

## HEALTH AND WELLNESS POLICY

POLICY FOR	Student health and wellness
PERSON RESPONSIBLE	Rakhi Smikesh
REVIEW DATE	May 2023
REVIEWED BY	Rakhi Smikesh
APPROVED DATE	12 <sup>TH</sup> May 2023
APPROVED BY	SLT
DATE OF NEXT REVIEW	May 2024
RELATED POLICIES	Clinic Policy

## STUDENT HEALTH AND WELLNESS

### PURPOSE

Early detection of diseases in school children and raising their health awareness:

- This standard is intended to ensure that School students receive the proper screening. This requires:
  - The school screening schedule (KG1, grade 1, 5 and 9)
  - Recording data and reporting results of the school screening program

### SCOPE

School clinics:

- This standard applies to Al Ameer English School clinic licensed by ministry of health who provide school screening services.
- This standard applies to screening of students in school.

### DUTIES OF HEALTH PROFESSIONALS

All healthcare professionals involved in screening of students must:

- Conduct the screening for students according to the standards (KG 1, Grade 1, Grade 5, Grade 9).
- Finish the school screening within time limit set by school health section with the help of school team.
- Report and submit data to the doctor in charge and then after checking the data it

should be sent to the School Health.

- Refer students with positive screening results according to the specialty needs with their parents to the appropriate clinic.
- Provide the preventive services that complement the screening program vaccination, oral health services, and health education and promotion.

## DATA RECORDING AND REPORTING

- School health screening data should be recorded in the student file by the school nurse and the doctor.
- School health screening data in each school should be recorded and submitted to School health through PHC (general screening program, oral health program and obesity statistics).
- Statistics results must be reported to school health section in Ministry of Health through the school health team in each emirate within requested period.

## STANDARDS

- All health care providers in primary health care are authorized to do the screening for school students provided they are trained and follow the standards
- Schools are attached to PHC centers according to pre-organized lists and screening is the responsibility of the PHC center doctors and the school nurses.
- Screening staff (school nurses, physicians and dentists) should refer all students with positive screening results by sending a referral letter to the parents and encouraging them to get follow up as soon as possible provided the case is not urgent.

## COMMUNICATION

General confidentiality and consent policies according to ministry of health roles must be followed

## APPENDIX

Grade	KG	1	2	3	4	5	6	7	8	9	10	11	12
Medical History	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
BMI	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vision Check up	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Physical Exam	KG1 Only	✓				✓			✓				
Oral Screening Test		✓						✓			✓		

## IN ADDITION SCHOOL WILL:

1. Give health education to students during any visit to the school clinic on topics including (nutrition, physical activity, preventing injuries, smoking prevention, oral health and mental health).
2. Communicate with parents to update the medical history for the students and make sure to have a copy of a valid ID, health card and vaccination card of all students
3. If a child joins the screening program for the first time, all catch-up screening tests must be done, and if the student had an old file in a previous school, the school nurse should arrange to get it from old school

## **APPENDIX 2**

### **GENERAL GUIDELINES**

1. Informing and educating students and parents about the screening tests and answering their question is the responsibility of the school nurse and the school administration
2. Any screening test done in another facility may be accepted if it has been not more than 6 months prior to the beginning of the school year in which the screening is required. Parents should provide the screening results signed and stamped by physician before the scheduled screening.
3. It is recommended that whenever possible, all previous screening results be made available to the visiting physician at the time of screening.

## **APPENDIX 3**

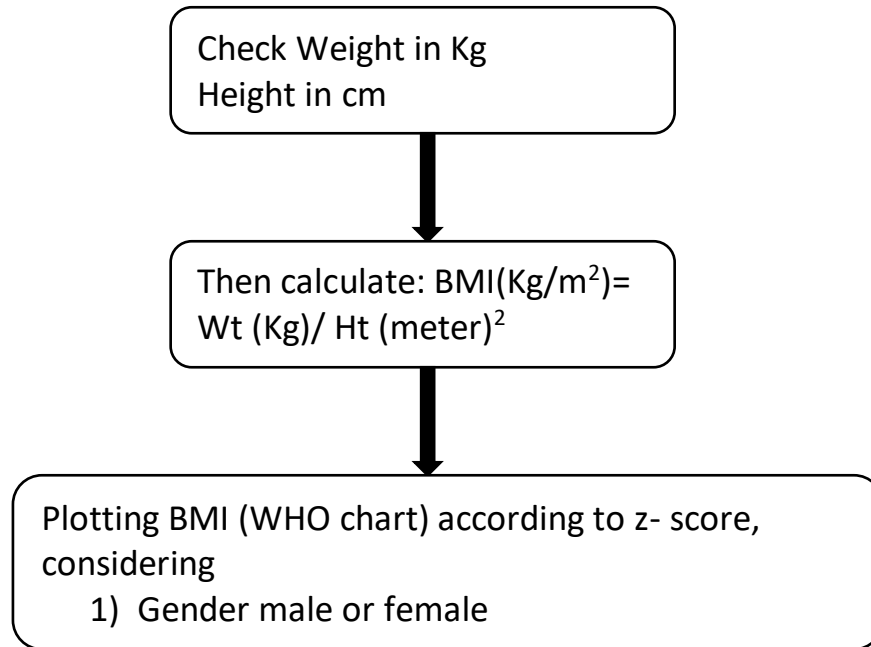
### **CONSENT**

1. Parent consent must be obtained for all screening tests (BMI, vision, and hearing tests); a letter will be sent to parents explaining how those tests will be performed. If the parents refuse through the letter or a phone call to the school, their decision will be respected after explaining the importance of screening to them.
2. Consent for physical examination and dental screening: Must be on a signed consent form

