

NURSES AND MIDWIVES TRAINING COLLEGE, TAMALE

HEALTH PROMOTION COMMITTEE

**REPORT OF SCHOOL HEALTH (HYGIENE ASSESSMENT & ADOLESCENT
REPRODCUTIVE HEALTH CAMPAIGN) AND HEALTH SCREENING
PROGRAMME ORGANISED AT ST. JOSEPH'S SCHOOL AND
DOHINNAYILI COMMUNITY RESPECTIVELY**

FIRST SEMESTER 2017/2018 ACADEMIC YEAR

10TH, 28TH AND 30TH NOVEMBER 2017

PREPARED AND SUBMITTED

BY

MATTEW N. KAMPITIB

ABDULMUIZZ TIKUMA MUKTAR

MINA SAPIO

ALHAJI IDDRISU MOHAMMED

PATIENCE KARIKARI

8TH JANUARY 2018

ACKNOWLEDGEMENT

The committee would like to thank the Almighty God for the successful health promotion activities carried out this semester. We will also thank the Acting Principal of the college and all members of management for their immense support for a successful programme.

Thanks also go to our colleague staff/ tutors who in diverse ways supported the activities of the programme, we say God richly bless you all.

We also thank our donors, the various pharmaceutical companies that donated drugs to support this programme. We say May the Almighty God replenish whatever you gave us in multiple folds.

Last but not least, we acknowledge the management, staff and pupils of St. Josephs cluster of schools for their warm welcome and participation in the activities we carried out in their school.

We will also thank the Assembly member, Chief and people of Dohonnaayili community for coming out in their numbers to participate in the health screening exercise. We say God richly bless you all and keep all of us healthy.

INTRODUCTION

The committee for health promotion, as constituted by management of Nurses and Midwives Training College with the mandate of ensuring the following;

1. Sanitation
2. Environmental beautification/ greening
3. Health education/ promotion

Set out to carry out three health promotion activities for the first semester of the 2017/2018 academic year.

Activities were grouped into phase one and phase two.

Phase one entailed the carrying out of a school health programme among the kindergarten students of the St. Joseph's school.

The second phase was to carry out an adolescent reproductive health campaign at the junior high level of the same school. And also a health screening exercise at the Dohonnaayili Community.

PHASE ONE

The first phase of the health promotion programme was a school health/ hygiene assessment programme which took place at the St. Joseph's school kindergarten on the 10th of November 2017.

Permission was sought from the metropolitan directorate of education, as well as the metropolitan directorate of health as directed by the head teachers of the school.

The program was implemented by Health Promotion Committee in collaboration with the Health Promotion Club of the College, as well as some Tutors of the college. The team undertook the following activities:

1. Pre-screening of students for
 - i. Height
 - ii. Weight
 - iii. Skin
 - iv. Eye
 - v. Hair
 - vi. Dental
 - vii. Nail
 - viii. Hand/ Finger hygiene
 - ix. ENT Hygiene

The program took about 4hours and ended successfully with a lot praises and appreciation from the school authorities.

Below is summary of the results from the hygiene assessment carried out at the St. Josephs school, Tamale;

