

7

Health

Quarter 1 – Module 5: Health Services



Health – Grade 7
Alternative Delivery Mode
Quarter 1 – Module 5: Health Services
First Edition, 2020

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Quarter 1 – Module 5: Health Services

Introductory Message

For the facilitator:

Welcome to the **Health Grade 7** Alternative Delivery Mode (ADM) Module on **Health Services**.

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the **Health 7** Alternative Delivery Mode (ADM) Module on **Health Services**.

The hand is one of the most symbolized part of the human body. It is often used to depict skill, action and purpose. Through our hands we may learn, create and accomplish. Hence, the hand in this learning resource signifies that you as a learner is capable and empowered to successfully achieve the relevant competencies and skills at your own pace and time. Your academic success lies in your own hands!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



What I Need to Know

This will give you an idea of the skills or competencies you are expected to learn in the module.



What I Know

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.



What's In

This is a brief drill or review to help you link the current lesson with the previous one.



What's New

In this portion, the new lesson will be introduced to you in various ways such as a story, a song, a poem, a problem opener, an activity or a situation.



What is It

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



What's More

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



What I Have Learned

This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.



What I Can Do

This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.



Assessment

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



Additional Activities

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends retention of learned concepts.



Answer Key

This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



What I Need to Know

In the previous lesson, you have learned about health appraisal and screening procedures. You also learned about different screening tests to attain holistic health. The next chapter deals with health services that are offered in school and in community to help you attain healthy living.

It is true that health is one of our treasures! We can't do anything if we are not in good condition. As what the saying goes, "Health is wealth", every individual deserves to have a healthy body and a healthy mind as well.

Even the government do their initiatives like campaigns and advocacies in schools and in every community to safeguard our health.

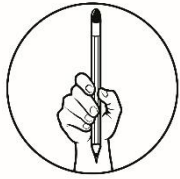
As a grade 7 student, it is your responsibility to impart knowledge and be an advocate of health to your classmates, school mates, family and in the community you live in. With that, this module will help you to learn information and understand health services.

Are you now ready to learn new things? Let's get started!

The module focuses on this lesson:

- Lesson 8 – Growth and Development: Health Services
- After going through this module, you are expected to:
- avail of health services in the school and in the community in order to appraise one's health. H7GD-li-j-24





What I Know

The result of this activity will check your present knowledge and understanding about health services.

A. True or False

Directions: Write **TRUE** if the statement is correct and **FALSE** if the statement is not correct. Do this in your activity notebook.

- _____ 1. Health service is a public service providing medical care.
_____ 2. Primary health care is the government program to promote community health.
_____ 3. Health services consist of medical unprofessional, organizations, and ancillary health care workers.
_____ 4. Health services must be made available for free in the community.
_____ 5. Pharmacy services distribute the medicines in all health centers.

B. Matching Type

Directions: Match the functions in column A with the health services in column B. Write the letter that corresponds to your answer on the space provided before each number. Do this in your activity notebook.

Column A

- _____ 1. Check for certain diseases and conditions.
_____ 2. Provide free medicines
_____ 3. Do tooth extraction
_____ 4. Inform about general health status
_____ 5. Adolescent counselling centers
_____ 6. Check the nutritional status
_____ 7. Operation timbang, food supplementation
_____ 8. Check the intestinal worm
_____ 9. Distribute medicines to all health centers
_____ 10. Immunization

Column B

- A. Blood Testing
B. Child Health Care
C. Dental Health Program
D. Deworming
E. Medical Check up
F. Medical Morbidity clinic
G. Mental hygiene
H. Nutrition program
I. Pharmacy services
J. School feeding
K. Scoliosis test

Here is a rubric that best describes your achievement in the pre-test. Don't worry, this is just a check-up of your knowledge of the lesson!

12-15	8-11	5-7	1-4
Very Good	Good	Fair	Needs Improvement

Lesson**1****Growth and Development:
Health Services**

This module will introduce the different agencies or programs that offer different health services and their functions. By that, it will help you attain holistic health.

With this, you are going to perform different activities that will evaluate your learning.

***What's In***

In your previous lesson, you learned about the importance of health appraisal and screening tests.

In this activity, you will be assessed if you still remember the different screening tests.

Directions: Unscramble the letters in column A to form each screening test being referred to in column B. Do this in your activity notebook.

