

INSTRUCTION MANUAL FOR INTERVIEWERS

**INTER SECTORAL STUDY OF EDUCATION AND HEALTH
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General Instructions for Interviewers

1. Meet the school principal/headteacher in the morning and arrange a place to conduct the testing.
2. Arrange the place to test the vision and test the haemoglobin.
3. Standardise the Haemocue machine before the testing.
4. Standardise the weight and height scales also.
5. Get down selected 15 children and get their consent forms.
6. Exclude the children who have not got the consent from their parents.
7. Collect all blood contained consumables (lancets, cotton wool etc.) and tie in a plastic bag and bring back to put in a incinerator.
8. Other consumables which do not contain blood should discard properly to a dustbin.
9. Children who are having any deficiencies should be referred to the appropriate hospital or clinic by using the referral form.
10. At the end of the work, talk to the class teacher and Principal.

Steps to be followed in measuring weight

1. Place the scale on a hard flat surface.
2. Make sure it is stable.
3. Check the scale everyday with standard weight to calibrate.
4. Balance the scale to zero.
5. Ask to remove the shoes.
6. Ask child to stand on flat surface of the scale and set the feet.
7. The readings are taken to the nearest 100g.
8. Immediately record the measurement on the cage.

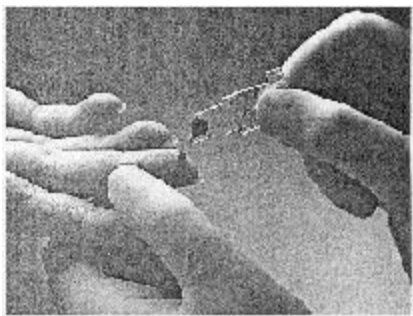
Steps to be followed in measuring height

1. Place the measuring rod on a hard flat surface.
2. Calibrate the scale everyday with standard height.
3. Child should be asked to remove shoes.
4. Position the child's feet are flat and together and place the measuring rod in the center against the back, and arms should be hanging loosely by the sides of the body.
5. All 5 points of the child indicated in the picture (6, 7, 12, 13 & 14) should be touched the measuring rod.
6. Lift the chin of the child by using the thumb to keep the vision line and the floor horizontally (Point B).
7. The headpiece of the scale is gently lowered, crushing the hair and making contact with the top of the head.
8. The readings are taken to the nearest 0.1cm.
9. Immediately record the measurement on the cage.

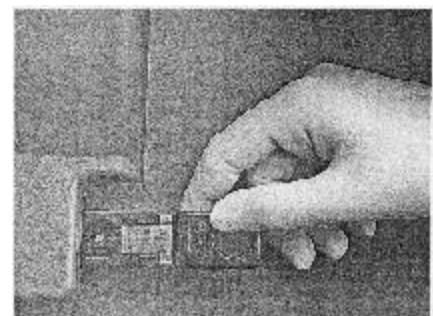


Steps to be followed in measuring haemoglobin

1. Calibrate the Haemocue machine by using the standard cuvette.
2. Wear gloves.
3. Ask the child to sit on a stool or chair.
4. Ask her/his to briskly rub hands together.
5. Hold hand lower than the heart.
6. Thoroughly clean one finger with a spirit gauze; and allow the skin to air dry.
7. Using a needle, puncture the side of the finger, to cut capillary horizontally, to a depth of about 1.9mm for children.
8. Wipe away the first drop of blood with a sterile gauze.
9. Take one of the microcuvettes and fill in a drop of blood so that the whole circle is filled up.
10. Wipe off excess blood from the cuvette before reading the haemoglobin level on the Haemocue machine.
11. Record the reading on the relevant cage.
12. If the haemoglobin value is below 11.5g/dl those children should be referred to the closest hospital for treatment.



2. Apply the microcuvette to a drop of blood & cover it by the capillary seal.



9. Insert the microcuvette into the Haemocue machine.



3. The value is displayed on the screen.

Steps to be followed in palpating goitre

1. You should stand facing the child.
2. Place your two thumbs on either side of the child's windpipe several centimeters below the notch of the thyroid cartilage (the Adam's Apple)
3. Roll your thumb gently over the thyroid which lies next to the windpipe,
4. If each lobe of the thyroid is smaller than the part of the child's thumb beyond the last joint (the "terminal phalanx"), the thyroid is classified as grade 0 goitre.
5. If each lobe is larger than the terminal phalanx of the child's thumb, he or she has goiter.
6. Classify the goitre using the following grading system.

Grade 0 - Thyroid not palpable not visible,

Grade 1 - Thyroid palpable but not visible with neck in normal position. Moves upwards in the neck as the subject swallows.

Grade 2 - Goitre visible with neck in normal position. Consistent with enlarged thyroid when the neck is palpated (below figure)



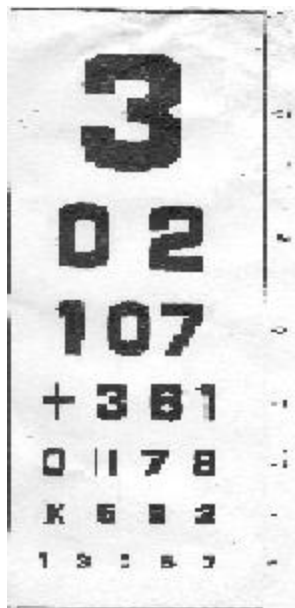
Steps to be followed in checking for Bitot's spot

1. Reassure the child.
2. Especially frightened or troublesome children should be examined last.
3. You should be seated in open shade with your back to a sunlit area.
4. Ask child to face the sunlit area without looking directly into the sun itself.
5. Get an adequate view of the entire eye,
6. Look for Bitot's spot as shown in the figure below.



Steps to be followed in checking for level of visual acuity

1. First select the place with proper light.
2. Hang the vision chart 6 meters from the child being tested.
3. Lower letter line of the vision chart should be parallel to the eye level of the child.
4. First test the right eye.
5. Ask child to close the left eye using the occluder.
6. Then child should be asked to read lines of the chart.
7. Mark the line which can be read by the child,
 - a. If only the top line can be read it should be marked as 6/60
 - b. If the child can read all lines including the last one it should be marked as 6/6 and it indicates the normal vision.
8. Then close the right eye with the occluder and test the left eye.
9. Mark the reading soon after the testing.
10. All the children who do not have the 6/6 vision should be referred to the closet eye clinic.
11. If the child is unable to read even the first line ask the child to move one meter closer and reading should be taken 5 meters away from the chart.
12. Marking should be done as 5/60.



Code Numbers for Provinces and Districts

Code	Province	Code	District
01	Western	01	Colombo
		02	Gampaha
		03	Kalutara
02	Central	04	Kandy
		05	Matale
		06	NuwaraEliya
03	Southern	07	Galle
		08	Matara
		09	Hambanatota
04	Northern	10	Jaffna
		11	Kilinochchi
		12	Mannar
		13	Vavuniya
		14	Mullative
05	Eastern	15	Batticaloe
		16	Ampara
		17	Trincomale
06	North Western	18	Kurunagala
		19	Puttulum
07	North Central	20	Anuradhapura
		21	Polonnaruwa
08	Uva	22	Badulla
		23	Monaragala
09	Sabaragamuwa	24	Rathnapura
		25	Kegalle