Figure 1; Population of Kindergarten Pupils Screened

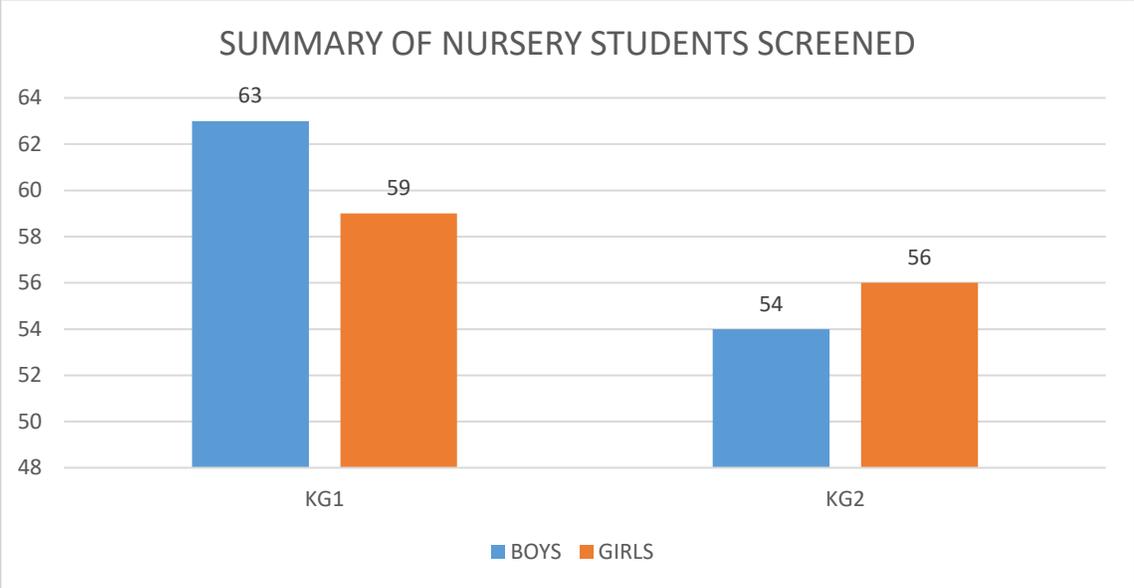


Figure 2; Age Range of Kindergarten Pupils Screened

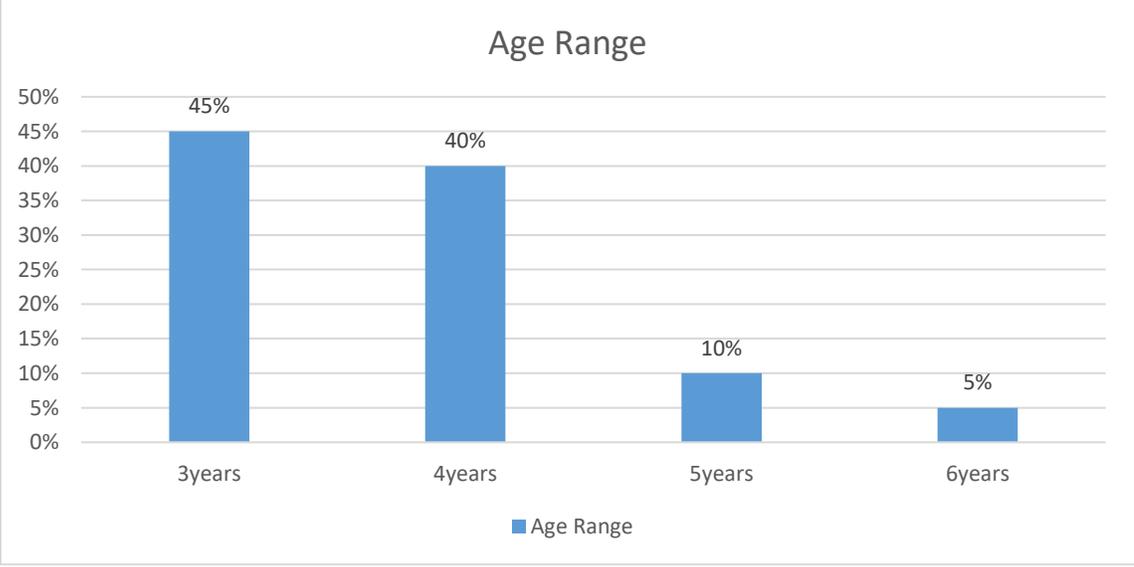


Figure 3; Height of Kindergarten Pupils Screened

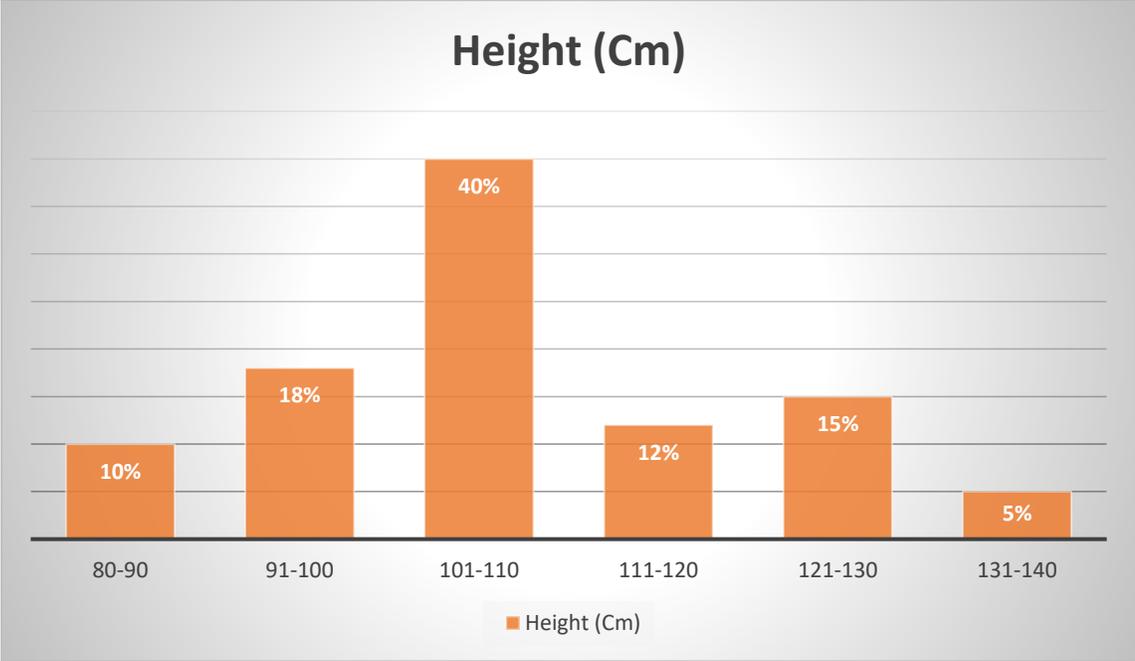


Figure 4; BMI Remarks of Kindergarten Pupils Screened

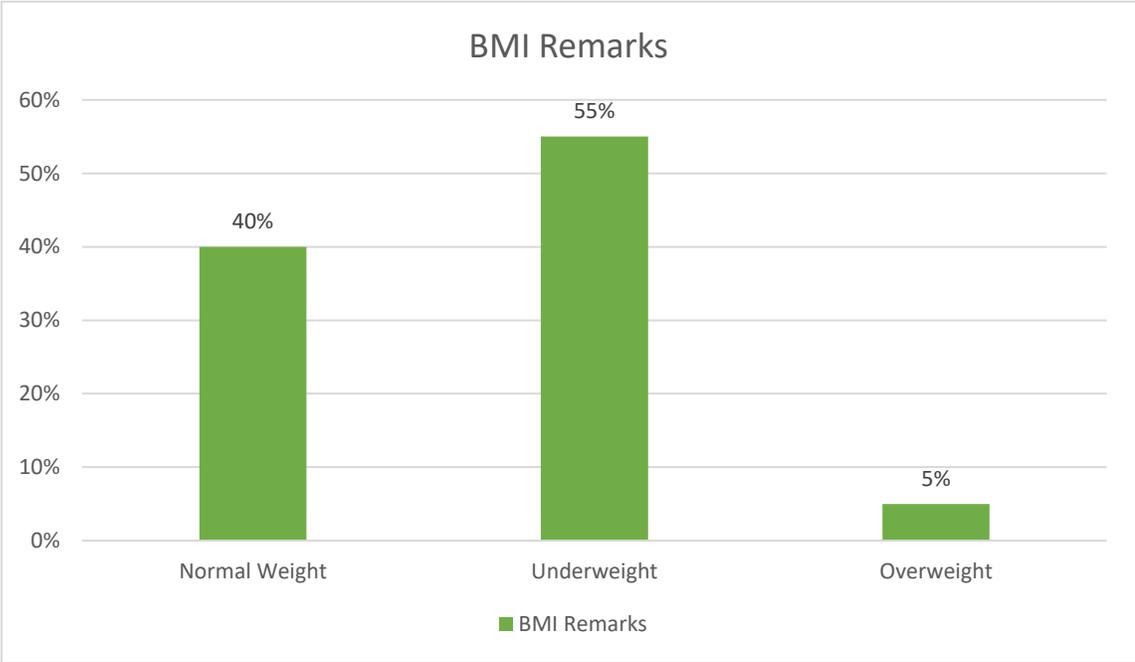


Figure 5; Key findings from the Screening

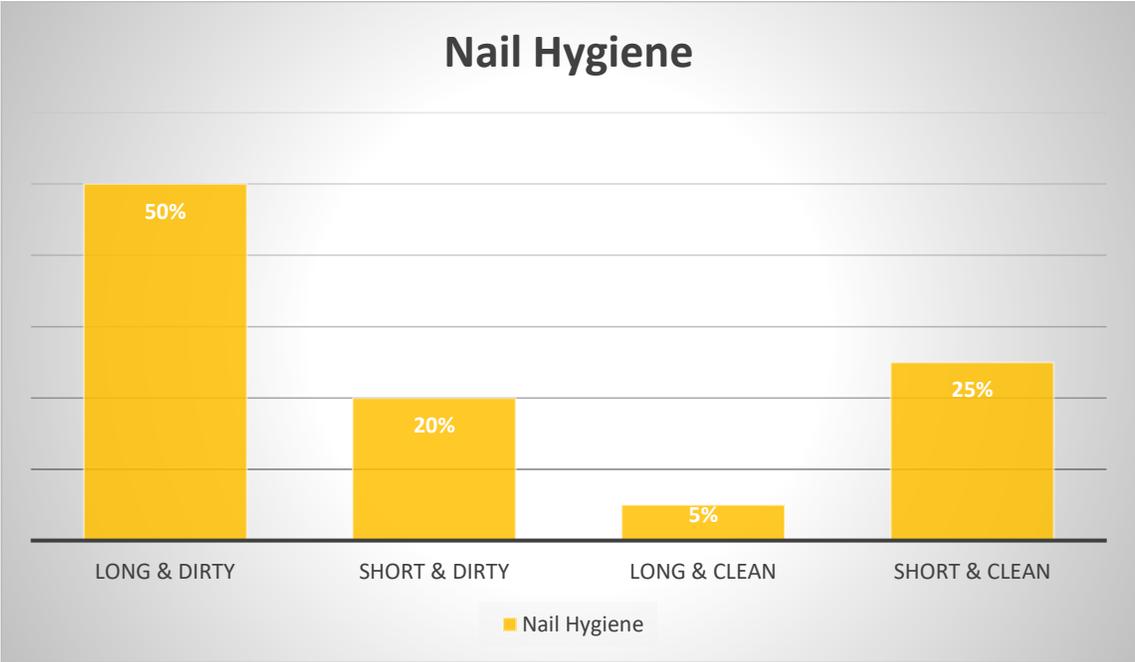
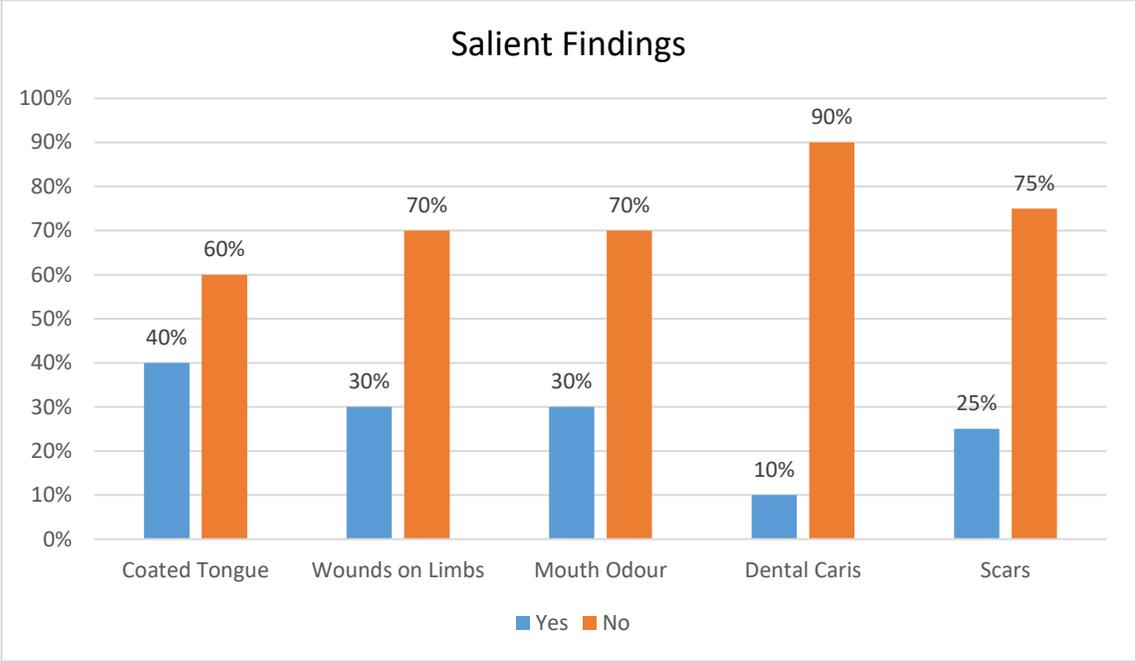