Column A Screening test	Column B Function
1. GNIRAEH TSET	Checks the ability to hear the loudness and pitch of the sound.
2. EASTRB - ELFS ANIMATIONEX	Checks unusual lumps.
3. LIOSISSCO TSTE	Keeps you informed of any abnormal curvature of your spine.
4. NOISIV STET	Keeps you informed of your visual sharpness.
5. GHTEIW KINGTA	Keeps you aware if you are within your ideal weight.
6. HGEHIT TAGKIN	Gives you an idea about your growth rate.
7. LDAETN NEOXIATMAIN	Keeps you informed about any dental problems.
8. CADIMEL EXONAMTIINA	Keeps you informed about your general health status.

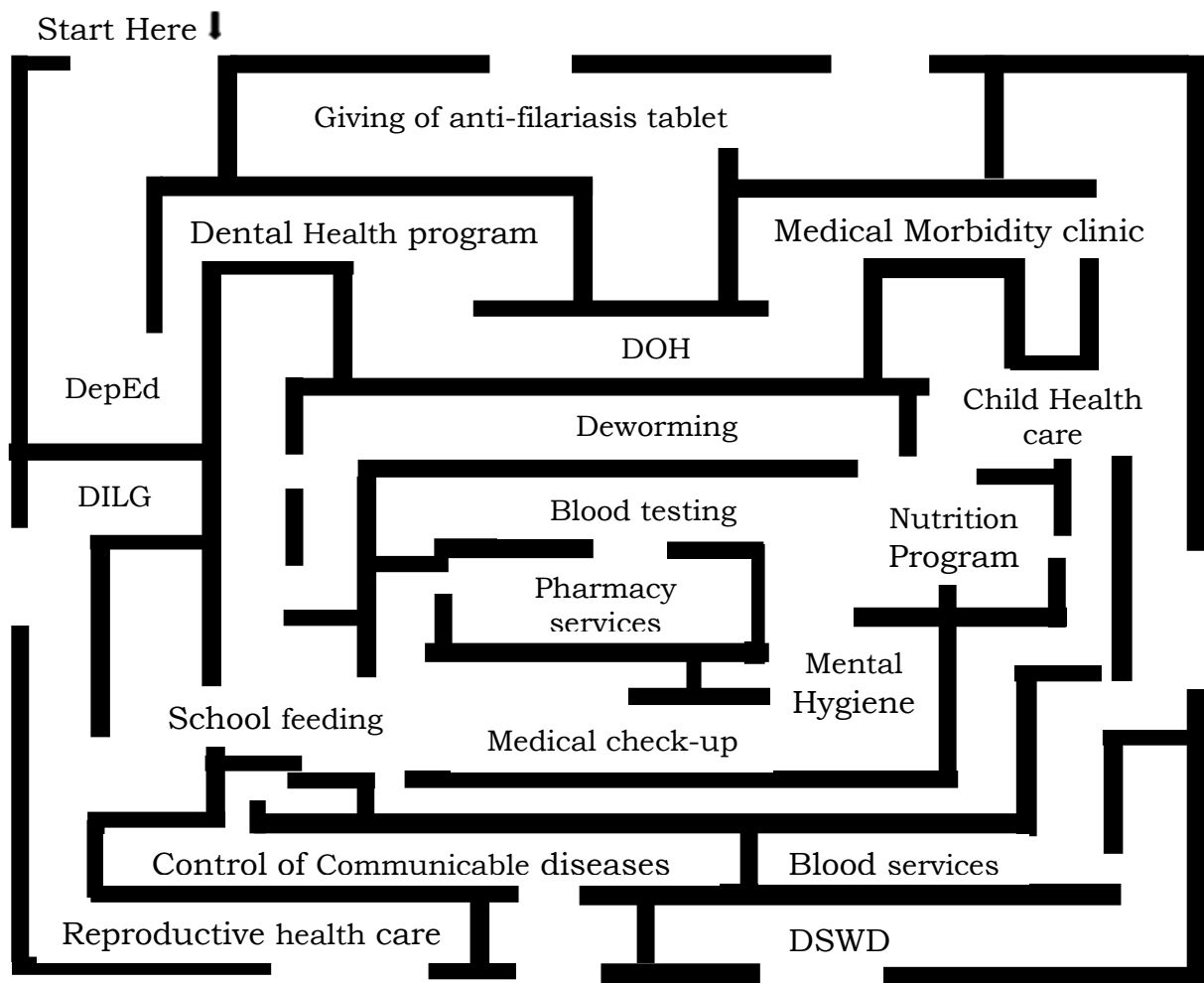


What's New

After performing this activity, your prior knowledge about health appraisal will be assessed.

