

ANDHRA PRADESH VOLUNTRY HEALTH ASSOCIATION

CURRICULUM FOR 4 DAYS TRAINING FOR
PRIMARY SCHOOL TEACHERS IN SCHOOL HEALTH PROGRAMME

FIRST DAY

Time	Session	Topic	Contents	Objectives
8.30 am to 9.30 am		Registration of Participants.		
9.30 am to 10.30 am	1	<p>Welcome and introduction</p> <p>-Introduction of Primary Health Care and School Health Services.</p> <p>-Objectives, scope and components for School Health Programme.</p> <p>-Formation of Groups.</p>	<p>Definition of Health</p> <p>Primary Health Care</p> <p>School Health Services</p> <p>Objectives, scope and components of School Health Programme. Importance of conducting orientation training course to Teachers in School Health Programme.</p>	<p>At the end of the Session the learner participant shall be able to</p> <p>(a) List out the objectives of the School Health Services.</p> <p>(b) List out the components of School Health Programme.</p> <p>(c) Recognise and appreciate the need for the voluntary involvement in the effective implementation of School Health Programme in their respective Schools for the promotion of the Health of the School Children.</p>
10.45 am to 11.45 am	2	<p>The role of Teachers in School Health Programme.</p>	<p>-Why Teacher is more effective</p> <p>-Teachers key position and different roles in the Schools premises and in the Community.</p> <p>-School Teacher as a member of School Health Team.</p>	<p>Shall be able to identify his role as a member of the School Health Team and list out the areas in which he can participate.</p>

<i>Time</i>	<i>Sessions</i>	<i>Topic</i>	<i>Contents</i>	<i>Objectives</i>
11.45 am to 1.00 pm	3	Importance of School Health Survey in School Health Programme. (Assignment)	The Survey Form (Questionnaire) contains various components of School Health Programme. The Teacher has to fill up the form relating to the situation of the School where he is working (This forms the basis for detailed discussions during the rest of the training period).	Shall be able to fill in the questionnaire so as to serve as the base for future discussions in the training programme.
2.00 pm to 3.00 pm	4	Common Health Problems among Primary School Children.	<ul style="list-style-type: none"> -What are the common health problems and diseases. -Need for timely identification of problems. -Need for timely intervention and application of remedial measures and follow up. 	Shall be able to identify and list out the common health problems among the students detect any deviations for timely intervention, remedial measures and followup.
3.00 pm to 4.00 pm	5	Basic human Anatomy and Physiology.	<ul style="list-style-type: none"> -Structure of Human Body (Male and Female) -Different systems in human body. -Functions of different systems and important organs in the human body. Elementary aspects. 	Shall be able to list out the systems of the human body (male and female) List out the functions of different systems and organs of human body. Observe and detect any deviations among the students normal health.
4.15 pm to 6.00 pm	6	Health check up for Teachers	<p>Introduction to the importance of health checkup of Teachers (0—15 mts)</p> <ul style="list-style-type: none"> -Each teacher participant will be examined by the Medical Officer. -Each teacher will have a separate teacher's health card to record the health status at the time of health checkup and arrange for treatment, referral and follow up. 	Shall be able to appreciate the need for and the importance of maintaining his own health as a member of the School Health Team.

SECOND DAY

<i>Time</i>	<i>Session</i>	<i>Topic</i>	<i>Contents</i>	<i>Objectives</i>
8.30 am to 9.00 am		Review	Review of Previous day's sessions.	
9.00 am to 10.30 am	7	Personal Hygiene	Importance of personal hygiene-care of body. -Exercise and rest -Healthful instruction -Factors responsible for ill-health among children.	Shall be able to identify areas/activities for health education/healthful instruction for health promotion for good health practices
10.45 am to 11.45 am	8	Introduction to Student Health Record and its maintenance	Details of the contents included in different sections of the Student Health Record. -Guidelines to be followed in filling student health records. -Identifying the Teachers role in maintaining the Health Record of the Student.	Shall be able to identify and list out the areas/sections in the School Health Record of each student to be filled in by the participants. (a) make necessary entries in the school health record after observing the students as indicated in the guidelines of the School Health Record
11.45 am to 1.00 pm	9	-do-	-Demonstration of filling Student Health Record. -The observed data in Student Health Record. Methods of observation and Identification of defects. -Methods of recording.	(b) measure height, weight chest measurements and enter the same in the relevant sections of the School Health Card
2.00 pm to 3.00 pm	10	Immunization Services.	-What is immunization -Advantages of Immunization -Types of immunisation given during infancy, preschool and and primary School age groups. -Types of diseases that could be prevented by immunization (T.A., D.T., T.T)	Shall be able to identify the students who are to be given immunisation and assist the health personnel in conducting immunisations to the School children

