



GOVERNMENT PROPERTY  
**NOT FOR SALE**



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to explain the different health appraisal procedures to be done.

The module consists of one lesson only.

- Lesson 1 – Regular Health Appraisal Procedures

After going through this module, you are expected to regularly undergo health appraisal procedures (**MELC – H6PH-Id-f-22**)



## ***What I Know***

Directions: Complete each sentence with the correct words from the box below. Write the answer in your notebook.

height and weight	hearing loss
Breast Self-examination	health and growth
Vision Screening	spine problem
Scoliosis Test	problems and abnormalities
Hearing Test	loss of sight

1. The measurement of \_\_\_\_\_ should be done regularly to track and monitor the \_\_\_\_\_ of a child.
2. The \_\_\_\_\_ should be done regularly to avoid serious hearing problems that may lead to \_\_\_\_\_ if not treated early.
3. The \_\_\_\_\_ should be done once a month to detect the breast \_\_\_\_\_ that may occur.
4. The \_\_\_\_\_ should be done once a year or as needed to prevent serious eye condition that may result to \_\_\_\_\_.
5. The \_\_\_\_\_ is done to detect any \_\_\_\_\_ that may lead to severity in the curve of the spine.

# **Lesson 1**

## **Regular Health Appraisal Procedures**

It is important to undergo health appraisal procedures regularly to detect or find out health problems of an individual that needs appropriate medical treatment or attention.



### ***What's In***

Health appraisal procedures should be done regularly to assess and determine the health status of the pupils. These tests include several screening procedures like height and weight measurement, breast self-examination, vision screening, hearing test, scoliosis test and dental or oral examination.



## ***What's New***

### **HEALTH APPRAISAL PROCEDURES SONG**

(In the tune of "*If you're Happy and You Know It*")

Written: Francilet R. Padios

If you have difficulty in seeing things, **VISION SCREENING**

If you have difficulty in hearing things, **HEARING TEST**

If your spine is curving right or it may be curving left

Then it's time for you to have **SCOLIOSIS TEST**

Let us have the measurement of **HEIGHT and WEIGHT**

To know if you're stunted, obese or underweight

For the problem of your teeth, it's **DENTAL EXAMINATION**

For the status of your health, **HEALTH EXAMINATION**

Undergoing health appraisal is a must! (Is a must!)

Undergoing health appraisal is a must! (Is a must!)

For the status of the breast, it's **BREAST SELF-EXAMINATION**

Undergoing health appraisal is a must! (Is a must!)

Health procedures should be done regularly

Health procedures should be done regularly

So come and visit doctors, with your friends and family

Health procedures should be done...regularly.



## ***What is It***



**Health Appraisal Procedures** should be done regularly for early detection of health problems of a person. These include the following screening procedures: Height and Weight Measurement, Breast Self-Examination, Hearing Test, Vision Screening, Scoliosis Test and Dental or Oral Examination.

**Height and Weight Measurement** helps track and monitor the health and growth of a child. This is usually done in school at the beginning and towards the end of the school year. The baseline results serve as the basis to select children to be included in the school feeding program. The end line result will show if there are improvement in the health status of the children.



### **Steps in Measuring Height:**

**Step 1.** Remove the child's shoes prior to taking measurement.

**Step 2.** Ask the child to stand with his/her back to the wall and look directly forward. They should be positioned directly underneath the drop down measuring device.

**Step 3.** Lower the measuring device until it rests gently on top of the child's head and record the measurement.



### **Steps in Measuring Weight:**

**Step 1.** Set to zero the weighing scale before the client steps on it.

**Step 2.** Ask the child to remove heavy items from their pockets and remove any heavy items put on the body.

**Step 3.** When measuring weight ask the child to look straight ahead and stay still on the weighing scale. Wait for the needle or digital screen to settle before recording the measurement.



**Breast Self-examination**

should be done once a month to familiarize yourself with how your breast normally feel and to detect the breast problems or abnormalities that may occur.

**How to do a breast self-examination:**

**Step 1.** Look at your breast at the mirror with your shoulders straight and your arms on hips and look for some changes such as size, shape and color of the breast.

**Step 2.** Raise your arms and look for the same changes.



**Step 3.** Look for any signs of fluid coming out of one or both nipples.

**Step 4.** Feel your breasts while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast.

**Step 5.** Feel your breast while you are standing too.



**Scoliosis Test** is done to detect any spine problems. It should be done regularly in order to monitor the condition and severity of the curve in the spine to avoid serious problems that may occur.



**Vision Screening** is used to detect if children has visual impairment. Vision screening should be done once a year or as needed to avoid serious eye problems that may lead to loss of sight if not treated early.



**Hearing Test** is done to test and determine how well a person can hear and it should be done regularly to find out if there are hearing problems that need treatment.



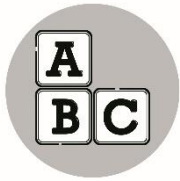
**Dental Health Examination** is done to check the condition of your teeth and gums. This should be done at least once a year to avoid serious dental health problems.