Activity 1: Word Maze

Directions: Find your way into the heart of the maze to find the words related to health services. Do this in the photocopied material given by the teacher.



Guide Questions:

1. What health services are commonly available in your school and in your community?
2. Why is it important to understand the different health services? Answer it in 2-3 sentences.



What is It

Were you amazed of the maze? Are you now familiar of the health services in your school and in your community?

This time, let us discuss the different health services that are being offered in your school and in your community as well. Are these free or not?

Time to Read!

Health service is a public service providing medical care.

Health services consist of medical professionals, organizations, and ancillary health care workers who provide medical care to those in need. Health services serve patients, families, communities, and populations. They cover emergency, preventative, rehabilitative, long-term, hospital, diagnostic, primary, palliative, and home care. These services are centered on making health care accessible, high quality, and patient centered.

Our government believes that a strong nation needs healthy citizenry. In order to achieve this, the Department of Health promoted community health with the partnership of Department of Education, community, barangay, government, and non-governmental organizations through the program called Primary Health Care.

Primary health care programs in the school and community

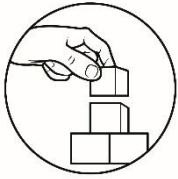
Health services	Functions
Dental Health program	Conduct dental-related examinations and procedures like extraction of milk teeth, giving prescriptions for tooth aches, etc.
Medical Morbidity clinic	Provide free medicines for simple health problems prescribed by medical practitioners assigned in a community or school. Examples include stomach ache, fever, cough and colds.
Child health care	Conduct immunization for children, since their immune system is relatively weak. This includes vaccines for Measles, Mumps, Polio and Influenza. It also aims to control Diarrheal diseases caused by microorganisms through educating children about water safety and sanitation.

Health services	Functions
Nutrition program	Administers operation timbang to ensure that children's mass is appropriate for their age (BMI – Body Mass Index). In response to those who feel in category underweight, the community and school provides food supplementation through giving vitamins or free healthy snacks during recess.
Deworming	This service aims to eliminate intestinal parasites in children through as Mebendazole. This is being done every January and July (National Deworming Month) and has been a goal of Department of Health since then.
School feeding	This service aims to improve the nutritional status of students by providing free, healthy meals. It helps in increasing the attendance of students as well.
Medical check-up	Checks and informs children of their general health status such as weight, height, eye condition and heartbeat to guarantee good health and to provide early detection of diseases or abnormalities.
Mental hygiene	Provide centers for adolescents suffering from problems like depression, abuse and stress. These centers help in the overall physiological well-being of students.
Blood testing	Checks and tests components of the blood for possible disorders and conditions like anemia, leukemia and blood infection.
Pharmacy services	Delivers medicines to health centers for easier access. Examples are medicines which are badly needed by the locals in the community.

Did You Know?



Did you know, that the above services must be made available for **free** in your community and in school because they are subsidized by the government to ensure that your health is being protected? **Yes, they are available and must be given for free.**



What's More

How are you after reading more information about health services? Are you now informed of those who are involved in providing such service? How do they perform? This activity will guide you identify the health services in school and in community.

Activity 1: Available service

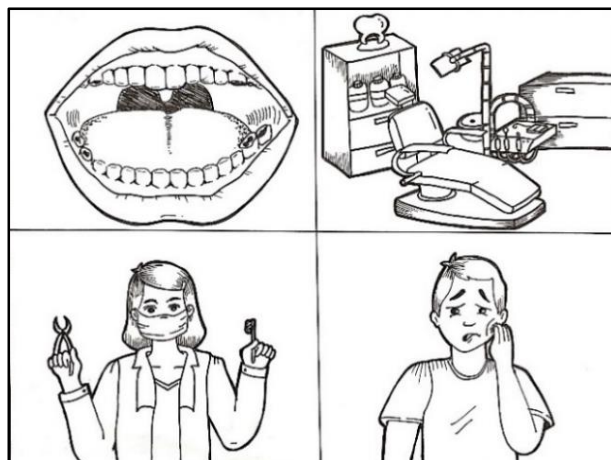
Directions: Make a spider map showing the available health services in your school and in your community. Add or delete lines as needed. Do this in separate paper.



