



## Book Review 'School Service Guidelines' (Malay Version)

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### INTRODUCTION

School Health Services is a service provided by the Malaysian Ministry of Health to students in school to ensure optimal health care through health promotion, disease prevention, treatment and referral. Health services were started in Malaysia in 1967 and from 1975 School Health Teams were established to enable visits to be made to primary and secondary schools throughout Malaysia. The publication of the School Health Service Guidelines Book is an effort to improve quality services provided by the Malaysian Ministry of Health to school students systematically. This Guidebook can help Medical Officers and health members of the School Health Team detect health problems that can hinder school academic achievement and then make early referrals. Although services are provided outside the premises of the Ministry of Health, each member who serves in the School Health Team must provide a holistic and quality service. Therefore, each member must refer to the School's Health Service Guidelines Book to ensure that each student receives optimal services according to their age. It is hoped that the use of these guidelines can help the School Health Team in terms of planning, implementing and monitoring school health services more efficiently and effectively.

Regular health check-ups are necessary to ensure that students have an optimal health status throughout the school period. To ensure that students reach their maximum potential, they need to have good physical, mental, social and spiritual health. Therefore, this handbook was created to help school health personnel as a basic reference in handling essential tasks. The objective of the health examination and treatment guidelines in schools is to provide a standard guideline to all members of the school health team, help members of the school health team to conduct physical examinations of school students, perform physical examinations in more detail and regularly, improve the early detection of diseases and make referrals, facilitate training for new school health team members. In line with the latest developments in the field of medicine, the Family Health Development Division, Ministry of Health Malaysia took the initiative to issue a guideline book. The guideline book can be used as a reference material when an officer changes into the School Health Team. It is hoped that with the existence of this School Health Service Guidebook, the Health members of the School Health Team will be able to carry out their work more systematically and effectively.

The preparation of this guideline book is the result of hard work and close cooperation from the Chief Assistant Senior Director, Family Physician, School Health Medical Officer, Assistant Medical Officer and experienced nursing staff from the Ministry of Health Malaysia. It is hoped that this book can help Medical Officers and members of the School Health Team towards improving the quality of services and further improving quality good health to school students.

This book consists of 17 Units that detail the methods of managing the health of school students. These guidelines should be used in conjunction with the Standard Operating Procedures for School Health Services. Unit 1 involves general observation of students in terms of standing style, walking style, personal hygiene, facial expressions, behavior. Unit 2 involves nutritional status in terms of body weight whether obesity, overweight or decrease. Unit 3 involves examining the head and scalp in terms of hygiene and hair condition, brittle hair, dandruff, head lice, ringworm (*Tinea Capitis*), Psoriasis and Alopecia. Unit 4 involves faces in terms of paleness, acne and white spots. Unit 5 involves eyes and vision tests in terms of normal eyes, strabismus, Ptoxis, Exophthalmus, red eyes, tail, Chalazion, Conjunctival pallor, Jaundice, Eyelid edema and eye injuries. Unit 6 involves the nose, mouth and throat. The nose is either a runny nose or a bloody nose. Mouth whether cleft lip, Angular Stomatitis, ulcers and teeth. Throat either normal tonsils or swollen tonsils. The tongue is either Smooth Tongue (smooth tongue), Lyanosia (blue tongue) or Thrush (White tongue). Unit 7 involves ear and hearing test either lobe defect, ear discharge, ear infection, bleeding ear, impacted wax (solid ear serum) or hearing screening. Unit 8 involves the neck either Goiter (Swelling of the thyroid gland), Torticollis, swollen lymph nodes, webbing neck. Unit 9 involves hands and arms in terms nail shape either spoon nail/ Koilonychia, Brittle nails or clubbing, Scabies (Blind Scabies), arms and finger deformities. Unit 10 involves the chest ie abnormal chest shape and heart problems. Unit 11 involves abdomen that is Scapoid Abdomen and Distended Abdomen. Unit 12 involves skeletal muscle ie member records and backbone.

Unit 13 involves genitalia namely Precocious puberty (Early maturity), Scrotum in terms of Hydrocele and Hernia, Testes in terms of Undescended testes and Orchitis / Orchiditis, penis in terms of normal penis, Phimosis, Hypospadias, Penile/Vaginal Discaj and Ambiguous Genitalia. Unit 14

involves legs ie foot hygiene ringworm, ingrowing toe nail (Claw nails / cagu) and leg deformities. Unit 15 involves leather ie skin hygiene, scabies (blind scab), Impetigo, eczema, boils, scars, Tinea (ringworm), Pityriasis Vesicolor (panau), Warts, Molluscum and Contangiosum. Unit 16 involves abuse i.e. physical abuse, emotional abuse, sexual abuse and child neglect. Unit 17 involves behavioral health ie risky behavior in terms of smoking/drugs/alcohol/glue,

bullying, conduct disorder, sexual health and mental health namely depression and anxiety.

### REFERENCES

1. Unit Kesihatan Sekolah. Garis Panduan Perkhidmatan Kesihatan Sekolah. Putrajaya: Kementerian Kesihatan Malaysia. 2013.

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