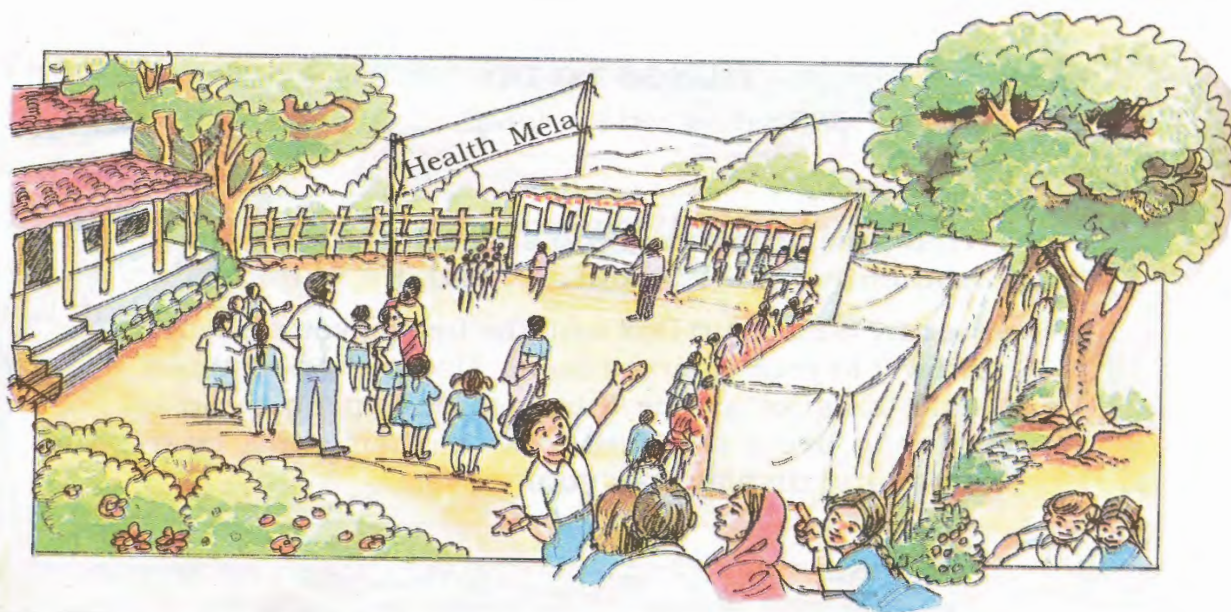


CHAPTER - 5

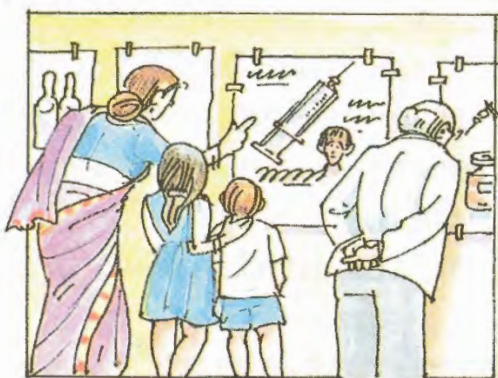
OUR HEALTH SERVICES

World Health Day is celebrated on 7th April every year throughout the world. This year we also celebrated this day in our school. Preparations were going on for many days. Our teacher had given some responsibility to every child in the class.

In the morning hours a Health Mela was organised. Many stalls were put up. In one of the stalls, information was given about communicable diseases and how we can protect ourselves from them



In other stall, information was displayed through posters about



vaccination against some diseases. In another stall, posters on how to keep the environment clean were put up.

Elsewhere a First Aid Box was displayed and its uses were being demonstrated.

Our teacher had already informed us in advance that a doctor had been invited to the school on that day. All the children were very excited and ready with their queries.



The doctor arrived exactly at 2 O'clock. First of all he met the children of Class V. As the teacher welcomed the doctor, Rohit raised his hand. When the doctor signalled, he stood up and said, "Doctor, my maternal uncle lives in a village. These days he is in our town for my maternal grandfather's medical treatment

in the hospital. Are health facilities not available in the villages?"