Activity 2: 4 PICS, 1 WORD

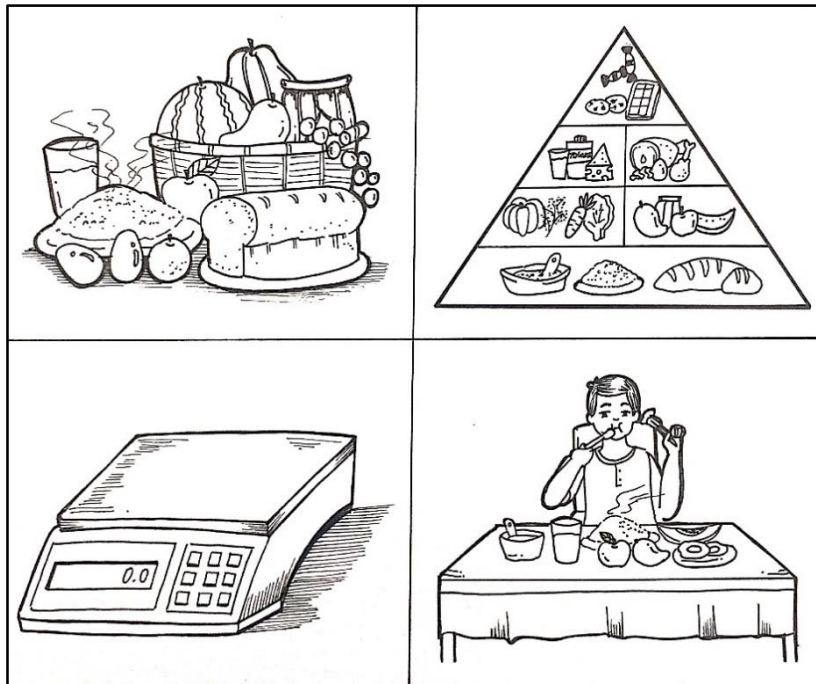
Directions: Look at each picture closely and arrange the scrambled letters to form the word that collectively describe them. Write your answer in your activity notebook.

1.



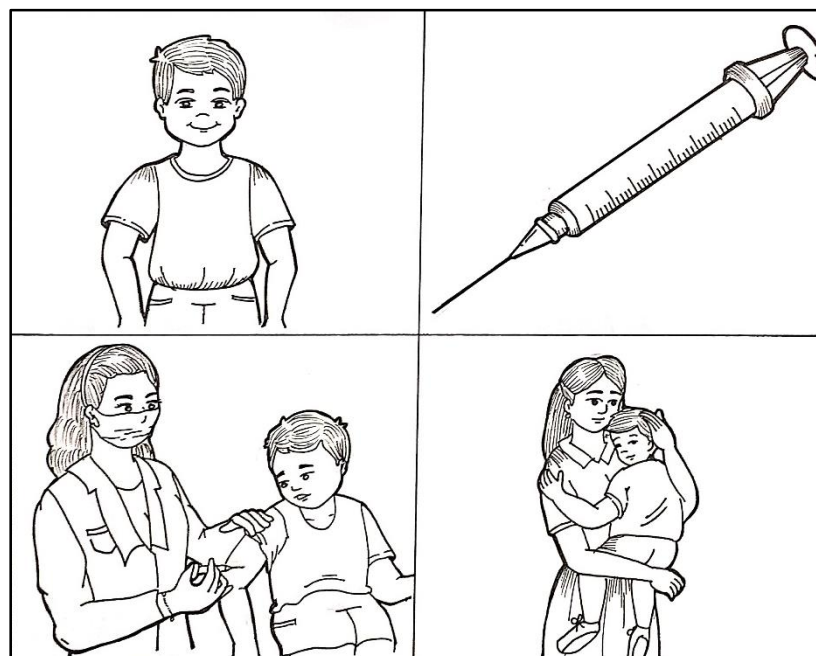
T	A	L	E	N	D	-	A	L	T	H	H	E	-	G	R	A	M	R	O	P
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

2.



U T N R I N O I T - P A M G R O R

3.



