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Preliminary study to find the feasibility of conducting school medical inspection (SMI) with the help of students of senior classes

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Introduction: Routine SMI are done by the divisional director of health services. Only grade 1, 4 and 7 are targeted due to lack of resources. Medical history, height, weight, visual acuity, dental problems, deformities, condition of the heart and lungs are some assessment done in SMI. Students of senior classes are able to measure and record biodata and simple health measures like height weight after training. Expertise is required only to interpret records and examine the heart and lungs. Greater number of students can be examined with the help of students during a shorter period of time.

Method: A health camp was conducted in the G/Kataluwa Maha Vidlaya. Bio data and medical history were recorded by parents or students themselves. Height, weight and visual acuity were recorded by students. Interpretation of records and examination of heart and lungs were done by medical graduates. Prescriptions were given when drug treatment was indicated. Medical advices and referrals were done when necessary. Collected data were analyzed for descriptive statistics.

Results: Two medical graduates and 8 Medical students have participated in the camp. The duration of the camp was six hours. All students (346) were examined. The following medical problems were detected; 139 dental caries, 53 "mal occlusion", 25 asthmatics, 13 skin disorders, 12 migraine, 15 goiters, 18 visual acuity defects and 1-3 hearing defects, cardiac valvular lesions and deformities in limbs.

Conclusion: Participation of students of senior classes in a school as volunteer staff in a health camp is useful in detecting health problems in school children.