



**WASH IN SCHOOLS
THREE STAR APPROACH**



DEWORMING

HOW TO REACH THE STARS



DEAR SCHOOL PRINCIPAL,

I am delighted to present to you the WASH in Schools (WinS) Three Star Approach Implementation booklets. These booklets shall walk you through the necessary requirements to properly implement the WinS Program of the Department of Education (DepEd).

Healthy learners are better learners. The foundations of health should be laid down in every school – among which are water, sanitation and hygiene or WASH. Addressing WASH in Schools prevents the most common illnesses among school-age children, develops positive behavior and life skills and helps them to learn better and thrive – ultimately affirming their right to health and education. This is the rationale behind the Department of Education WinS Policy and Guidelines (DepEd Order No. 10, s. 2016) that sets into motion the mechanisms to ensure that Philippine schools promote health-seeking behaviors not only in principle but more importantly in practice.

The WinS Booklets offer concrete steps that schools can take to realize this policy. It is anchored on the global concept of the Three Star Approach that helps to prioritize doable essentials to start off and guide your journey to reach the national standards for WinS – one step at a time.

As we strive to provide our learners with quality, relevant and accessible education, let us work together to make positive changes in our learning environments. By working together for health and education, we contribute to the attainment of our common dream for all Filipinos to have better lives and thrive in an equitable society.



Leonor Magtolis Briones
Secretary / Department of Education





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**POLICY OBJECTIVE FOR DEWORMING,
DEPED ORDER NO. 10, S. 2016:**

“At least 85 percent of all students shall be dewormed semi-annually.”

WHY REACH THE STARS?



REACHING THE STARS WILL ALLOW YOU TO REALIZE THE FOLLOWING:

WELL-BEING

LEARNERS are free from worms that may deprive them of nutrients and cause illness.

THE COMMUNITY benefits from the reduction of harmful intestinal parasites circulating in the environment.

SCHOOL PERFORMANCE

ATTENDANCE: Reduction in absenteeism brought about by symptoms of worm infections.

IMPROVED LEARNING:

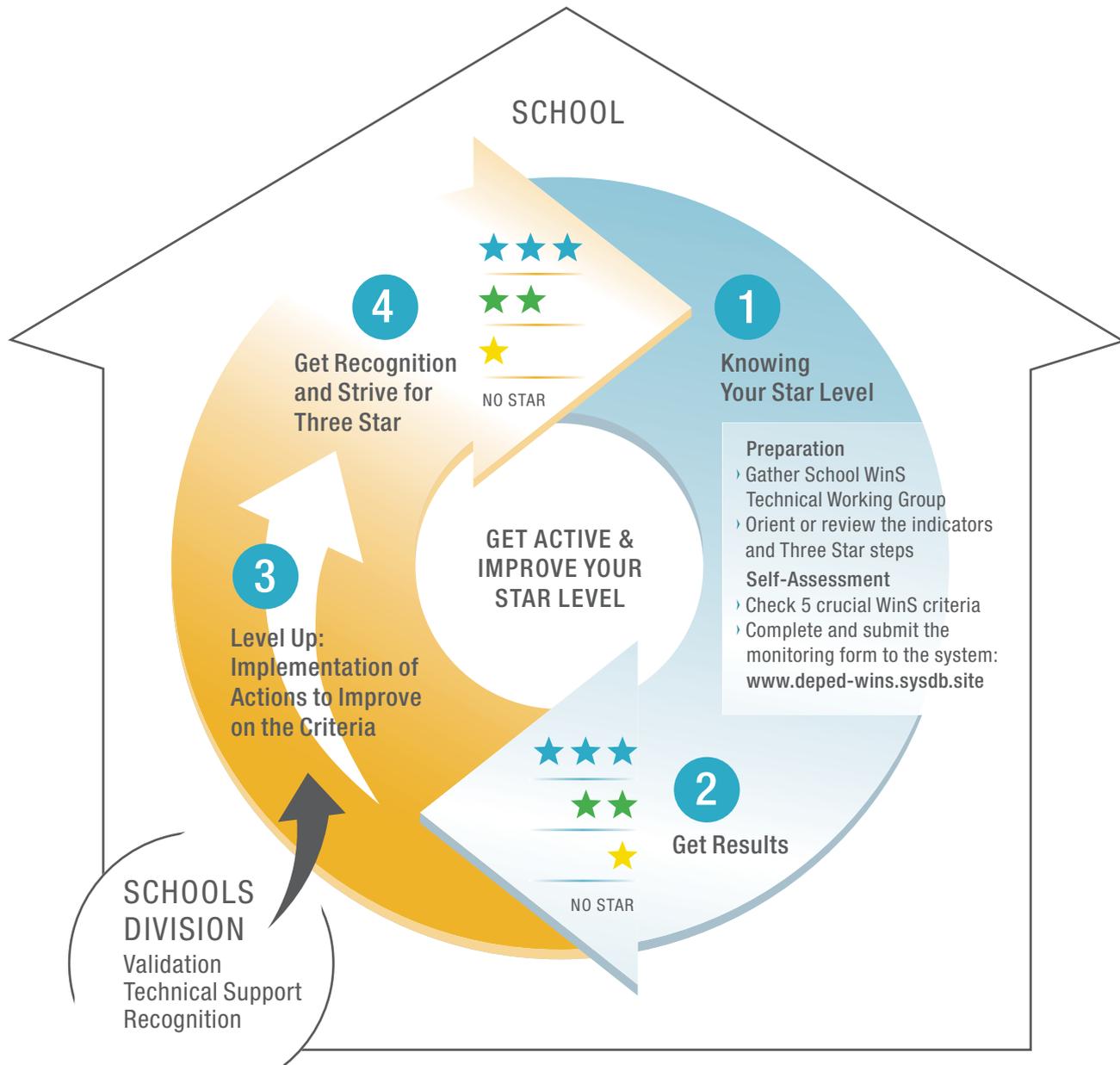
! Learners reach their maximum physical and mental potential!