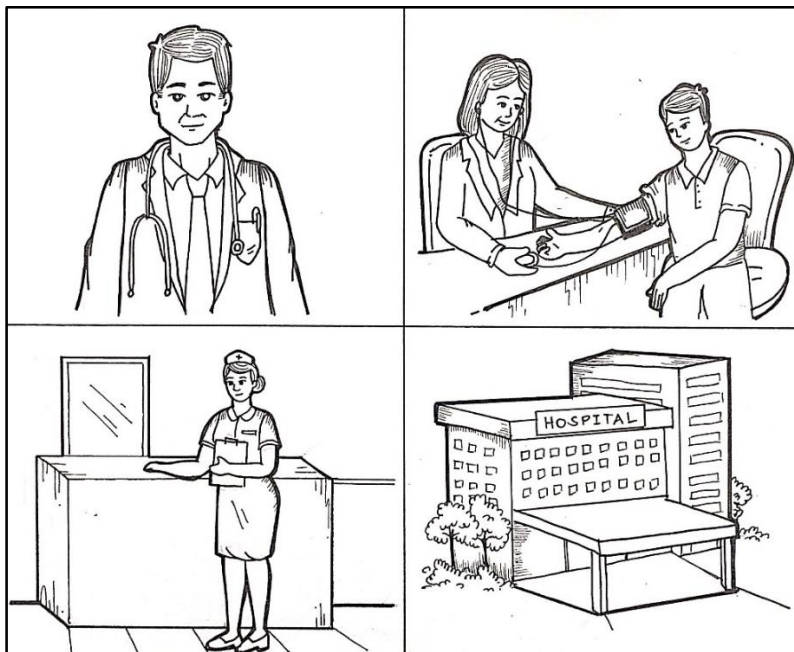
I H L C D - A L T H H E - R E C A

4.



Y P H A R C A M - V I C E S E R S

5.



D E C I M A L - H E P C K U C

Activity 3: Pick Me

Directions: From the pool of words, choose the answer that is being referred to in numbers 1-10. Write your answer in your activity notebook.

Deworming

Child health care

Mental hygiene

Nutrition program

School feeding

Medical check-up

Medical Morbidity clinic

Pharmacy services

Dental Health Program

Health service

- _____ 1. Operation Timbang
- _____ 2. Tooth extraction
- _____ 3. Provision of free medicines
- _____ 4. A public service providing medical care
- _____ 5. Check the nutritional status
- _____ 6. Check the intestinal worm
- _____ 7. Immunizations
- _____ 8. Adolescent counselling centers
- _____ 9. Informed about general health status
- _____ 10. Distribution of medicines to all health centers

Activity 4: Look at Me!

Directions: Study the picture below. Make a 1-liner slogan compose of 5-10 words only. Use short bond paper. Do it in a landscape format. A model was done for you. For example: "Regular Check-up Makes You Healthy"












What I Have Learned

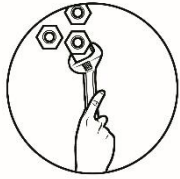
You just did series of exercises about the topic. Now, how do you consider the health services being offered by your school and your community? Are these services essential as you grow?

In this activity, your learnings on the health services will be checked.

Activity 1: Health Book

Directions: Complete the statement and write something about what you learned about health services. Do this in your activity notebook.

	Health Diary,
	Today I learned that
	This learning is important because
	
	I realized that
	
	I feel
	
	



What I Can Do

Finally, you will now showcase what you've learned from this module.

Activity 1: My Status

Directions: Draw a smiling face (☺) if the statement relates to your practice or habit and a sad face (☹) if it's not. Copy the table and write it in your activity notebook.

Statement	
1. I'm interested in my health status.	
2. I regularly check my academic performance.	
3. I experience vision test to assess my visual perception.	
4. I participate in school's activities which involved contests like drawing, cooking, and other academic program activities.	
5. I visit the spiritual directors at least every quarter for spiritual assessment.	
6. I follow the doctor's advice on how to take good care of my health.	
7. I search for the advice of trusted adults such as parents, teachers and guidance counsellors whenever I have a problem.	
8. I undergo scoliosis screening in my school/barangay clinic.	
9. I join the inter-school/barangay sports program with my classmates and friends.	
10. I avail of the health services in our school/barangay health clinic.	

Evaluate your answer. How many times did you use smiling face?

The total number of smiling face indicates the level of your health interest and practices.

