

The Student  
Health Advisor  
**PROGRAMME**



学生保健  
顾问计划

Penasihat Kesihatan  
Pelajar Program

மாணவர் சுகாதார  
ஆலோசகர் திட்டம்

# Singapore Student Health Advisor (SHA) Pilot Programme

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# Content

**Framework**

**Review of Statistics**

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# SHAs' Framework

MOH Steering Committee  
on Adolescent Health  
(Includes representatives from MOE, and HPB)



Adolescent Medicine Team  
(KKH/NUH)



8 Student Health Advisors (SHA)  
seconded by KKH and NUH



SHAs assigned to  
8 secondary schools

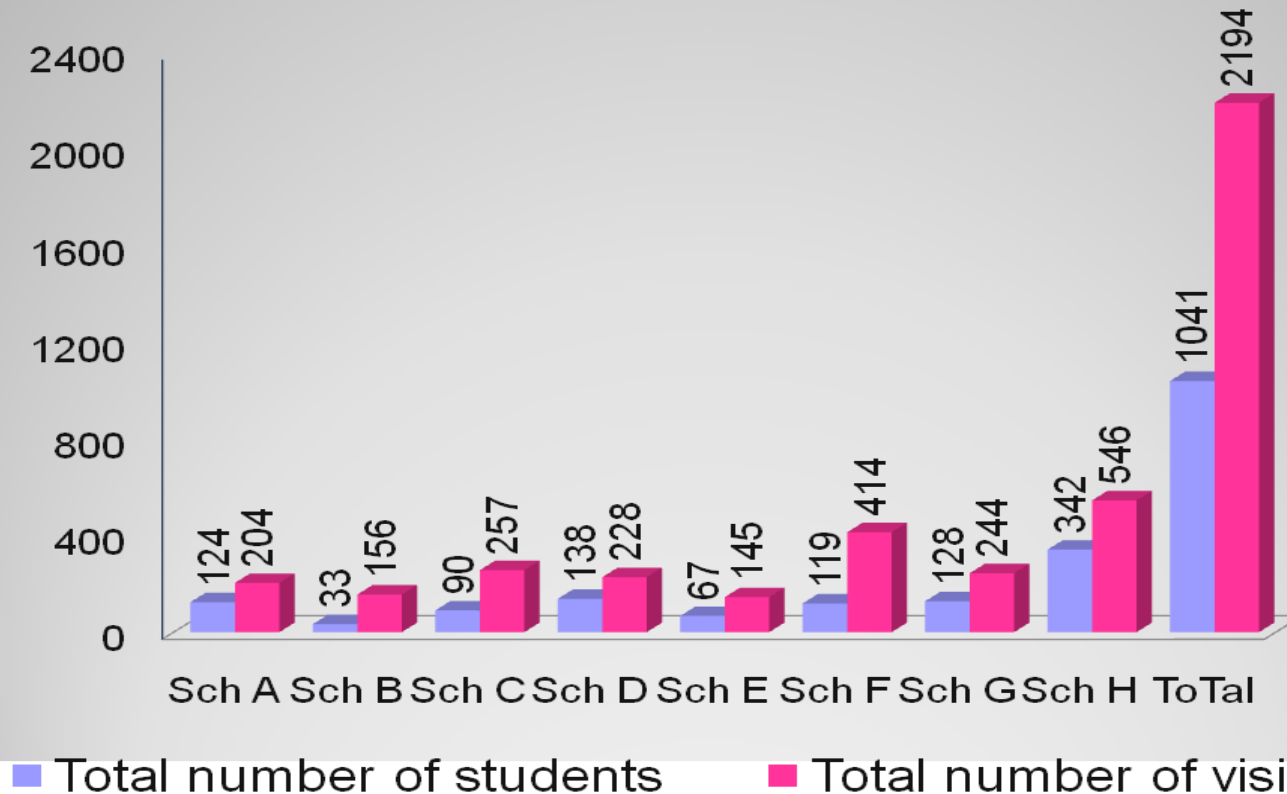
# Review of Statistic

- Overview of Caseload
- Profile
  - Gender of Students
  - Age of Students
  - Type of Cases
- Referral Sources

