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## **Recent Developments in School Health Services in Turkey**

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# Main issues at schools



- ⌘ Health care of children after five years of age
- ⌘ Health requirements
- ⌘ Problems to meet requirements
- ⌘ Solutions are needed

# Turkey's Population



- ⌘ The population is getting older in the last decades.
- ⌘ The proportion of young population is greater than those of many countries.

# School Health

## Why is it important?

By the year 2008 :

- ⌘ 60,000 schools
- ⌘ 5-19 years age group, 20 million; 30,7 % of the general population !
- ⌘ 16 million students
- ⌘ 700,000 teachers and staff

# School Health

## Why is it important?



⌘ 20 percent of our population is interfaced directly with schools.



School- aged children cannot benefit from regular primary health care.



History of School Health Services

# History



- ⌘ 1917 Ottoman State, Ministry of Education
- ⌘ Medical Examination Card
- ⌘ Could not be used because of years of war.

# History



⌘ 1930- General Population Health Law, Items 163.-164.

⌘ Related to School Health

# History



- ⌘ 1936- Number 3017 “Organization of Ministry of Health and Civil Law”
- ⌘ Describes school health services as responsibility of the Government.

# History



- ⌘ Since 1946,
- ⌘ UNICEF promotes programmes at schools for
- ⌘ Nutrition and prevention of infections.

How is the school in your  
dreams?



# Practices



- ⌘ The Ministry of Health, Health Screening at Schools; 1982-83
- ⌘ Health Centers, Health Education Centers
- ⌘ Two millions students assessed a year
- ⌘ Collaboration is needed among facilities.

# Practices



- ⌘ 1992- The Ministry of Education, Health Issues Department
- ⌘ Health Services Application Guide
- ⌘ Services are very limited.
- ⌘ Only vaccination and screenings at the beginning, giving priority to rural areas.

# Legislations changed



⌘ Health, health education

⌘ From The Ministry of Education, Health Issues  
Department

to The Ministry of Health, January, 2005

cooperation!

# The Program of Transformation in Health- The Ministry of Health

⌘ Established since 2003

⌘ Aimed at;

- Strengthening the health services,
- To increase the level of knowledge and skills of health professionals.

# Aim



- ⌘ To provide health services,
  - ⌘ accessible, active, productive,
  - ⌘ qualified,
  - ⌘ sustainable
- for all groups, in every corner of the country.

# At Present



- ⌘ Principles related to school health in Turkey was determined by 2008/58 numbered of circular
- ⌘ Physicians working at Regional Health Centers are mainly responsible.
- ⌘ Team approach



# School Health Services have four aspects



- 1) Student's health
- 2) School environment
- 3) Health education
- 4) Health of school staff

# School health team



Health Centers, Guidance Centers, Dispensaries, Hospitals, Lab Techs, Psychologists

# School Based Health Services Project in Primary Education



Istanbul University, Institute of Child Health –  
Child Health Association  
1999-2004

Aimed to develop an application model **by strategic approach** to enhance quality and to promote awareness of children's health as well as mental health in a selected elementary school in order to implement widespread practical use of this health care model in Turkey.



These steps are a model structured on the experience gained by a chain of activities conducted in a primary school in İstanbul between the years 1999 and 2004.

# Strategic Approach to School Health



- ⌘ Aims to develop a policy and programme to organize, develop and scale up the existing health services.
- ⌘ Uses the resources already present in existing health system of the country.
- ⌘ Aims to work in cooperation with related institutions.
- ⌘ Services are orchestrated by the teachers who carry the most important role and the responsibility.
- ⌘ The methodology includes
  - an assesment and staging of the excisting health practices
  - developing a system framework and a participatory process



# School Health Project- Strategic Approach to School Health



## **1- Stepped applications of services**

- Assessment of school health services/ Preparation
- Applications: Screenings, referrals, follow-up, therapies, health education
- To enhance the scale

