

HYGIENIC ASSESSMENT OF THE EDUCATION AND RECOVERY OF FREQUENTLY ILL CHILDREN IN PRESCHOOL EDUCATIONAL INSTITUTIONS

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Abstract

Relevance. Numerous scientific studies have noted unfavorable dynamics in the health of preschool children (Yurko G.P., 2000; Maimulov V.G. et al., 2003; Rapoport I.K. et al., 2004; Simonova I.V., 2006). Currently, no more than 10% of senior preschool children can be considered absolutely healthy. Almost 60% of children are revealed chronic diseases.

Frequent illnesses in children are not only a medical problem, but also have serious social and economic consequences. It has been shown that frequent illnesses can lead to social maladjustment of the child due to limited opportunities for communication with peers.

Keywords: preschool hygiene, infection control, child health, handwashing, sanitation practices, early childhood education.

Introduction

The aim of the work: to evaluate from a hygienic standpoint the conditions of upbringing and education, health improvement technologies for frequently ill children in preschool educational institutions and to develop hygienic recommendations for protecting the health of this category of children.

Materials and Methods of the Study

The study was conducted using the method of a natural hygienic experiment, including three stages. The first stage consisted of studying the indicators of physical development, health status, psychoemotional status of frequently ill children, and assessing the risk factors for the development of deviations in their health. At the second stage, the conditions of upbringing, education and health improvement technologies in preschool educational institutions with a health focus were studied. At the third stage, a hygienic assessment of the influence of the conditions of upbringing, education and health improvement technologies on physical development, functional capabilities, performance, health status and the development of recommendations for their optimization were carried out. A total of 327 children aged 4-7 years attending preschool educational institutions were examined: 166 of them were frequently ill children and 161 were episodically ill children, who were divided into 2 age subgroups of 4-5 years and 6-7 years. 76 frequently ill children took part in the dynamic studies. The group of frequently ill children included children who had the following number of ARI episodes in the previous year: at the age of 4-5 years - 5 or more; over 5 years - 4 or more. The distribution of

children by gender and the duration of stay in an organized group of children in the main and control groups were almost identical. The preschool educational institutions included in the study did not differ from each other in terms of sanitary and hygienic conditions, material and technical equipment, staffing, and the level of medical and pedagogical work.

Results

The study of physical development, health, functional capabilities and psychoemotional status in frequently ill children aged 4-7 years attending preschool educational institutions in Moscow revealed the following features: 10 The biological level of development corresponded to the passport level in 45.1% of 4-5-year-old children with chronic illness. Among 6-7-year-old children with chronic illness, 58.7% developed in accordance with their calendar age, among episodically ill children this indicator was significantly higher - 71.4%. Delay in the timing of biological maturation was more common in 4-5-year-olds than in 6-7-year-old children with chronic illness, respectively 45.1%) and 29.3%> (the differences are statistically significant p 4-5-year-olds and 48.0% of 6-7-year-old children with chronic illness, among episodically ill children there are significantly more such children - 65.1%) .

Based on the data of medical preventive examinations and materials on the study of the physical development of the CHD, a comprehensive assessment of their health status was given with the distribution of the examined by health groups. Thus, among the CHD aged 4-7 years attending preschool educational institutions, there are no children with health groups I and IV , fewer children with health group II (30.8%) and 69.2% of children have chronic diseases in the compensation stage (health group III). Often sick children have low .

A hygienic assessment of the organization of the educational process showed that the class schedule was drawn up without taking into account weekly work capacity; classes requiring increased mental effort were held on days of the lowest work capacity (Monday and Friday), which does not correspond to the normal work capacity curve.

The set of health-improving measures carried out throughout the year in the preschool educational institutions under study included: rational nutrition (caloric content of food increased by 10%, daily consumption of vitamin-enriched drinks and fermented milk products); gentle hardening: with air (walks in the open air twice a day, air baths with morning exercises lasting 10-12 minutes, after a daytime nap, waking up exercises for 5-10 minutes, including walking barefoot on massage mats and physical exercises with pronunciation of sounds and syllables on inhalation and exhalation, breathing through the nose and separate breathing with each nostril, conducting physical education classes in the open air), water (washing the neck, upper chest, arms up to the shoulders with water, gargling); hardening with sun rays in the summer; sets of physical exercises, including breathing exercises; according to indications - therapeutic exercise classes; sanitation of foci of chronic infection (if indicated); group and individual sessions with a psychologist for the timely detection of deviations in the neuropsychic development and behavior of children, conducting corrective classes and games.

Conclusions

1. Frequently ill children have worse physical development indicators. Slow biological maturation rates were found in 45.1% of 4-5-year-olds, 29.3% of 6-7-year-olds with frequent illnesses, and 14.3% of 6-7-year-olds with acute respiratory distress syndrome. A sharply disharmonious morpho-functional state due to excess body weight was found in 6.6% of 4-5-year-olds and 4.0% of 6-7-year-olds with frequent illnesses. Frequently ill preschoolers have low and below average age-sex indicators of development of basic motor skills and are characterized by reduced functional capabilities. Frequently ill children are more anxious, they have a higher prevalence of severe stress, fatigue, and exhaustion of the nervous system. Frequently ill children are characterized by lower indicators of local immunity. Among frequently ill children, the overall pathological morbidity exceeds the similar indicator for EBD by 1.5 times, the prevalence of mental disorders, pathologies of the skin and subcutaneous tissue and 22 endocrine-metabolic system is higher. Among frequently ill preschoolers, there are no children with the 1st health group and 69.2% of children have chronic diseases in the compensation stage (III health group).

2. Factors that negatively affect the health of frequently ill children include the following: the mother's toxicosis in the second half of pregnancy, breastfeeding for less than 6 months and early introduction of complementary foods, the absence of hardening procedures and the frequency of illnesses in the child during the first year of life, the absence of physical education outside of preschool educational institutions and daytime sleep on weekends, irregular consumption of fruits, vegetables and berries.

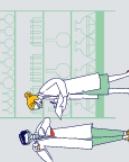
3. The conditions of education and upbringing of frequently ill children attending preschool educational institutions are most often characterized by insufficient landscaping of areas; insufficient equipment of group and physical education areas; furniture that does not correspond to the height of children, insufficient sanitary equipment; ventilation problems; irrational class schedule. The duration of every 7th class exceeded the standard values; in the middle of every 4th class there were no physical education minutes; the training effect in physical education classes was not achieved.

4. The dynamics of the functional state of the central nervous system of frequently ill preschoolers gives grounds to believe that from the age of 4-5 to 6-7 years, the functions of the central nervous system improve, and the higher parts of the brain of the cerebral cortex mature. This leads to an increase in mental performance with age, which ensures that most frequently ill children successfully master the programs of upbringing children in preschool educational institutions.

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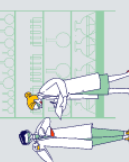
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