We should undergo these appraisal procedures regularly to be aware of our health condition. Early treatment or medication based on early diagnosis of diseases would avoid serious illnesses in the future.







## ***What's More***

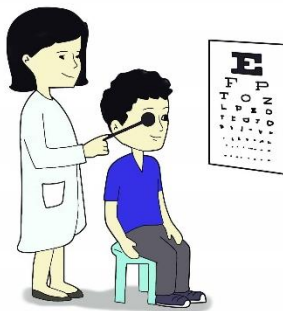
Look at the pictures. These are some of the examples of health appraisal procedures. How often do we need these health appraisal procedures? Why is it important to undergo health appraisal procedures regularly?



Height and Weight Measurement



Dental Health Examination



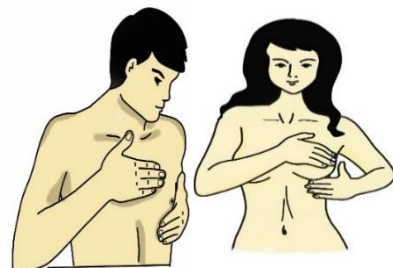
Vision Screening



Scoliosis Test



Hearing Test



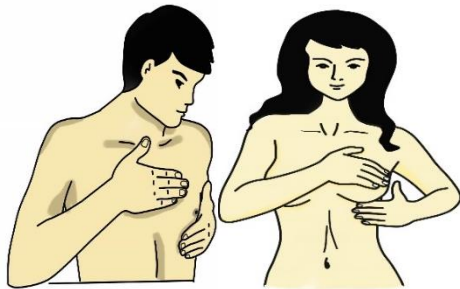
Self- Breast Examination



## ***What I Have Learned***

Direction: Name the different health appraisal procedures that should be done regularly. Write your answer in your notebook.

1.



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4.



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2.



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5.



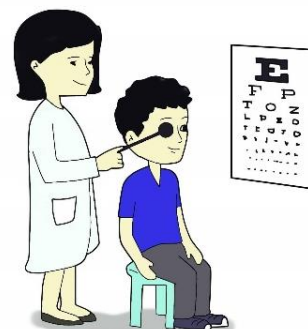
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3.



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6.



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## ***What I Can Do***

Directions: Match the health appraisal procedure in column A with the correct statement in column B. Write the letter of the correct answer in your notebook.

### **Column A**

1. Vision Screening
2. Breast Self-examination
3. Height and Weight measurement
4. Scoliosis Test
5. Hearing Test

### **Column B**

- a. It should be done regularly to detect any spine problem.
- b. This measurement should be done regularly to monitor the health and
- c. This should be done regularly to detect eye problems and diseases.
- d. It should be done regularly to detect breast problems and abnormalities.
- e. It should be done regularly to find out if there are hearing problems that need treatment.



## Assessment

A. Directions: Identify the number of the picture that shows health appraisal procedures. Write the answer in a sheet of paper.

1.



4.



2.



5.

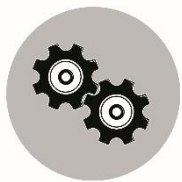


3.



B. Directions: Write **Yes** if the statement shows undergoing regular health appraisal procedures and **No** if it does not. Write the answer in your notebook.

1. The Grade 6 pupils undergo breast self-examination every month.
2. Angelo undergoes hearing only now in Grade 6.
3. The pupils of Bonifacio Elementary School undergo height and weight measurement every beginning and before the school year ends.
4. The pupils of Mabini Elementary School have a dental check-up by the school dentist every school year.
5. Angel's eye problem gets worst because it was not detected and treated earlier.



## ***Additional Activities***

Direction: Write **True** if the statement about health appraisal procedure is correct and **False** if it is not.

1. Height and weight measurement is done at the beginning and end of the of school year.
2. Breast self-examination should be done once a year.
3. Hearing Test should be done regularly to diagnose ear problems.
4. Dental examination should be done only if dental problems occur.
5. Scoliosis Test should be done at least once a year to detect any spine probl



## Answer Key

<p><b>Assessment</b></p> <p>A. 1. ✓ 2. ✓ 3. X 4. ✓ 5. X</p> <p>B. 1. Yes 2. No 3. Yes 4. Yes 5. No</p> <p><b>Additional Activities</b></p> <p>1. True 2. False 3. True 4. False 5. True</p>	<p><b>What I Have Learned</b></p> <p>1. Breast self-examination 2. Hearing Test 3. Dental Examination 4. Scoliosis Test 5. Height &amp; weight Measurement 6. Vision Screening</p> <p><b>What Can I Do</b></p> <p>1. c 2. d 3. b 4. a 5. e</p>	<p><b>What I Know</b></p> <p>1. height &amp; weight measurement health &amp; growth 2. hearing test hearing loss 3. Breast self-examination problems and abnormalities 4. vision screening loss of sight 5. scoliosis test Spine problems</p>
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