

A Descriptive Study to Assess the Availability and Utilization of School Health Services in Government Schools as Reported by the School Health Nurses Working Under School Health Scheme in New Delhi

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Abstract: A descriptive study was conducted by Ms. Feba T Andrews towards the partial fulfillment of the requirement for the degree of Master of Science in Nursing at Holy Family College of Nursing, University of Delhi during the year 2016- 2018. The study aims to determine school health services available, its utilization in Government schools in Delhi. The objective of the study were (I) To assess the availability of School Health Services in selected Government schools as reported by School Health Nurses working under School Health Scheme in New Delhi. (II) To assess the utilization of School Health Services in selected Government schools as reported by School Health Nurses working under School Health Scheme in New Delhi. The research study was quantitative research, which used General System model as conceptual framework . 60 School Health Nurses under School health scheme working in Government Schools were taken as sample. Sampling technique used was Multistage Sampling- Convenient sampling for selecting School Health Nurses and Simple random sampling for selecting schools under each School Health Nurse. The tool used was a questionnaire and record analysis. The content validity of the tool was done by 9 experts. Data collection was from 18/12/2017 to 15/02/2018. The data was analyzed using descriptive statistics. Majority of the schools were having 100 % availability in terms of Mid Day Meal facilities, using Internet as a source of material for health education, covering environmental hygiene, diet and nutrition, prevention and control of communicable and non communicable diseases, training students and schools personnel's for First Aid and Emergency care, screening of refractive errors by refractionist, provision of Dental health services and maintenance of cumulative health record. In terms of Utilization, all the Schools were having high utilization in terms of Mid Day Meal Programme, Health Education and Medical Examination for School students and First Aid and Emergency care. Moderate utilization of Weekly Iron and Folic Acid. Low utilization of consumption of Tablet Albendazole, Medical Examination for School personnel and Health Education for parents. There is moderate utilization of identification and referral of Medical conditions and substance abuse but low utilization of the same in terms of follow- up. The major findings showed the evidence that School Health Services in terms of school environment, preventive and promotive services, therapeutic services and rehabilitative services, were available in Government Schools, but were not utilized by the students and School Personnel. Shortage of staffs-School Health Nurses, Pharmacist, Store In-charge, Refractionist and Medical Doctors as well as supplies in terms of medicine and equipment also affects the utilization of School Health Services.

Keywords: School Health Scheme, Health appraisals

1. Introduction

School health services deal with health appraisals, control of communicable diseases, record keeping and supervision of the health of school children and personnel. It is the aspect that concerns itself with evaluating the health of an individual objectively. Health appraisals provide the school authorities the opportunity to detect signs and symptoms of common diseases as well as signs of emotional disturbances that could impede the learning activities of children.

School health services are both preventive and curative services and it helps in providing information to parents and school personnel on the health status of school children it also provides advisory and counseling services for the school community and parents. It includes pre-entry medical screening, routine health screening/examination, school health records, First Aid and referral services. Other services

rendered include health observation (which involves physical inspection of the physiology and behaviors of children), health examinations (screening tests and medical diagnosis) and health records (keeping of records of the health histories of children)².

The Delhi Directorate of Education provides comprehensive health care to approx 16 lakh school children of Delhi Govt./ Govt. Aided schools. With the following objectives of Promotion of Positive Health (Health Education), Prevention including a screening of school children for diseases, deficiencies and disabilities, Early detection, diagnosis and treatment of common diseases, deficiencies and disabilities, Referral and follow- up of children who require Specialist attention at the nearest Delhi Govt. Hospitals/ Dispensaries. School Health Scheme implemented by Directorate General of Health Services, Department of Health & Family Welfare, Govt. of NCT of Delhi, which is

an ongoing scheme and integral part of general health services to school children.

