



AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar P.O., Thrissur-680 555, Kerala, India.

Website : www.amalanursingcollege.org

FIRST CYCLE NAAC ACCREDITATION 2022

CRITERION 2

TEACHING – LEARNING AND EVALUATION

2.3. Teaching Learning Process

2.3.1 Lesson Plan

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

Lesson Plan on

school health services

Subject : Community health nursing
Unit : Unit – IV, Community health nursing approaches, concepts and roles and responsibilities of nursing personnel
Topic : School health services
Method of teaching : Lecture cum discussion
Name of teacher : Ms. Shaly Joseph
Date :
Time :
Group : fourth year B.Sc. Nursing students
Venue : Lecture Hall, Amala College of Nursing
Duration : 1 hour
Teaching aids : 1. Chart on definition of school health and school health services, objectives of school health services.
2. Flash cards on steps of school health programme.
3. OHP transparency on history, health problems of school children, role of school nurse.
4. LCD on aspects of school health services.




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Previous knowledge of the learner : Students have no previous knowledge about school health services

Central Objective:

On completion of the class, students will be able to gain in-depth knowledge on school health services, develop positive attitude towards school health services and apply this knowledge in their community health practices.

Specific Objectives

On completion of the class, students will be able to:

- Describe the historical development of school health services
- Define school health
- Define school health services
- Enumerate the health problems of the school child
- Enlist the objectives of school health service
- Explain the aspects of school health services
- Enlist the steps of school health programme
- Describe the role of school health nurse




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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
1 minute	Introduce the topic	<p>INTRODUCTION</p> <p>School health is an important branch of community health. According to modern concepts, school health service is an economical and powerful means of raising community health.</p> <p>It has developed during the past 70 years from the narrower concept of medical examination of children to the present day broader concept of comprehensive care of the health and well being of children throughout the school years.</p>		Introduces the topic	Listen carefully	

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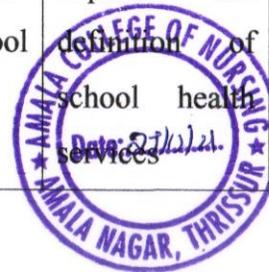
Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
5 minutes	Describe the historical development of school health services	<p>HISTORICAL DEVELOPMENT</p> <p>The beginning of school health service dates back to 1909 when for the first time medical examination of school children was carried out in Baroda city. The Bhore committee (1946) reported that school health services were practically nonexistent in India and where they existed, they were in an under-developed state.</p> <p>In 1953, the secondary education committee emphasized the need for medical examination of pupils and school feeding programmes. In 1960, the government of India constituted school health committee to assess the standards of health and nutrition of school children and suggest ways and means to improve them. The</p>	OHP on history	Teacher describes the historical development	Listen and take down notes.	When did the the school health committee submit its report?



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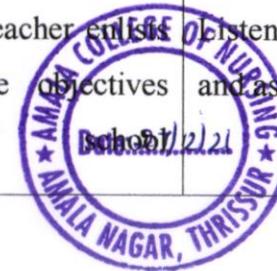
		committee submitted its report in 1961.				
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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
2 minutes	Define school health	<p style="text-align: center;">SCHOOL HEALTH</p> <p>It refers to a state of complete physical, mental, social and spiritual well being and not merely the absence of disease or infirmity among pupils, teachers and other school personnel.</p>	Chart on definition of school health	Teacher explains the definition of school health	Take down notes	What is school health?
2 minutes	Define school health services	<p style="text-align: center;">SCHOOL HEALTH SERVICES</p> <p>It refers to need based comprehensive services rendered to pupils, teachers and other school personnel to promote and protect their health, prevent and control diseases and maintain their health.</p>	Chart on definition of school health services	Teacher explains the definition of school health services	Take down notes	What is the definition of school health services?



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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
5minutes	Enumerate the health problems of the school child	<p>HEALTH PROBLEMS OF THE SCHOOL CHILD</p> <ul style="list-style-type: none"> • Malnutrition • Infectious diseases • Intestinal parasites • Diseases of skin, eye and ear • Dental caries 	OHP on health problems of the school child	Teacher enlists the health problems of the school child	Listen carefully	What are the health problems of the school child in India?
5minutes	Enlist the objectives of school health service	<p>OBJECTIVES OF SCHOOL HEALTH SERVICE</p> <ul style="list-style-type: none"> • The promotion of positive health • The prevention of disease • Early diagnosis, treatment and follow up of defects. 	Chart on objectives of school health	Teacher enlists the objectives of school health	Listen carefully and ask doubts	What are the objectives of school health services?