THREE STAR APPROACH CRITERIA: DEWORMING INFORMATION | ACTIVITIES

★	★★ ★	★★★ ★★ ★
Deworming is done semi-annually, in the presence of a health personnel, in coordination with DOH, and with parent's consent.	Deworming is done semi-annually, in the presence of a health personnel, in coordination with DOH, and with parent's consent.	Deworming is done semi-annually, in the presence of a health personnel, in coordination with DOH, and with parent's consent.
50 – 74 % of school students were dewormed.	75 – 84 % of school students were dewormed.	At least 85 % of school students were dewormed.



HOW TO IMPROVE?



5 CRUCIAL WinS CRITERIA



DEWORMING INFORMATION

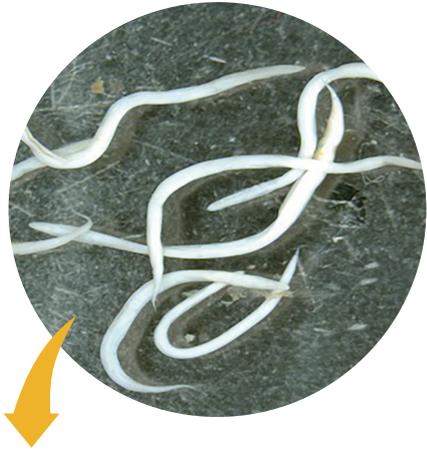
Providing the right information to your school community about deworming helps them to understand the value of the activity. Awareness will hopefully encourage parents and guardians to have their children dewormed on a bi-annual basis.

THREE STAR APPROACH CRITERIA: DEWORMING

★	★★★	★★★★★
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WHAT INFORMATION DO I NEED TO PROVIDE?

