

Who benefits from school doctors' health checks: a pilot for a multicentre study in Finland

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Kirsi Nikander, MD
School and Student Health Services,
Department of Social Services and Health Care
City of Helsinki, Finland

Doctoral Program in Population Health, University of Helsinki,
Finland

No conflicts of interest

School nurses' screening in Finland

- All pupils annually



Photo credit: author's own, 2015

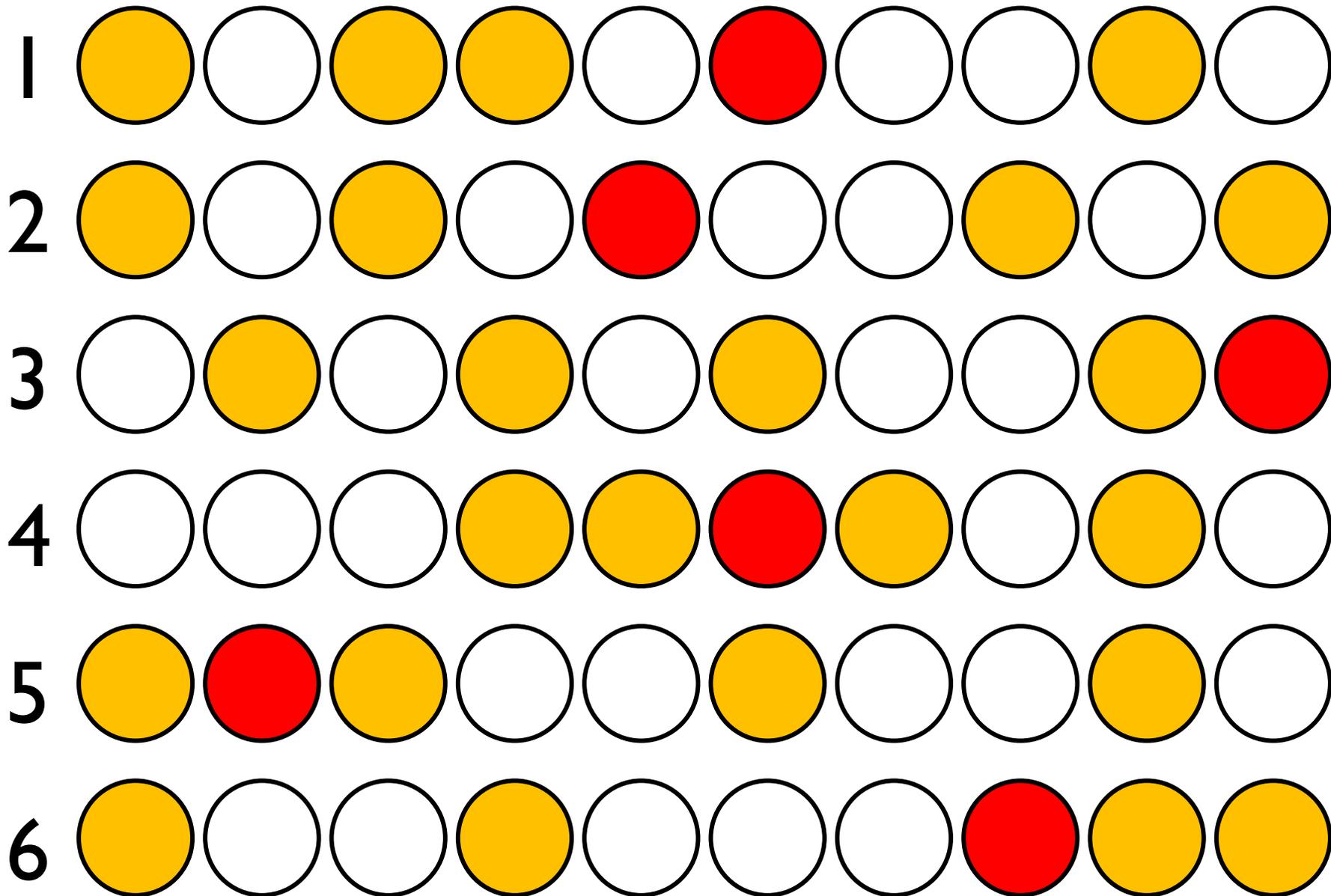
School doctors' screening in Finland

- In grades 1, 5 and 8
- 30 min/pupil and parent



Photo credit: author's own, 2015

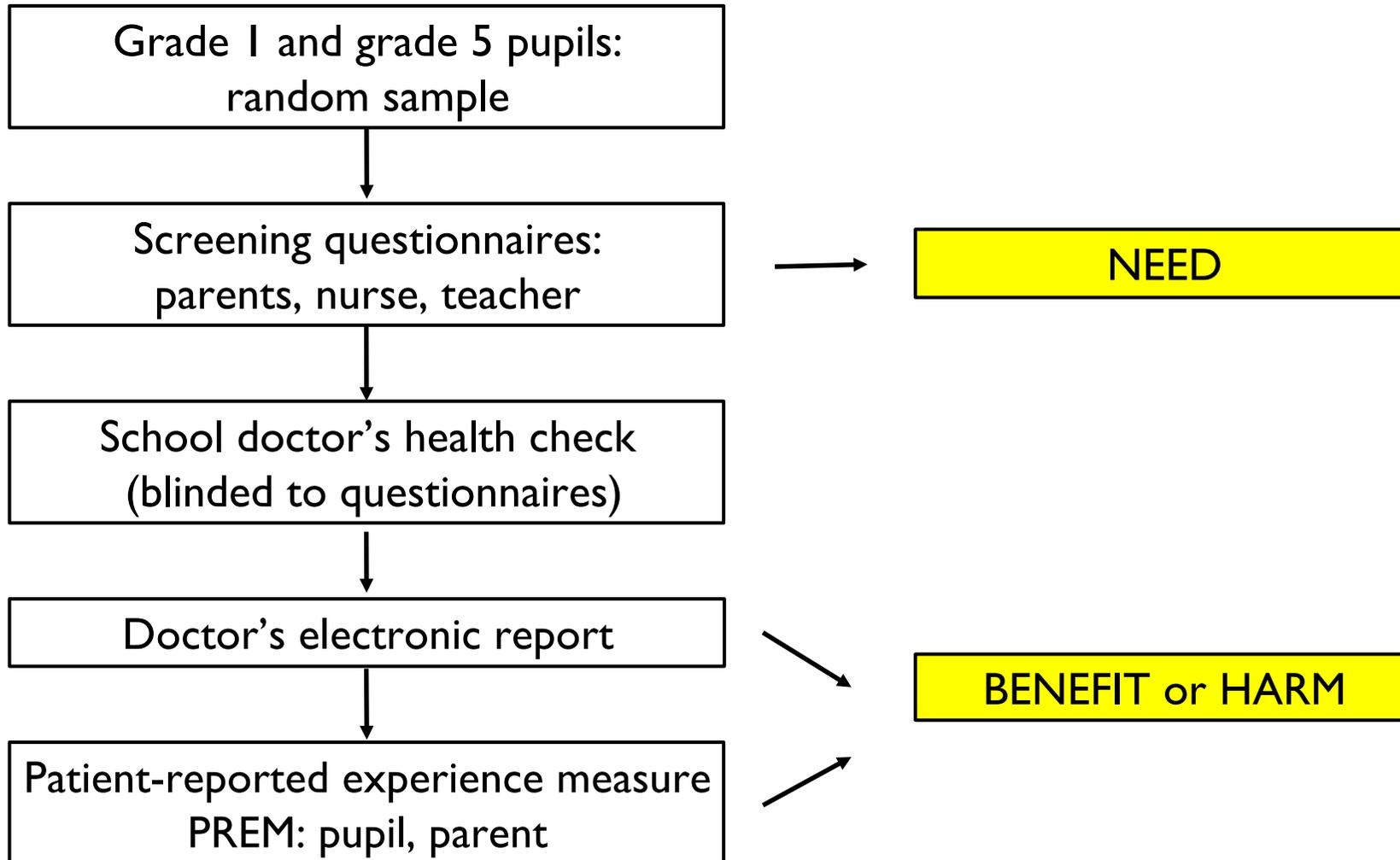
How can we know who will benefit?



The aims

1. To explore: Can part of the school doctors' routine health checks be omitted through screening
2. To evaluate: The benefits of school doctors' routine health checks

Method



Areas of concern on the Screening questionnaires

- Growth and physical well-being
- Eating and sleeping
- School absenteeism
- Learning
- Strengths and Difficulties Questionnaire SDQ
 - emotions
 - concentration
 - behavior
 - being able to get along with other people
- Well-being of the whole family
- **Wish to talk about the worries with the school doctor**



Photo credit: authors own, 2013

Measures from doctor's electronic report

- given instructions
- significant discussions
- follow-up plans
- evaluation of BENEFIT

