

REPUBLIKA NG PILIPINAS  
(Republic of the Philippines)  
KAGANARAN NG EDUKASYON AT KULTURA  
(DEPARTMENT OF EDUCATION AND CULTURE)  
Manila

March 31, 1977

DEPARTMENT MEMORANDUM  
No. 77, s. 1977

TRAINING ALL PRIMARY SCHOOL TEACHERS AS HEALTH GUARDIANS

To: Bureau Directors  
Regional Directors  
Coordinator, State Colleges and Universities  
Schools Superintendents

1. There is a dearth of physicians, dentists, and nurses in the public schools. The present physician/pupil ratio is 1:105,000, dentist - 1:118,000 and nurse - 1:117,000. It is imperative that some measures be adopted to remedy this problem. In this connection, the DEC will train all primary school teachers as health guardians of their respective pupils as one of the projects of the existing school health program.

2. This project is a step towards improving the school health services, making available to all primary school children these services through an expanded delivery system and is designed to develop greater awareness of the importance of the health of school children and awaken concern for their well-being, particularly among teachers. It is hoped that what the children learn and do in school would be transferred to the homes and would influence the family.

3. The project aims, by the end of 1977, to make all primary school teachers able to:

- a. Identify and treat externally common ailments and/or refer cases to professional health workers.
- b. Utilize medicinal herbs and/or plants that have already been tested, tried and found safe for common ailments.
- c. Integrate health principles and concepts into the regular course requirements and classroom activities.

4. A concomitant benefit of this project is the minimizing of dropouts due to poor health and malnutrition. Awareness of good health practices in the community will also be promoted.

5. A list of the proposed course outline and strategies to be used is found in inclosure No. 1.

6. Schools superintendents are to take the initiative in planning and implementing this DEC school health project. It is important that a division health training program be drawn up, specifying goals

and strategies to be used, resources to be tapped, linkages to be established and target dates and/or schedules. All activities pertaining to this training project should be done within the period from June 1 to August 31, 1977, on dates to be decided on during the planning.

7. For efficient and effective implementation of the project, a division orientation seminar for division trainers and workshop for district trainers and a district workshop for all primary teachers should be held. Inclosure No. 2 may serve as guidelines in the implementation of the project.

8. For the training of teachers, no classes should be disrupted. Such training may be held on Saturdays, not exceeding five. For their participation in the training program, teachers will be given service credits while other school personnel will be given meal and transportation allowance chargeable against local funds, subject to the usual accounting and auditing regulations.

9. The regional offices are to give assistance to the school divisions in helping provide favorable climate for the project, to evaluate the school health services and its impact on the school children's health. A quarterly progress report should be submitted to the DEC.

10. The DEC will send a team from time to time to follow up the progress of the project.

(SGD.) JUAN S. MANUEL,  
Secretary of Education and Culture

Incls.:

As stated

Reference:

N o n e

Allotment: 1-2-3--(D.O. 1-76)

To be indicated in the Perpetual Index  
under the following subjects:

HEALTH EDUCATION  
PROJECTS  
PUPILS  
REPORTS

SEMINARS  
SERVICES  
SUPERINTENDENTS  
TEACHERS  
WORKSHOPS

I - Proposed Course Outline and Practicum

Day 1 - Basic Health, Nutrition and Responsible Parenthood

- Basic Health Concept and Principles
- Basic Nutrition
- Responsible Parenthood

Day 2 - Supplementary School Feeding

- Programs
- Implementing Policies and Guidelines
- Evaluation Techniques
- Practicum

Day 3 - First Aid and Safety Measures

- Injuries, wounds and fractures
- Snake and insect bites
- Burns, allergies, poisoning
- Bleeding and shock
- Practicum

Day 4 - Common Ailments - Identification, Treatment, Referral and Prevention

- Communicable and infectious diseases
- Diseases of the eye, ear, nose and throat
- Dental ailments
- Common skin diseases
- Intestinal parasitism
- Nutritional deficiencies
- Practicum

Day 5 - Utilization of Local Medicinal Herbs and Preparation of List of Said Herbs

- Practicum
- Field trip

II - Strategies

1. Formal and informal physical examination
2. Field trips to hospitals, clinics and health centers
3. Peer teaching
4. Lecture/demonstration on how to integrate health inspection and treatment into daily classroom work and activities
5. Intervisitation
6. An interdisciplinary approach to the teaching of health
7. Utilization of resource persons from other government/civic agencies.

(Inclosure No. 2 to Department Memorandum No. 77, s. 1977)

## GUIDELINES FOR DIVISION LEVEL TRAINING OF SCHOOL GUARDIAN TRAINORS

### Phase I - DIVISION PLANNING - (2 days)

1. Preparation of a draft of the orientation seminar by the superintendent, his staff and representatives of health agencies.
2. Improvement and/or revision of training course outline proposed in Inclosure No. 1 in consultation with other health agencies.
3. Preparation of final draft of the training program.

### Phase II - DIVISION LEVEL TRAINING

#### A. Orientation Seminar - (2 days)

1. ~~Organization of a division health guardians' trainors~~ team which may be composed of school physicians, dentists, nurses, division health, nutrition/home economics supervisors and environmental education coordinators.
2. For consultants and resource persons, provincial health office personnel, Red Cross physicians, presidents of local medical and dental societies may be invited.
3. The division trainors together with the consultants may hold sessions on the content of the training, strategies to be used, outcomes expected and indicators of the effectiveness of the project.

#### B. Training of District Trainors - (5 days)

1. The district trainors may be composed of all district supervisors and three first aid teachers in each district.
2. During the training the following activities may be undertaken:
  - a. Preparation of training schedules including practicum that will use actual classroom situations. It is important that this training make health practices a way of life, not just a school subject. It could be a part of all classroom activities and not an additional load of teachers.
  - b. An evaluation mechanism could be built into the plan from the very beginning of the project.

Echo Seminars

Phase III - DISTRICT LEVEL TRAINING - (5 Saturdays)

1. The in-service training for all primary teachers by district may be held on Saturdays.
2. Involvement of personnel from local rural health units, private practitioners, voluntary organizations and medical interns and barangay leaders is desired.