## APPENDIX 4

### BMI (Body Mass Index)

Each academic year, the school nurse will take measurements (annually for each student ) as follows:



After recording data, obesity statistics should be sent to the School health.

## Appendix 5

### Vision Check Up

- Will be done by a trained school nurse or an optician.
- Must be done annually and results recorded in the student's file and compared with previous year's reading
- Make sure before doing the test that the distance is right ( 6 meter or 3 meter with mirror ) and each eye should be covered separately
- Tools needed:
  - Snellen letter chart
  - For special cases, it is recommended to have a special cards with animal pictures or some common objects.
  - Color vision is recommended for grade 5 students.
  - Refer the case if needed to the nearest PHC center with the parents.

## Appendix 6

### Oral Health Screening Test

- Oral dental screening test will be done in the grades recommended by the GCC dental program provided grade 1 students.
- It should be done by a dentist and findings must be recorded in the medical file of the student
- If needed, the student must be referred to the dental clinic with the parents
- Health education about oral hygiene will be given.

## Appendix 7

### Physical Examination

- Written consent should be signed by the parents after explaining the importance of the test
- It should be done in the school clinic by a PHC doctor from the health center according to the catchment area and the following the list approved by the school health team
- It is done to students in KG1, Grade 1, Grade 5 and Grade 9 and should be completed within the time frame given.
- School nurse should provide the doctor with the history and test results done before if available.

## Appendix

**Table 1: Physical Examination**

	KG 1	Grade 1	Grade 5	Grade 9	Remarks
General Impression					
Mental Health and Behaviour					
Heart rate					
BP					
Skin and Hair					
Head ,Eye,ENT					
Heart					
Chest					
Abdomen, hernias					
Genital area					
Sexual development					
Skeleton, muscles ( scoliosis)					
Musculoskeletal system					
Diagnosis					
Need referral (Yes or No)					
Doctor's signature with Stump					

## Appendix 9

### Letter for parents

The purpose of the checkup for students in schools is to recognize children who have early signs of health problems. School screening can help detect problems, even if the child looks well. Early treatment and good control of the condition possible. Early treatment prevents risks of serious complications and future health problems. The following screening tests are recommended..-

#### Mandatory tests:

- All students from grade 1-12 are required to receive the following screening tests annually (done by the school nurse)
  - Medical history (the nurse will ask for a copy of the health card)
  - Body mass index (BMI) by taking the height and the weight.
  - Vision screening (eye sight test)

#### Comprehensive screening program (recommended for all students)

Grade	Screening tests
Kg 1	Medical checkup by doctor (examination)
1	<ul style="list-style-type: none"><li>• Medical checkup by doctor</li><li>• Oral Health screening test</li></ul>
5	Medical checkup by doctor
9	<ul style="list-style-type: none"><li>• Medical checkup by doctor</li></ul>
* Oral health screening in grades specified by the GCC dental program	

- \* If a child joins the screening program for the first time. All catch up screening tests should be done.
- \* In addition the school nurse will give health promotion education to students on topics including ( nutrition, physical activity, preventing injuries, smoking prevention, oral health and mental well-being)
- \* It is important that you inform the school nurse of any health problems your child might have so that he/she will get the attention needed.
- \* If any health condition was detected during the screening, you will receive a referral letter asking you to take the child for a follow up visit.

## Types of Screening Tests:

### Vision Test

- Students are screened for myopia (shortsightedness) every year
- They will be asked to read off a chart, from predetermined distance to check their eyesight
- If the student has any problem in the visual acuity, you will receive a referral letter to take him/her to a specialist.

### Body Mass Index

- The height and weight will be checked every year
- Growth charts are used to compare weight and height with those of other children of the same age.
- If any problem in growth detected, you will receive a referral letter to take the child to follow up with a physician.

### Physical Examination by a Doctor

A doctor will examine the child for:

- Growth and development problems
- Cardiac abnormalities
- Any other medical problems
- If any problem was detected, you will receive a referral letter to take the child to the health center.

### Oral health Care Services

- A general checkup will be done for oral health and hygiene
- If any problem is detected, you will receive a referral letter to take him/her to the dental clinic
- Education regarding oral health will be given
- Fissure sealing will be done if needed after taking the parent's consent