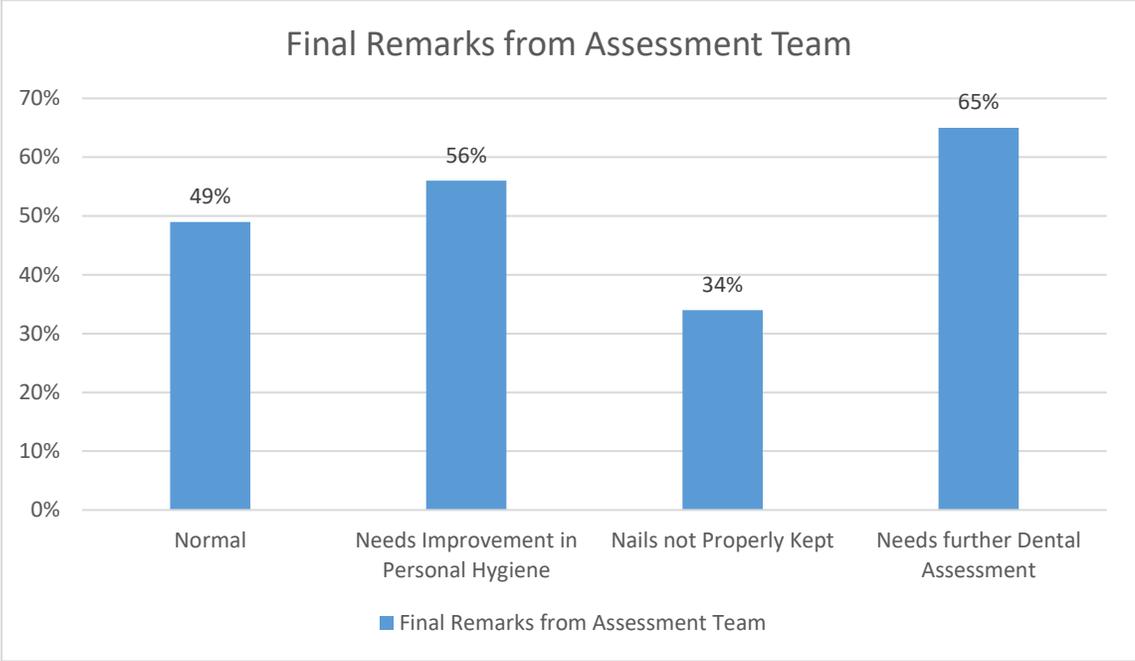


Figure 6; final Remarks from Assessment Team



Section of Team members during the screening process



Section of Team members during the screening process



Section of Team members during the screening process



Section of Team members during the screening process



Section of Team members during the screening process



Section of Team members during the screening process



Section of Team members engaged in wound dressing during the screening process



Section of Team members engaged in wound dressing during the screening process



Section of Team members engaged in wound dressing during the screening process

PHASE TWO

The second phase of the health promotion programme was an adolescent sexual/reproductive health campaign held at the St. Josephs Junior High School on the 28th of November 2017, as well as a Community Health Screening and Deworming Exercise held at the Dohonnaayili Community on the 30th of November 2017.