Score	Interpretation	Indicators
9-10	Excellent	You continue being a model of healthy living.
7-8	Very satisfactory	You keep improving to reach the top.
5-6	Satisfactory	You are on track but there is still room for improvement.
3-4	Fair	You need to work harder and commit yourself to living a healthy life.
1-2	Needs improvement	You need to reflect on how your habits are hurting your health. Now is a perfect opportunity to start living the healthy way.

Activity 1: Health Advocate

Directions: Produce an advocacy material about health services. Choose one.

A. Poster

Create a poster that will promote the health services in school and in community that offers services to the adolescents. Use short bond paper and draw it in a landscape format.

Criteria:

Creativity	4	3	2	1
Neatness of work	4	3	2	1
Message	4	3	2	1
Interpretation	4	3	2	1

B. Song/Poem

Write a 5-liner song or poem consisting of 2-3 stanza that promote health services in school and in community. Write it in short bond paper or colored paper.

Criteria:

Creativity	4	3	2	1
Relevance of the message	4	3	2	1
Content	4	3	2	1



Assessment

A. True or False

Directions: Write **TRUE** if the statement is correct and **FALSE** if the statement is not correct. Do this in your activity notebook.

- _____ 1. Health service is a public service providing medical care.
- _____ 2. Primary health care is the government program to promote community health.
- _____ 3. Health services consist of medical unprofessional, organizations, and ancillary health care workers.
- _____ 4. Health services must be made available for free in the community.
- _____ 5. Pharmacy services distribute the medicines in all health centers.

B. Matching Type

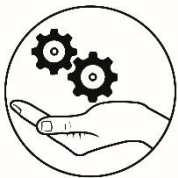
Directions: Match the functions in column A with the health services in column B. Write the letter that corresponds to your answer on the space provided before each number. Do this in your activity notebook.

Column A

- _____ 1. Check for certain diseases and conditions.
- _____ 2. Provide free medicines
- _____ 3. Do tooth extraction
- _____ 4. Inform about general health status
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- _____ 6. Check the nutritional status
- _____ 7. Operation timbang, food supplementation
- _____ 8. Check the intestinal worm
- _____ 9. Distribute medicines to all health centers
- _____ 10. Immunization

Column B

- A. Blood Testing
- B. Child Health Care
- C. Dental Health Program
- D. Deworming
- E. Medical Check up
- F. Medical Morbidity clinic
- G. Mental hygiene
- H. Nutrition program
- I. Pharmacy services
- J. School feeding
- K. Scoliosis test



