treatment of such defects. In the big cities, the required number of specialists should be employed in the School Health Service. There should be provision for beds in the existing referral hospitals for the children to be admitted for investigation and treatment as and when required.

Conclusion

School health is an important branch of community health. According to modern concepts, school health service is an economical and powerful means of raising community health, and more importantly, for future generations. The school health service is a personal health service. The concept of medical examination of children to the present-day broader concept of comprehensive care of the health and well-being of children throughout the school years is to live in dignity with healthy and productive life.