## **2- Establishing a frame of system**

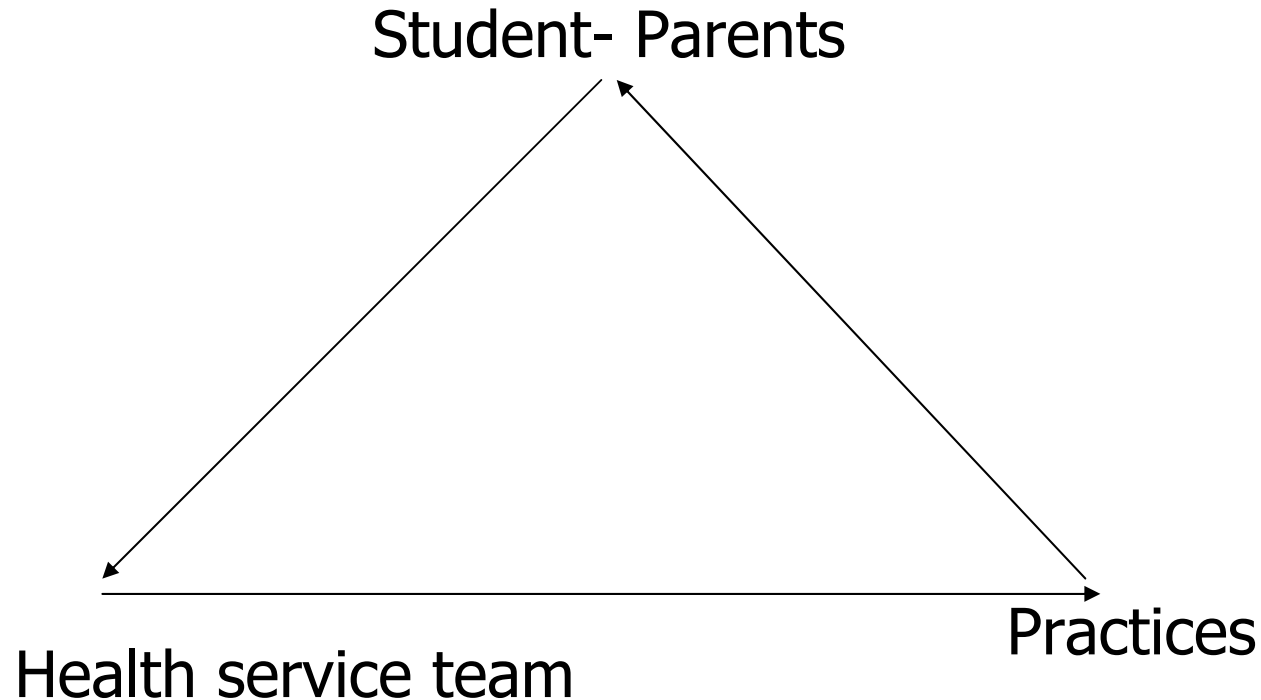
## **3- Participated period:** Meetings, sharing ideas and reports

An "Instructions on School Health Services" based on this experience was also developed for presentation to the Ministry of Health and all relevant institutions.

The Ministry of Health - Via a Circular Dated 01/02/2005, Numbered 1276, transmitted proposals to applicators.



# A system framework- Strategic approach



Politics and program  
Service quality, management  
Resources, expenditures

# Strategic approach




- ⌘ We believed that this model can be applied widely and it may be very beneficial to develop community health.

The involvement of the teachers, parents, social workers, volunteers, as well as health workers trained in school health are needed for efficacy of programmes.



# School Based Health Services Project, 1999-2004, İstanbul



*Mental health -ESSOP Annual Meeting 2002, Spetses*

*Uğur Baysal S. et al, J School Health 2004;74:  
341-43*

*Abalı O. et al, ESSOP Annual Meeting 2003,  
Madrid*

# School Based Health Services Project



- ⌘ *This project, was reported as a poster presentation in ESSOP Annual Meeting 2006, 12-14 July 2006, Cardiff, United Kingdom.*

# References

**Congress:** ESSOP 1999. Annual Congress of the European Society for Social Pediatrics. School Health. Programme and Abstracts. Child Health Association, 13-16 October 1999, İstanbul, Turkey.

## **Articles:**

- Sahip Y, Gökçay G. Okul Sağlığı. Eğitim İletişim Dergisi 2003; 2: 22-27.
- Uğur Baysal S, Özmen B, Parman T, Sahip Y, Bulut A, Gökçay G. A Mental Health Screening Project in İstanbul, Turkey. J Sch Health 2004; 74: 341-343.
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- Bulut A (Editör). Klinik Çocuk Forumu. Eylül- Ekim 2005. İstanbul: Bilmedya Yayıncılık, 2006.
- Bulut A (Editör). Klinik Çocuk Forumu. Kasım- Aralık 2005. İstanbul: Bilmedya Yayıncılık, 2006.

