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BILAL SCHOOL[®]

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**MEDICAL CHECK-UP (PRE PRIMARY)
at Bilal School, Mumbai**

www.bilalschool.in

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MEDICAL CHECK UP



Prevention is better than cure.

We all know the well known proverb. It is better to prevent disease rather to cure it later. Health is a state of complete physical and mental well-being and not merely the absence of disease. A healthy child refers to a child who is free from all sort of disease. Disease means uneasiness. A child who is free from uneasiness is called a healthy developing child. To ensure good health of our children, the school management of Bilal School had organised routine health check-up activity every year. This is the health program conducted almost in every school. Health check-ups in school are important as they help:

- To discover any illness child if exist.
- To assess normal development of the child
- To keep track of immunization schedule
- Early detection of disease, which when treated in time, allows the child to lead a normal life
- To create preventive check-up database for future reference
- It also depicts our deficiency in recognizing and managing basic health problems of school children.
- It also emphasizes the need to develop a concrete and comprehensive 'School Health Check-up' program.

To that effect, we need a tool that helps store every child's health information, inclusive of immunization records, growth charts of increasing height and weight and other reports in one place. Such a tool is ideal for all - children, parents as well as the school administration.

Keeping these in reference Bilal school had organised an event of routine health check up which:

Facilitates the assessment of a child's growth and development through the school years

Helps recognize problems early on and

Recommends appropriate precautions and interventions.

A child specialist doctor (paediatric) was invited to examine health of our students. Following were the health examinations done with in the school premises:

- Physical examination
- Dental examination
- Eye examination
- Audiometry test

Their health records were stored class wise in school computer system for future reference as well as, recorded manually on Medical Examination Papers which were handed over to their respective parents.

Schools receive an administrative account so that they can access any student's health record instantly in case of emergency

Schools can also analyze further medical-base.

Advantages of 'School Health Check-up' program :

- Makes complete medical records available to a child/ parent/ doctor/school administration anytime, anywhere, at the click of a mouse.
- Becomes a central record for medical data of all students of the school which can be life saving during medical emergencies
Keeps the school safe from medically legal view point
Can be integrated with the annual medical check-up of students so as to capture all information immediately.
- Suggests corrective interventions where required
- Gives parents access to their child's medical records on regular basis.
- Provides reminders to parents for immunization schedule and other health check-ups of children
- Inculcates the habit of health monitoring in children and helps

them take charge of their health

- Collect past medical data from parents at regular intervals
- Generate reports on outcomes of health check-ups.
- Help children remain healthy and parents take charge of child's health with keen interest.

Hence a doctor was invited in school for medical checkup, conducted tests and examinations. Initially as the child entered the lab, his height and weight was checked and recorded. Then his audio and visual test was conducted. Their eye sight was tested and were advice to avoid use of mobile and computer. Dental checkup was the most important part of medical examination. As majority of students face oral problems Their respiratory system and digestive system were also diagnosed at primary level. Students were asked if they suffered from disease or had any medical past history. The doctor inquired if they face any difficulty in breathing or if they bear any digestive problems.

Overall examination was conducted and conclusions were derived.

Following were advice and precautions suggested. It was prescribed on medical examination papers for parents referances

PRECAUTIONARY MEASURES

FOR PARENTS:

As far as visual precaution is concerned, students were advised to keep them away from mobile and computer screening. For hearing safety, they should not use head phones or earplugs for long hours. It may cause serious problems. Dental care should be taken by the kids as well as their parents to prevent tooth decay, bad breath or any other oral problem. Students should avoid coldrink , softies, chocolates, pastries, junk food for healthy teeth as well as for overall physical health. Regular exercise and walking should become part of life. Physical activities and playing also plays very important role in life. Specific time should be alloted to the children for playing. Parents should take care of It. Children should be made hygiene conscious.

TEACHER'S ROLE

- Good habits should be thought in schools like washing hands regularly, using sanitizers, wearing mask maintaining personal cleanliness.
- Physical training and playing outdoor games should form part of their Syllabus.
- Students should be encouraged to participate in extra curricular activities for their physical and mental development.
- Class Activities and quiz contest should be conducted to attract students and increase their involvement.

Thus medical Check ups was conducted for all the students from Nursery to 10th std. Their medical records were handed over to their parents the next day.

School is also taking precaution as far as hygiene is concerned. Efforts are being taken to maintain cleanliness and hygienic environment. Awareness has being created regarding coronavirus, its ill effects and precautions by our teachers. Special arrangements and time is allotted for students to play outdoor games. Parents are regularly advised to ensure healthy diets for their kids, Stay home, stay safe during pandemic time.