<i>Time</i>	<i>Session</i>	<i>Topic</i>	<i>Contents</i>	<i>Objectives</i>
			<ul style="list-style-type: none"> -Role of Educational Authorities -Role of Teachers and Parents -Role Health Personnel. 	
3.00 pm to 4.00 pm	11	Systematic approach to Health Care.	Signs and symptoms of Health and ill health. -Head—Hair. -Eyes, Ears, Nose, throat -Mouth and teeth, (Dental Health) Nails, skin -Care to be taken for health promotion and maintenance of students health.	Shall be able to screen children for vision and hearing defects and detection of deformities.
4.15 pm	12	-do-	-Screening for defective vision -Screening for hearing defect -Screening for growth defects and nutritional deficiency. -Identification of dental caries bleeding of gums.	
5.15 pm to 6.00 pm	13	-do-	-Detection of deformities (significance of observing posture and gait)	

THIRD DAY

<i>Time</i>	<i>Session</i>	<i>Topic</i>	<i>Contents</i>	<i>Objectives</i>
8.30 am to 9.00 am		Review	Review of previous day's sessions.	
9.00 am to 10.30 am	14	Health check up of students by Doctors.	<p>Health checkup and medical examination of students</p> <ul style="list-style-type: none"> -Procedures for preparation of health check up. -Role of Teachers -System of Referrals and follow up by teachers. -Involvement of parents at the time of Health checkup and for followup action. 	Shall be able to assist the medical officer and the staff at the time of health check-up of the students.
10.45 am to 12.00 noon	15	Environmental Sanitation.	<ul style="list-style-type: none"> -What is environmental sanitation definition components-problems due to lack of sanitation -Types of diseases that occur due to bad sanitation at home and its environment, diarrhoeal diseases, worm infections. -Importance of and need for safe drinking water supply, safe disposal of human excreta. -Solid wastes, liquid wastes, food sanitation. -Methods of improving and maintaining home and School sanitation. -Role of Teachers. 	Shall be able to assist the management in the maintenance of healthful school environment.
12.00 to 1.00 pm	16	Discussion	Discussion on the Questionnaire (previously filled by participants)	

<i>Session</i>	<i>Topic</i>	<i>Contents</i>	<i>Objectives</i>
2.00 pm to 3.00 pm	17 Methods of Identification of common communicable and non-communicable diseases among students.	Tuberculosis, Leprosy, Scabies. Malaria, Mumps, Measles, Diphtheria, Pertusis, Tetanus, Poliomyelitis, Typhoid, Filariasis. Worm infections, Rheumatic fevers, Diarrhoeal diseases. -Role of Teachers.	Shall be able to give necessary treatment and issue medicines to the students as prescribed by the physician, for the ailments diagnosed at the time of medical checkup, including referrals and followup.
3.00 pm to 4.00 pm	18 -do-		-Provide first aid to the pupils in case of need and render necessary follow up.
4.15 pm to 5.15 pm	19 Treatment procedures (by teachers) treatment of minor ailments.	What are minor ailments Treatment of minor ailments Treatment procedures. -Use of equipment and drugs etc. supplies with School Medical Kit. -Temperature taking, use of eye drops and ointment, use of ear drops, formentation, use of measuring tapes etc. First aid, bandaging and dressing, control of bleeding.	
5.15 pm to 6.00 pm	20 Control of Diarrhoeal diseases among Children.	-Signs and symptoms of Diarrhoeal diseases. -Causes-treatment identification of cases and control measures. -Use of oral rehydration salts components of O R T salts. -Preparation of O R T fluids.	

FOURTH DAY

<i>Time</i>	<i>Session</i>	<i>Topic</i>	<i>Contents</i>	<i>Objectives</i>
8.30 am to 9.00 am	Review		Review of previous day's sessions.	
9.00 am to 10.30 am	21	Nutrition and deficiency diseases.	<p>What is Nutrition?</p> <p>Importance of Nutrition</p> <p>Deficiency diseases.</p> <p>-Protein-calories and</p> <p>-Vit. deficiency diseases</p> <p>A.B.C.D.</p> <p>-Iron deficiency diseases (Anaemia)</p> <p>-Balanced diet-components</p> <p>-Services programmes available for improving nutritional status of children, use of local foods to improve nutritional status, nutrition education.</p> <p>-Screening for growth defects and Nutritional deficiency.</p> <p>-Role of Teachers.</p>	Shall be able to observe the students to detect any deviations from normal refer to the Physician/ Medical Officer.
10.45 am to 11.30 am	22	Mental Health	<p>Mental Health and behavioural problems among children of the primary school age group.</p> <p>-Remedial measures and correctional procedures.</p>	Shall be able to observe the students to detect any deviations from normal health/behaviour and refer to the physician/specialist
11.30 am to 12.15 noon	23	Use of resources	<p>Community Participation</p> <p>Formation of School Health Committee.</p> <p>Parent-Teacher-Association</p> <p>Parent involvement at the time of health check up.</p> <p>-Involvement of voluntary organisations.</p> <p>-Role of Teachers.</p>	Organise/assist in forming school health committees Parent - Teacher-Associations, sanitation services, Child-to-child Programmes