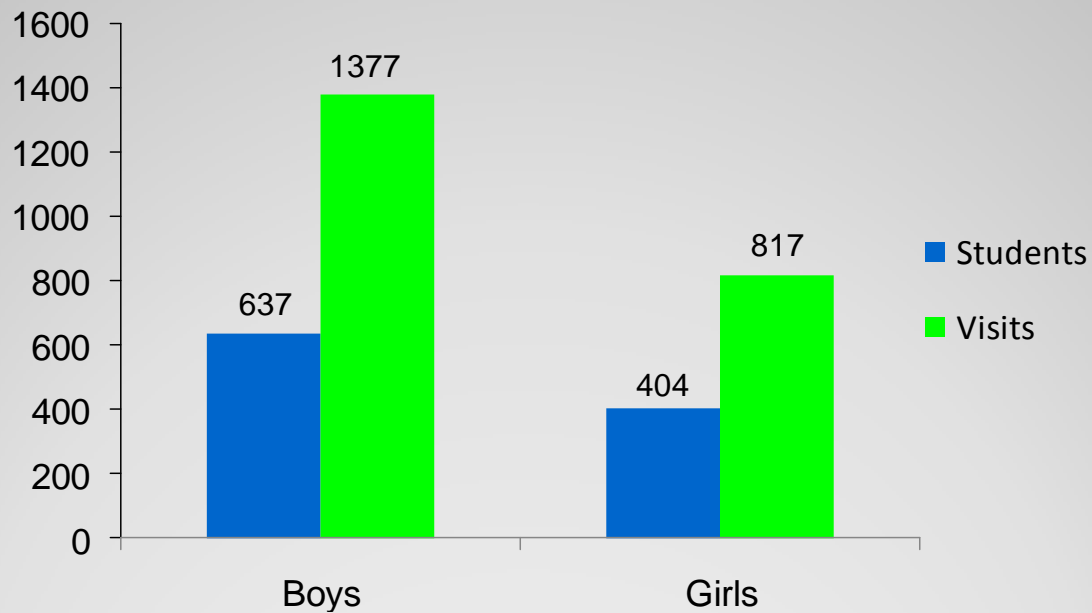
# Overview of Caseload

For the year 2010, SHAs attended to 1,041 students.

