SCHOOL AGED HEALTH: THAILAND AND UNITED STATES

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BACKGROUND

• The role of the Public Health Nurse in promoting and maintaining healthy school age children in the United States and in Thailand.

• Health concerns
  • Promote healthy life style
  • Vaccinations
  • General hygiene
  • Sex education
  • Mental health
  • Substance abuse
GENERAL OVERVIEW

• United States school system
  • Elementary school: ages 5-10
  • Middle school: ages 11-14
  • High school: ages 14-18
  • (International Affairs Office, 2008, p. 2)

• Thailand’s school system
  • Primary school: ages 6-11
  • Secondary school:
    • Lower secondary: ages 12-14
    • Upper secondary: ages 15-17
  • (Yamwagee, 2015, p. 3)
THE ROLE OF THE NURSE IN US SCHOOLS

- Direct caregiver
- Health educator
- Case manager
- Consultant
- Counselor
- The school nurse-to-student ratio is 1:750 is recommended (Stanhope & Lancaster, 2014, p.569).
THE ROLE OF NURSE IN THAILAND SCHOOLS

• Training for teacher
• Training for senior students
• One health teacher for each grade (Dr. Piyatida Nabagasan)
HEALTH PROMOTION FOR AGE 7-18 IN US

- Prevent obesity and promote physical activity
- Physical activity recommendations
  - more than 60 minutes of physical activity daily
- Healthy eating recommendations
  - 2 ½ - 6 ½ cups of fruits and vegetables per day
  - 2 or 3 cups milk or equivalent milk products per day
  - Consume at least half of their daily grain intake as whole grains ((Bauer & Lee, 2011))
HEALTH PROMOTION FOR AGE 7-18 IN THAILAND

• A health promoting school is a school constantly strengthening its capacity as a healthy setting for living, learning and working (Department of Health)

• Obesity prevention and healthy eating
VACCINATIONS IN THE UNITED STATES

• Before entering elementary school
  ➢ Varicella, DtaP, Hib, Hep A, Hep B, Flu Vaccine, MMR, IPV, PCV, and RV (CDC, 2016)

• After entering elementary school
  ➢ Flu vaccine
  ➢ Tdap
  ➢ HPV
  ➢ MenACWY
VACCINATIONS IN THE UNITED STATES

- Keep a complete file of all vaccination records
- Talk with parents about the importance of immunizations to protect school children
- Incomplete vaccination records
- exempted from the required immunizations based on medical reasons, or religious (Stanhope & Lancaster, 2014, p.574)
VACCINATIONS IN THAILAND

- Birth to 6 years: BCG, Hep B, OPV, MMR, Dtap, JE
- Age 12 years: DT (Muangchana, Thamapornpilas, & Karnakawipong, 2010).
- Pink book
- Public school VS Private School (Dr. Piyatida Nabagasan)

### Current National Immunization Schedule

<table>
<thead>
<tr>
<th>Age</th>
<th>Vaccine</th>
</tr>
</thead>
<tbody>
<tr>
<td>At Birth</td>
<td>BCG, HB1</td>
</tr>
<tr>
<td>2 Month</td>
<td>OPV1, DTP-HB1</td>
</tr>
<tr>
<td>4 Month</td>
<td>OPV2, DTP-HB2</td>
</tr>
<tr>
<td>6 Month</td>
<td>OPV3, DTP-HB3</td>
</tr>
<tr>
<td>9 Month</td>
<td>Measles ---- &gt; MMR1*</td>
</tr>
<tr>
<td>18 Month</td>
<td>OPV4, DTP4, JE1, JE2#</td>
</tr>
<tr>
<td>2½ Year</td>
<td>JE3</td>
</tr>
<tr>
<td>4 Year</td>
<td>OPV5, DTP5</td>
</tr>
<tr>
<td>7 Year (School gr.1)</td>
<td>MMR2</td>
</tr>
<tr>
<td>12 Year (School gr.6)</td>
<td>dT</td>
</tr>
<tr>
<td>Pregnant woman</td>
<td>dT3 (depend on immunization history)</td>
</tr>
</tbody>
</table>

