

### SCHOOL HEALTH



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The seed for renovating the School Health programme in the State was sown with the starting of a [School Health Clinic](#) in 2007 December in the largest girl's school in India, the Cotton Hill Girls Higher Secondary School in the capital city Thiruvananthapuram. A full time Doctor, a staff Nurse and an attendant was appointed. The clinic proved to be a great success with 30-40 out patients (students), who were given appropriate treatment either with medicines or proper advice. Health education was approached in a multi pronged manner. Along with the conventional class room method, an year long standing exhibition, quiz competitions, demonstration on preparation of easy to prepare nutritious food etc were conducted. In 2008, realizing a need for extending health activities in all schools of the state planning was undertaken which culminated in implementation of the **Special School Health programme**

Thus a renovated School Health Program was launched in 2009 in 10% of Govt and Govt Aided schools in Kerala. The programme was envisaged cover all Government & Aided schools of the state in a phased manner.

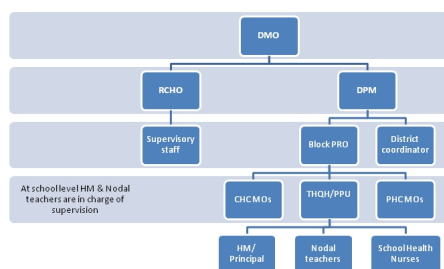
**The Vision of the programme is** to develop healthy and informed adult human capital by promoting physical and mental health through childhood and adolescent.

**The main objective** of the programme is to identify incipient diseases, disorders and disability by adequate and timely action and to become the anchor of promotive and preventive health.

## Strategy

- To operate as much as possible using existing materials, resources and personals
- Use free school time for health education
- Re-organize and co-ordinate with health club activities and interested teachers
  - Extending Primary Health Care directly into schools

## Organogram



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## Components

### I. Curative services:

- The SHNs takes proper **medical care of minor ailments** of the children under her charge.
- **Preliminary Medical Screening** of all the students once a year and enter relevant data in the health record.
- **Timely referral** of students in need to the appropriate health facilities.
- **Multi Speciality Medical camps** are conducted block wise once a year. Specialities such as dermatology, dental, ophthalmology and gynaecology were included.

### II. Preventive services:

Health education classes by SHN, Medical Officers Supervisory Staff and Vaccination services

**III. Counseling:** The JPHNs identifies various emotional and behavioural problems in students refer them to appropriate authorities.

**IV. Documentation:** The details of screening done by the SHN are recorded in Health record on daily basis. Other data such as record of treatment given for minor ailments, health awareness programme done, medical camps stock at school etc are done in registers provided.

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### Role of Health Department is to provide:

- Manpower

- Medicines
- Equipments
- Display boards, Registers for documentation of day to day activities, Health awareness materials
- Role of Education Department is to provide
- Infrastructure facility for Health corner
- Room/Private space
- Chairs, Tables Bench Almirah
- Temporary facility for the conduct
- Medical camps, exhibitions, seminars etc
- Assign 2 nodal teachers (female & male)
- Provide necessary arrangement for Health activities

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### Equipment Kits provided to the schools

\*An **Equipment kit** consisting of **13 items** including the BP apparatus, stethoscope Snellens chart, thermometer, height and weight measuring scales are provided by the NHM. Basic **Medicine** needed was supplied by the concerned Health Centers.

### Display boards and Registers



In the initial phase of SHP, Display boards were placed in schools implementing the programme. For recording various data a comprehensive health record and 7 types of registers are provided at all schools.

1. Minor ailments register
2. Health record register
3. Medical camp register
4. Health education class register
5. Observance of important Health days register
6. Health club activity register
7. Stock register

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### **Synopsis of School Health Programme in previous years**

[2011-2012](#)

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**PhotoGallery:**□

1)Health Education

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2)Health Club

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