

Abstract: Comprehensive child health screening in school going children of Karachi, a cross-sectional audit.

BACKGROUND:

The physical and mental health of school-aged children is essential for their academic success and social growth. More cases of obesity, vision problems, and behavioral issues show an increasing health burden in schools. However, many conditions go unnoticed because of the lack of regular screenings, low parental awareness, and limited school health programs in Pakistan.

OBJECTIVE:

To evaluate the physical, nutritional, and mental health of children aged 5 to 15 in school, we will conduct thorough screenings. This will help us spot early health and behavior issues.

METHOD:

This audit looked at school children in Karachi, Pakistan. Physical assessment included measuring weight, height, and BMI, which we calculated using CDC growth charts. We also measured blood pressure, using age- and height-specific percentiles as per age-based BP reference chart of Childrens nutrition and research centre. General health and hygiene were examined. We screened vision using the Snellen chart, ischi-hara chart. For psychological assessment, we screened emotions with the Human Figure Drawing (HFD) test and evaluated behavior with the Vineland Behavioural Assessment Scale-3 (VBAS-3). We analyzed the findings to identify the prevalence of physical, nutritional, and psychological issues across various age groups.

RESULT:

Data analysis is in process, and is likely to point out various BMI statuses, common physical concerns including problems with dental hygiene, vision issues, and some minor skin conditions. Moreover, emotional and behavioral screening will indicate patterns like mild anxiety, attention difficulties and any signs that may point out towards possible co-existent traits of any psychological and or physical illness that may need to be sorted out for healthier present and future, in assessed group of students.

CONCLUSION:

This cross-sectional audit elaborates the need for organized and regular health screening programs in schools. As these programs can help find and deal with physical and mental health issues early on. Early intervention can greatly benefit children's long-term health and school performance.

RECOMMENDATION:

Integrating annual school health screenings into the educational system, educating parents about child health indicators, and working with pediatric and mental health professionals are recommended to ensure overall child well-being.

REFERENCES:

Can be added if requested.

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