# Reports in participated period

- Ayşen Bulut, Hacer Nalbant, Muhtar Çokar.  
**Ergenler ve Sağlık Durum Raporu.** İstanbul Tıp Fakültesi, KÇSEAB, Mart **2002**
- Çocuk Sağlığı Derneği, İstanbul İl Milli Eğitim Müdürlüğü, İstanbul Üniversitesi Çocuk Sağlığı Enstitüsü( Düzenleyenler). **İlköğretim Çağında Okul Sağlığı. "Deneyim Paylaşımı ve Gelecek için " Öneriler "** İstanbul, Ekim **2003.**
- İstanbul Üniversitesi Çocuk Sağlığı Enstitüsü, İstanbul İl Milli Eğitim Müdürlüğü, Çocuk Sağlığı Derneği( Düzenleyenler). " İlköğretim Çağında Okul Sağlığı" konulu toplantı tutanakları ve katılımcılardan alınan geri bildirimlerle hazırlanmış taslak. **Türkiye'de Okul Sağlığı Hizmetlerinin Geliştirilmesi için "Öneriler"**. İstanbul, Mayıs **2004.**
- Çocuk Sağlığı Derneği, İstanbul Üniversitesi Çocuk Sağlığı Enstitüsü (Düzenleyenler). **Türkiye'de Okul Sağlığı Hizmetlerinin Geliştirilmesi için Yönerge Taslağı.** İstanbul, Ekim **2004.**



# Health Promoted Schools Project



- ⌘ The European Network of Health Promoting Schools (ENHPS) is a project by WHO, European Assembly and European Committee applied in over 40 countries in Europe.
- ⌘ The project aims to prove the psychological and social environment in school as well as the health status of the children.

# Health Promoted Schools Project



⌘ This project has been approved **in 1995** in Turkey and initiated in collaboration with the Ministry of Health and Ministry of Education at 10 schools in seven cities encompassing 42817 students and 1512 teachers.

# Health Promoted Schools Project



⌘ The following were accomplished need within the ENHPS project:

⌘ The project was introduction in a three day meeting to the trainers and coordinators.

# Health Promoted Schools Project



- ⌘ A “Project Support Centre”, a technical and an advisory committee were established within the Ministry of Health.
- ⌘ School coordinators were determined and a health center was established in each school.

# Health Promoted Schools Project



- ⌘ Related published materials were prepared and workshops were organized for the teachers and trainers on several topics including psychological and physical development and demands of children.

# Health Promoted Schools Project



- ⌘ Summer schools were organized for students educating them on nutrition, healthy life, first-aid, public speaking etc.
- ⌘ The project is being evaluated at six monthly intervals mainly by reports of the schools and questionnaires given to students and teachers.



# Safe Schools Programs



⌘ The main issues regarding safety at schools are violence, bullying and traffic and other unintentional injuries on the way to or from schools.