2. Material and Method

To achieve the research objectives and to address the research problem the researcher conducted quantitative research. Research design used was descriptive survey design. The setting for the study included selected Government Schools of all 11 districts in New Delhi. In the present study, the population comprised of School Health Nurses working under School Health Scheme in Government Schools, New Delhi. The sample were selected School Health Nurses working in Government Schools under School Health Scheme in 11 districts of New Delhi. Sampling technique used was multi-stage sampling technique. Using convenient sampling 60 School Health Nurses were selected which represented all 11 districts. One of the School under each School Health Nurse was selected using simple random sampling. The sample size was 60 School Health Nurses working under School Health Scheme in Government Schools. The tool used was a questionnaire and record analysis.. The data was analyzed using descriptive statistics. The tool is divided into three sections: Section I: Consist of 4 questions on Demographic Characteristics of selected Schools. Section 2: Consist of 29 questions related to the availability of School Health Services in Government Schools. Section 3: Consist of 9 questions related to utilization of School Health Services in

Government schools. The content validity of the tool was done by 9 experts in the field of specialization. An inter-observer reliability test was done to establish the reliability of the tool. The value of “r” was found to be 1.

3. Data Collection Procedure

Permission for data collection was obtained from School Health Scheme, Directorate of Health Services. Multi-stage sampling was used for selection of the sample. Convenient sampling was done for selection of School Health Nurse working in Government Schools under the School Health Scheme; the School Health Nurses were posted in various districts over New Delhi. After selection of School Health Nurses simple random sampling was done for selecting Schools under each School Health Nurse. Informed consent was taken the researcher collected data to assess the availability and utilization of School Health services in Government Schools using prepared questionnaire and record analysis from the School Health Nurses. The researcher collected data from 1 to 2 School Health Nurse each day and it took 20 to 30 minutes to collect data from each School Health Nurse. Descriptive analysis was used for data analysis.

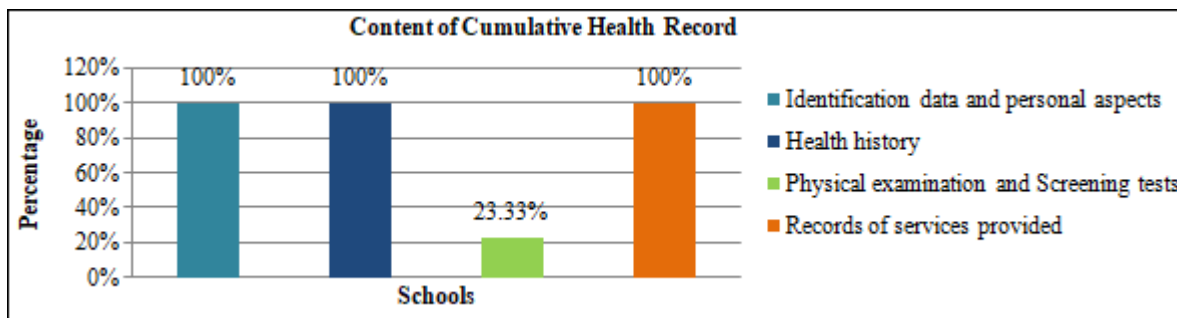
4. Result and Discussion

*question has more than one option as an answer

S. No.	Content	Frequency	Percentage
		(f)	(%)
1	Health Appraisal		
	A) The frequency of medical examination is		
	a) Only at the time of admission	0	0%
	b) Once a year	4	6.66%
	c) At the time of admission and every 4 years	56	93.33%
	d) Twice a year	0	0%
	B) Health appraisal is conducted for		
	a) Only students	54	90%
	b) Only teachers	0	0%
	c) Students, teachers, and school personnel	6	10%
	d) Only sick and injured individuals	0	0%
	C) Daily morning inspection of students is done by		
	a) Teachers	35	58.33%
	b) Health monitors	51	85%
*	c) Medical officers	0	0%
	d) School Health Nurses	0	0%

The data presented in Table no 1 outlines the frequency of Medical Examination in Government Schools, majority 56(93.33%) Schools had Medical Examination at the time of admission and once in every 4 years and in 4(6.66%) Schools it is once a year. In 54(90%) Schools the Health

Appraisal is conducted for only students and in 6(10%) Schools the Health Appraisal is conducted for students, teachers, and School Personnel.



