

- Standing instructions in the written mode to be given to games in charge, catering managers and other persons concerned about a child with chronic illnesses like asthma or epilepsy by the school doctor or nurse.

How To Do An Overall General External Examination:

Importance: Doing a general medical examination to access a child's health is not difficult. It is a very simple and routine procedure and gives a good and general idea about the child's health based on which you can definitely conclude whether a child is healthy or not.

1. Observe (from head to toe as the child enters the medical room)

2. Conduct a general medical examination (step by step)

- (a) Walk (normal/limps)
- (b) Overall appearance (tidy/untidy)
- (c) Scalp/hair (healthy/unhealthy)
- (d) Nails (smooth or rough)
- (e) Expression (Smiling or sad)
- (f) Eyes (bright or dull)
- (g) Nose and ear (discharge from nose or not)
- (h) Deformity (ear/cleft/lips/shape of hands or legs)
- (i) Vaccination (BCG scar indicates that child may have taken all vaccines)



3. Ask questions

- (a) Has the child passed worms in stools?
- (b) Is the child presently suffering from any complaints viz. fever, diarrhoea, cough, earache, headache, severe pain in any part of the body?
- (c) Is the child taking any treatment?
- (d) Does the child have any history of Epilepsy, TB, or health disorders?

Inference and action to be taken only after completing general and medical examination. The doctor will be able to conclude whether the child is healthy or not. If the child is found to be unhealthy or suffering from any problem and needs treatment, he/she may be referred to a hospital or an expert.

Recording Weight Correctly:

Importance: Measuring a child's weight is one of the earliest ways of monitoring her/his growth and development. Weight depends on age and height of a child. Hence there will be differences in weights of children. Recording a child's weight regularly and serially is more important than a single reading alone.

Improper weight for age is a cause for concern and it indicates that a child may not be healthy.

Procedure:

- Set the weighing machine at zero.
- Make the child stand on the machine with both feet on either side of the dial.
- Record the weight.

Do's/ Don't while taking weight: Ensure correctness by removing the parallax. Ensure that scale is set at zero every time before weighing each child. Weigh with only light wear.

Inference: Check whether it is within the acceptable normal limit or it is less than or more than normal. If less or more refer to expert.



Recording Height Correctly:

Importance: Measuring a child's height regularly is one very important assessment. It is an indicator showing that she/he is growing normally and is healthy. Improper height for age is a cause for concern and it indicates that child may not be healthy. Inadequate gain in height is also a cause for concern.

Procedure:

- Make the child stand against a vertical scale (fixed on stand/pasted on wall).
- Child should stand comfortably with heels, buttocks, shoulders and head touching the wall and the feet parallel.
- Mark the height point of the head on the wall.
- Measure.
- Record the height.



Do's / Don'ts while taking height:

- a steel measuring tape or special graph scale to be used
- never use a tailor's tape.

Inference: Generally there is an increase in height between 2cm every year. If height does not increase serially refer the child to an expert.

How to look for anemia? (eyes, tongue, palms)

Importance: Haemoglobin has a very important function of carrying oxygen to all the parts of the body including brain where it is vital for all higher functions like concentration, memory and the like. Anaemia can also be corrected.

Procedure: As the child is sitting, compare the color of his/her eyes, tongue and palms with surrounding colors.

Inference: if a child has inadequate haemoglobin (less red blood) or is suffering from anaemia (pale tongue, lips and palms), she/he requires to be treated with iron supplements.

Routine Dental Check Up:

Importance: Routine dental check up involves observing the mouth, gums and teeth.

Procedure:

- Ask the child to open the mouth.
- Notice the smell (if there is foul smell, the child needs referral).
- Look for gums.
- Normal/swollen, red, pus etc.
- Observe arrangement of teeth.
- Look for teeth (glazed or unglazed /dull/ /color/ tarter deposits and stains.
- Look for cavities.



Visual Activity and Color Vision examination:

Importance: Any child having visual defects mainly has problems related to color blindness (unable to see red or green) or night blindness. This will hamper the child's learning and performance.

Procedure:

- Visual activity is measured.
- Each eye is treated separately.
- Color blindness can be assessed .
- Ask whether she/he can see properly at a height.

Inference: Child with normal vision must be able to read the seventh line easily (6/6). She/he must be able to distinguish colors.

For Testing Near Vision: The chart is held at a distance of 40cm from the person and she is asked to read or identify the letter/symbols in ascending or descending order. The rest of the procedures are the same as for the distance vision examination.

Examination for hearing:

Importance: Normal hearing is absolutely essential for a child to be able to learn. Minor hearing problems if undetected will not only result in poor academic performance but risk the child in being labelled as abnormal in a variety of ways.

Procedure:

- Strike gently the tuning fork on the palm.
- When it produces vibration, take it near to the ear of the person.
- The child is asked if he/she can hear the sound produced by the vibrating fork.
- If he/she assures that he/she can hear, tell him/ her to speak. Stop as soon as the sound stops.
- Immediately put the tuning fork at the back of the ear and ask the same question.

Inference: If he/she answers that he/she cannot hear the fork refer the child to an expert.