"Of course, there are medical facilities in the villages," said the doctor. "In our country, the central and state governments provide health facilities for all. These facilities are available at all levels such as the village-level, block-level, district-level, smaller cities and metropolitan cities. But these facilities are not the same everywhere. As compared to villages, cities have better and more up-to-date medical facilities."

"What kind of health facilities are available in villages?" asked Seema.

"In places where the population is about 5000, there is a Primary Health Sub-Centre. But in hilly or far-flung areas this facility is provided





even for a population of about 3000. In every primary health sub-centre, there is one male and one female health worker. Both of them, together, look after health-related activities such as providing information regarding the health of mother and child, family planning, vaccination, etc. Thus, they play an important role in providing health education to the community. They also look after the work related to national health schemes such as eradication of diseases like malaria, tuberculosis and polio.”

“Are there no doctors to treat people in the villages?” Seema asked again.

“Yes, it is correct. The services of doctors are not available in primary health sub-centres. The health workers can give first aid and treat simple ailments. They are trained for this type of work.”

“I have a two-year old sister who is not ill. Yet my mother takes her to the health centre for vaccination from time to time. She has a health card too. Why is it so ?” asked Chameli.

Vaccination helps in developing resistance against diseases. By vaccination, children can be protected against certain serious diseases like whooping cough, diphtheria, tetanus, measles, etc.

Write the name of a disease which has been eradicated by vaccination worldwide.



Polio vaccination is done by oral vaccine drops.

Primary Health Centres have been opened in rural areas with a population of about 30,000. In hilly, tribal or backward areas, Primary Health Centres have been opened where the population is about 20,000.

In every primary health centre, there is a doctor, a nurse, and a technician. There is a small laboratory also in the Centre.

“What is done in the laboratory?” asked one child.

“The urine, stool, sputum and blood of patients are tested in these laboratories. These tests help in diagnosing the disease and its proper treatment.”

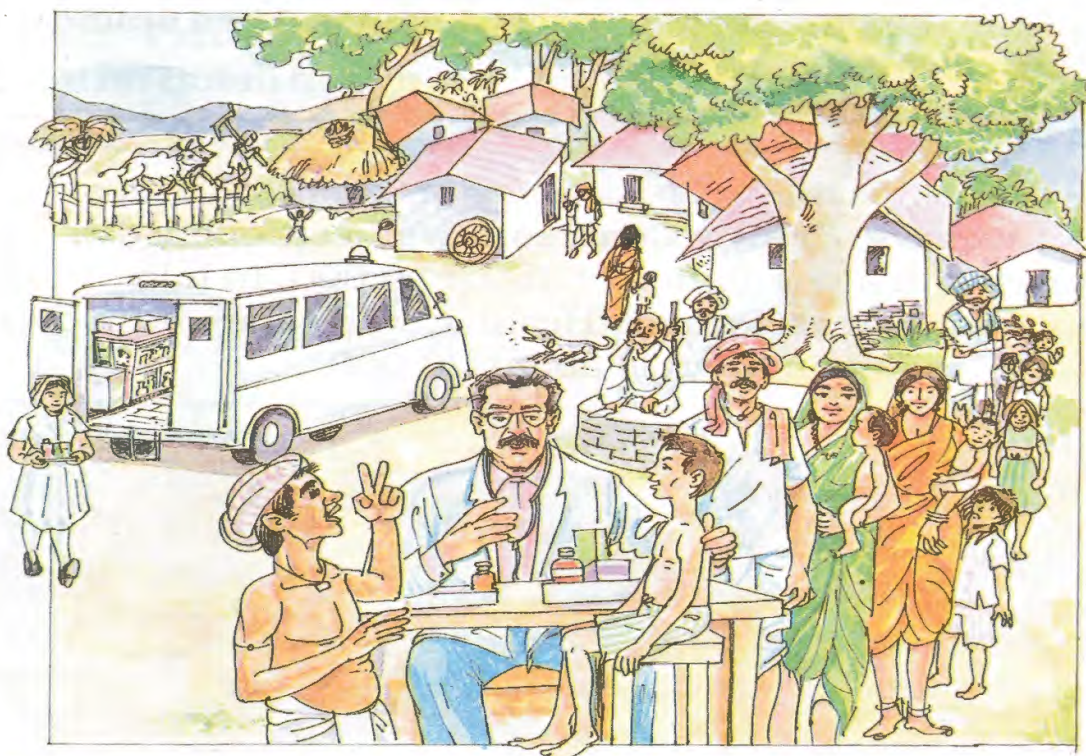
Each primary health centre also looks after the duties assigned to the primary health sub-centres. Besides the above, it also organises

✎ Eye camps

✎ Camps for patients suffering from tuberculosis, leprosy, etc.