* Started in 2010 ; # = 1 month apart from JE1
GENERAL HYGIENE EDUCATION IN THE UNITED STATES

- Bathing
- Oral care
- Hand washing
- Covering mouth when sneezing and coughing
- Disposal Solid tissue
- Unkempt hair or nails (Albshtawy, 2015)
GENERAL HYGIENE EDUCATION IN THAILAND

Six Steps for Effective Hand Washing

1. Rub palms together and between your fingers
2. Rub each palm over the back of the other hand and rub between your fingers
3. Rub each palm with fingers interlocked
4. Rub around each of your thumbs
5. Rub your fingertips in a circle on each palm
6. Rub around each of your wrists
MENTAL HEALTH IN THE UNITED STATES

- “Suicide is the third leading cause of death in teenagers” (Stanhope, & Lancaster, 2014, p. 576).
- The school nurse has many roles:
  - Suicide prevention
  - Mental health education
  - Grief counselor if suicide occurs
MENTAL HEALTH FOR IN THAILAND

• 13.3 percent of Thai youth, from the ages of 13-17, have attempted suicide in the past year (CDC, 2015, p. 3).

• Public Health Nurses address mental health issues at the schools

• Resources in the community for school aged children
SUBSTANCE ABUSE IN THE UNITED STATES

- Substance abuse programs focus of primary prevention
  - The school nurse teach students to say no to drug use (marijuana, cocaine, crack, heroin) and alcohol
  - Teaching students about the dangers of the drugs (Stanhope, & Lancaster, 2014, p. 573).
  - Many national and state programs: “Meth: Not Even Once” (Meth Project, 2016).
SUBSTANCE ABUSE IN THAILAND

- Public health nurses focus on prevention
  - Encourage students to avoid drug, alcohol, and tobacco use.
  - (Assistant Professor Dr. Piyatida Nabagasan, personal communication, April 21, 2016.)
- Public resources to help students recover from addiction.
  - (Mrs. Jatiya, personal communication, April 21, 2016)
SEX EDUCATION IN THE UNITED STATES

- Controversial topic
- The National Association of School Nurses supports human sexual education in schools
- School nurses work as a team to create sex education programs based on the needs and wishes of community members.
- Parents and families have an important role
SEX EDUCATION IN THAILAND

• Sexual education is also a sensitive subject
• Traditionally, parents do not discuss sex in the home
• Schools use various techniques to introduce this topic in a comfortable and safe manner
  • (Assistant Professor Dr. Piyatida Nabagasan, personal communication, April 21, 2016).
COMMUNITY INVOLVEMENT IN THE UNITED STATES

• School nurses can be involved in the following community outreach activities:
  • Community health fairs, health education fairs and blood pressure screening programs
  • Teaching school staff and community members about the influenza vaccine
  • Organizing local health charities to come teach in the schools
    • (Stanhope, & Lancaster, 2014, p. 570).
• The SNACZ program in Union County, Oregon
  • (Findhold, 2015, para 5).
COMMUNITY INVOLVEMENT IN THAILAND

• The public health nurse has a unique opportunity to bring the schools and community together.
  • (Assistant Professor Dr. Piyatida Nabagasan, personal communication, April 21, 2016)

• Local community activities and resources available for school aged youth
  • “No drink, No dip, No add” campaign in public school in rural community
  • (Assistant Professor Dr. Piyatida Nabagasan, personal communication, April 21, 2016)
WHAT WE HAVE LEARNED

• The community health nurse educates senior students to care for simple injuries and sicknesses.
• The community health nurse is aware for community resources.
QUESTIONS?

• Assistant Professor Dr. Piyatida Nabagasan, personal communication, April 21, 2016. (School health expert).


REFERENCE

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• Mrs. Jatiya, personal communication, April 21, 2016. (Public health nurse in addiction clinic).


