

School Health Services

A school is an educational institution that provides learning services to school age children.

School age children are classified into three categories:

1. Early school age (6-7) years old.
2. School age (8-12) years old.
3. Late school age (adolescence) (13-18) years.

School Health Nursing:

A specialty in community health nursing which is concerned with the delivery of comprehensive nursing care to the students, School staff and their families whole to meet their needs and solve their problems through the application of nursing process to promote health and prevent illness.

Objectives of school health services

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.

School health program:

All strategies, activities, and services offered by, in, or association with schools that are designed to promote students' physical, psychological and social development.

School Health Program:

is subdivided from health care sectors of health care delivery system.

Component of school health programs:

They are consisting from three components:

A. Health Services: It includes the following activities:

1. Health Assessment and Screening

- Preschool entry assessment.
- Special appraisal for high-risk students.
- Home visiting for comprehensive assessment.
- Monitoring chronic conditions and treatment effects.
- Transfer student health assessment.
- Routine screening

2. Case Finding

- Identification of communicable diseases.
- Identification of chronic diseases.
- Referral for diagnostic and treatment services.
- Immunization surveillance.
- Surveillance for selected health events.

3. Counseling

- Counseling to decrease health risks.
- Counseling regarding existing health problems.
- Anticipatory counseling for students, parents and staff.

4. Health Promotion/Diseases Prevention

- Exclusion of students with communicable diseases.
- Immunization of unimmunized /staff health teaching in and outside of classroom.
- Health promotion activities for students/staff. e.g. smoking cessation, weight control.

5. Case management

- Liaison with community services.
- Fallow-up on referrals.
- Arranging transportation
- Referral to outside services as needed.
- Fostering parent's environment.

6. Remedial/rehabilitative services

- Speech therapy.
- Physical therapy.
- Behavioral modification.

7. Nursing Procedures

- Developments of student's care plans.
- Specialized nursing procedures.
- Administration of medications.
- Teaching procedures to other staff.

8. Emergency Care

- Development of emergency protocols.
- Post emergency assessment.
- First aid services.

B. Health Education

The process of presentation of information to the students and the school staff regarding health promotion and diseases prevention, therefore it must be related to their values and beliefs.

It includes:

Instructional health classes and courses about the prevention of the spread of infectious.

1- Biophysical Considerations

-Maturation and Aging. - Genetic Inheritance. - Physiological functioning.

2- Psychological Considerations

-Relationships

a. peer relationships. b. teacher-student relationships.
c. Teacher-teacher relationships. d. Parent-school relationships.

-Discipline: it should be used for inappropriate

- behaviors.

- Grading Practices; school and teaching grading should be understood and fairly implemented.

- Mental Illness and the School Setting.

3-Physical Environmental Considerations

-Assessment for the school building. -Physical safety hazards.

-Special physical environment for the handicapped students.

4- Sociocultural Considerations

- Culture and ethnicity. - Economic resources. - Legislation.

- Abuse, Violence, and Exploitation.

5- Behavioral Considerations

-Physical activity. -Diet and nutrition. -Substance use and abuse.

-Safety practices. - Gambling.

6-Health System Considerations

- Health services offered in the school setting. - How they are funded.

- Health services organization.

- Availability and accessibility of the services
diseases, health promote behaviors to foster wellness, chronic diseases, self-care and how to effectively use the health system.

C. Environmental Health

It involves assessment for the physical and psychosocial factors in the environment.

1. Physical environment

-Toxic agent control. -Accidents injury control. -Infectious agents control.

2. Psychosocial environment

- Internal factors. -External factors.

The school Health Team

1. Nurse. 2. Physicians. 3. Dentist. 4. Parents. 5. Teachers.
6. Administrators. 7. Counselors. 8. Psychologist. 9. Social Workers.
10. Food Service Personnel. 11. Physical and Occupational Therapist.
12. Speech Pathologist. 13. Athletic Directors.

Nursing in school health setting

School nursing: A specialized practice of professional nursing that advances the well-being, academic success, and life-long achievement of students.

Application of the Nursing Process in the School Setting

1. Assessing health in school setting:

Assessing the needs of the school population and identifying the factors influencing those needs taking in consideration dimensions of health.

2-Nursing Diagnosis in the School Setting

According to the assessment data nursing diagnosis is derived.

e.g. need for drug abuse education due to high prevalence of drug abuse in the surrounding community.

3- Planning Health Care in the School Setting

Planning to meet the health needs identified take place in two levels;

- Macro level planning
- Micro level planning

4- Implementation in the School Setting

Implementing health care for the school's members which involves collaboration between the nurse and other members of the school health team .

5- Evaluation Health Care in the School Setting

Common Health problems of school age children:

- 1-Learning difficulties.
- 2-Behavior disturbance, speech, hearing and vision.
- 3-Infectious diseases.
- 4-Accidents and injuries due to recreation, motorcycle, and automobile.
- 5-School adjustment.
- 6- School phobia.
- 7- Other behavior related problems (enuresis, encopresis).
- 8-Physical problems (kyphosis, lordosis, or scoliosis).
- 9- Social health problems (suicide or substance abuse(.
- 10-Sexual activity problems: such as venereal disease (STD).
- 11- Menstrual problems (amenorrhea, dysmenorrheal, or pre- menstrual tension).

• 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.