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		<ul style="list-style-type: none"> • Awakening health consciousness in children • The provision of healthful environment. 	service	health services		
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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
15 minutes	Explain the aspects of school health services	<p>ASPECTS OF SCHOOL HEALTH SERVICES</p> <ul style="list-style-type: none"> • Health appraisal of school children and school personnel • Remedial measures and follow up • Prevention of communicable diseases • Healthful school environment • Nutritional services • First aid and emergency care • Mental health • Dental health • Eye health • Health education • Education of handicapped children • Proper maintenance and use of school health records 	LCD on aspects of school health services	Teacher explains the aspects of school health services	Listen carefully and take down notes	What are the aspects of school health services?




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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
		<p>Health Appraisal</p> <p>The health appraisal should cover not only the students, but also the teachers and other school personnel. Health appraisal consists of periodic medical examination and observation of children by the class teacher.</p> <p>The school health committee (1961) in India recommended medical examination of children at the time of entry and thereafter every 4 years. The initial examination should be thorough and unhastened and should include a careful history and physical examination of the child with tests for vision, hearing and speech. A routine examination of blood and urine should be carried out. The teacher should help in the medical inspection. Medical examination should be given to teachers and other school personnel as they form part of the environment to which child is exposed.</p> <p>Remedial measures and follow up</p> <p>Medical examinations are not an end in themselves; they should be</p>	<p>LCD</p> <p>on aspects of school health services</p>	<p>Teacher explains the aspects of school health services</p>	<p>Listen carefully and take down notes</p>	<p>What are the activities under health appraisal of school children?</p>



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	followed by appropriate treatment and follow up. Special clinics to be conducted exclusively for school children at the primary health centres in rural areas and in one of the selected schools or dispensaries for a group of about 5000 children in the urban areas.				
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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
		<p>Prevention of communicable diseases:</p> <p>Communicable disease control through immunisation is the most emphasised school health service function. A well planned immunisation programme should be drawn up against the common communicable diseases. A record of all immunisation should be maintained as part of the school health records. When the child leaves school, the health record should accompany him.</p> <p>Healthful school environment:</p> <p>A healthful school environment is necessary for the best emotional, social and personal health of the pupils. Schools should serve as demonstration centres of good sanitation to the community.</p> <p>The following minimum standards for sanitation of the</p>	LCD on aspects of school health services	Teacher explains the aspects of school health services	Takes down notes	What are the measures to prevent communicable diseases in school?



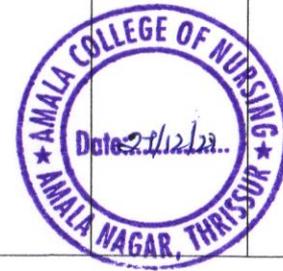
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	<p>school and its environment have been suggested in India.</p> <p>a.Location: The school should normally be centrally situated with proper approach roads and at a fair distance from busy places and roads, cinema houses, factories, railway tracks and market places.</p>				
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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
		<p>b.Site: The site should be on suitable high land and not subject to inundation or dampness and can be properly drained. The school health committee (1961) recommends that 10 acres of land be provided for higher elementary schools and 5 acres for primary schools with an additional 1 acre of land per 100 students. In congested areas, the nearest public park or play ground should be made available to the students.</p> <p>c.Structure: Nursery and secondary schools as far as possible be single storied. Exterior walls should have a minimum thickness of 10 inches and should be heat resistant.</p> <p>d.Class room: Verandhas should be attached to class rooms. No class room should accommodate more than 40 students. Per capita space for students in a class room should not be</p>	<p>LCD on aspects of school health services</p>	<p>Teacher explains the aspects of school health services</p>	<p>Listen carefully and take down notes</p>	<p>What are the minimum standards for school environment?</p> <p><i>lgv</i></p>



		<p>less than 10 square feet.</p> <p>e.Furniture: Furniture should suit the age group of students. It is desirable to provide single desks and chairs. Desks should be of minus type. Chairs should be provided with proper back rest with facilities for desk work.</p> <p>f.Doors and windows: The windows should be broad with</p>				
Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
		<p>bottom sill, at a height of 2'-6" from the floor level; combined door and window area should be at least 25% of the floor space; windows should be placed on different walls for cross ventilation; the ventilators should not be less than 2% of the floor area.</p> <p>g.Colour: Inside colour of the class room should be white and should be periodically whitewashed.</p> <p>h.Lighting: Class rooms should have sufficient natural light, preferably from the left and should not be from the front.</p> <p>i.Water supply: There should be an independent source of safe and potable water supply which should be continuous and distributed from the taps.</p> <p>j.Eating facilities: Vendors other than approved by the school authorities should not be allowed inside the school premises; there should be a separate room provided for mid-day meals.</p>	<p>LCD</p> <p>on aspects of school health services</p>	<p>Teacher explains the aspects of school health services</p>	<p>Listen carefully and take down notes</p>	<p>What are the minimum standards for school environment?</p> <p><i>kgm</i></p>



