

Research Article on Health Care Management in My School

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ABSTRACT

Health care and well-being of students have been given utmost priority in my school. Being a senior year student in science stream with major being biology, I was intrigued to research about how our school manages to handle such a big volume of students when they get sick or need medical attention. This research study was conducted with the permission of our school Dean and Principal. It includes details of the systematic approach in handling healthcare issues in my school.

INTRODUCTION:

Our Indian school system is one of the largest in the world. Teaching over 24,00,00,000 children through over 14,00,000 schools staffed by over 84,00,000 teachers. Children spend most of their time during the day in our schools. That's why schools become a very important part in their lives. Schools provide a disciplined environment, making it easy to help students learn healthy habits.

This article explains about the procedures followed in my school as part of school health services.

List of services: Personal hygiene, Health Education, Vaccinations/Immunizations

Basic Health Screening, First Aid, Emergency services

Follow up

METHOD: This study was conducted by interviewing the on-duty Physician and Nurse practitioners on duty in our school Infirmary and teachers, Physical activity Coaches and other staff of the school administration and maintenance.

KEY WORDS

Name of the school: Delhi Public School

Strength of the school: approximately over 1180

Hostel Accommodation strength: approximately 200

Number of Physicians on duty: 1

Number of nurses on duty: 2

Number of beds in infirmary: 6

THE STUDY

Observation of the Infirmary:

The Infirmary has a comfortable waiting area with ample seating for patients and their families. Patient rooms are well ventilated and furnished and are maintained hygienic. Basic medical equipment like first aid supplies, gloves, thermometers, blood pressure monitors and sterile wound care supplies, wheelchairs, fire extinguishers, oxygen cylinders, masks, sanitizers, ice packs, AEDs are stocked up.

School is equipped to handle minor emergencies and provide immediate medical support for health issues of students and staff that may arise during their stay in school. Students that may need medical attention per day would be around 8 to 10.

The most frequent causes of visit would be fever, cold, diarrhea, fall injuries like wounds and minor fractures.

Usually, students who live in hostel would come up with viral fevers and in such cases, they must be isolated from other students so the viral fever doesn't spread around. The sick students will be given necessary medications and if they want or the parents want, they will be sent home until they recover and come back.

Students who are sick will be supported both medically and emotionally as they will be away from home in hostel.

Medications stocked in nurse room:

Antibiotics, painkillers, fever reducers, Cough syrups, saline solution, antibiotic creams and tinctures and powders, IV fluids.

Vaccination in Delhi Public School:

1. Students who are wounded will be given tetanus shot to avoid infection to the wounds.
2. Yearly once private organizations will visit the school after taking required permissions from the school administration and the government authorities to check and administer the required vaccines to the students of all ages depending on their acceptability. It is purely voluntary. The nurses and healthcare personnel who visit the school will check the health profile of each student at a designated time and suggest the required immunization profile to their parents and upon approval, they will provide the vaccines at no cost to the students. They will also guide the students about the possible side effects that may occur after vaccination, like redness at the site of injection, pain, swelling or fever, and suggest medications to treat them.

Vaccines provided at school:

Tetanus vaccine, Typhoid vaccine, MMR, BCG, Polio vaccine, flu vaccine, etc.

3. Healthcare professionals from Rainbow Hospital and other hospitals for children usually visit the school with the permission of the school administration to check each student from each class about their basic profile like height, weight, eyeCheckup, dental checkup , fitness check, BMI calculation and developmental screenings to monitor growth milestones and Hearing problems with parental consent only.

KEY ANALYSIS:

Vision screening helps detect problems with sight that could affect learning and indicate the parents about the precautions to be taken to avoid further damage to eyesight.

Hearing screening identifies problems with hearing that could challenge the kid in classroom learning.

Dental checkup helps identify cavities and other dental problems that could hinder the kid's capabilities while learning.

PHYSICAL ASSESSMENT:

Height and weight are measured to calculate body mass index to identify underweight or overweight or obese conditions in students.

Developmental screenings assess the milestones kids should meet at the right age.

FOLLOW UP:

Students identified with any issues will be referred to the concerned healthcare professional for further assessment along with parental coordination.

SANITATION AND WATER SUPPLY:

Sanitation is a very important part of the well-being of students in a school. There are hundreds of sanitation staff who takes care of the cleanliness in the restrooms of our school. Separate arrangements for boys and girls have been provided.

Water supply is continuous and has been chlorinated properly, proper drainage system has been installed, dust bins have been placed in each classroom and in hallways and in other strategic areas to collect the garbage and once collected, the garbage will be removed timely and sent to the municipality for further processing.

Facility for washing hands frequently have been provided in designated areas.

PERSONAL HYGIENE:

Our teachers are great role models in teaching us about personal hygiene. They integrate hygiene routines into our school day, such as hand washing before meals or snacks. Our teachers practice good hygiene themselves, demonstrating behaviors they expect from students. They often give small rewards to students for consistently following hygienic routines. Our school ensures availability of essential hygienic products like soap, hand sanitizers, and tissues in classrooms and washrooms and restrooms.

CONCLUSION:

In view of the fact checks that I have done in my research study of the healthcare management in my school, I can proudly say that our Delhi Public School is an

ideal setting to implement healthcare services aimed at improving the health and well-being of our students. By supporting the student's well-being the school administration is alternately helping the academic achievements of the students.

That's why School Health services help fulfill the overall goal of a strong education sector.

ACKNOWLEDGEMENTS:

I would like to acknowledge the inputs from the physician on duty and the nurses on duty in our Infirmary for their guidance in my research study article on health management in my school. Special thanks to our Dean and our principal for giving me permission to work on this project. My gratitude and appreciation goes towards our teachers who have been there for us all these years, teaching us healthy habits. And helping us grow as strong individuals.

REFERENCES:

This research study article is purely authentic and has been prepared Basing on the facts collected during my school hours when I visited the Infirmary and interviewed the physician on duty and the nurses on duty and the teachers and other school staff.