“From where do they get money for all these activities?” Sanjna asked.

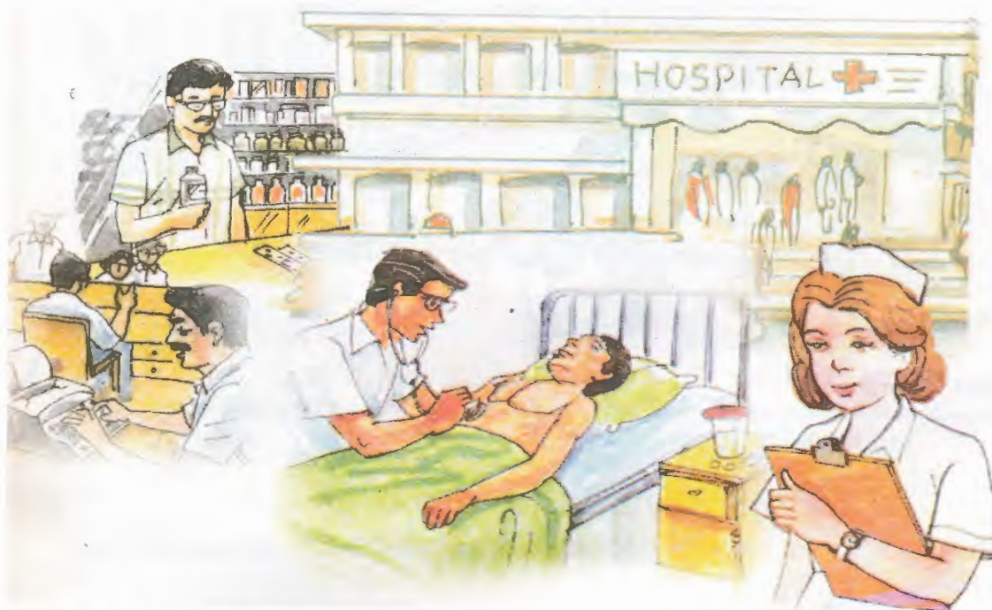
“The government bears the cost of all these facilities,” said the doctor.



In areas where the population is around one lakh, community health centres have been opened. The staff in a community health centre includes a medical specialist, a nurse and other workers. All kinds of health programmes like vaccination, health camps, child health and welfare schemes are conducted here also.

In cities and highly populated areas there are big hospitals which provide facilities for

- ✍ Operations;
- ✍ diagnosis and treatment of all kinds of diseases;
- ✍ ambulance services for patients;
- ✍ beds for patients.



Health services are also provided through mobile vans in some areas.

A child asked, "What is a mobile van? I have never seen it!"

"The mobile van is like a small hospital that moves on wheels. It is also the means of providing health services. Medical equipment and medicines for the treatment of patients are also available in mobile vans. A doctor also accompanies the van. Health facilities



through mobile vans are provided at places where there are no health centres. These provide health services in far flung areas where the population is very small or where no medical facilities are available. Sometimes medical facilities are also provided through mobile vans in health camps.”



Do you know that the Red Cross Society is a voluntary organisation. It provides medical aid at the international level. There are branches of this organisation in all states of our country. Its main functions are:

- ✍ working towards improving health standards of the people, protecting them from diseases.
- ✍ providing relief during natural calamities such as epidemics, earthquakes, floods, droughts, etc.
- ✍ improving the maternal and child health care facilities.

After an accident sometimes, the victim loses a lot of blood. The victim may require blood immediately.

“From where can we get the blood?” asked Sameer.

“You have asked a good question. Everybody should know this. Blood can be arranged from the Blood Bank.

