

## HANDWASHING in Schoolchildren

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### 1. Abstract

Health care education in schools is one of the vital and interminable techniques of dealing with global health problems of any nature in any age to achieve broader foundation of healthy life. A practical acronym of health care components for schoolchildren have been created and presented in as 'HANDWASHING' viz. H: Hand washing; A: Air-borne infection control; N: Nutrition management; D: Drug management and Disposal of waste; W: Water & Work-related health problem management; A: Age wise disease treatment and management; S: Support to the health networks, Sex and Sociocultural harmony education mainly to adolescents; H: Home and Hospital health care; I: Immunization & Information for better health care; N: Nursing care; G: Growth, development, mental health and Global monitoring of health problems/challenges.

### 2. Short Communication

Diversity is the nature, nurture and culture of human population. The estimated total population of 227 countries and territories of the world was 7713468,000 in 2019 [1]. Fifty percent of the global population belongs to the six countries of the planet, viz. China, India, United States, Indonesia, Pakistan and Brazil. About 33.3 percent of the global population consisted of children and adolescents under the age of 19 years and 9.33 percent over the age of 65 years. Nearly one-third of the world population i.e. children and adolescents, in their most

active and formative period of life attend schools. Learning about science and health science concept and behavior are paramount in this period. Surge of diseases have brought significant changes in the lives of humans worldwide in the past, such as plague, smallpox, cholera and at present by Covid-19 [2,3]. It is important to include health facts and concept in early education in a practical way to deal such problems [4].

As borders disappear, people and goods are increasingly free to move, creating new challenges to global health [5]. Globalization has been increasing cultural exchanges more than health and economic welfare and further globalization is inevitable mainly because of information technology, transportation and human relationship. However, diseases, disasters, poverty, intra or/and inter-national war and ethical considerations in science are major issues of human health and culture in the 21<sup>st</sup> century. Infectious and parasitic diseases are still responsible for not only the causes of a large number of morbidity, mortality but also a huge financial and family losses. Previous investigators have reported that sustained economic hardship leads to poorer physical, psychological and cognitive functioning [6]. A large number of people of various countries of all ages, sexes and

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geographical regions of the world suffer from health ailments. Moreover, we still have grand challenges in global health that could be resolved with appropriate scientific innovations and applications. The purpose of this writing is to focus ideas of great scientific value, 'HANDWASHING' and share with the global community to solve common and critical global health problems/challenges by educating primarily to schoolchildren.

### 3. 'HANDWASHING'

Dealing of human suffering from illnesses and increasing the bodily power of healing are noble aims of the core of the medical, public health and scientific discovery in a civilized society. Need of a compact means has felt and created a practical health care component concept acronym as HANDWASHING for schoolchildren. Each letter indicates a simple but important component of health that is understandable by the learner. This compact and practical concept can be taught to schoolchildren of various age, sex, color, race and geographical regions. The components of an acronym 'HANDWASHING' are -

**H** - Hand washing.

**A** - Air-borne infection control.

**N** - Nutritional problems management (*undernutrition, over nutrition and malnutrition*).

**D** - Drug development, control, distribution, monitoring (ethical and legal), Disposal of waste in an appropriate place.

**W** - Water-borne infection control, Work-related health problem management.

**A** - Age wise and timely treatment/management of specific diseases.

**S** - Support to the health/medical networks among nations, Sex education mainly to adolescents; Sociocultural harmony.

**H** - Home and Hospital health care.

**I** - Immunization (increasing body capacity to cope with disease of various origin);

Information for better health care and improvement.

**N** - Nursing care of ill, defibrillated and elderly

patients.

**G** - Growth, development and mental health care, Global monitoring of at least top 10 global causes of morbidity and mortality.

Educating children of the components of HANDWASHING helps to prevent infectious diseases and augments to decrease noninfectious diseases in the community at large. Greatest health challenges - if solved - could lead to important advances against diseases of both the industrialized and the developing nations. Instillation of the mentioned components to elementary, junior high school and secondary school children is significant because it stimulates their understanding, helps attitude formation and change behavior to cope up with global health challenges such as epidemic and pandemic diseases, smoking, alcoholism, etc. It also boosts to develop a network of health/medical data collection, utilization, monitoring and control of major diseases on time.

The ability to evolve is the final aspect of any definition of life [7] and learning fundamentals of human life may have started very early. A high proportion of children attend school in their most valuable period of life. Childhood may be the best period of teaching scientific concept and changing appropriate healthy habit and behavior. Teaching knowledge, attitude and practice (KAP) on health science in childhood may be one of the perfect beginnings to implement HANDWASHING. Maximum number of schoolchildren and health professionals may also apply information technology to deal with the global challenges by utilization of computer facilities in their respective institutions. Mass utilization of information technology in a large number of schools and health care centers facilitate teaching of HANDWASHING. For example, health KAP on vaccination, antibiotics/essential medicine distribution and monitoring of resources on time to the needy people may be an effective way to decrease morbidity and mortality.

Several resources such as Internet, health and educational institutions, printed matters and computers are already available in most nations of the world. Availability of facilities can contribute greatly in planning, implementing, evaluating the concepts of HANDWASHING. Successful implementation in schools may prove a boon to not only teaching health science education but also create robust global database to enhance scientific innovation for the neediest population. HANDWASHING has also potential benefits of stimulating positive health behavioral change in socio culturally deprived and resistant communities of the world. Availability of global education of this concept may assist to predict disease epidemic in a more reliable manner and generates future strategies to control/eradicate pandemics like Covid-19. Exposure of the concept to schoolchildren also stimulates creative imagination that accelerates innovation and multidisciplinary research in early age. Timely KAP-based teaching of HANDWASHING to schoolchildren supports the foundation of solving major global health problems and challenges. Therefore, impacts of the components of HANDWASHING are certainly both immediate and far-reaching.

Health care education and practice of multi-health care fact package, acronym as HANDWASHING, in the schools is one of the noble, fundamental and interminable techniques of dealing with global health problems/challenges of diverse population.

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