

Chapter 2—Daily Health Observations

TRUE/FALSE

1. Information obtained from teacher observations is of limited value.

ANS: F PTS: 1 DIF: Easy
REF: Observation As A Screening Tool

2. Teachers should not have to concern themselves with children's health problems.

ANS: F PTS: 1 DIF: Easy
REF: Observation As A Screening Tool

3. Teachers are qualified to diagnose children's health conditions.

ANS: F PTS: 1 DIF: Easy REF: Daily Health Checks

4. Conclusions about a child's health should only be reached after information has been gathered from multiple sources.

ANS: T PTS: 1 DIF: Moderate REF: Promoting Children's Health

5. Special instruments and techniques are used to conduct daily health checks.

ANS: F PTS: 1 DIF: Moderate REF: Daily Health Checks

6. Cavities and other dental deformities can sometimes be detected during health checks.

ANS: T PTS: 1 DIF: Easy REF: Daily Health Checks

7. Chronic health problems do not affect learning because children have time to adjust.

ANS: F PTS: 1 DIF: Easy REF: Promoting Children's Health

8. A teacher's ability to conduct daily health checks and to identify problems improves with experience.

ANS: T PTS: 1 DIF: Easy REF: Daily Health Checks

9. Daily health checks can be a valuable method for involving families in children's preventive health care.

ANS: T PTS: 1 DIF: Moderate REF: Family Involvement

10. A family member should be encouraged to remain with their child until the health check has been completed.

ANS: T PTS: 1 DIF: Easy REF: Daily Health Checks

MULTIPLE CHOICE

1. Information about children's health:
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- a. Should be shared with all school personnel
- b. Is confidential and must not be released without parental/guardian permission
- c. Belongs to the program or school and cannot be shared
- d. None of the above answers are correct

ANS: B PTS: 1 DIF: Moderate REF: Daily Health Checks

2. Which of the following behaviors might suggest a possible mental health problem?
- a. excessive fear
 - b. prolonged sadness
 - c. repeated complaints of unexplained illness
 - d. occasional periods of crying
 - e. excessive fear, prolonged sadness, and repeated complaints of unexplained illness

ANS: E PTS: 1 DIF: Difficult REF: Daily Health Checks

3. Teacher observations should be made:
- a. first thing in the morning
 - b. continuously all day, day-to-day, and week-to-week
 - c. late in the afternoon when children are tired/stressed
 - d. to accustom children to medical testing procedures

ANS: B PTS: 1 DIF: Easy REF: Daily Health Checks

4. Teachers are in a prime position to observe children because:
- a. they see children in relation to other children of the same age
 - b. they spend fewer hours with a child and can, therefore, be more objective than the child's family
 - c. they are not responsible for obtaining medical treatment for children's health conditions
 - d. they are more knowledgeable about children's health

ANS: A PTS: 1 DIF: Moderate REF: Daily Health Checks

5. The primary reason teachers should be concerned about each child's health status is:
- a. a direct relationship exists between good health and effective learning
 - b. families often fail to understand the seriousness of childhood illnesses
 - c. young children experience frequent sickness
 - d. teachers are usually more aware of appropriate community health services

ANS: A PTS: 1 DIF: Moderate REF: Family Involvement

6. Daily health observations:
- a. are a costly investment in terms of teachers' time and effort
 - b. yield only limited information about a child's health
 - c. require teachers' to have extensive training
 - d. provide valuable information about a child's well-being

ANS: D PTS: 1 DIF: Moderate
REF: Observation As A Screening Tool

7. While checking Carlos, you observe that his throat is quite red and his skin feels warm. You should:
- a. call Carlos's mother and advise her to contact their doctor
 - b. inform his mother that Carlos probably has strep-throat
 - c. wait until tomorrow to see if he becomes sicker
 - d. contact Carlos's pediatrician for treatment

ANS: A PTS: 1 DIF: Difficult REF: Daily Health Checks

8. Information gathered during health observations should be recorded carefully and precisely for all of the following reasons EXCEPT:
- This information can be used to detect patterns of infectious illnesses
 - Health professionals may use this information for diagnostic purposes
 - Changes in behavior patterns can be noted
 - Recorded information about children's health conditions can be shared with all school personnel

ANS: D PTS: 1 DIF: Difficult REF: Daily Health Checks

9. Early detection of health impairments:
- avoids untimely delays in arranging intervention services
 - adds unnecessary expense to a family's budget
 - has only a limited effect on children's ability to learn
 - is not important until children reach their school-age years

ANS: A PTS: 1 DIF: Moderate REF: Daily Health Checks

10. Daily health checks provide useful information about children's:
- | | |
|--------------------------|----------------------|
| a. intelligence | c. adult body shape |
| b. general health status | d. developmental age |

ANS: B PTS: 1 DIF: Moderate REF: Daily Health Checks

11. Mongolian patches appear as:
- | | |
|--|-------------------------|
| a. bluish areas, similar to bruises | c. open, draining sores |
| b. dry, scaly skin on elbows and knees | d. red, raised bumps |

ANS: A PTS: 1 DIF: Moderate REF: Daily Health Checks

12. Because children's state of health can change in a short period of time, observations should be:
- conducted first thing each morning
 - performed whenever children begin to appear ill
 - made continuously throughout the day
 - administered only when a family member is present

ANS: C PTS: 1 DIF: Easy
REF: Observation As A Screening Tool

13. Rashes associated with communicable illnesses are more likely to be observed:
- on the face
 - on the tops of hands and feet
 - under the neck and arms
 - over warmer areas of the body, such as back and chest

