



Zdravstveni dom Celje

Preventive programmes for school children and youth in Slovenia

Community health Centre Celje

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Introduction

- Slovenia's health care system – preventive programmes (one insurance company, state funding of programs)
- School based programmes (whole class with their teacher, school provided lists with names of pupils)
- Systematic health examinations (defined in legislations)
- Health promotion and health education
- Department of School medicine, pupils, adolescent and also students

Regulations for implementation of preventive health care – Primary school

- Novices (entrants) 5 - 6 years
- 1st grade (second half of school year), 7 years
- 3rd grade (second half of school year), 9 years
- 6th grade (first half of school year), 11 years
- 8th grade (first half of school year), 13 years

Regulations for implementation of preventive health care – secondary school

- 1st class, 15 years
- 3rd class, 17 years

Team

- School doctor - appointed, not necessarily the personal selected doctor
- Two nurses with special knowledge with school children
- Our department: five doctors, nine nurses

Content , novices (entrants)

- With parents, individually
- Review of previous health documentation
- Personal history
- Family history
- Social history

Content , novices (entrants), cont.

- Examination:
 - Screening - weight, height, BMI, BP, peripheral pulses, HR, visual acuity, cover test, hearing (audiogram), thyroid palpation, Adams test of spine, assessment of speech,
 - Extensive somatic examination, basic neurologic examination
 - Lab: CBC, urine, cholesterol
 - Vaccination (HBV, MMR)

Content, higher grades

- With teacher, group
- Assessment of child's well-being in school
- Review of medical and other history
- Physical
- Vaccination (HBV, HPV and missing)
- 8th grade – occupational counseling
- 9th grade – certificate for secondary schools (health suitability for certain schools)
- No lab, only 8th grade

Content, secondary schools

- 1st class: medical summary from personal doctor(on special form, points of reference), lab, audiogram, missing vaccination
- 3rd class: the last obligatory vaccination
- STUDENTS (higher education):
 - 1st year
 - 3rd year

Questionnaire

- From 8th grade onward
- General things:
 - How far from school do they live
 - Where do they eat,
 - Smoking (no, tried, smoke a bit, regularly) ,
drinking alcohol, drugs,
 - Learning (<1h, 1 – 3h,>3h)
 - Burden with school (not at all, a little, a lot),
 - Relations with parents (good, so-so, not good)
 - Average score

Questionnaire , cont.

- Sports (nothing, only at school, recreational, organised trainings),
- When do they go to sleep, how long do the sleep, do they sleep in the afternoon
- Family history (DM, high BP, stroke, cancer)
- What do they do in their free time
- Any questions for the doctor

Communication with parents

- Letter of invitation from us
- Letter from parents (medical or other specialty of a child, comments, wishes...)
- Vaccination booklet
- Letter to parents after health check
- Letter to personal selected doctor (if not the same)

Health education

- During health check visits in health department (in two groups, before or during the examination)
- In schools

Health education - Themes

- 1st grade: “Caring for my own body”
(protection of my senses – eyes, ears, skin...,
proper posture..)
- 2nd grade: Breakfast and its meaning for
health
- 3rd grade: Personal hygiene (diseases from
dirty hands, clothing, meaning of regular
washing...)

Health education – Themes, cont.

- 4th grade: Preventing injuries
- 5th grade: Promoting healthy food, eating disorders
- 6th grade: Growing up (from child to adolescent and adult)
- 7th grade: Youth without alcohol, smoking and drugs

Health education – Themes, cont.

- 8th grade: “I am moving” – the meaning of regular physical activity
- 9th grade: Sexuality, STDs and AIDS
- 1st class middle school: Contraception
- 3rd class: Breast and testicular cancer

School-doctors school visits

- Generally twice a year
 - Novices, just those who are expected not to go to school
 - Occupational counselling



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KNEŽJE MESTO