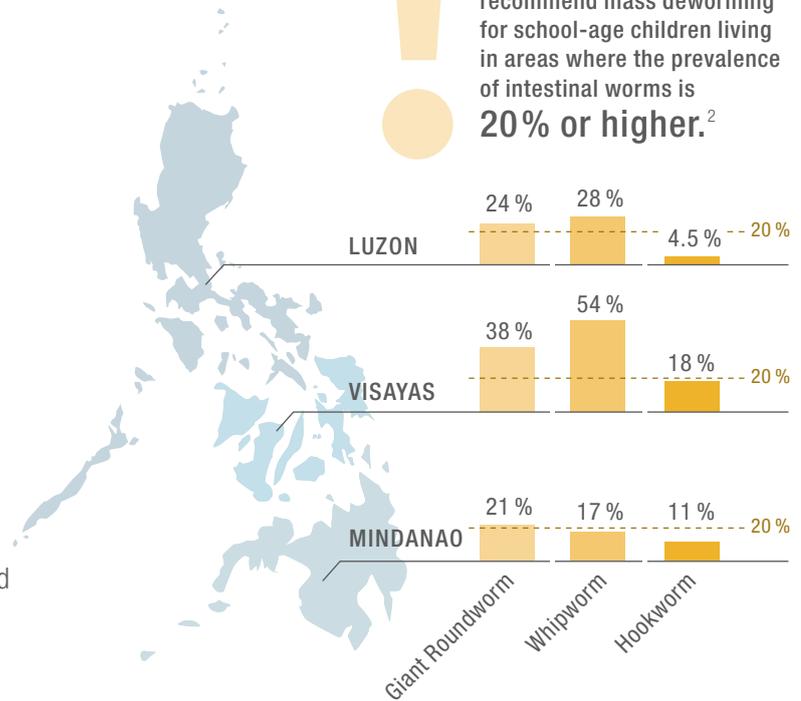


WHAT ARE INTESTINAL WORMS?

Intestinal worms are parasites that live inside the human intestines. There are many kinds and they come in different sizes, but they all cause disease in humans.

As of 2016, the prevalence of roundworm infections in the Philippines still falls above 20%.¹

The 2017 WHO Guidelines recommend mass deworming for school-age children living in areas where the prevalence of intestinal worms is **20% or higher.**²



THE MOST COMMON INTESTINAL WORMS

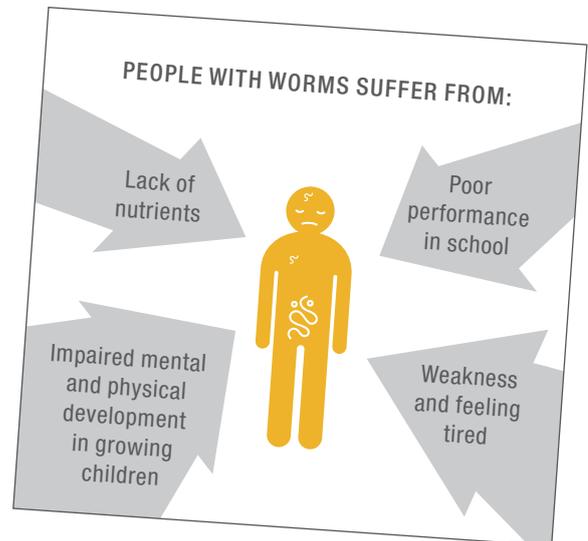




WHAT'S WRONG WITH HAVING WORMS?

In the Philippines, one in every two schoolchildren is infected with worms, affecting every social class. Worms are so widespread that some even believe that it is normal or even beneficial for children to have worms. On the contrary, worms survive by stealing nutrients from the person they infect. People with worms therefore suffer from lack of nutrients, weakness and feeling tired, impaired mental and physical development in growing children, poor performance in school and work.

As worms travel inside the body, they sometimes end up in the lungs, causing cough. In rare, severe cases, obstruction of the intestines or bile ducts may lead to death.²



DIFFERENT KINDS OF WORMS BEHAVE DIFFERENTLY FROM EACH OTHER



Roundworms can grow as big as pencils and clump themselves into balls that obstruct intestines.



Whipworms can cause a rectal prolapse.



Pinworms cause itching around the anus.



Hookworms eat blood and cause anemia.



