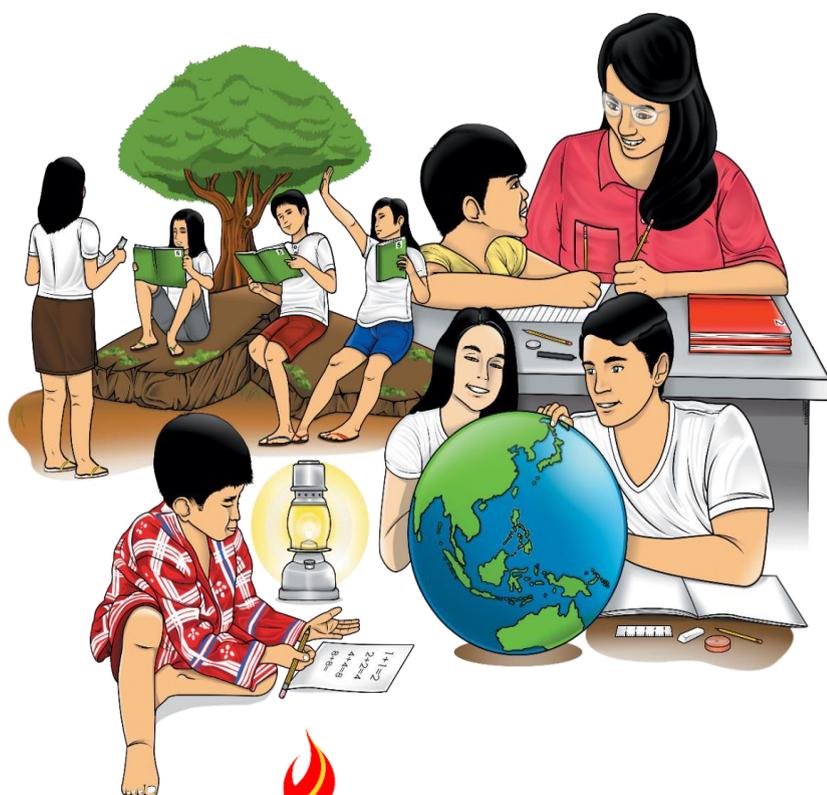


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Health

Quarter 1 – Module 3 Importance of Undergoing Health Appraisal Procedures



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Health – Grade 6

Alternative Delivery Mode

**Quarter 1 – Module 3: Importance of Undergoing Health Appraisal Procedures
First Edition, 2020**

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Published by the Department of Education
Secretary: Leonor Magtolis Briones
Undersecretary: Diosdado M. San Antonio

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Health

Quarter 1 – Module 3 Importance of Undergoing Health Appraisal Procedures

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written with you in mind. It is here to explain the importance of undergoing health appraisal procedures. The module consists of one lesson only.

- Lesson 1 – Importance of Undergoing Health Appraisal Procedures

After going through this module, you are expected to explain the importance of undergoing health appraisal procedures (**MELC, H6PH-Id-f-21**).



What I Know

Directions: Fill in the blanks with the correct health appraisal procedure to complete the idea of each sentence. Choose your answer from the box and write on a sheet of paper.

Dental Test	Scoliosis Test	Hearing Test
Height and Weight Measurement	Scoliometer	Breast Examination
Health Examination	Vision Screening	

1. A procedure that helps the doctor check the breast abnormalities is called _____.
2. The _____ is a simple screening test to detect any spine problems.
3. This test called _____ is used to determine or find out if there is a hearing problem.
4. The _____ is an examination done to check the condition of teeth and gums.
5. A _____ is a procedure used to measure body mass index or BMI.
6. The instrument used to determine the severity of the curve in the spine is called _____.
7. The _____ is the procedure used to determine the health status of a person.
8. The test used to detect eye condition and tests if children have visual impairment is called _____.
9. An examination which is important to check the condition of the teeth is called _____.
10. A _____ is done by feeling the woman's breast if there are any lumps and bumps.

Lesson 1

Importance of Undergoing Health Appraisal Procedures

Undergoing a health appraisal procedure is important to determine or find out the status of one's health.



What's In

Health appraisal refers to a series of procedures to assess and determine the health status of the students or persons through the use of teacher's observations, screening tests, health histories or inventories, medical and dental inspections and psychological tests. They are dependent upon the cooperative effort of parents, teachers, physicians, dentists, health educators, nurses and others.

School health personnel such as the school physician, school nurse, school dentist as well as teachers and other school personnel perform check-ups at the beginning and towards the end of the school year because this is part of the school health service provided for students. Monitoring their health status can be done through screening tests appropriate for them.



What's New

Look at the pictures. These are some of the examples of health appraisal procedures. Why is it important to undergo health appraisal procedures?