The first part of this phase saw the team move to the St. Josephs Junior High School, where we met with female adolescents and then took them through things they should know about their reproductive health. This includes but not limited to all aspects of sexual, reproductive health and rights of adolescent so that they are aware of the changes they go through and how they should protect themselves against sexual abuse, STIs and HIV/AIDS. The adolescent sexual, reproductive health and rights project focused on the goal of sexuality education and parent/ teacher - child communication to enable young people develop the knowledge, autonomy and skills such as communication, decision-making and negotiation to make the transition to adult-hood in good sexual health. The project imparted information about sexual reproductive health, which includes puberty, pregnancy, STIs, and HIV/AIDS education.



Section of Students gathered during the ARH campaign at St. Joseph's School

The second part, which aimed at ensuring a healthy community devoid of preventable communicable and non-communicable diseases included a health screening exercise held at the Dohonnaayili community. The committee together with the Health Promotion Club and some others resource persons including Tutors of the college moved into the Dohonnaayili community and assessed the health status of the people and also distributed dewormers to community members on the 30th of November 2017. Areas covered include blood pressure, BMI and also health advice where necessary and then the team educated the people on salient health issues including sanitation, as well as distributed dewormers to community members. This also took about 6hours and was also highly successful.



Section of Students gathered during the ARH campaign at St. Joseph's School

Key Findings from the Part II of the Second Phase



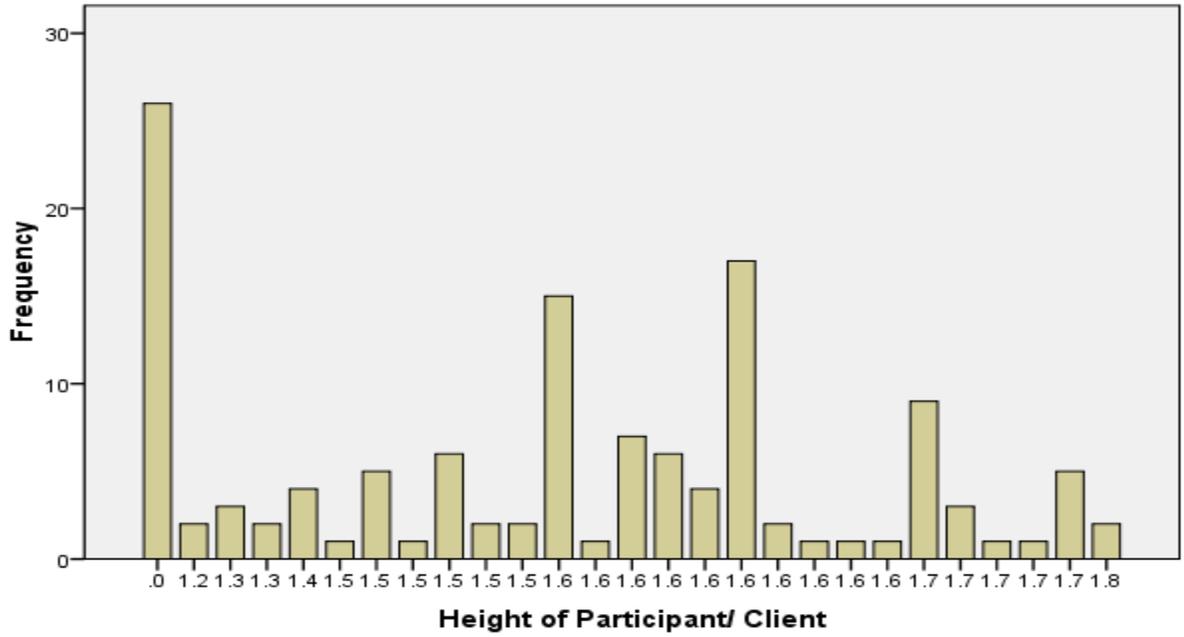
Sex of Participant/ Client

CATEGORY	FREQUENCY	PERCENT
Females	89	68.5
Males	41	31.5
Total	130	100.0

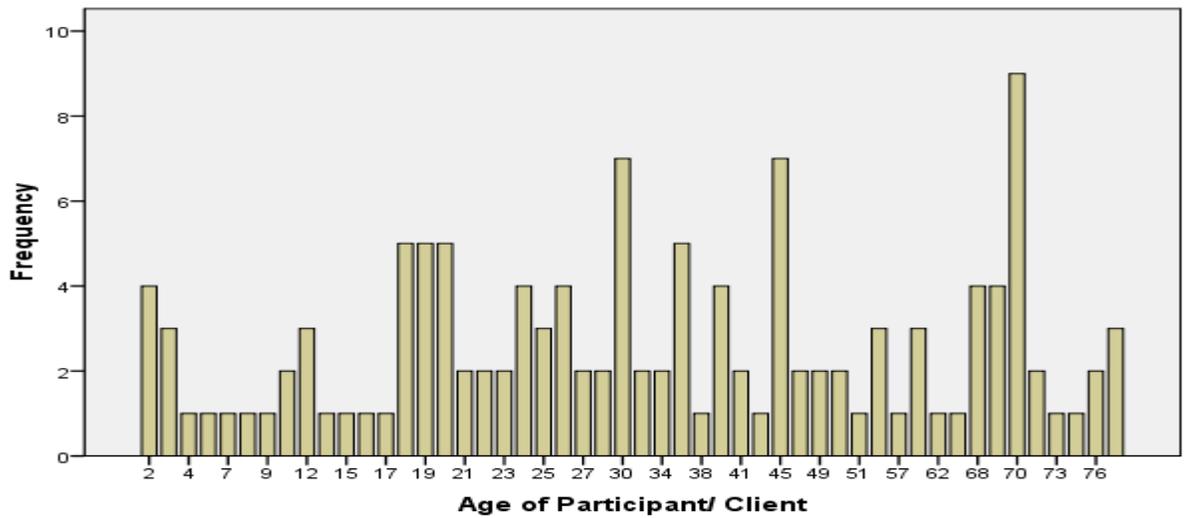
From the Table above, majority of participants in the health screening and deworming exercise were females, representing 68.5% of the total 130 clients, while the rest were males.