	<p>k.Lavatory: Privies and urinals should be provided—one urinal for 60 students and one latrine for 100 students. Arrangements should be separately made for the boys and girls.</p> <p>theory of nursing practice.</p>				
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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
		<p>Nutritional services:</p> <p>The diet of school children should contain all the nutrients in proper proportion adequate for the maintenance of optimum health.</p> <p>Mid-day school meal: The school health committee recommended that school children should be assured of at least one nourishing meal. In India, it is recommended that the school meal should provide at least one-third of the daily calorie requirement and about half of the daily protein requirement of the child.</p> <p>Applied Nutrition Programme: UNICEF is assisting in the implementation of this programme in the form of implements, seeds, manure and water supply equipment</p> <p>Specific nutrients: Advances in the knowledge of nutrition have revealed that specific nutrients may be necessary for the</p>	<p>LCD on aspects of school health services</p>	<p>Teacher explains the aspects of school health services</p>	<p>Listen carefully</p>	<p>What are the nutritional services for school children?</p>



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	prevention of some nutritional disorders. Dental caries, endemic goitre, night blindness, protein malnutrition, anemias and a host of other nutrient disorders are eminently preventable.				
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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
		<p>First aid and emergency care:</p> <p>The responsibility of giving first aid and emergency care to pupils who becomes sick or injured on the school premises rests with the teacher and therefore all the teachers should receive adequate training during teacher training programmes or in- service training programmes to prepare them to carry out this obligation. The emergencies commonly met within schools are;</p> <ol style="list-style-type: none"> i. Accidents leading to minor or serious injuries ii. Medical emergencies such as gastroenteritis, colic, epileptic fits, fainting etc. <p>In every school, a fully equipped First Aid Post should be provided as per regulations of St. John Ambulance Association of India</p>	LCD on aspects of school health services	Teacher explains the aspects of school health services	Listen carefully and take down notes	What are the emergencies commonly met within schools? <i>kgall</i>



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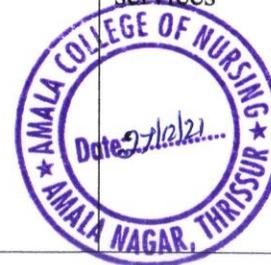
Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
		<p>Mental Health:</p> <p>The mental health of the child affects his physical health and the learning process. Juvenile delinquency, maladjustment and drug addiction are becoming problems of school children. The school teacher has both a positive and preventive role-he should be concerning with helping all children attain mental health so that they may develop into mature responsible and well adjusted adults. There is enough relaxation between periods of intense work and every effort should be made to relieve the tedium of the class room.</p> <p>No distinction should be made between race, religion, cast or community, between rich and poor and between the</p>	LCD on aspects of school health services	Teacher explains the aspects of school health services	Listen carefully and take down notes	What are the mental health problems in school children?




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	clever and the dull. It is now increasingly realised that there is a great need for vocational counsellors and psychologists in schools for guiding the children into careers for which they are suited.				
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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
		<p>Dental Health:</p> <p>Children frequently suffer dental diseases and defects. Dental caries and periodontal diseases are two common dental diseases in India. A school health programme should have a provision for dental examination at least once a year. In the developed countries, dental hygienists are employed in schools to assist the school dentist with the examination of the teeth.</p> <p>Eye Health Services:</p> <p>Schools should be responsible for the early detection of refractive errors, treatment of squint and amblyopia and detection and treatment of eye infections</p>	<p>LCD on aspects of school health services</p>	<p>Teacher explains the aspects of school health services</p>	<p>Listen carefully and take down notes</p>	<p>What are the eye health services for school children?</p> <p><i>19/11</i></p>



		such as trachoma. Administration of vitamin A to children at risk has shown gratifying results.				
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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
		<p>Health Education:</p> <p>The most important element of school health programme is health education. Health education in schools should cover the following areas:</p> <p>Environmental health: Encouraging young people to take part in health activities and keep their environment clean is an important function of school health services. Visits to observe community health programmes and even better participation in community action programmes (eg: vaccination, fly control campaigns, construction of sanitary wells and latrines) are excellent opportunities for health education.</p>	LCD on aspects of school health services	Teacher explains the aspects of school health services	Listen carefully and take down notes	What are the needed areas for health education among school children?



