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THE OPINION OF THE PARENTS IN DETERMINING STRATEGIES TO PROTECT THE HEALTH OF SCHOOLCHILDREN

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Currently in Russia it is expected the reorganization of health care in schools.

The health care for children and teenagers in kindergartens, schools and colleges is free. It is funded by municipal budgets.

The main reason for the reorganization is insufficient funding. This has led to inadequate number of doctors and nurses in school health care.

Health care in schools, kindergartens and colleges is regulated by several orders of the Ministry of Health of Russia.

To improve the quality of medical care we need the opinion of parents on the main directions of preventive work in schools.
Aim. To get the opinions of parents about the organization and the priorities of health care in schools.
Methods
It was conducted an anonymous survey of parents of 138 students (grades 2-10) of school of Moscow city pedagogical University.
The questionnaire contained 13 blocks of questions with 2-7 answers.
Parents could choose multiple answers and answer "Yes". In relation to other answers respondents could answer "no" or "don't know".
We used the conventional statistical methods for processing of the survey data.
In Russia the first medical offices appeared in the cadet military school, the Institute for noble young ladies and classical gymnasiums (high schools) in the late nineteenth century.

In the Soviet period medical offices were organized in all city schools, kindergartens and vocational schools.

In the medical offices the nurse was constantly working and the doctor came to school to conduct preventive work.
• In Russia in accordance with the laws and orders of the Ministry of Health in medical offices of kindergartens, schools and colleges the following work should be carried out:
  - providing medical care for children and adolescents in urgent and emergency forms;
  - vaccination in accordance with National immunization schedule;
  - conducting the preventive medical examinations of students.
• Medical staff should monitor the academic load of children, the sanitary condition of buildings and school grounds, a school nutrition and physical activity of the students.
• Medical staff should be involved in the prevention of acute respiratory infections, other infectious and non-communicable school-related diseases, as well as health education and formation of healthy lifestyle of children and teenagers.
In our survey the first question was: "What health workers should be in the medical offices in school continuously (throughout time)?" 96% of parents responded that a nurse should always be, and the doctor has to work 2-3 times a week on schedule; 4% of parents answered "don't know".
The second question:
“Should medical staff provide medical help for the child at his address to the medical office with complains of mild headache or abdominal pain, toothache, nose bleeding, abrasions and minor injuries?”
- 67% of parents answered "Yes",
- 14% answered that for any treatment of a child in the medical office medical staff is obligated to call an ambulance,
- 19% of parents answered "don't know".
In Russia, all the children are examined annually by a pediatrician in the polyclinic.
All children also undergo examinations by specialist doctors, laboratory and instrumental examinations in certain age periods in the polyclinic.
The third survey question was: "Should school medical staff carry out preventive examinations of students?"
• 92% of parents agree with the examinations of children before vaccination,
• 80% – before sports events and tourist trips,
• 85% – inspections for head pediculosis,
• 56% agree with the screening inspections before the obligatory children examinations in the polyclinic.
• From 3% to 17% of parents said "No", the rest answered "don't know".
Parents were asked: "Do you consider that the medical school staff should carry out monitoring of physical development of schoolchildren?"

- 67% of parents answered "Yes" and 12% - "No".

“Should the medical staff monitor students’ emotional state?”

- 54% of parents answered "Yes" and 21% "No".

To the question "should the oral health of children be monitored in the school"

- 45% of parents answered "Yes" and 30% replied "No”, 11-15% of parents answered "don't know".
To the question: "Should school medical staff monitor the sanitary condition of the school grounds, classrooms, recreation rooms and toilets?" 90% of parents answered "Yes".

To the question: "Should the school medical staff control the lighting, temperature, air humidity, ventilation of the classes and other rooms of school?" 88% of parents answered "Yes".
However, the question: "Should the school medical staff monitor the academic load, the schedule of lessons and tests?", only 65% of parents responded positively. From 3 to 19% of parents answered "No" and from 7 to 16% - "do not know" answered these questions.
To the questions: "Should school medical staff monitor the conditions and intensity of **physical training lessons** and additional sports sections?" only 58% of parents answered "Yes".

81% of parents answered "Yes" to the question "Should school medical staff control measures to prevent injuries at school, on sports grounds and on the territory?"
"Should the school medical staff monitor the sanitary condition of the school kitchen and dining hall, health of the workers of the school cafeteria?"
• 94% of parents answered "Yes".

"Should the school medical staff monitor the range and quality of food and dishes in the school cafeteria?" 77% of parents answered "Yes".
From 4 to 21% of parents answered "No" and "Don't know" these questions.
To the questions: "Do you need using sprays with sea water for mass prevention of acute respiratory diseases at school?"

- 43% of parents answered «Yes»,
- 27% - «No» and
- 30% of parents said: "I don't know".
To the question: "Should schools prevent myopia?"
• 86% of parents answered «Yes»,
• 1% «No» and
• 13% of parents said: "I don't know".

To the question: Is it necessary to create a special office for the protection of eyesight and the use of optic-physiological methods of correction of violations of view?"
• 62-86% of parents answered positively;
• 2-12% answered negatively,
• 13-26% - don't know.
70% of parents answered "Yes",
13% "No" and
17% "I don't know" to the question "Do you need an organization of special program on therapeutic physical culture for students with disorders of musculoskeletal system (disorders of the arch of the feet, disorders of posture and other disorders) in the school?"
Correction of disorders of the musculoskeletal system

- 70% of parents answered "Yes",
- 13% "No" and
- 17% "I don't know" to the question "Do you need an organization of special program on therapeutic physical culture for students with disorders of musculoskeletal system (disorders of the arch of the feet, disorders of posture and other disorders) in the school?"
When parents were asked **whether they consider the necessary health education of students,**

- 85% answered "Yes",

but on individual subjects of health education the parents' views were divided.

- 33-45% of parents gave a positive response, 29-30% - negative response, the others responded "don't know" in relation to the following topics:

  - healthy lifestyle,
  - rational organization of training sessions, rest and leisure activities at home,
  - healthy nutrition,
  - rational organization of physical activity and sports,
  - protection of the oral health,
  - rational using of electronic devices.
When parents were asked whether they needed the education on healthy lifestyle of their children, only 37% of parents replied that they needed such education.

The survey showed the interest of parents in such topics as "Physiology and psychology of adolescence" (43% positive answers), "Prevention of adolescent consumption of psychoactive substances" (40%) and "Reproductive and sexual health of adolescents" (41%).
To the question: "Do you need of consultation medical school staff on issues of examination of your child at the medical specialists in the polyclinic or other health facility?"

- only 28% of parents answered positively,
- 51% - negatively and 21% answered "don't know".
- These data are explained by the fact that the children are observed in children's polyclinics at the place of their residence.
Conclusion. School health care should motivate the parents to a deeper study of problems on formation of children's health, especially to draw attention to the issues of rational organization of mental work and rest, healthy nutrition, physical activity, rational use of electronic devices.
Thank you for your attention!
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