Commented [EJ1]: Transfer this to "what's more"



Breast Self - Examination



Scoliosis Test



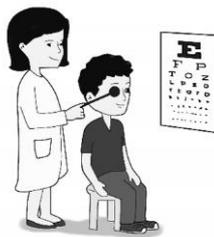
Hearing Test



Height and Weight Measurement



Dental Health Examination



Vision Screening

Illustrated by Zoila Mae M. Panes, Riza E. Celebrado, and Marvin P. Pagurayan



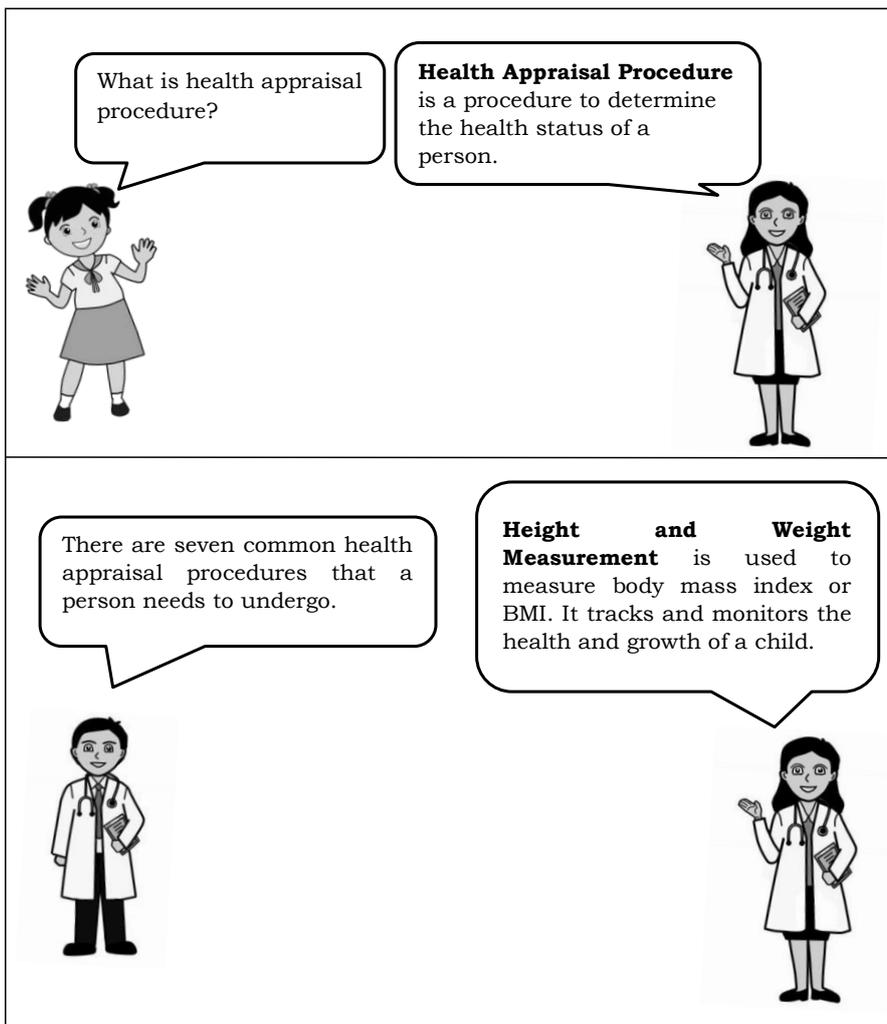
What is It

What is health appraisal procedure?

Health Appraisal Procedure is a procedure to determine the health status of a person.

There are seven common health appraisal procedures that a person needs to undergo.

Height and Weight Measurement is used to measure body mass index or BMI. It tracks and monitors the health and growth of a child.



Illustrated by Zoila Mae M. Panes, Riza E. Celebrado, and Marvin P. Pagurayan

Breast Self-Examination helps doctor checks the breast of a person to know the breast problems or abnormalities that may occur especially for girls. It is done by feeling the breast if there are any lumps and bumps. Self-examination is needed especially at the age of puberty and onwards.



Hearing Test is a procedure done to check the ability to hear loudness and pitch of the sound. Hearing test is used to determine how well a person can hear and to find out if there are hearing problems that need treatment.



Vision Screening is used to detect eye condition and to test if children has visual impairment. Some of the eye conditions can lead to loss of sight. This needs appropriate professional eye care. Persons with eye problems should visit eye doctor or ophthalmologist for check-ups and treatments.



Scoliosis is a condition in which the spine curves sideways. **Scoliosis Test** is a simple screening test to detect any spine problems. A scoliometer is used to determine the severity of curve of the spine. Scoliosis is confirmed by undergoing X-ray of the entire spine.



