

SCHOOL HEALTH PROGRAMME UNDER AYUSHMAN BHARAT

Dr. M. Siva Durgaprasad Nayak, MD, PhD

Assistant Professor,

Department of Community Medicine

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Why a separate program?

- School-age children health problems are **largely preventable**
- They **have development needs** as they progress from childhood to adulthood.
- A greater portion of children of 5-19 years age group **will be available in schools.**
- Schools create a unique opportunity to **improve both the education and health status** of learners throughout the nation.

Common health problems

1. Malnutrition
2. Infectious disease
3. Intestinal parasites
4. Diseases of skin, eyes and ear
5. Dental caries

Objectives

1. To provide **age-appropriate information about health and nutrition** to the children in schools.
2. To promote **healthy behaviors** among the children that they will inculcate for life.
3. To **detect and treat diseases early** in children and adolescents including identification of **malnourished and anemic children** with appropriate referrals to PHCs and hospitals.
4. To promote use of **safe drinking water** in schools

Objectives

5. To promote **safe menstrual hygiene** practices by girls
6. To promote **yoga and meditation** through Health & Wellness Ambassadors.
7. To encourage **research on health, wellness and nutrition** for children.

School Health program services

School Health Promotional activities

Health Screening

Provision of services

Electronic Health Records

Imparting skills of Emergency Care

Health Promotion activities

Type of School	Activity
Primary School	Health, Growth and Development, Personal safety, Nutritional Physical activity, Hygiene practices, Prevention of diseases like Malaria, Dengue, TB and Vaccine preventable diseases
Middle School	Puberty and related changes, Eye care, Oral Hygiene, Nutrition, Bullying prevention, Meditation and Yoga, Internet safety and Media literacy, Prevention of substance abuse, HIV/ AIDS, Mental Health
High School	Prevention of Substance abuse, Sexual and Reproductive Health, Violence prevention, Unintentional injuries, Road safety, Nutrition, Meditation and Yoga

Health Screening

- Screening for 4Ds in all school going children under RBSK program
 1. Defects at Birth
 2. Deficiencies
 3. Diseases
 4. Development Delays

Health Screening – Defects at Birth

- Neural Tube Defects
- Downs syndrome
- Cleft Lip/ palate
- Talipes (Club Foot)
- Developmental dysplasia of the Hip
- Congenital cataract
- Congenital deafness
- Congenital Heart Disease
- Retinopathy of prematurity

Health Screening – Deficiencies

- Anaemia especially severe anaemia
- Vitamin A deficiency
- Vitamin D deficiency
- Severe acute malnutrition
- Goitre

Health Screening – Childhood diseases

- Skin Conditions (Scabies, Fungal infections, Eczema)
- Otitis media
- Rheumatic Heart disease
- Reactive Airway disease
- Dental caries
- Convulsive disorders

Health Screening – Development delays & disabilities

- Vision impairment
- Hearing impairment
- Neuro-motor impairment
- Motor Delay
- Cognitive Delay
- Language Delay
- Behaviour disorder
- Learning disorder
- Attention deficit hyperactive Disorder
- Congenital Hypothyroidism, Sickle cell anaemia, Beta Thalassemia

Provision of Services - Weekly Iron Folic Acid Supplementation

Age group	Intervention/ Dose	Regime	Service Delivery
6-10 years	Tablets of 45 mg elemental iron and 400 mcg of folic acid	Weekly, through out the period 6-10 years of age	Through teachers
10-19 years	Tablets of 100 mg elemental iron and 500 mcg of folic acid	Weekly, through out the period 10-19 years of age	Through teachers

Provision of Services - Deworming

- To combat parasitic worm infections, Government of India has declared **10th August and 10th February** as fixed days to provide Albendazole tablets for deworming school-age children.
- During National Deworming Day, **Albendazole 400 mg chewable tablets will be administered** to children at government, government aided, and private schools.

Provision of Services

Menstrual Hygiene Management: Sanitary napkins may be provided in the schools for adolescent girls.

Health Screening:

Under RBSK, identification of 30 diseases including malnutrition and anemia with appropriate referrals.

Identification of children with refractive errors may be done and spectacles provided

Provision of Services

Physical and Mental Fitness:

Classes on yoga and meditation through Health & Wellness Ambassadors may be promoted on the lines of “International Yoga Day” to inculcate the habits of yoga and meditation among children since their childhood.

Research:

Provisions may be made for research and studies on health, wellness and nutrition for children to assess the impact of the programme.

Other preventive services in the form of regular age appropriate vaccination of children through local health staff are being considered

Electronic Health Records

- It is envisaged to develop an electronic health record for each student.
- **Student Health Card will include health screening and service access data for each student.**
- Under the RBSK, the screening and referral records of all the school children will be digitalized.
- The relevant information related to school health activities/ will be added to existing electronic records maintained under RBSK.

Upgrading Skills in Emergency Care

- **A child spends a considerable part of the day in school, which makes it the responsibility of the school to ensure the safety of all children in every possible way during their stay at school.**
- **Thus students and teachers should know the basics of first aid and should be able to respond to emergencies.**
- **There should be a first aid box available in each school.**

Upgrading Skills in Emergency Care

- The teachers and students will be made aware of the various services available to attend to emergencies like the ambulance, fire brigade, police, closest health facility etc.
- Sessions on basic first aid will be taken up and linkages with local disaster response teams will be made, to build the capacity of school teachers and children to respond to emergencies.

- Thank you...

