

# PRIORITY AREA 12: MISCELLANEOUS

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# **A Study on Health Needs Assessment and School Health Program in Nepal (2001)**

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## **Background**

Since a significant number of students are enrolled in school level education in Nepal and the school is one of the agencies that contribute to the health of the students as well as the community people there is still paucity of information on existing situation of school health in Nepal. In this context, the study aims at assessing the health needs of the school children and the current practices on school health.

## **Methods**

The study covered 480 students from grade IV and V from three districts viz Gorkha, Chitwan and Kathmandu. Clinical examination of the students, observation of the school students, questionnaire and focused group discussions were the main methods used for the collection of data.

## **Results**

Among the students pallor (30%), cyanosis (0.83%), dirty nails (29%), poor personal hygiene (21.4%) and skin diseases (28%) were found. Missing and cavity tooth (25.8%) and unhealthy gums (68.9%), night blindness (7.5%), nearsightedness (8.2%) and far sightedness (0.4%), impaired hearing (7.1%), enlarged liver (2.7%) and spleen (2%) were also prevalent among the students. About 14.8% students had suffered from gastro-intestinal problems. Two-third of the schools surveyed had no games and sport facilities for children. About one-fifth of the playground was not safe and about half of the schools surveyed were in noisy settings. Four-fifth of the schools had inadequate and inappropriate furniture. First aid kits were found only in 16.6% schools. One of the schools had provision for student's health check up. More than 80% of the students had knowledge of three or more causes of diseases. About 16.6% students were victims of injuries/accidents but only 28.7% among them had received first aid treatment following injuries/accidents.

## **Conclusions**

Schools should be developed as entry point for health promotion with active participation of teachers, parents and students.

**Keywords:** health needs; health promotion; school children; school health.

## **Knowledge, Attitude and Oral Health Behavior of Adults Attending Bir Hospital Dental Department (2003)**

Bhadra M

### **Background**

Currently 86% of Nepalese live in rural areas where accessibility to education is a big problem and media reach is also very low. But the urbanization that is taking place is causing the rural immigrants to adopt a modern society behavior and change their dietary habits. There is disappearance of traditional foods and an increase in sugar consumption and refined foods. There is easy availability of tobacco products and alcohol as well as the traditional use of areca nut but little knowledge about their harmfulness. So, this research will assess people's awareness level affecting their food habits leading to oral health problems.

### **Methods**

The study was carried among adults who came for treatment to Bir hospital dental department. The sample identified was the first five adult males and first five adult females totaling ten adults a day using purposive sampling method. Data analysis was done using Statistical Package for Social Sciences.

### **Results**

Majority of the respondents reported of not using harmful substances like tobacco, areca nut and alcohol. There was no significant association between education and frequency of consumption of these products but a significant association was seen between the sex of the respondent and their consumption habit with males having higher frequency of consumption. There was a general consensus that it is not necessary to visit a dentist unless there is a major problem.

### **Conclusions**

There was no association between the respondent's educational level and their knowledge, attitude and oral health behavior.

**Keywords:** adult; attitude; behavior; education level; knowledge; oral health.

## **An Assessment of School Deworming Program in Surkhet and Kailali District (2010)**

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### **Background**

Globally, one fourth of the people is infected with intestinal helminthes and is particularly prevalent among school-aged children in developing countries, which produce adverse negative impacts on education, health, growth, and school performance of the children. In Nepal School deworming program was started in fiscal year 2063/64 but till date there is no study conducted to see the coverage as well as the acceptance and effectiveness of the program. Hence, this type of assessment on one hand will provide the evidence of success of the program and in other hand will open door for evidence based design and effective implementation of more of such program.

### **Methods**

An assessment was done in Surkhet and Kailali District of mid and far western development region of Nepal. A total of 10% of all primary schools of Surkhet and Kailali District were selected randomly. All together 83 school teacher and 493 parents were included in the study. One key informant was selected from each District Public Health Office (DPHO) and District Education Office (DEO). The data collection tool for the interview was comprised of pre-designed semi-structured questionnaire as per the objective of the study. Moreover, the record on school deworming programme was reviewed to collect the data on deworming coverage from school/health institution record.

### **Results**

The study revealed that, majority of teachers (98.8%) had knowledge about school deworming program. Majority of the teachers (94%) told that the program was good for various reasons such as better for child health, prevention for worm infestation, and increased awareness among the people. Further 91.6% of the students participated voluntary for the intake of drug, 97.6% of student's intake drugs in the presence of the teacher and regarding provision of drug to those students who were ill in the day of drug distribution, it was found that majority of the schools (83.2%) provided drugs after they get well and resume the school. During program implementation phase 26.5% teachers faced some problems such as lack of provision of enough medicine timely from District Public Health Office. Similarly, 448 out of 493 Parents had knowledge about worm infestation. About 87.6% have heard about school deworming program and among them 70% knew about the program through their children. Majority (98%) of the respondent had good response toward the school deworming program.

### **Conclusions**

The overall perception of the parents and teachers toward the program was good and the coverage was also quite good. However, it can be said that drug therapy alone is only a short term measure for reducing worm infection in a target population.

**Keywords:** children; deworming; program; school; worm infestation.

## **Prostate Cancer Screening in Population of Eastern Nepal: A Field Study (2011)**

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### **Background**

Prostate cancer is the second most frequently diagnosed cancer and the sixth leading cause of cancer death in males. Proof of the potential benefits of screening and treatment of localized prostate cancer can only be obtained from prospective and randomized studies comparing the incidence of death from prostate cancer in a group of men screened and treated early with a parallel group of men receiving standard medical care. So this study was undertaken as a trial to explore the situation of prostate cancer in a cohort of healthy population of Eastern Nepal and also to assess the feasibility of screening prostate cancer.

### **Methods**

This study was a field trial study conducted in Surgical Outpatient Department of B. P. Koirala Institute of Health Sciences Teaching District Hospitals (Dhankuta, Inaruwa, Bhadrapur and Rangeli) representing four different regions of Eastern Nepal, through health camps from 1st November 2010 to 31st July 2011. A total of 1521 males more than 50 years of age

were assessed and screened after meeting inclusion criteria. Collected data were entered in Microsoft excel-2007 and imported into Statistical Package for Social Sciences 11.5 version for statistical analysis.

### **Results**

Only 175 (11.59%) individuals were able to say that carcinoma prostate occurs in old age. Alcohol as a risk factor was present in 7.08% study population and smoking as a risk factor was present in 5.8% study population. Abnormal Prostate Specific Antigen i.e. more than 4 ng/ml was found in 58 (3.8%) individuals. In the study abnormal Digital Rectal Examination was found in 26 (1.72%) individuals. In the study population 58 (3.84%) individuals underwent trucut biopsy of the prostate on the basis of raised Prostate Specific Antigen. Out of which, eleven individuals were found to have carcinoma prostate. The overall cancer detection rate in this study was 0.73% and that detected were locally advanced.

### **Conclusions**

The cancer detection rate in a cohort of healthy population of Eastern Nepal is 0.73%. It is feasible to screen prostatic cancer in population of Eastern Nepal.

**Keywords:** cohort; digital rectal examination; eastern Nepal; prostate cancer; prostate specific antigen.