# Safe Schools Programs

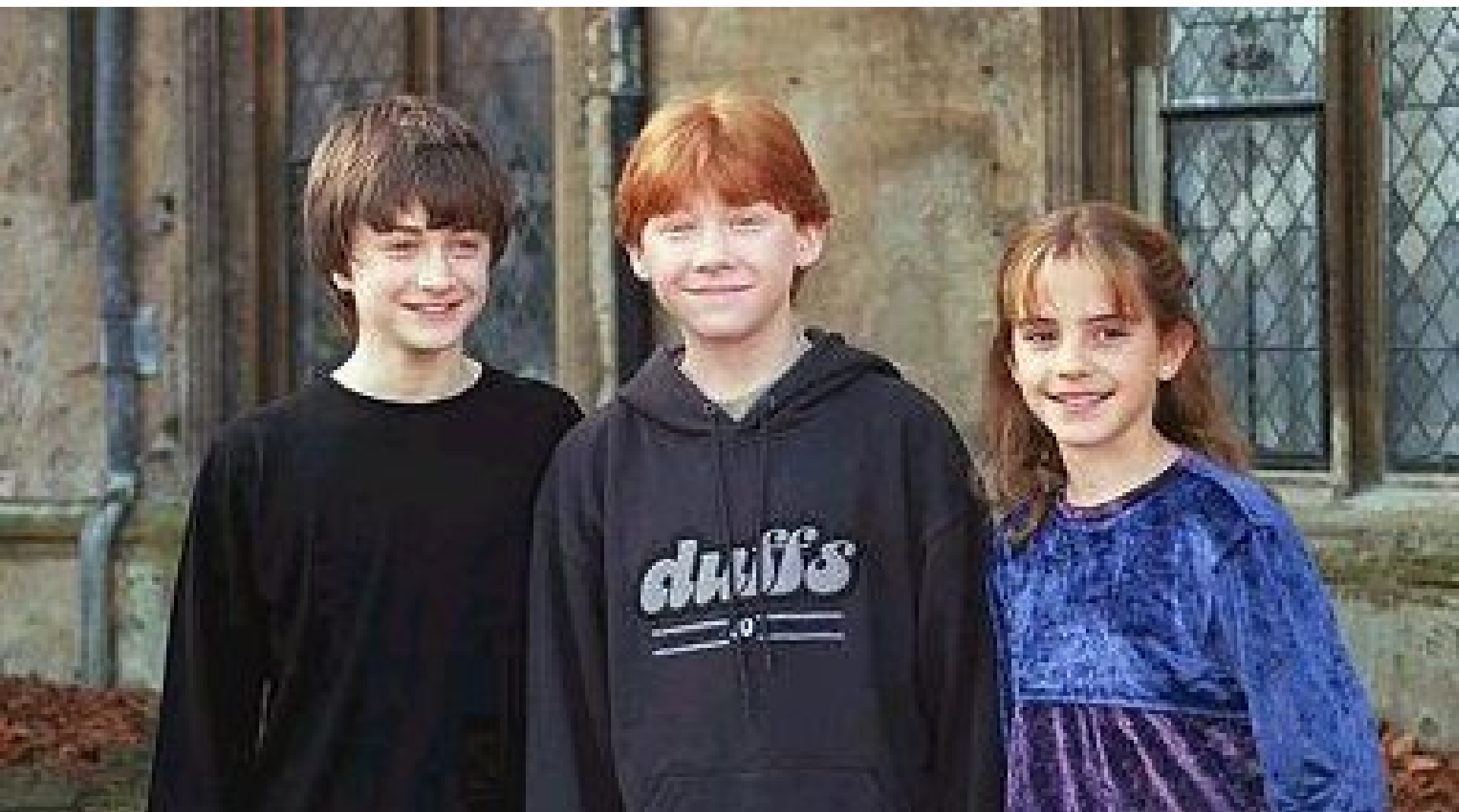


- ⌘ Schools are responsible to assure safety and to reduce risks of injury at schools.
- ⌘ “Safety School” is a new concept in childhood safety.


# Safe Schools Programs



- ⌘ Safe Schools Programmes are recently being developed in Turkey in 2006.
- ⌘ “School Safety” approach is being conducted as a subtitle under WHO Safety Population Program.
- ⌘ Safety programs should be integrated to school health programs.



# Other Projects- School Health 1



- ⌘ White Flag Project ( Schools with more than 90 score are given WF)
- ⌘ Shining smiles, shining futures project- Promotion oral- dental health  
425,000 students in 22 provinces, Jan 2008
- ⌘ First step to first aid project, Sep 2007
- ⌘ Family social aid
- ⌘ Blood donorship
- ⌘ Nutrition education
- ⌘ Promotion of adolescent health
- ⌘ Adolescence transformation project- ERDEP

## Other Projects- School Health 2

- ⌘ Education on hazards of smoking
- ⌘ Neurovirus epidemics, June 2007
- ⌘ Schools buffets- hygiene, obesity, 2007
- ⌘ School Health Collaboration Protocol, 2007
- ⌘ School Health Project
- ⌘ Law related to the prevention and control of hazards of smoke products, May 2008
- ⌘ Prevention of hazardous habits, March 2008.

# School Health Guide for primary level health professionals



- ⌘ Republic of Turkey, Ministry of Health
- ⌘ Refik Saydam, MD- Health Center  
Headquarters, Health School Administration
- ⌘ Workshops for the Guide Proof 3-7 October  
2005

# Book of School Health in Health Services

⌘ Academics

⌘ Specialists

⌘ Professional councils

were involved in this work.

⌘ Feedbacks, since October 2007

<http://www.hm.saglik.gov.tr/>

[zehirlenmeler/OkulSagligi.pdf](http://www.hm.saglik.gov.tr/zehirlenmeler/OkulSagligi.pdf)



# Book of School Health in Health Services

⌘ A comprehensive, scientific source

⌘ Last version: May 2008

⌘ Two Advisory Boards





# Conclusion



Recently,

- ⌘ It is encouraging to observe that the topic of “school health” has gained interest among the managers and health workers in Turkey.



Turkish Republic,  
Ministry of Education,  
Urganli Primary School

In countries,



where social inequality is  
prevalent,

MEF Schools, İstanbul







Hogwarts School, United Kingdom



School health care has particular importance in reaching out to children who do not have access to proper health care.

Schools are the way to reach  
the population.





18 6 2006