

Scientific Center of Children's Health  
Moscow Russia

# **MODEL OF HEALTH CARE PREVENTION ACTIVITIES IN EDUCATIONAL INSTITUTIONS**

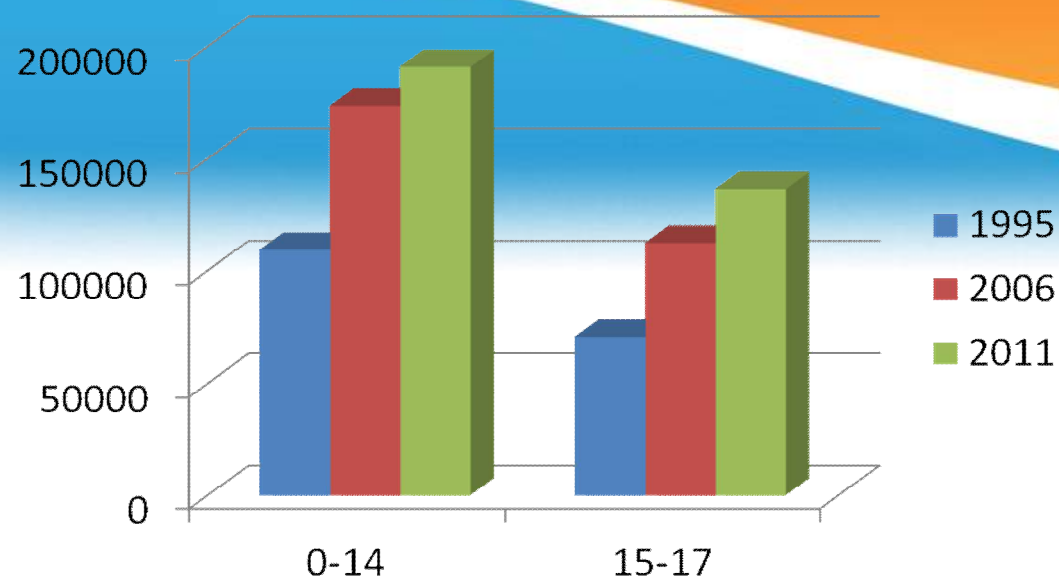
**Vladislav Kuchma**

Corresponding Member of the Russian Academy of Sciences, Professor

**Svetlana Sokolova**

Candidate of Medical Sciences, Senior Researcher

Tallinn  
4<sup>th</sup> June, 2015



Primary childhood morbidity in Russia(‰<sub>0000</sub>)<sup>1</sup>

<sup>1</sup>Source: Statistical Handbook «Russia, 2014»

15-year-olds <sup>2</sup>	Regular breakfast	Daily moderate-to-vigorous physical activity	Liking school	Daily smoking	Weekly alcohol consumption
M	57	13	20	15	13
F	50	7	21	9	9

<sup>2</sup>Source: INTERNATIONAL REPORT FROM THE 2009/2010 SURVEY **HEALTH BEHAVIOUR IN SCHOOL-AGED CHILDREN (HBSC) STUDY**

Modern school medicine has actual subordinate legal and informational and methodological basis for delivery of health care for pupils and students in educational institutions.

- The Order of the Ministry of Health of the Russian Federation No 822n dated from 05/11/13 "On the Approval of the Procedure for Providing of Medical Care for Pupils and Students, Including Learning and Education Period in Educational Institutions»;
- The federal recommendations for delivery of health care for pupils and students were prepared by the Russian Association of School and University Medicine and Health ;
- The sanitary-epidemiological requirements for learning conditions in educational institutions;
- The guidelines for medical and teaching staff were prepared by the Scientific Center of Children's Health and other scientific and educational organizations.



# Prevention is the main objective of the medical staff in educational institutions

Prevention is a complex of measures aimed at the preservation and promotion of health, elimination of harmful effects of environmental factors on human health.<sup>1</sup>

## Prevention includes:

- promoting a healthy lifestyle,
- preventing the occurrence and (or) the spread of diseases,
- early detection of diseases or risk factors,
- identifying the causes and conditions of their emergence and development.

<sup>1</sup>Source: Federal Law No. 323-FZ dated from 21.11.2011 “On the Basics of Healthcare in Russia”

The Center of prevention diseases among pupils and students can become the organizational model of the disease prevention among pupils and students and conditions associated with children' lifestyle at present.

