

# Health

## Quarter 1 – Module 3

### Importance of Undergoing Health Appraisal Procedures



**Health – Grade 6**  
**Alternative Delivery Mode**  
**Quarter 1 – Module 3 Health Appraisal Procedures**  
**First Edition, 2019**

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# **Health**

**Quarter 1 – Module 3:  
Importance of Undergoing  
Health Appraisal Procedures**

# Introductory Message

For the facilitator:

Welcome to the **Health 6** Alternative Delivery Mode (ADM) Module on **The Importance of Undergoing Health Appraisal Procedures.**

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the **Health 6** Alternative Delivery Mode (ADM) Module on **The Importance of Undergoing Health Appraisal Procedures.**

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



***What I Need to Know***

This will give you an idea of the skills or competencies you are expected to learn in the module.



***What I Know***

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.



***What's In***

This is a brief drill or review to help you link the current lesson with the previous one.



***What's New***

In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.



***What is It***

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



***What's More***

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



***What I Have Learned***

This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.



### ***What I Can Do***

This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.



### ***Assessment***

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



### ***Additional Activities***

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.



### ***Answer Key***

This contains answers to all activities in the module.

At the end of this module you will also find:

### ***References***

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



## ***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***

Direction: Fill in the blanks with correct health appraisal procedure to complete the

**Dental Test**

**Scoliosis Test**

**Hearing Test**

**Height and Weight**

**Scoliometer**

**Breast Examination**

**Health Examination**

**Vision Screening**

idea of each sentence. Choose your answer from the box.

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



### *What's In*

Health appraisal refers to 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***

### **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.







## 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.



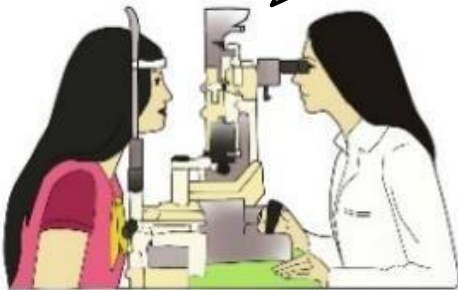
**Breast Self-examination** helps doctor checks the breast of a person to know the breast problems or abnormalities that may occur especially for girls. It is done by feeling the breast if there are any lumps and bumps. Self-examination is needed especially at the age of puberty and onwards.



**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



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.



**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.

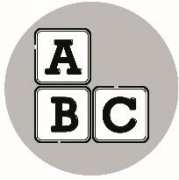


We should undergo these appraisal procedures to be aware of our health condition.



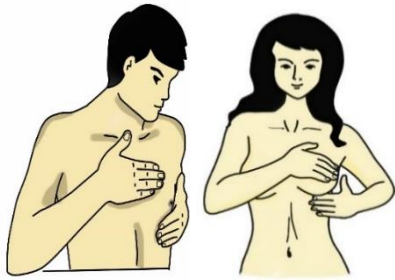
Remember that "Health is wealth". Let us take good care of our health. Visit the health professionals or specialists for the appraisal of our health needs.





## What's More

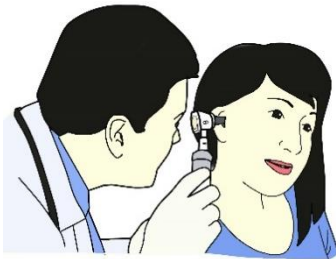
Look at the pictures. These are some of the examples of health appraisal procedures. Why is it important to undergo health appraisal procedures?



Breast Self - examination



Scoliosis Test



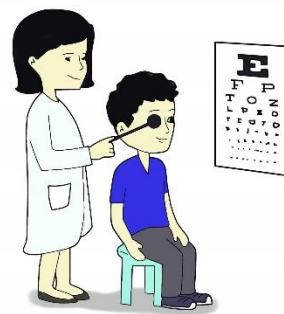
Hearing Test



Height and Weight Measurement



Dental Health Examination



Vision Screening



## ***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 appraisal procedure is used to measure body mass index or BMI.

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 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 health appraisal procedure is correct and **False** if it is not.

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 to 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 checks the breast abnormalities.
9. Breast Self-examination is done from the age of puberty especially for girls if a girl reaches 12 years old.
10. Dental problems can lead to serious problem if not treated early.



## ***Additional Activities***

Direction: 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><b>Assessment</b></p> <p>1. True 2. False 3. True 4. False 5. True 6. True 7. True 8. False 9. False 10. True</p> <p><b>Additional Activities</b></p> <p>A. Pupil's answer may vary</p>	<p><b>What I Have Learned</b></p> <p>1. illnesses 2. Height &amp; Weight Measurement 3. Hearing Test 4. Dental Examination 5. Vision Screening</p> <p><b>What Can I Do</b></p> <p>1. d 2. c 3. b 4. e 5. a</p>	<p><b>What I Know</b></p> <p>Pupils Answer may vary</p> <p><b>What's New</b></p>
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