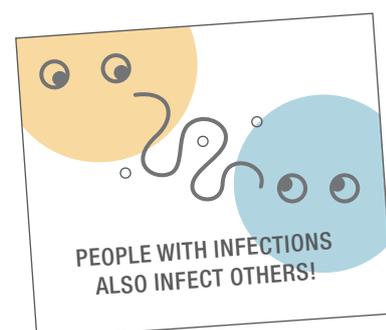
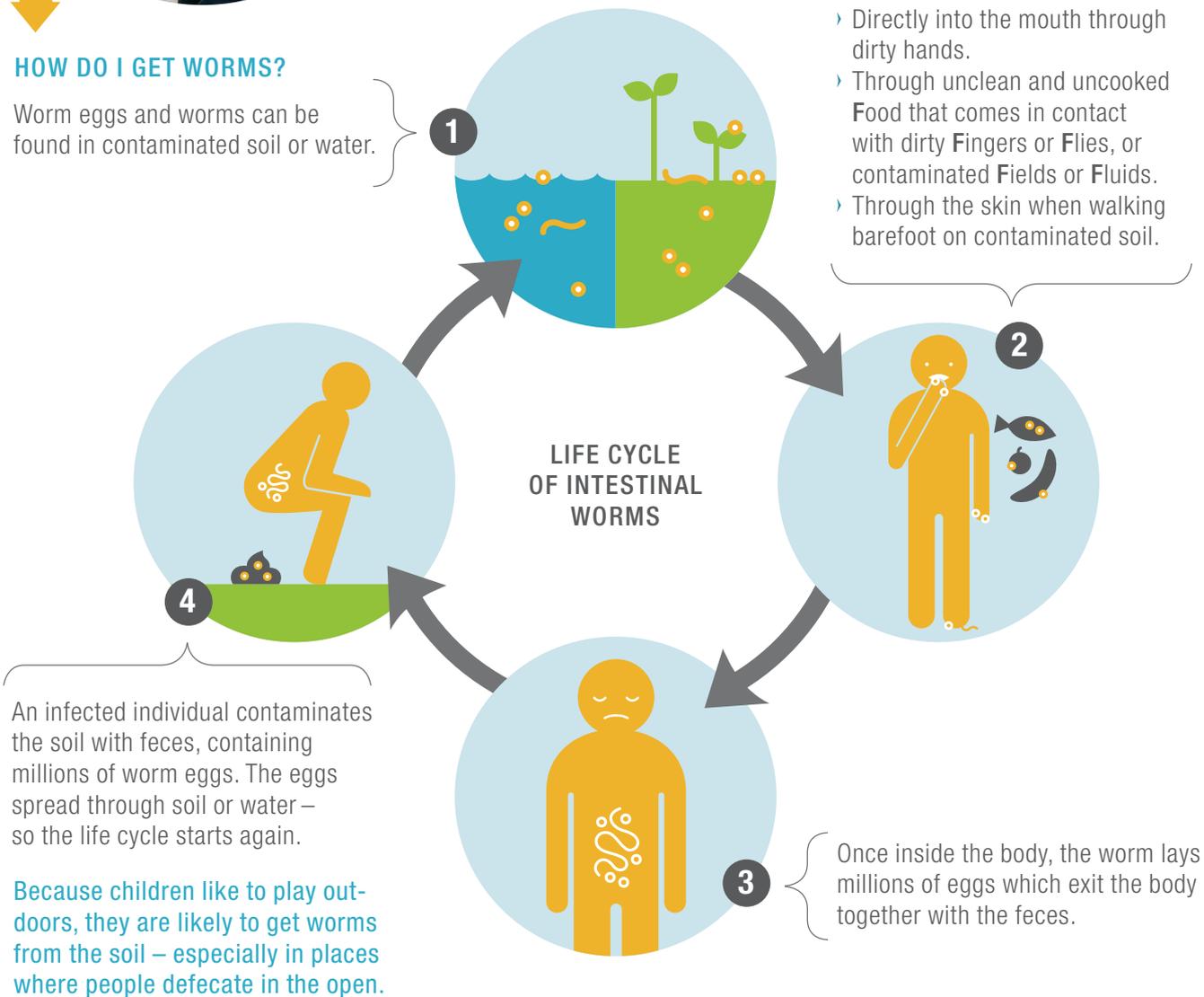


HOW DO I GET WORMS?

Worm eggs and worms can be found in contaminated soil or water.

Worms can enter the body in various ways:

- › Directly into the mouth through dirty hands.
- › Through unclean and uncooked Food that comes in contact with dirty Fingers or Flies, or contaminated Fields or Fluids.
- › Through the skin when walking barefoot on contaminated soil.





HOW DO I GET RID OF WORMS?

Deworming tablets get rid of worms in a person's body. The medicine is called Albendazole or Mebendazole. Both act by stopping the worm from moving, leading to its death. Because the worms can no longer move. It is not true that the medicine will cause the worms to go out of the child's mouth and nose.

The medicine comes in the form of a flavored chewable tablet, and it is safe for all children older than 1 year.

It is very effective and only a single dose is needed, regardless of the child's weight. However, as long as people continue to defecate in the open, children can easily get infected again. The Department of Health therefore recommends to deworm school-age children twice a year.



HOW SAFE IS THE DEWORMING MEDICINE?