Additional Activities

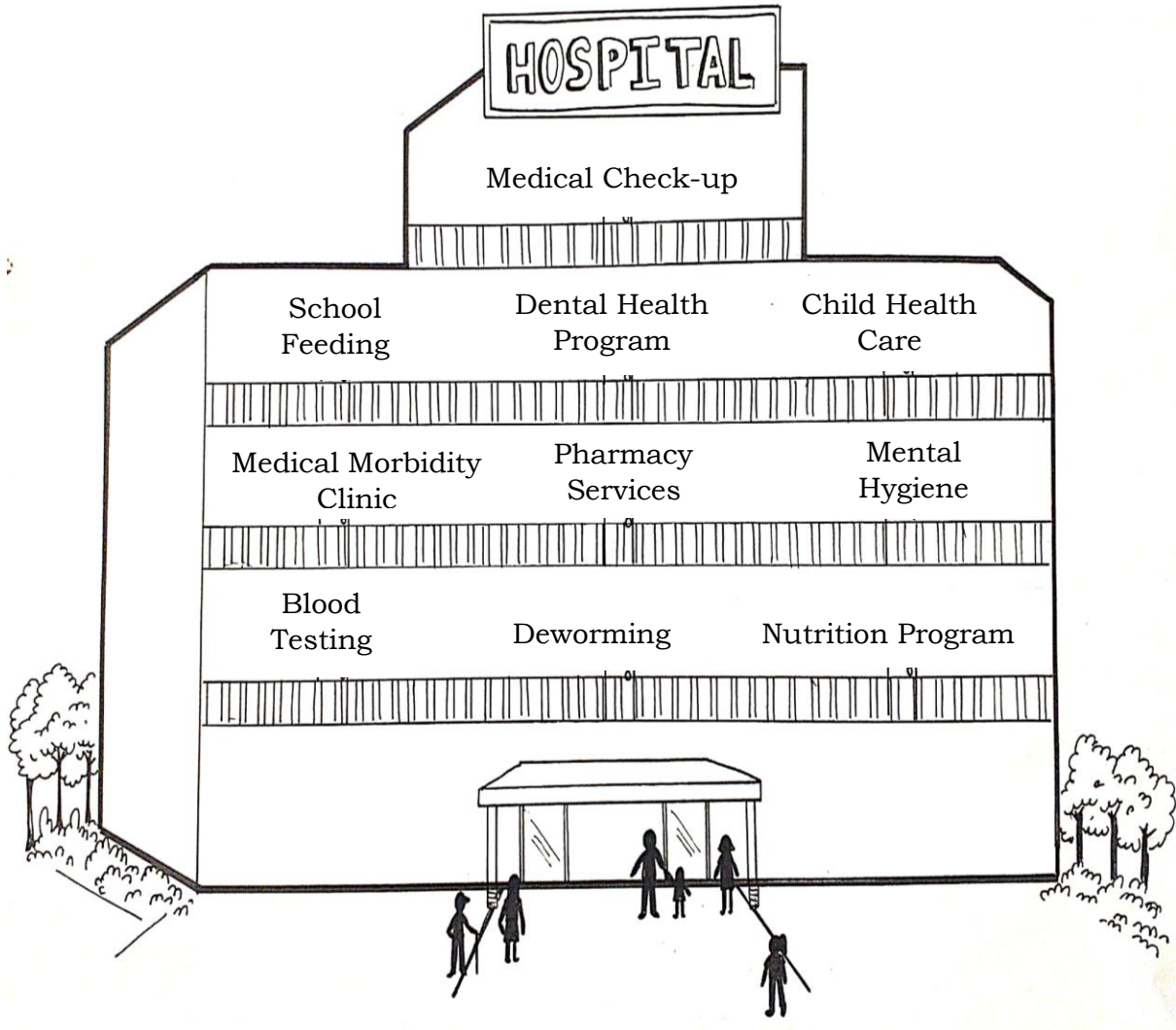
Before you finally end with this topic, do some more stressing and stretching. In this activity, assess your deeper knowledge and understanding of the topics.

Activity 1: My Dream Clinic

Directions: Using a short coupon bond, draw your dream clinic that offers all health services. Draw it in a landscape format.

Activity 2: Fit Me!

Directions: Classify the following health services of the hospital. Write them in the proper group where they belong. Do this in your activity notebook.



School	Community
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.



Answer Key

<p>Additional Activities</p> <p>Activity 2: Fit Me</p> <p>School</p> <p>School feeding, deworming, Mental Hygiene</p> <p>Community</p> <p>Dental Health Program, Medical Morbidity Clinic, Child Health care, Nutrition Program, Blood testing, Pharmacy Services, Medical Check Up</p>	<p>Activity 3: Pick Me</p> <ul style="list-style-type: none"> • Nutrition program • Dental Health Program • Medical Morbidity clinic • Health service • School feeding • Deworming • Child health care • Mental Hygiene • Medical check up • Pharmacy services 	<p>What's more</p> <p>Activity 2: 4 Pics 1 Word</p> <p>A. Dental health program</p> <p>B. Nutrition program</p> <p>C. Child health care</p> <p>D. Pharmacy services</p> <p>E. Medical check up</p>
<p>What's New</p> <ol style="list-style-type: none"> 1. DepEd 2. Dental Health Program 3. DOH 4. Medical Morbidity clinic 5. Child Health Care 6. Nutrition Program 7. Deworming 8. School feeding 9. Medical Check-up 10. Mental Hygiene 11. Blood testing 12. Pharmacy services 	<p>What's In</p> <ol style="list-style-type: none"> 1. Hearing test 2. Breast-self examination 3. Scoliosis test 4. Vision test 5. Weight taking 6. Height taking 7. Dental examination 8. Medical examination 	<p>Assessment</p> <p>A. True or False</p> <ol style="list-style-type: none"> 1. TRUE 2. TRUE 3. FALSE 4. TRUE 5. TRUE <p>B. Matching Type</p> <ol style="list-style-type: none"> 1. A 2. F 3. C 4. E 5. G 6. J 7. H 8. D 9. I 10. B

References

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Pasig City: Department of Education, 2017.

Department of Education. Physical Education & Health Learner's Material Grade 9.
Pasig City: Department of Education, 2017.

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