territorial principle



School

Institutions  
of secondary  
vocational education

The **Center**  
is located  
in the Primary  
care clinic

kindergartens

2.500  
children



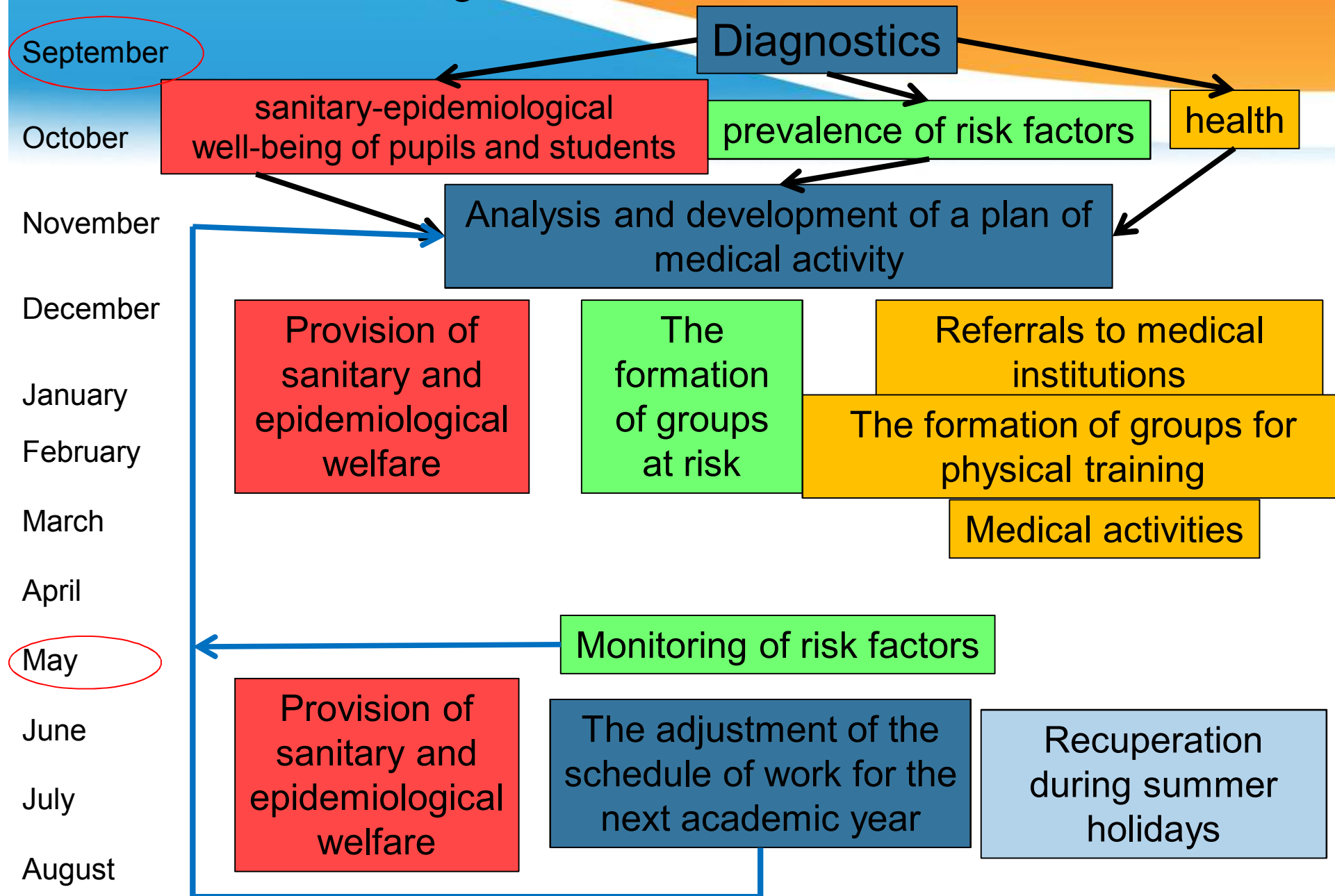
## Staff of the Center<sup>1</sup>:

- 1 pediatrician per 1000 schoolchildren or per 400 preschool children;
- hygiene of children and adolescents doctor per 1000 schoolchildren;  
*This doctor has to provide the sanitary-epidemiological well-being for pupils and students in educational institutions and especially conditions and organization of educational process, nutrition, physical activity.*
- 5 nurses per 500 schoolchildren or per 100 preschool children.

<sup>1</sup>Source: The Order of the Ministry of Health and Social Development of the Russian Federation No 366n dated from 16/04/12 "On the Approval of the Procedure for Providing Pediatric Care"



# The algorithm of work of the Center



- Modern hardware and software systems and computer technologies should be used for screening, monitoring, evaluation of prevalence of risk factors among children.





