

## Policy for Health Checks

The policy for Health Checks has to follow the overall objective of Children of Hope:

### Overall objective

To contribute to the education of coming generations in Kamuli District<sup>1</sup>. We wish to see the coming generations excel, become responsible citizens and contribute to the development of Uganda. The programme Children of Hope is focusing on the vulnerable children that need extended support to complete an education. We believe that all children have a right to education and that all children have potential. We identify vulnerable children from families that is often suffering from multidimensional poverty where the parent or the legal guardian is suffering from a chronic illness, is very poor, where either one or both parents are deceased or absent and/or the legal guardian is very old.

### Specific objective of the Health Checks:

CoH want to help the sponsored children to become and stay healthy so that they can learn better at school, which will help them reach their full potential and through them also the full potential of their country, Uganda.

### Basic criteria for Health Checks

- CoH is implementing six annual health checks for the sponsored children.
- The Health check is done in the beginning and end of each of the three annual school terms.
- The local social worker decides the dates of the health checks and is responsible for informing all involved parts about the dates – at least one month before they take place.

### Steps for implementing Health Checks

- The social worker is overall responsible for the implementation of the Health Check at each school and decides the dates. The social workers will share the dates with the Administrator one month before the Health Check takes place.
- The Administrator will book the car and driver, purchase medicine and notify possible volunteers and the medical supervisor about dates, time and location for pick-ups.
- Staff working with CoH together with a nurse preferably from the local health center III implements the Health Checks. Volunteers may join and help under supervision.
- The Social worker establishes contact with the In Charge of the local Health Center III and asks permission to use one of their nurses for the health checks. The medical advisor can assist when necessary in this matter. When the contact and agreement has been made, it is thereafter the social worker who reminds the nurse of the dates of the health checks and makes sure that she/he is coming.  
CoH administrator will pay the nurse for the day's work at the end of each health check day.
- At the beginning of every term the Template for Health Check – Beginning of term Template is used. The same Template is used for each individual child for all three terms.
- At the end of every term the Template for Health Check – End of term Template is used. The Template provided is to be filled out at the end of each term for each child. The same form is used continuously for the individual child.

### Content of the Health Check

**Height and weight:** Is measured at every beginning of the term health check. The children found undernourished are given olive oil in their porridge and multivitamins for 3 weeks.

<sup>1</sup> When Kamuli District is mentioned in this policy it refers to the borders of Kamuli District as they were in the year 2007.

**Vitamins:** Every sponsored child is given 10 days of Multivitamin each year.

**Eyes:** At the beginning of every school year we check the eyesight of the children.

**Ears:** At the beginning of every school year we check the ears of the children with otoscopy.

**Malaria** Is so common and dangerous that all sponsored children from Baby class – P4 are being tested at every health check. Sponsored children P5-P7 are considered old enough to tell if they have symptoms and we only test them for malaria if they complain of headache, vomiting or have a fever.

**Head fungus** is such a contagious disease that COH treats all the children at the sponsorship schools with the disease every second year.

**HIV, Sickle cell, epilepsy, asthma:** Children with a chronic disease receive special attention according to the medical guidelines.

**Wounds, rashes, cough, pain and any other complaints:** from the child is being examined by **the nurse** and treated according to the medical guidelines.

### **Vaccinations**

CoH aims at ensuring that all sponsor children are fully immunized in accordance with the Ugandan National Immunization programme. During the selection process of a new child the social worker will collect and photocopy the child's vaccination card. The card is hereafter, returned to the guardian. In case the child does not have a vaccination card the social worker will ask the family/legal guardian to get a card from the local Health Clinic. For the children already enrolled in the CoH sponsorship programme the social workers will announce a call for vaccination cards during public parents meeting or individually during the Individual meeting with families/guardians. In the case of very weak families/legal guardians the social workers will assist in the matter of acquiring a vaccination card and begin the process of updating the child's immunization at the local Health Center III. The social worker will fill out the template for vaccinations and keep record of the individual child's vaccinations.

### **Medicine**

The Medicine to be used in CoH is listed in the Medicine list attached to this policy. Medicine is being prescribed by **the nurse** at the health check. It is being handed out to the guardians of the sponsored children from Baby class – P4 either by **the nurse** or by **the social worker**. Medicine to the children P5-P7 is handed out directly to every child at the health check.

**The administrator** is responsible for checking that the medicine according to the official Medicine list is available. She orders for it and is responsible for paying, picking and storing it.

### **Follow up**

After finishing "Beginning of the term health checks", **the administrator** makes a list of all the children who needs follow up and gives it to the social worker. One week after the Health Checks, **the social worker** goes through the list and ensures that the children who are still sick visit the nurse at the local Health Center III.

### **Changes to the Policy**

The Policy for Health Check can be edited annually during the Annual Progress Workshop with the consent of the Health Advisor and the Sponsorship Committee.

### **Appendix**

- a) Medicine for Health Check
- b) Health Check – Beginning of Term Template
- c) Health Check – End of Term Template
- d) Vaccination Card