<i>Time</i>	<i>Session</i>	<i>Topic</i>	<i>Contents</i>	<i>Objectives</i>
12.15 pm to 1.00 pm	24	Activity oriented Health education.	Activity oriented Health Education -Child-to-child programmes -Health games.	Shall be able to identify areas/activities -child health activities- for health education of the pupils to inculcate and encourage the students and their parents for health promotion and good health practices.
2.00 pm to 3.00 pm	25	Healthful Instruction by Teachers.	Preparation of lessons for Teaching healthful living through education Preparation and use of simple visual aids for effective teaching with emphasis on personal hygiene and habits.	
3.00 pm to 4.00 pm	26	Reporting Kit and equipment Management.	Maintenance of student Health Records, Registers and records (submission of periodical reports by the School authorities). Management of Kit and Equipment. Role of Teachers and Head-masters. -Review of the content with special reference to Teachers; role in the maintenance of student health records.	Shall be able to assist the Head Master and the health team in the whole range of activities under School Health Programme including the maintenance of necessary records, registers, equipment etc.
4.15 pm to 5.30 pm	27	Review of the 4 days training course.	-Review of the areas required for strengthening of knowledge and skills. -Review of teachers role in School Health Services Programme. -Discussion on Backhome Project and presentation. -Feed back by the Teacher Trainees. -Award of Certificates.	
		Closing Sessions		

ROLES AND RESPONSIBILITIES ^{of} TEACHERS IN SCHOOL HEALTH PROGRAMMES

1. Familiarisation with the Student Health Card.
2. Preparation of students for health checkup and immunizations.
3. Observation of students for defects and deviations from normal health (physical, emotional and social ...)
4. Observation of Students for their posture, personal cleanliness, eating, study, health and play habits.
5. Filling up the columns as indicated in the Health Card.
6. Opening a new Card for every child who enters the School for admission in the first standard.
7. Screening of vision and hearing and taking height, weight, chest measurements and other particulars of school children.
8. Co-operation with the Medical Officer and the Health staff concerned with the School Health Services and assisting them while conducting health check up of pupils. (working as a member of the Team).
9. Providing simple treatment for minor illnesses and first aid in emergencies using the contents of the medical kit supplied to the school.
10. Bring to the notice of the Headmaster / Headmistress and parents when a child is found seriously ill.
11. Informing the local health staff or the Medical Officer of the PHC if any student is seen to be suffering from any communicable disease.
12. Treatment of pupils and in case of referrals entering follow up action in the relevant pages of the Student Health Card.
13. Devising and implementing activity oriented health education to school children and promoting healthful practices among them.
14. Organising child health activities, exhibitions, school gardens.
15. Working as a member of the team — Medical Officer, Nurse, and other teachers and community members.

SCHOOL HEALTH PROGRAMME

TEACHER'S HEALTH CARD

CONFIDENTIAL

Name _____

Age

--	--

Sex

M	F
---	---

School _____

Village _____

Mandal _____

PHC _____

District _____

Name_____

Height Cm :

1. Marital Status

M	S
---	---

Weight Kg :

2. Family Planning Status

Number of Living Children

	Self.	Spouse.
Operated	(Yes)	(Yes)
Not operated	(No)	(No)
Other methods	(M)	(M)

3. History of Past Illness

Self

Spouse

4. Blood Pressure

5. Urine

Blood Haemoglobin
Sugar

Albumin

EXAMINATION BY THE MEDICAL OFFICER

	Nature of Illness	Advice Treatment Given or Referral	Signature of Medical officer & Date
6. General condition			
7. Eyes			
8. E.N.T.			
9. Alimentary			
10. Cardiovascular system			
11. Respiratory system			
12. Nervous system			
13. Genito-urinary system			

FURTHER EXAMINATION

	Nature of Illness	Treatment Given or Referral	Signature and Date
14. Hydrocele			
15. Hernia			
16. Tumours			

FURTHER EXAMINATION (for women only)

	Nature of Illness	Treatment given or referral	Signature of Medical Officer and Date
17. Menstrual history			
18. Obstetric history			
19. Any lump in breast			
20. Tumours or herniae			
21. Pelvic examination			

Date	Name of Illness	Advice Treatment Given or Referral	Signature of Medical Officer

SCHOOL HEALTH PROGRAMME

TEACHER TRAINING COURSE IN SCHOOL HEALTH

SCHOOL HEALTH SURVEY FORM

1. Venue of the Training Programme : _____ Assignment No. 1
2. Mandal _____
3. Location of the Primary Health Centre : _____
Hospital _____