The figure below shows the heights of participants in the health screening exercise; About 20% of the clients were between 0 and 1.2 meters while a majority of clients representing 66% fell above 1.5 meters in height.

Height of Participant/ Client

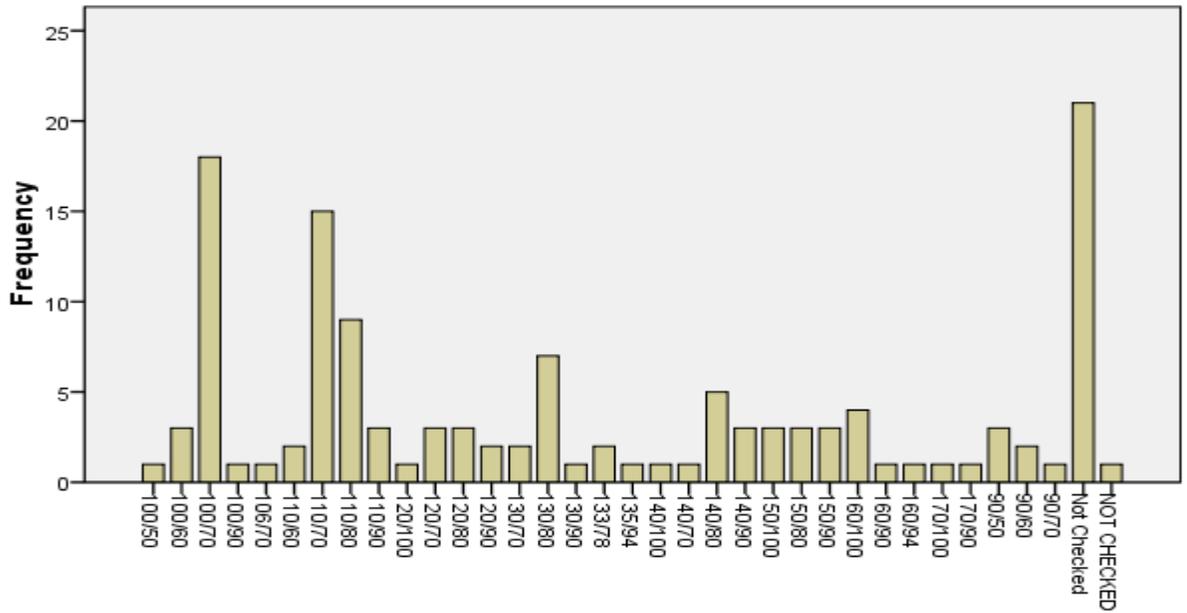


Age of Participant/ Client

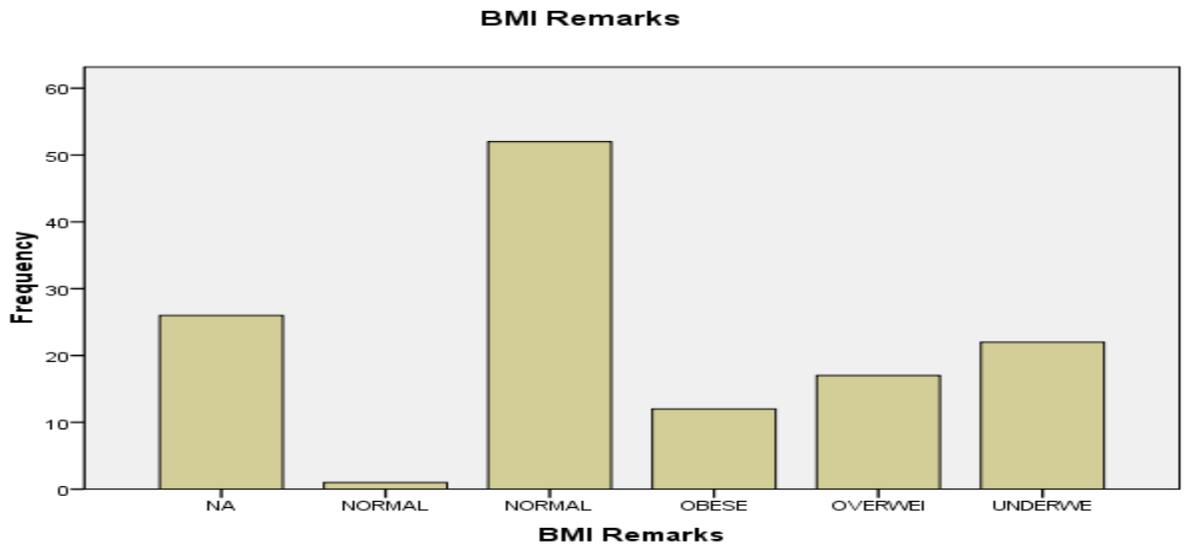


As indicated in the chart above, majority of the participants fell in the aged group i.e. between 68 and 70 years. The rest were in their youthful ages.

