

"An effective school health program can be one of the most effective investments a nation can make to simultaneously improve education and health". WHO

School Health Clinic at Cotton Hill Girls Higher Secondary School

Prepared based on activities done in the period June 2008 to July 2009

Philosophy :

Children are, as growing and influential individuals of the future, receptive to innovative ideas and body awareness. An effective school health program can be devised to accommodate many health activities such as curative medicine, health education, vaccination programs and practical preventive techniques in a cost effective and user friendly manner. If such a program can also be reproducible, schools elsewhere in India, and in other third world countries can also emulate such programs, or devise similar programs. If such a model imposes minimal time requirement on academic functions, support from the educational sector will be positive.

The first and the only permanent School Health Clinic in India under the Government started functioning on December 1st 2007 in **Cotton Hill Girls Higher(1) Secondary School** in Thiruvananthapuram, Kerala, India.

Background

This is a Parent Teachers Association initiative of the school. Most of the School day's nearly ten students need to be taken to nearby hospitals and many students need to be taken cared of in the school itself. In this circumstance, the Parent Teachers Association put forth the idea of starting a clinic and with the Government's consent the National Rural Health Mission took up this pilot project.

School Health Clinic

Our mission through the School Health Clinic at Cotton Hill Girls Higher Secondary School is for all students to:

- Grow up into healthy, self-sufficient, fully informed women who can make good, healthy choices
- Acquire healthy habits so that they can avoid health hazards
- Become mentally strong and ready to face the challenges of society today and into the future

- Provide high quality curative care through our Adolescent and Paediatric clinic

Challenges

- Creating a reproducible model for other schools in India in particular and in third world countries.
- This pilot program should be dealt with due diligence, and should be done using minimal resources and minimal time requirements.
- The normal academic functioning of a school will not be impeded.

The clinic is situated inside the school campus in a building consisting of three rooms. Consultation and waiting area are provided in one room. This area is also used for health club meetings, exercise club meetings students gathering for health education. Nurses' station pharmacy and observation area is provided in the second room. The third room is utilized for providing one of the several Health education programs that the clinic is undertaking.

Profile of the Clinic Staff

The clinic is staffed by a Medical Officer, a nurse and an attender.

1. Doctor: The doctor is in charge of determining the priorities for the clinic and acts as the team leader. Conducting out patients clinic on daily basis, stocking the clinic, organizing and determining the month's classes, exhibition and be the point person for media and various governmental departments and government officials.
- 2 Nurse: The nurse will assist the doctor in delivering curative care at the clinic and assist the doctor in conducting health education classes.
- 3 Attendant: Helps in all of the activities.

Services of the clinic.

The services provided in the clinic include both curative(2) and preventive services(3).

Photo gallery:

1. CGHSS
2. Health Clinic
3. Health awareness activities
4. Health club
5. Eye camp
6. Question box
7. Exercise club
8. Year long ongoing Exhibition

- (1) **Cotton Hill Girls Higher Secondary School is the** largest girl's high school in south east Asia and serves more than 5700 students and have classes from kinder garden to standard 12. Students from all wakes of life gain knowledge from this public school run by the Government of Kerala, India

(2) Curative service at CGHSS

Out patient service is conducted by the doctor on all school days during the school hours, 9.30 AM to 3.30PM. During school hours the students can come to the clinic with the consent of the teachers. Most of the common ailments affecting the students are taken care of. Each medicines will be labeled and instructions clearly written and explained by both the Doctor and the nurse.

The nurse is in charge of the pharmacy. Analgesics, anti-pyretics, anti-allergens, anti-helminthes, anti-spasmodics, vitamins, common antibiotics, intravenous solutions and few life saving medicines are in store in the pharmacy. The attender helps in all activities of the clinic.

- (3) **In the academic year 2008-2009 the clinic was able to implement the element of preventive health in an effective manner.**

Preventive service at CGHSS

Primarily the clinic is preventive in nature. Students are physically and mentally growing and emotionally maturing. Nutrition, classroom circumstances, stress related issues from interactions at home, classroom, peer pressure and physical surroundings all play an active role in the growth and maturation process. Abnormalities in any of the above circumstances could adversely affect the individual resulting in physical, emotional, and mental morbidity.

Health awareness is the corner stone of preventive health

Overview of our approaches to Health Education

1. Health education **classes during students' free period**
2. **Classes by experts** on subjects and practical demonstrations
3. **Health club** meets three times per week during lunch hours
4. **Gallery** with **standing exhibitions** conducted throughout the year
5. **Audio visual clips** shown in the waiting room of the clinic
6. Distribution of **pamphlets** on health subjects

7. **Essay competitions** and **quiz competitions** conducted based on relevant health issues
8. **Exercise club** meets twice per week to learn new exercise
9. **Classes during free periods.**