Albendazole and Mebendazole are generally safe. It is also safe to take for children with no worms in their body.

Adverse effects from taking medication are rare, and usually caused by the dead worms in the person's body. If ever these events happen, the effects are minor (abdominal discomfort, headache, nausea) and can easily be managed by allowing the child to rest for a few hours and giving water.

Just like any other medication, allergies (skin rash and itchiness) may occur. This can be treated by taking anti-allergy medication.



WHY IS DEWORMING GOOD FOR MY LEARNERS?

Getting rid of intestinal worms improves the general fitness and nutrition of the child, increasing the ability to fight other illnesses and even improving school performance.

The family also saves money from hospitalization in severe cases of worm infection.

Community deworming also reduces the amount of worm eggs in the soil, leading to less re-infection. The goal of deworming a community is to eventually get rid of all the worms in the environment, this is why the Department of Health is giving away the medicine for free.

THE MEDICINE IS SAFE FOR ALL CHILDREN OLDER THAN 1 YEAR





HOW CAN I PREVENT MY LEARNERS FROM GETTING WORMS AGAIN?

Deworm twice a year!

Deworming kills the worms. It also gets rid of the worm eggs, which is how the worms spread and reinfect people.

Do not defecate in the open!

Defecating in the open spreads worm eggs into the soil, water, and the environment. The worm eggs can even be carried by flies to your food. Open defecation is a disgusting habit that should not be tolerated because it makes you and your community members sick.

Wear slippers or shoes!

As you have learned about hookworms, this type of worm is able to enter the skin directly from the soil.

Wash your hands with soap!

Because worm eggs can be found in feces and contaminated soil, it is important to wash your hands thoroughly with soap after coming in contact with feces and soil, or before putting anything into your mouth

- › After using the toilet
- › Before eating
- › Before preparing food

Wash vegetables and cook them thoroughly before eating!

Worm eggs can survive in the soil for months. If contaminated soil comes in contact with the vegetables that you plant on the ground, you can also eat the eggs together with the vegetables. Washing vegetables and cooking them well gets rid of the worm eggs.



FREQUENTLY ASKED QUESTIONS

What are the symptoms of worm infection? Worms and other parasites live in people's intestines and cause disease. Some worm types can be seen in the stool. Some worms lay their eggs outside the anus, which causes itching, especially at night, and interrupts sleep. If the infection is not treated, an infected person may experience loss of appetite, abdominal pain and decline in energy levels resulting in decreased physical and mental performance. An infected person may also experience a deficiency in vitamin A and anemia (for hookworm cases). The body of an infected person cannot absorb food properly, which then leads to malnutrition and intestinal obstruction.

Why should my child be dewormed again when he was dewormed last year?

Children will easily be re-infected. Therefore, deworming is needed every six months. It will prevent chronic infection and a heavy worm load.

Can we deworm without a lab result? The World Health Organization recommends the deworming of all children without prior laboratory testing if the infection rate in the area is higher than 20%. The WHO maintains this recommendation because of the logistic difficulty and costs involved in testing children individually versus mass administration of a very cheap and safe drug in a high-prevalence area. Deworming of all children is recommended in schools as the drugs used are safe even for non-infected children.²

Why do children have the highest risk of intestinal worm infection? Most intestinal worms are so-called "soil transmitted helminths", which means that the infection is spread through soil. Soil is easily contaminated with human excreta or waste. Children play on the ground then put their fingers in their mouths and get infected. Thus, proper handwashing before eating is very important.





TIP

SCHOOL-BASED MANAGEMENT

Coordinate with your Local Government Unit for the conduct of the orientation on deworming.

Organize a parents' orientation prior to the activity to help them understand the value of deworming and to seek their consent to have their children dewormed.



DEWORMING ACTIVITIES

Intestinal worm infections are very common among school-age children in developing countries. Untreated worm infections can cause anemia and hinder physical development. Nowadays, worm infections can be controlled through deworming with safe, inexpensive, and highly effective drugs.

THREE STAR APPROACH CRITERIA: DEWORMING

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WHAT ACTIVITIES DO I NEED TO DO?



PREPARATIONS FOR MASS DEWORMING

Coordinate with your Local Government Unit for the orientation, materials and medicine supplies. Organize your school community for the mass deworming by having a focal person, ensuring that your teachers know what to do on the day, and acquiring parent's consent.