Blood Pressure of Participant/ Client

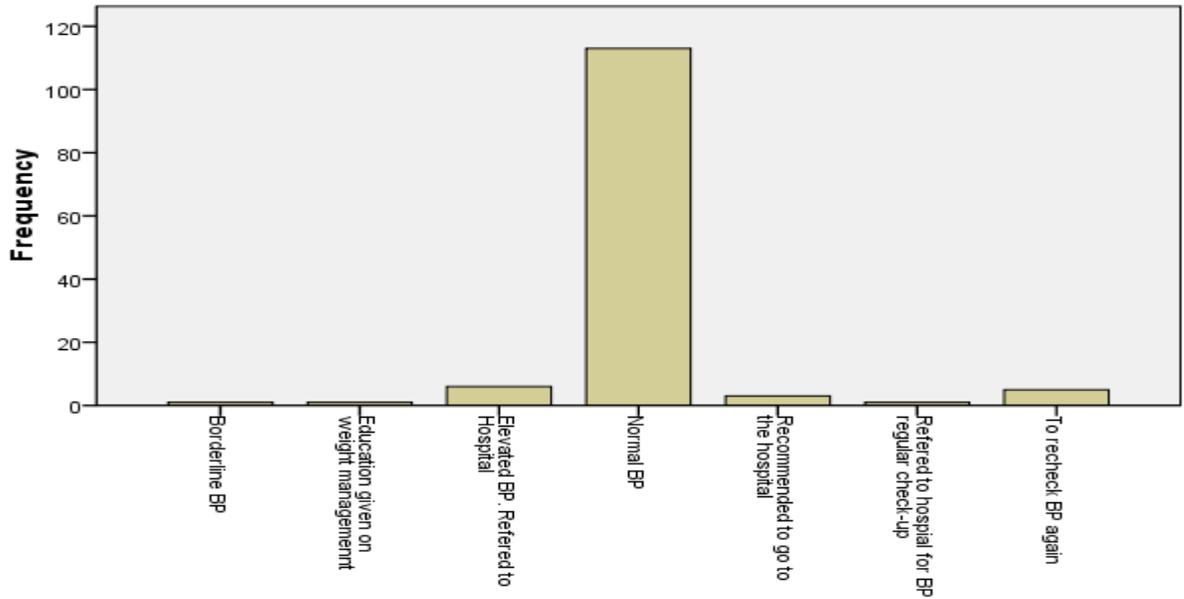


Blood Pressure of Participant/ Client



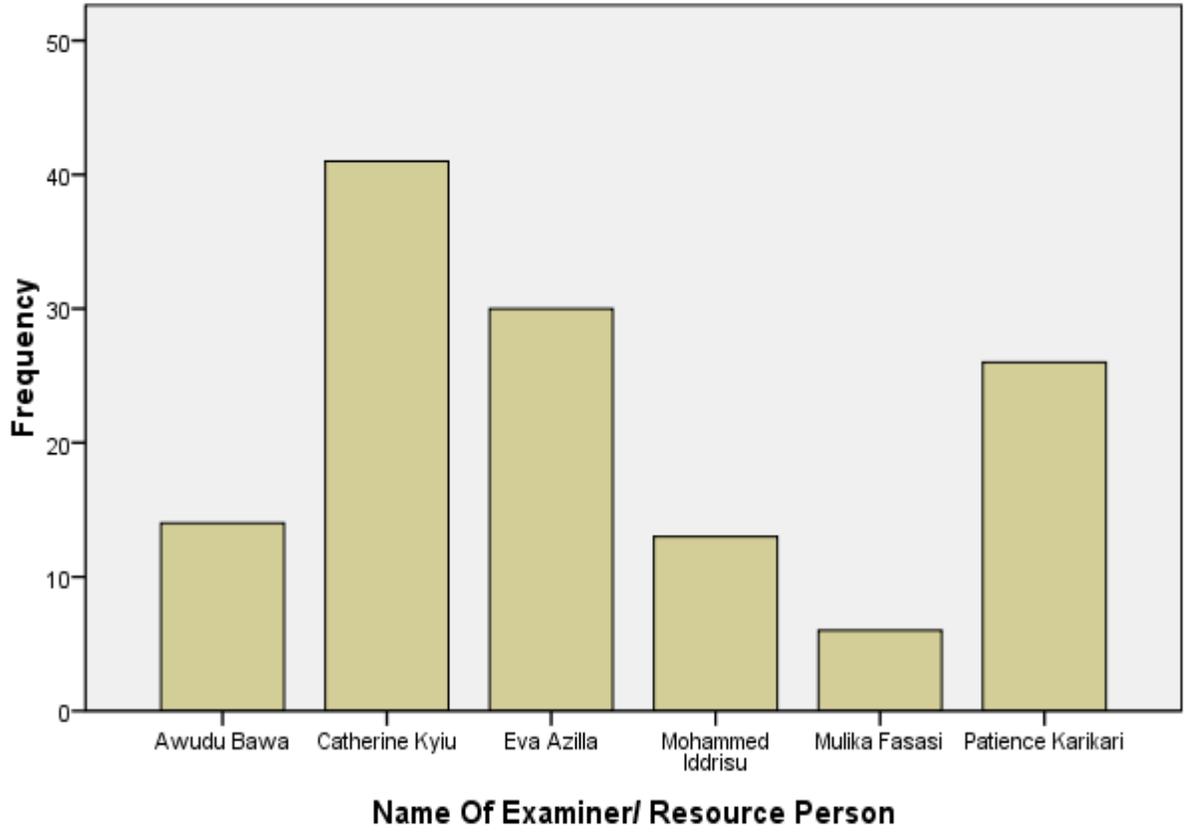
As indicated in the above chart, out of the 130 participants examined, 40% had normal Body Mass Indices (BMI), while 9.2%, 17%, 13% and 3% presented Obesity, underweight, Overweight and for participants whose BMI were not checked.