Students made 2,194 visits to the SHA

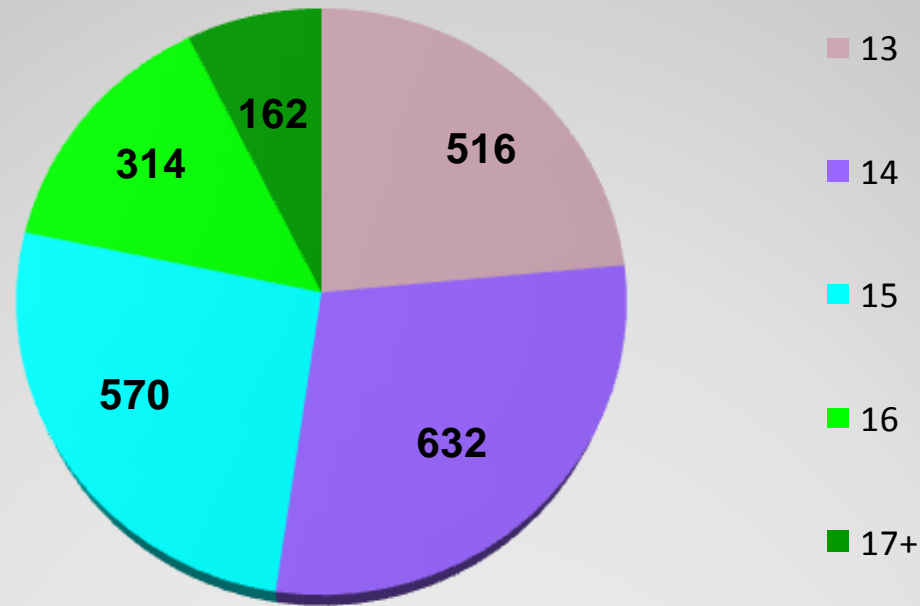


# Gender of Students

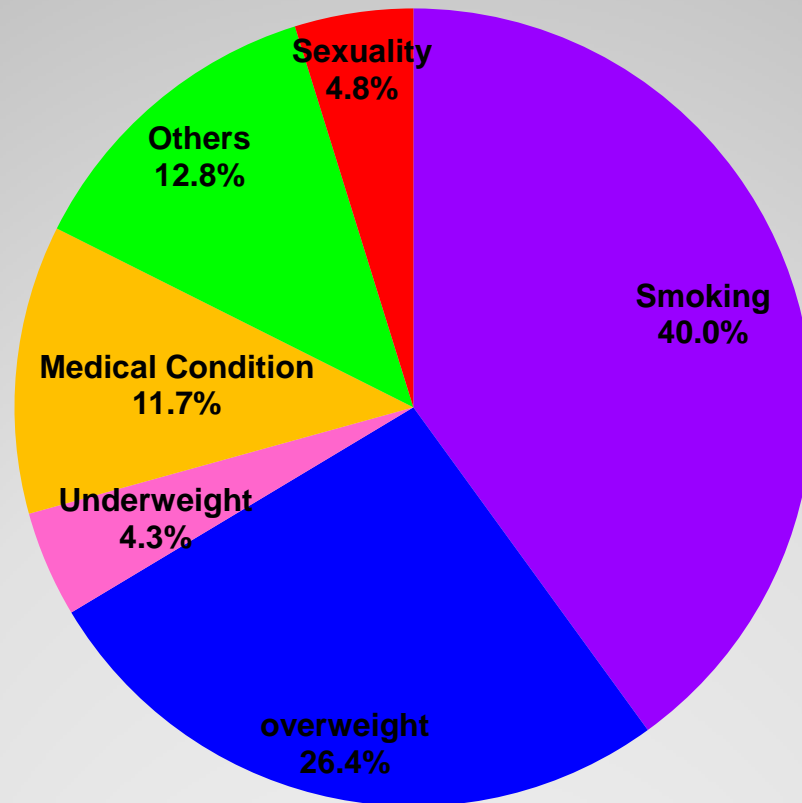


# Age of Students

Students aged 14 & 15 made the most visits , 632 & 570 respectively



# Type of Cases



# Profile of Smokers

| Schools   | Number of smokers | Quit Successfully | Reduced number of sticks (1-5) | No change in behaviour |
|-----------|-------------------|-------------------|--------------------------------|------------------------|
| A         | 27                | 14                | 16                             | 3                      |
| B         | 29                | 1                 | 20                             | 8                      |
| C         | 41                | 6                 | 26                             | 9                      |
| D         | 17                | 2                 | 4                              | 11                     |
| E         | 24                | 3                 | 21                             | 0                      |
| F         | 56                | 19                | 9                              | 28                     |
| G         | 33                | 11                | 3                              | 19                     |
| H         | 77                | 7                 | 27                             | 43                     |
| Total     | 304               | 63                | 126                            | 115                    |
| Total (%) | 100%              | 20.72%            | 41.45%                         | 37.8%                  |

# Referrals

55% -- Discipline Masters, Teachers, School Counsellors

23% -- School Health Services

22% -- Walk-ins, Friends and Parents

# Challenges

- Schools
- Students
- Parents

# Good Outcome

| Cases                       | No. of Cases |
|-----------------------------|--------------|
| Smoking                     | 56           |
| Weight Issues               | 14           |
| Eating Disorder             | 3            |
| Sexuality Issues            | 24           |
| Other health related issues | 22           |

# Success Story

- Student “M”, Female, 16 year old Secondary 4
  - A student alerted SHA that one of her classmates, M had a drastic weight loss.
  - Weight decreased from 64kg to 37kg
  - Assessed student at risk for Eating Disorder
  - Called for parent meeting

# Success Story

- Referral to Eating Disorder Unit in Singapore General Hospital (SGH)
  - Student M was admitted to SGH and diagnosed with Anorexia Nervosa (Restrictive Type).
  - SHA initiated a case conference with doctor, medical social worker, parent, school counselor and form teacher to achieve multi-disciplinary approach.
  - “M” was hospitalized for about 2 months, she is now following up as outpatient.
  - Her condition is more stabilized. Her weight has increased to 45kg.

# Moving Forward

## Collaboration



Presented by Estella Goh & Tan Chin Bee

# Moving Forward



Presented by Estella Goh & Tan Chin Bee

# Questions?



# Acknowledgement

- Dr. Kumudhini Rajasegaran (SHA Project Coordinator, KKH)
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