All big hospitals have Blood Banks. In case of an emergency like an

accident, major operation, or serious ailment, when we need blood, we can procure it from the Blood Banks.”

“But from where does the Blood Bank get blood?” Sameer asked again.

“Many people donate blood voluntarily”.

“Doctor, can everybody donate blood?” asked Harpreet.

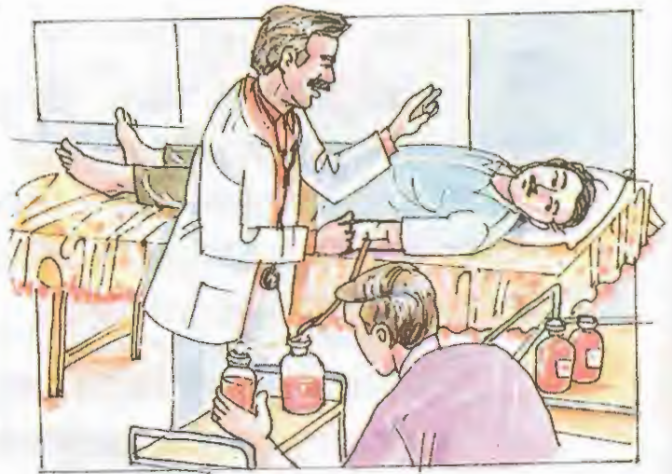
The Blood Bank is a place where blood of all the different groups is stored and made available when required.

“No, people of all age groups cannot donate blood. Children and old people are not permitted to donate blood. Similarly, weak and ill persons also cannot donate blood. Only a healthy person can donate blood.”

“Is there any risk to the health of a person who donates blood?” Asked a child.

“No, there is no risk in donating blood. Some people think that giving blood may cause weakness. But it is not true. Our

body keeps making blood all the time. A person can donate only 200 ml blood at a time.”



Find out about the Blood Bank facility available in the hospital or health centre in your neighbourhood. Visit the Blood Bank with one of your family members. Get your blood tested to find out your blood group.

All the children were benefitted from the doctor's talk. In the end, the class monitor thanked the doctor, on behalf of the class. He also assured him that they would share the information they got with their family members and friends.

In this lesson We Have Learnt

- ✍ In our country, the central and state governments provide health services for all the people.
- ✍ These services are available at all levels - village, block, district, towns, small cities and metropolitan cities.
- ✍ The health services are not the same everywhere. In towns/cities the facilities are more than those in villages.
- ✍ Vaccination helps in protecting people against serious diseases.
- ✍ The Mobile Van is an arrangement to provide medical facility to those areas where such facilities do not exist.
- ✍ A Blood Bank is a place where blood of different groups is stored. This blood in the Blood Bank is collected through donations from healthy persons.

What Have We Learnt ?

I. Oral Work

1. What precautions should we take to keep ourselves healthy ?
2. Tell the difference between a Primary Health Sub-Centre and a Primary Health Centre ?
3. When is World Health Day observed ?
4. What is the utility of a Mobile Van ?
5. Name any three diseases against which vaccines are given to children ?
6. Why do we need health education ?

II. Written Work

1. What facilities are available at Primary Health Sub-Centres ?
2. Where are blood and sputum tested and who tests them ?
3. Write two differences between a Mobile Van and a hospital ?
4. Write five sentences on Blood Bank ?

5. Match the names in Column A with the statements in column B.

Column A	Column B
Primary Health Sub-Centre	Hospital on wheels
Primary Health Centre	Place to procure blood
Laboratory	Availability of doctors
Blood Bank	Testing of blood and sputum
Mobile Van	Population of 5000

6. Write three sentences on each of the following:

(a) Community Health Centre

(b) Vaccination

(c) Doctor

7. What health - related information would you like to give to your family members ?

III. Things to Do

- ✍ Visit a local health centre with your teacher. Prepare a report on the basis of the information you collect. Discuss it with your friends.
- ✍ Collect information related to the Blood Bank. Find out the blood groups of your family members and yourself. Note down this information in a diary.
- ✍ What role can you play in a vaccination campaign ? Discuss with your friends.
- ✍ Play the roles of a doctor and a nurse in your class.