General Remarks to Client



The above chart represents some of the remarks the various resource persons/ examiners made on the participants examined. Examiners declared about 85% of participants as Normal in term of their Blood pressures. Others were said to have elevated BP and therefore were recommended to go for further checkups at health facilities. Specialized/ examiners who carried out the screening exercise are represented by the chart below;

Name Of Examiner/ Resource Person





Conclusion

The activities of the Health Promotion Committee of the Nurses and Midwives Training College for the First Semester of the 2017/2018 academic year was very successful even though there existed some skirmishes.

The major drawback of the activities for the semester were inadequate funding and lack of tools and equipment to work.

It is our fervent hope that most, if not all of these challenges would be addressed coming next semester and in subsequent years and semesters to come.

Recommendations

We therefore recommend that the following suggestions be taken onboard to help overcome some of the challenges faced by the committee;

1. Alternative sources of funding should be explored to augment the little funds coming from the college. This should be done through appeals and fundraising activities. Also sponsorships and partnerships can be sought and used to achieve this.
2. Funds for the committee's activities should be released in whole as and when needed to forestall any delays in implementation of the activities budgeted for.
3. Tools and equipment needed to carry out activities of the committee should be provided and a designated office/ accommodation be established to house them.
4. More collaborations should be established to help cater for fallouts from activities of the committee, like referrals in terms of health screening carried out.
5. Also, experts/ specialists who are engaged by the committee should be remunerated appropriately and accordingly to ensure their availability in subsequent programmes.
6. Certificate of participation should be presented to Team participants (Experts/ Tutors and Students) to serve as motivation for them.

It is our fervent hope that if these recommendations are implemented, the work of the committee would be enhanced and its objectives achieved.

APPENDICES

NURSES' AND MIDWIVES' TRAINING COLLEGE, TAMALE

MINISTRY OF HEALTH

PERSONAL HYGIENE ASSESSMENT FORM

Candidates Background			
Name..... Sex: Male...../Female.....			
Class..... Age			
Height		Weight	
Hair		Ringworm Infestation	
Colour		Growths/ Masses in the scalp	
Nature of Hair		Dandruff	
Eyes		Masses around Eye.....	
Colour		Colour around the eye and surrounding structures.....	
Discharges.....			
ENT		Nose	
Ear		(Shape, discharge, flaring).....	
Oracle (Shape).....		Size (Too small/ too big).....	
Ear Canal (Warts, etc).....		Masses (in nose/ bruises).....	
Ear (Swelling, discharges, etc).....			
Dental		Coated tongue.....	
Dental caris.....		Tartar.....	
Growth of teeth.....		Odour in mouth.....	
Colour of teeth.....		Sores in/ around mouth/ lips.....	
Skin			
Texture.....		Growths/ boils.....	
Colour.....		Pigmentation.....	
Ringworm infestation.....		Wounds.....	
Eczema.....		Scars.....	

<p>Nail</p> <p>Length:</p> <p>Long & Clean []</p> <p>Long & Dirty []</p> <p>Short & Clean []</p> <p>Short & Dirty []</p>	<p>Shape:</p> <p>Nails growing into fingers.....</p> <p>Clubbing nails.....</p> <p>Webbing fingers.....</p> <p>Extra digits.....</p> <p>Skin around finger (Dry, etc).....</p>
<p>Musculoskeletal (Limbs)</p> <p>LeftRight</p>	
<p>REMARKS.....</p> <p>.....</p>	

NURSES' AND MIDWIVES' TRAINING COLLEGE, TAMALE
MINISTRY OF HEALTH
HEALTH SCREENING FORM

Name.....		Sex: M / F
Height	Age	Weight
BP		
BMI.....		
REMARKS.....		
.....		
EXAMINER.....		

NURSES' AND MIDWIVES' TRAINING COLLEGE, TAMALE
MINISTRY OF HEALTH
HEALTH SCREENING FORM

Name.....		Sex: M / F
Height	Age	Weight
BP		
BMI.....		
REMARKS.....		
.....		
EXAMINER.....		

PICTURES FROM THE FIELD





