

UNIVERSITY OF AL-MUSTAQBAL / COLLEGE OF NURSING  
FOURTH STAGE/FAMILY AND COMMUNITY HEALTH NURSING COURSE  
LECTURE 9

**SCHOOL HEALTH CARE NURSING**

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# LEARNING OBJECTIVES-

1. Definitions: School, School Age Children, School Health, School Health Care Nursing, School Health Program
2. Explain the Components of School Health Program
3. Identify the School Health Team
4. List the Common Health Problems of School Age Children
5. Explain the role of the Nurse in the School Health Setting



*Learning Objectives*

# DEFINITIONS-

- **A school** is an educational institution, building, or organization designed to provide learning spaces and instruction for students under the direction of teachers, primarily focusing on primary and secondary education (K-12).



- **School-age Children** are generally defined as children between 6 and 12 or 13 years old, covering the elementary to middle school years. This developmental stage is characterized by increased independence, refined motor skills, social growth, and, for some, the beginning of puberty.





- **School Health** refers to a comprehensive, coordinated system of policies, services, and educational activities designed to promote the physical, mental, social, and emotional well-being of students and staff.
- **School Health Care Nursing** is a specialized practice of professional nursing that advances student health, safety, and academic success by bridging health care and education.
- It involves managing acute/chronic illnesses, promoting healthy behaviors, and coordinating care to enable children to reach their full potential.

- **A School Health Program** is a comprehensive, organized set of policies, procedures, and activities designed to protect and promote the physical, mental, social, and educational well-being of students and staff.
- It integrates health education, health services, a safe environment, and community involvement to improve health and academic performance.



# COMPONENTS OF SCHOOL HEALTH PROGRAM INCLUDE:

- **Health Education:** Curriculum focusing on health literacy, decision-making, and disease prevention.
- **Physical Education/Activity:** Activities promoting physical fitness and motor skill development.
- **Health Services:** Direct care, screenings (vision, hearing), immunizations, and management of chronic conditions by school nurses.
- **Nutrition Services:** Provision of nutritious, balanced meals and nutrition education.
- **Counseling, Psychological, and Social Services:** Mental health support to improve emotional and social well-being.
- **Healthy and Safe School Environment:** Maintaining safe physical surroundings, positive school climate, and emotional safety.
- **Health Promotion for Staff:** Programs promoting healthy lifestyles for school employees.
- **Family and Community Involvement:** Partnerships with families and community organizations to support student health
- These components act together to remove health-related barriers to learning and enhance student development.

# THE SCHOOL HEALTH TEAM

- A school health team is a multidisciplinary group—including school nurses, administrators, teachers, parents, and community partners—that collaboratively promotes student well-being.
- They identify health needs, implement programs, manage conditions, and provide screenings to improve educational outcomes. Key responsibilities include health education, disease prevention, and emergency response

# COMMON HEALTH PROBLEMS OF SCHOOL AGE CHILDREN-

- Infectious diseases
- Nutritional problems
- Respiratory disorders
- Vision and hearing problems
- Mental and behavioral disorders
- Injuries and accidents
- Dental diseases (dental caries, dental plaques, malocclusion etc)



# ROLE OF THE NURSE IN THE SCHOOL HEALTH SETTING

- She/he is a counselor and educator of health.
- She/he plans the health talks to be given in school.
- She/he provides guidance to the teachers and parents in matter of health.
- She/he is the coordinator and organizer of the school health programs.
- She/he helps and bridge the gap between what the child learns at school and practices at home.