Illustrated by Zoila Mae M. Panes, Riza E. Celebrado, and Marvin P. Paguraya

Dental Health Examination is done to check the condition of your teeth and gums. Teeth problems could be serious and painful if not treated early. A person with dental health problem should visit the dentist for his or her oral needs.



Health Examination is important to prevent illnesses and to monitor persons' health status. Health examination includes all laboratory tests like blood test, urine test, x-ray and stool examination.



We should undergo these appraisal procedures to be aware of our health condition.



Remember that "Health is wealth". Let us take good care of our health. Visit the health professionals or specialists for the appraisal of our health needs.



Illustrated by Zoila Mae M. Panes, Riza E. Celebrado, and Marvin P. Pagurayan



What's More

Do you want to remember the health appraisal procedures through a song? Here is one for you.

HEALTH APPRAISAL PROCEDURES SONG

(In the tune of "If you're Happy and You Know It")

Written by: Francilet R. Padios

If you have difficulty in seeing things, **VISION SCREENING**

If you have difficulty in hearing things, **HEARING TEST**

If your spine is curving right or it may be curving left

Then it's time for you to have **SCOLIOSIS TEST.**

Let us have the measurement of **HEIGHT and WEIGHT**

To know if you're stunted, obese or underweight

For the problem of your teeth, it's **DENTAL EXAMINATION**

For the status of your health, **HEALTH EXAMINATION.**

Undergoing health appraisal is a must! (Is a must!)

Undergoing health appraisal is a must! (Is a must!)

For the status of the breasts, it's **BREAST SELF-EXAMINATION**

Undergoing health appraisal is a must! (Is a must!)

Health appraisal procedures should be done regularly

Health appraisal procedures should be done regularly

So come and visit doctors, with your friends and family

Health appraisal procedures should be done...regularly.

Commented [EJ2]: Transfer this to "what's new"



What I Have Learned

Directions: Complete the sentence with the correct word or words from the box below. Write the answer in your notebook.

1. Health examination is important to prevent _____ and to monitor persons' health status.
2. The measurement of _____ is used to track and monitor the health and growth of a child.
3. To prevent problems of the ears, the person should undergo _____.
4. The child is suffering from toothache. He or she should undergo _____ for proper care.
5. Marvin could not see near objects clearly. He went to the specialist for a _____.

height and weight

Vision Screening

Hearing Test

Dental Examination

illnesses



What I Can Do

Directions: Match the picture in **Column A** with the correct statement in **Column B**. Write the letter of the correct answer in your notebook.

Column A

Column B



Breast Self - examination



Vision Screening



Height and Weight Measurement



Hearing Test



Scoliosis Test

A. It is a simple screening test to detect any spine problems.

B. This measurement should be done regularly to monitor the health and growth of a child.

C. This test is used to detect eye condition and test if children has visual impairment.

D. It is done by feeling the woman's and man's breasts if there are any lumps and bumps.

E. It is a procedure that checks the ability to hear loudness and pitch of the sounds.



Assessment

Directions: Write **True** if the statement about the health appraisal procedure is correct and **False** if it is not. Write your answer on a sheet of paper.

1. Hearing Test is used to determine how well a person can hear and to find out if there are hearing problems.
2. Vision Screening is a test to check the ability to hear loudness and pitch of the sound.
3. Height and Weight Measurement is used to measure body mass index or BMI of a child.
4. Dental Health Examination is an examination to check the position of the spine.
5. Hearing problems may result in hearing loss if not treated appropriately.
6. Health appraisal procedure is a procedure to determine the health status of a person.
7. Scoliosis Test is a screening test to detect any spine problem.
8. Vision Screening helps a doctor check breast abnormalities.
9. Breast Self-Examination is done from the age of puberty especially for girls.
10. Dental problems can lead to serious problems if not treated early.



Additional Activity

Directions: Complete the table by writing the importance of the health appraisal procedures. Do it in your notebook.

Health Appraisal Procedures	Importance
1. Height and Weight Measurement	
2. Breast Self-Examination	
3. Dental Examination	
4. Vision Screening	
5. Hearing Test	
6. Scoliosis Test	



Answer Key

<p>Assessment</p> <p>1. True 2. False 3. True 4. False 5. True 6. True 7. True 8. False 9. True 10. True</p> <p>Additional Activity</p> <p>Pupil's answer may vary</p>	<p>What I Have Learned</p> <p>1. illnesses 2. height & weight 3. Hearing Test 4. Dental Examination 5. Vision Screening</p> <p>What Can I Do</p> <p>1. D 2. C 3. B 4. E 5. A</p>	<p>What I Know</p> <p>1. Breast Examination 2. Scoliosis Test 3. Hearing Test 4. Dental Test 5. Height & Weight Measurement 6. Scoliometer 7. Health Examination 8. Vision Screening 9. Dental Test 10. Breast Examination</p> <p>What's New</p> <p>Pupil's answer may vary</p>
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