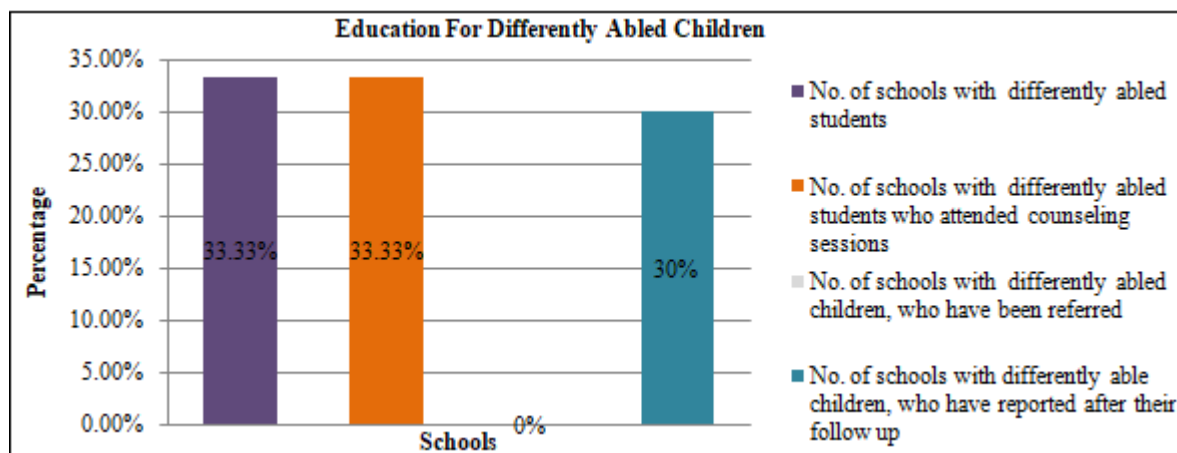
The data presented in Figure 1 illustrates that all Schools maintain Cumulative Health Record that contains Identification data and personal aspects, Health history and

Records of services provided. Only 14(23.33%) Schools maintain a record of Physical examination and screening tests also.

S. No.	Content	Frequency	Percentage
		(f)	(%)
1	Nutritional Services		
	a) No. of Schools who take Weekly Iron and Folic Acid Supplements	60	100%
	b) No. of Schools who take tablet Albendazole during De-worming day held twice a year	60	100%
	c) No. of Schools who take Mid Day Meal	60	100%
2	Mental Health		
	a) No. of Schools having students with special needs of Mental Health	34	56.66%
	b) No. of Schools having students with special needs of Mental Health, who have been referred	10	29.41%
	c) No. of Schools having students with special needs of Mental Health, who had follow up	10	29.41%
3	Substance Abuse		
	a) No. of Schools having students using drug substances	45	75%
	b) No. of Schools having students counseled for substance abuse	45	75%
	c) No. of Schools having students using drug substance, who had been referred	10	22.22%
	d) No of Schools having students using drug abuse, who had follow up	10	22.22%

Data presented in Table no.3.1 shows that all 60 Schools utilize services of Weekly Iron and Folic Acid Supplements, tablet Albendazole and Mid Day Meals. 34(56.66%) Schools had students with special needs of Mental Health. Out of the 34 schools, 10(29.41%) Schools had done referral and

follow up. 45(75%) Schools had Students who had been identified and counseled for substance abuse and only 10 (22.22%) Schools had referred and done follow up of students for substance abuse.



The data represented in Figure 11 shows 20(33.33%) Schools had differently- abled students, and students who attend counseling sessions respectively and only 6(30%) Schools had students who had reported for follow up.

utilized by the students and School Personnel. Shortage of staffs-School Health Nurses, Pharmacist, Store In-charge and Medical Doctors as well as supplies in terms of medicine and equipment also affects the utilization of School Health services

5. Conclusion

The major findings showed the evidence that School Health Services in terms of school environment, preventive and promotive services, therapeutic services and rehabilitative services, are available in Government Schools, but are not

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