1. PERSONAL HYGIENE OF THE STUDENTS

1. Do you check the personal hygiene of the students as regarding the following (by observation) :

- | | |
|----------------------|------------------------------|
| (a) Hair — (Yes/No) | (d) Teeth — (Yes/No) |
| (b) Eyes — (Yes/No) | (e) Skin — (Yes/No) |
| (c) Nails — (Yes/No) | (f) Clothes dress — (Yes/No) |

2. Are the children of your class generally neat and clean?
(Write briefly the situation in general Not exceeding 5-6 lines)

2. IMMUNIZATION

How many of the students in your class have had the following immunizations (re.call exercise)

2.1 Before admission to School in 1st standard

Number

1. B.C.G.
2. D.P.T.
3. Polio
4. Measles

2.2 After having entered in School in 1st standard

Number

1. T.A.B. (Typhoid)
2. D.T.
3. T.T (Tetanus)

NOTE (If not known mention-not known
both for 2.1 and 2.2.)

3. HEALTHFUL SCHOOL ENVIRONMENT

1. Location of the School Check:

Crowded Locality ()

Away from the residential locality ()

2. Play Ground

- | | |
|---|--------|
| (a) Does the School have a play ground? | Yes/No |
| (b) Is it safe for children to play? | Yes/No |

3. Classroom (Where you teach)

- | | |
|---------------------------------------|--------|
| (a) Is the classroom neat and clean? | Yes/No |
| (b) Is the classroom well-lighted? | Yes/No |
| (c) Is the classroom well-ventilated? | Yes/No |

4. Seating arrangements :

- (a) Where do the students sit?

On the floor :

On impervious flooring :

On wooden planks :

On classroom benches :

Any other (specify) :

- (b) Are the seating arrangements conducive to the
good posture of the students?

Yes/No

5. DRINKING WATER

- (a) Mention the source of water supply to the School (check)

River	()
Tank	()
Canal	()
Well	()
Stream	()
Spring	()
Taps	()
Other	()
Specify	()

- (b) Is the water safe to drink without any treatment? Yes/No

- (c) How is the water stored in the School premises—
(Mention the method of storage)

- (d) Is the water treated before use by students in the School?

Not treated	Yes/No
Filtered	Yes/No
Boiled	Yes/No
Chlorinated	Yes/No

6. SANITARY LATRINES (Toilets)

- (a) Are there latrines in the School premises? Yes/No

- (b) If yes, how many for
- | | | |
|----------|----------|-------------------------|
| Students | Boys | No. of latrines/urinals |
| | Girls | |
| for | Teachers | No. of latrines |
| | men | |
| | women | |

- (c) Type of Latrines Dry earth type :
 RCA water seal closet :
 Borehole latrine :

- (d) If no, what other arrangements are
available in the School premises (mention)

For students ———

For teachers ———

7. MEDICAL CARE/HEALTH CHECKUP

- (a) Do the students have a School Health
checkup/medical examination? Yes/No

- (b) If yes, at what frequency?

Half yearly

Yearly

Other (specify)

- (c) Who conducts the Health check up?
(mention the personnel who does the health check up)

- (d) Are the sick children given necessary
treatment in the School? Yes/No

- (e) Where are the students referred to
for special care? (mention the details)

8. TRAINING IN FIRST-AID

- (a) Did you receive any training in First-aid Yes/No

- (b) If yes, where were you trained? (mention)

- (c) Indicate the conditions which you can handle
(specify the areas in first aid)

1.

2.

3.

4.

5.

9. PROVISION OF FIRST-AID MEDICAL KIT

- (a) Does your school have
a first aid kit? Yes/No
a medical kit for treatment of minor ailments? Yes/No
- (b) If yes, what does the medical kit contain?
Mention the contents :

10. HEALTH EDUCATION (HEALTHFUL INSTRUCTION)

A. Parent-Teacher Association (P.T.A.)

1. Is there a Parent-Teacher Association? Yes/No
a school Health Committee? Yes/No
2. Is the association (P.T.A.) Committee active? Yes/No
3. What are the activities usually organised in your schools
by the Parent-Teacher Association
by the School Health Committee

Sl.No.	Nature of activities
1.	
2.	
3.	
4.	
5.	

B. Healthful Instruction

1. Has the School made any attempt to undertake health education activities for the students

Yes/No

2. If yes

- (a) Topics covered :

1.

2.

3.

4.

5.

- (b) Methods used :

1.

2.

3.

4.

5.

- (c) Audio-visual aids used :

1.

2.

3.

4.

5.

Name of the Teacher : _____

Name & address of school : _____

Name of the Management : _____

Date :

Place :