

## ADOLESCENCE

### SCHOOL BASED ADOLESCENT HEALTH CARE - CUDDALORE MODEL

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**Abstract:** *Health care of adolescents is an important aspect of pediatrics and paediatricians play a vital role in supervising their overall well being - physical, psychological, social, reproductive and spiritual. The Cuddalore model of school based adolescent care with emphasis on the ten-point program is a simple, feasible, and acceptable means of achieving this goal. The components include growth monitoring, age appropriate immunization, life skills education, handling peer group pressures and avoiding internet addiction. Our experience in implementing this project is shared in this brief write-up.*

**Keywords:** *Adolescents, School based care.*

### Points to Remember

- *Pediatricians need to be trained to educate adolescents in schools on 10 major aspects - cleanliness, balanced diet, exercise, eyecare, hair and skin care, dental care, adequate sleep, hydration, pleasant communication and reproductive health.*
- *Growth monitoring and regular immunisation to be completed and charted on adolescent health cards.*
- *Visual problems should be screened as part of school health checks.*
- *Anemia must be identified early by screening and Iron + folic acid supplementation given especially to adolescent girls.*
- *Family life education needs to be imparted to adolescents as an insurance against teenage pregnancies, sexually transmitted diseases like HIV and dysfunctional relationships that can ensue from inappropriate interactions.*
- *Life skill education is an essential aspect of adolescent care which can help protect them from risk taking behaviours like smoking, alcohol and drugs.*
- *Psychological issues may be prevented by mass counselling in schools and to offer one-to-one counselling to students with specific problems.*

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