# The algorithm of work of the Center

September

October

November

December

January

February

March

April

May

June

July

August

Analysis and development of a plan of medical activity

Provision of  
sanitary and  
epidemiological  
welfare

Referrals to medical  
institutions

Medical activities

The  
formation  
of groups  
at risk

The formation of groups for  
physical training

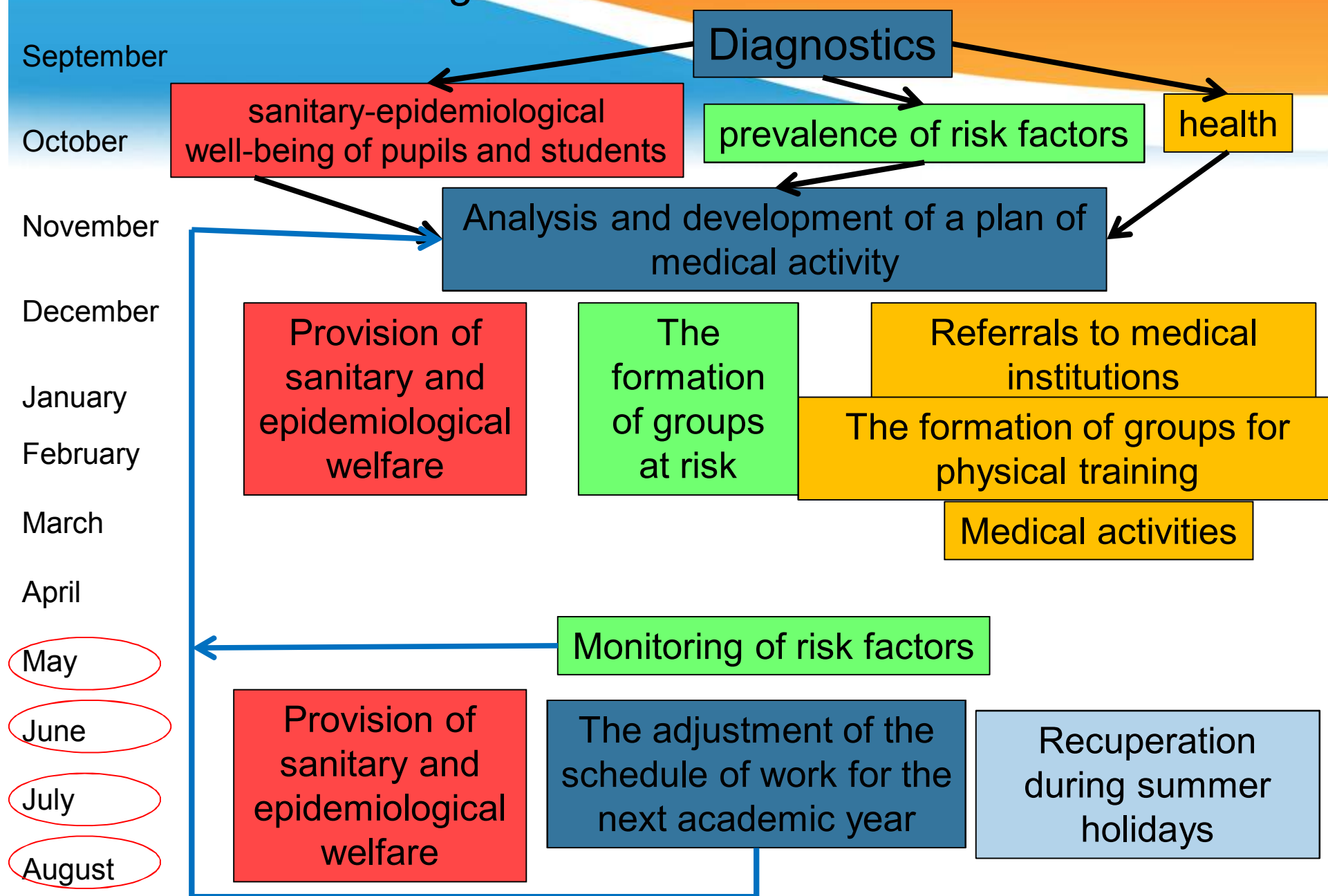


## Medical activities

include:

- Providing primary emergency and urgent health care
- Screening pupils and students
- Evaluation of functional readiness of pupils and students
- Prevention of infectious and parasitic diseases
- Immunization
- Medical approval for competitions
- Medical professional consulting
- Prevention of eye diseases
- Prevention of diseases of the gastrointestinal tract
- Prevention of diseases of the musculoskeletal system
- Prevention of diseases and disorders of pupils and students in the educational process

# The algorithm of work of the Center



- The Center should have adequate rooms in both medical organizations and educational institutions. The medical unit, which is housed in educational institutions, should consist of a pediatrician's office and treatment room.



- The equipment of pediatrician's office in educational organizations must comply with the recommendations of the Order of the Ministry of Health of the Russian Federation No 822n dated from 05/11/13 "On the Approval of the Procedure for Providing Medical Care for Pupils and Students, Including Learning and Education Period in Educational Institutions».





Today's requirement is constant evaluation of the effectiveness of medical prevention.

For these purposes the following indicators can be used:

- physical, somatic and mental health, including reserve capacity of the organism of children;
- indicators of group infectious diseases in educational organizations;
- the prevalence of behavioral risk factors;
- the prevalence of major risk factors for chronic non-communicable diseases;
- awareness of children about the main risk factors for health;
- formation of healthy lifestyle skills of pupils and students;
- the level of sanitary and epidemiological welfare of educational institutions.



The proposed model of health care prevention activities in educational institution will contribute to the elimination of discrimination against a large number of pupils and students of contemporary Russia and efficiency of primary health care for children.



**Svetlana Sokolova**

Candidate of Medical Sciences,  
Senior Researcher  
Scientific Center of Children's Health

**E-mail:** [s-s-b@mail.ru](mailto:s-s-b@mail.ru)

**Tel:** +7 495 917-48-31

**Thank you for your attention!**