Criteria of benefit and harm

A great deal of benefit	<p>Significant discussion or other intervention that presumably reduces other health care use</p> <p>Some referrals to tertiary care</p> <p>Need to contact child welfare</p>
Quite a lot of benefit	<p>Doctor's role irreplaceable by nurse</p> <p>Presumably reduced worry</p> <p>Some significant discussions</p> <p>Some referrals to tertiary care</p>
Only a little benefit	<p>Nurse could have replaced the doctor</p>
No benefit or harm	
Only a little harm	<p>Suspicion that interaction failed or suspicion of no progress in care</p>
A great deal of harm	<p>The interaction failed or there was no progress in care</p>
Major harm	<p>Suspicion of negative patient reported experience measure or refusal of school doctor services in the future and no progress in care</p>

Timeline



Material of the pilot study

- 3 Finnish speaking schools in Helsinki in 2015-2016
- exclusion criteria:
 - pupils studying in mainly special education groups
 - need of an interpreter for the parent
- 1 doctor
- 132 students
- 15/147 (10%) refused to participate

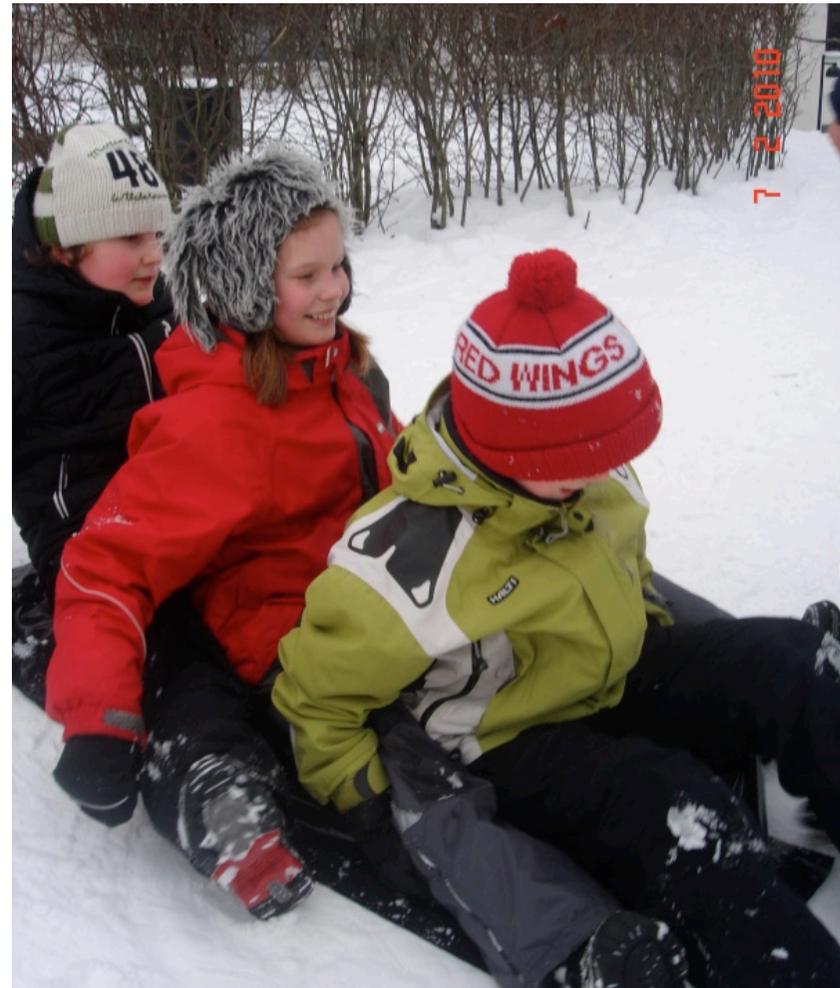


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Results of the pilot study: Researchers evaluation of Need and Benefit

	Benefit + n (%)	Benefit – n (%)	Total n (%)
Need + n (%)	64 (48)	26 (20)	90 (68)
Need – n (%)	9 (7)	33 (25)	42 (32)
Total n (%)	73 (55)	59 (45)	132 (100)

Chi-square=28.6, df=1, p<0.001

Results of the pilot study: Researchers evaluation of Need and Benefit

	Benefit +	Benefit –	Total
Need + n (%)	64 (71)	26 (29)	90 (100)
Need – n (%)	9 (21)	33 (79)	42 (100)

Chi-square=28.6, df=1, p<0.001

Conclusions

- Worry → Benefit
- No worry → Few significant problems
- The multicentre study will
 - Test the screening method more widely
 - Increase our knowledge of the benefits of school doctors' routine health checks

Significance

- More time for pupils at all ages
- More time for pupils with special needs
- More time for collaboration



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Kirsi Nikander, MD

Doctoral Program in
Population Health,
University of Helsinki,
Finland

[kirsi.nikander @ iki.fi](mailto:kirsi.nikander@iki.fi)

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NCT03178331



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