**"Care of School Age and Adolescent Population"**

**Lecture 6**

**Learning Objectives-**

1. **State the magnitude and significance of the problem**
2. **Identify the school child performance**
3. **List main causes of morbidity and mortality among school children and adolescents**
4. **Explain the needs of school children**
5. **Clarify the school health program, objectives, components**
6. **State the role of the school health nurse**

**Introduction-(Magnitude & Significance)**

**According to Erickson’s the school age & adolescent years are a time of task mastery and development of competence and self identity.**

**25-30% of population in developing countries in school age group. Thus 1/3 of our population are in a vulnerable age group who are in the most important stage of their life.**

**They face certain problems in vision, hearing, oral, mental and social health which need to be recognized early and remedial action taken whenever necessary.**

**School- Child Work-**

**School children spend most of their waking hours in school. Their academic success can predict future education, employment, and income.**

**Child health has been linked to school success “healthy children are found to be more motivated and prepared to learn”.**

**Disabled children may qualify for special educational services.**

**Children with chronic diseases can affect learning, also affect their families and can lead to developmental & social issues for children as well as missed school days and eventual school failure.**

**Main Causes of Morbidity Among School Children are-**

**Deficiency diseases**

**Parasitic diseases**

**Respiratory diseases**

**Skin diseases**

**Head lice**

**Infectious diseases**

**Dental problems**

**Eye diseases**

**Accidents**

**Food poisoning**

**Inadequate nutrition**

**Handicaps**

**Blood diseases**

**Emotional problems e.g. ADHD**

**Adolescents Problems-**

* **Emotional problems & Suicide**
* **Violence**
* **Substance abuse**
* **Teen sexuality problems**
* **Sexuality transmitted diseases**
* **Acne**
* **Poor nutrition & eating disorder**

**Main Causes of Mortality Among School Children and Adolescents-**

* **Accidents- falls, head injuries, RTA,**

**home accidents.**

* **Infectious diseases-Progressive stages**
* **Rheumatic fever-Complications**

**Needs of School Age Group-**

* **Nutritional needs**
* **Protection from infection**
* **Maintenance of health**
* **Exercises**
* **Rest & sleep**
* **Curative services**
* **Psycho-social needs**
* **Health education**

**"School Health Program"**

**Objectives-**

* **To change beliefs & practices of school children by providing them with adequate knowledge of good healthy habits.**
* **To provide a comprehensive program that deals with physical, mental and social health needs & problems of this population.**
* **To reduce morbidity & mortality and to improve their quality of life.**

**Components of School Health Program-**

* **School Health services**
* **School Health Education**
* **Safe & Healthy school Environment**

**School Health Services-**

**They generally include:**

* **Health Appraisals**
* **Management of minor illnesses & first aid care for minor injuries**
* **Refer and follow up of pupils requiring special care. eg. Heart disease, Epilepsy, chronic asthma, Nutritional disorders…etc.**
* **Maintain Student Health Records**
* **Communicable disease surveillance in schools.**

**School Health Education-**

**Objectives:**

* **To assess & identify the health problems and needs among school children requiring health education**
* **To form a healthy behavior**
* **To educate students on prevention of diseases & their well-being**
* **To use students as messengers to convey healthy messages back home to their families**

**Safe and Healthy School Environment-**

**The school environmental measures include:**

* **To ensure that the school is built away from sources of environmental pollution.**
* **To ensure that school has an adequate portable water supply & appropriate refuse and sewage disposal facilities.**
* **To ensure that food supply, storage, preparation and sale is of acceptable hygienic standard.**
* **To ensure that the school is free from insects and rodents**
* **Provide for adequate number of privies**

**& urinals to meet the elimination needs of the children**

* **To ensure that all above activities are properly maintained through periodic monitoring.**

**Role of School Health Nurse-**

* **The general information of the record should be filled in order to be ready for use by the school doctor or others.**
* **The nurse should arrange with the principal of the school prior to the children medical examination.**
* **The nurse should attend the medical examination of school children**
* **The nurse should be able to do first aid for school children whenever needed.**
* **The nurse should be able to provide health education for school population.**
* **The nurse should attend parents-teachers meetings held in the school.**