ANS: D PTS: 1 DIF: Moderate REF: Daily Health Checks

14. Conducting daily health assessments is important because:
- there is a direct relationship between health and ability to learn
 - teachers become more aware of children's individual differences
 - families expect teachers to be responsible for children's health
 - children look forward to the teacher's personal attention

ANS: A PTS: 1 DIF: Moderate REF: Daily Health Checks

15. The results of daily health assessments should be:
- summarized at the end of each month
 - recorded as anecdotal notes following each assessment or observation
 - noted by placing a check mark next to the child's name
 - disregarded unless there has been a significant change in a child's behavior or well-being

ANS: B PTS: 1 DIF: Difficult REF: Daily Health Checks

COMPLETION

1. Rashes most commonly appear on a child's upper _____ and _____ areas.

ANS: chest, back

PTS: 1 DIF: Moderate REF: Daily Health Checks

2. Information about communicable illnesses can be shared with families during _____.

ANS: daily health checks

PTS: 1 DIF: Easy REF: Daily Health Checks

3. _____ provide valuable opportunities for making children more aware of their own health.

ANS: Daily health checks

PTS: 1 DIF: Moderate REF: Daily Health Checks

4. _____ are often the first to sense that something may be wrong with their child.

ANS: Families

PTS: 1 DIF: Moderate REF: Family Involvement

5. _____ can be used to gather important information about a child's nutritional status.

ANS: Dietary assessment

PTS: 1 DIF: Difficult REF: Promoting Children's Health

6. _____ results may be obtained when information about a child's health is based on a single observation or assessment outcome.

ANS: False

PTS: 1 DIF: Difficult REF: Promoting Children's Health

7. Caution must be exercised in the assessment of children's growth and development because there is a wide range of _____ behavior.

ANS: normal

PTS: 1 DIF: Easy REF: Observation As A Screening Tool

8. Health checks should be conducted using a _____ approach.

ANS: systematic

PTS: 1 DIF: Easy REF: Daily Health Checks

9. Primary responsibility for obtaining health care for children always belongs to _____.

ANS: families

PTS: 1 DIF: Easy REF: Family Involvement

10. The term _____ refers to an illness or health condition that is frequent, lengthy or permanent in nature.

ANS: chronic

PTS: 1 DIF: Moderate REF: Promoting Children's Health

SHORT ANSWER

1. Why is it important to encourage family members to remain with their child during daily health checks?

ANS:

Parents are often able to provide information about children's conditions. Their presence may also be comforting to children.

PTS: 1 DIF: Easy REF: Daily Health Checks

2. Describe four body areas that should be examined during daily health checks and what observations can be made.

ANS:

Health Observation Checklist

1. General appearance—note changes in weight (gain or loss), signs of fatigue or unusual excitability, skin tone (pallor or flushed), and size for age group.
 2. Scalp—observe for signs of itching, head lice, sores, hair loss, and cleanliness.
 3. Face—notice general expression (e.g., fear, anger, happy, anxious), skin tone, and any scratches, bruises, or rashes.
 4. Eyes—look for redness, tearing, puffiness, sensitivity to light, frequent rubbing, styles, sores, drainage, redness, and appropriate responses to sounds or verbal requests.
 5. Ears—check for drainage, redness, and appropriate responses to sounds or verbal requests.
 6. Nose—note any deformity, frequent rubbing, congestion, sneezing, or drainage.
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7. Mouth—look inside at the teeth: note cavities, malformations, sores, or mouth-breathing.
8. Throat—observe for enlarged or red tonsils, red throat, white patches on throat or tonsils, drainage, or unusual breath odors.
9. Neck—feel for enlarged glands.
10. Chest—watch the child’s breathing and note any wheezing, rattles, shortness of breath, coughing (with or without other symptoms).
11. Skin—lift up clothing and observe the chest and back for color (pallor or redness), rashes, scratches, bumps, bruises, scars, unusual warmth, and perspiration.
12. Speech—listen for clarity, stuttering, nasality, mispronunciations, monotone voice, and appropriateness for age.
13. Extremities—observe posture, coordination; note conditions such as bowed legs, toeing-in, or arms and legs of unequal length.
14. Behavior and temperament—note any changes in activity level, alertness, cooperation, appetite, sleep patterns, toileting habits, irritability, or uncharacteristic restlessness.

PTS: 1 DIF: Difficult REF: Daily Health Checks

3. Why should teachers not attempt to diagnose children’s health conditions?

ANS:

Teachers are not trained to recognize and distinguish symptoms associated with health problems. This is the role of health care professionals.

PTS: 1 DIF: Moderate REF: Daily Health Checks

4. What are developmental norms?

ANS:

Developmental norms represent an average or range, expressed as weeks, months, years, when children are able to perform certain skills and behaviors.

PTS: 1 DIF: Moderate REF: Observation As A Screening Tool

5. What are Mongolian spots?

ANS:

Mongolian spots are collections of melanin or pigment that appears as bluish discolorations on the skin, especially in infants and young children of Asian, Native American, and/or Middle Eastern descent.

PTS: 1 DIF: Moderate REF: Daily Health Checks

ESSAY

1. Develop a rationale to persuade a school’s advisory board that teachers should begin conducting daily health checks on the children.

ANS:

The student's answer should address the benefits associated with the conduct of daily health checks, including an opportunity to gather information about children's well-being and readiness to learn; the early identification of health impairments and the implementation of intervention services; the ethical and professional responsibilities teachers have to protect all children from infectious illnesses by identifying those who may have a contagious condition; an opportunity to provide children with informal health education; the identification of children who may be maltreated or neglected; and, the promotion of children's self-awareness.

PTS: 1

DIF: Moderate

REF: Daily Health Checks