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		Family life: Family life education is being increasingly recognised as a priority in both developed and developing countries. The school health service is concerned with healthy attitude towards human reproduction.				
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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
		<p>Education of handicapped children:</p> <p>The ultimate goal is to assist the handicapped child and his family so that the child will be able to reach his maximum potential to lead as normal a life as possible to become a productive and self-supporting member of society. The resources for managing handicapped child vary from country to country. It requires the co-operation of health, welfare, social and educational agencies.</p> <p>School Health Records:</p> <p>A cumulative health record of each student should be maintained. Such records should contain the following:</p>				



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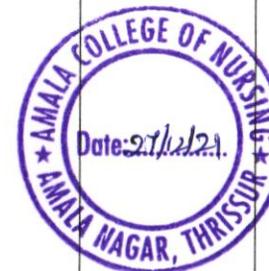
		<p>i. Identifying data – name, date of birth, parents' name and address etc.</p> <p>ii. Past health history</p> <p>iii. Record of findings of physical examination and screening tests and record of services provided.</p>				
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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
5 minutes	Enlist the steps of school health programme	<p>STEPS OF SCHOOL HEALTH PROGRAMME</p> <ul style="list-style-type: none"> ● Assessment ● Diagnosis ● Objective ● Planning ● Intervention ● Evaluation of the programme 	Flash card on steps of school health programme	Teacher explains the steps of school health programme	Listen carefully and take down notes	What are the steps of school health programme ?



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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
8 minutes	Describe the role of school health nurse	<p>ROLE OF SCHOOL NURSE</p> <p><i>Seven roles</i> of the school nurse have evolved from this definition.</p> <ul style="list-style-type: none"> ● The school nurse provides direct health care to students and staff. ● The school nurse provides leadership for the provision of health services. ● The school nurse provides screening and referral for health conditions. ● The school nurse promotes a healthy school environment. ● The school nurse promotes health. ● The school nurse serves in a leadership role for health policies and programs. ● The school nurse serves as a liaison between school personnel, family, community, and health care providers. 	OHP on role of school nurse	Teacher describes the role of school nurse	Listen carefully and take down notes	What are the responsibilities of school health nurse?




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		<p>Nurse's responsibility in school health services</p> <ul style="list-style-type: none"> ● Health promotion and specific protection ● Early diagnosis and treatment ● Prevention of complication and rehabilitation ● Other functions 				
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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
2 minute	Summarize the topic	<p>SUMMARY</p> <p>So far we discussed various aspects of school health services including objectives, aspects, steps of school health programme and school health nurse's responsibility.</p>				
3 minute		<p>RECAPITULATION</p> <ul style="list-style-type: none"> ● What is school health? ● What are the objectives of school health services? ● What are the problems of school children? ● What are the aspects of school health services? ● What are the responsibilities of a school health nurse? <p>CONCLUSION</p>				



12/12/21

2 minute	Conclude the topic	Children spend most of the time during the day in the school. So, it is very essential that every school should be safe and healthy as possible. It is very important to have adequate and appropriate school health services which would help promote health, prevent and control diseases and maintain health.				
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Time	Specific Objective	Content	A.V. Aids	Teaching Activity	Learning Activity	Evaluation
		<p>BIBLIOGRAPHY</p> <ul style="list-style-type: none"> • Rao, Kasthuri Sundar, An Introduction to Community Health Nursing, B.I. Publications, Madras. • Park. K. Text book of Preventive & Social Medicine Latest edn. • BT Basavanthappa. Essentials of Community Health Nursing. Jaypee Brothers Medical Publishers, New Delhi. • MC Gupta & BK Mahajan. Text Book of Preventive and Social Medicine, Jaypee Brothers Medical Publishers, New Delhi. • K.K. Gulani. Community Health Nursing. Principles & practice. Kumar Publishing House, Delhi. • Keshav Swarankar. Community Health Nursing, N.R. 				<p><i>Regu</i></p> <p>Prof. Dr. RAJEE REGHUNATH PRINCIPAL AMALA COLLEGE OF NURSING AMALA NAGAR P.O., THRISSUR-680 555</p>

		<p>Brothers, Indore.</p> <ul style="list-style-type: none"> • Dr.B. Sridhar Rao. Principles of Community Medicine. AITBS Publishers, Delhi. • Neelam Kumari. A Text Book of Community Health Nursing-I, S.Vikas & Company, Jalandhar. <p>S.Kamalam. Essentials of Community Health Nursing Practice Jaypee Brothers, Public heath Manual, TNAI</p>				
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