IMPLEMENTATION OF THE SCHOOL DEWORMING DAY

Deworm all learners in school in the presence of a health personnel.



SUBMISSION OF REPORTS

Gather all reports from all grade levels and submit them to the Schools Divisions Office duly noted by the District Supervisor for consolidation.



MASS DEWORMING SHALL BE DONE IN ACCORDANCE WITH THE MASS DEWORMING ADMINISTRATION PROCEDURE (MDAP) GUIDE (ANNEX A) IN DEPARTMENT OF EDUCATION ORDER NO. 80, SERIES 2015.

POINTERS: PREPARATIONS FOR MASS DEWORMING

School Focal Person: Assign a National School Deworming Day (NSDD) point person.

Orientation: Orient and coordinate with the PTA and other stakeholders in the conduct of the NSDD. The School Health Personnel or the staff from the City or Municipal Health Office will conduct the orientation on the Mass Drug Administration Procedure.

Consent Forms: Ensure the collection of Annex D – Parent’s Consent before deworming.

List of Learners: Prepare the masterlist of children to be dewormed using the prescribed DepEd form.

Supplies: All supplies needed for NSDD are provided by the Department of Health to each school division:

- › Deworming drugs, including supportive and supplementary drugs
- › Information, education, and communication materials needed to orient and educate parents and teachers on mass deworming
- › Recording and reporting forms



POINTERS: SCHOOL DEWORMING DAY



› The Mass Drug Administration Provider (MDAP) administers the deworming drugs. This can be a teacher supervised by a health personnel from DepEd, DOH, or the LGU who have the capacity and background in health, administration of deworming drugs, and management of adverse events.

- › All enrolled children in public elementary schools shall be simultaneously dewormed by the health personnel or a teacher in the presence of a health personnel.
- › Members of PTA, Barangay Health Workers, and Community Health Teams will assist in the deworming.

POINTERS: MASS DRUG ADMINISTRATION

1

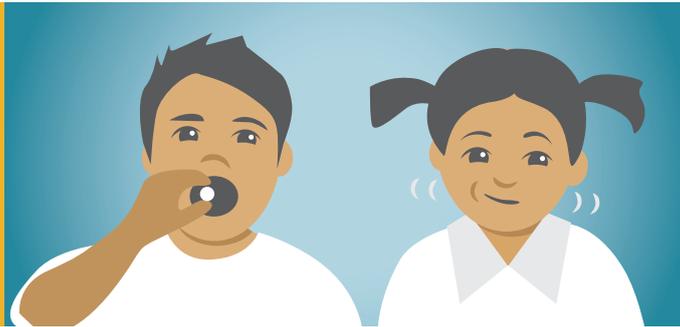
Teacher calls five children at a time and distributes the deworming tablets.



A parent or another teacher can assist in the documentation.

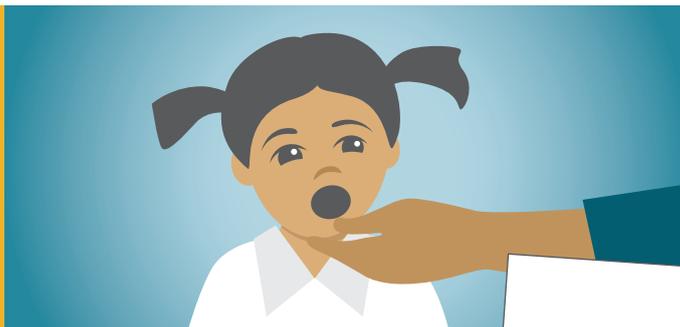
2

Upon receiving the tablet, children must chew and swallow it immediately.



3

Teacher inspects the children's mouths.



POINTERS: REPORTING

- › Each school shall have one NSDD point person responsible for the collection of reports.
- › Forms shall be accomplished by the designated MDAP. Annex B of Department of Education Order No. 80, series of 2015 contains the summary of reporting forms and instructions on how to complete them.
- › Records and reports of all grade levels shall be collected and submitted to the school principal.
- › The principal shall submit the reports to the Division Office duly noted by the district supervisor for consolidation. See Annex C for reporting flowchart.



IN CASE OF SERIOUS ADVERSE EVENTS (SAES)

Serious Adverse Events shall also be monitored. The teacher should report the incident to the school nurse or any health worker present in the school.

Proper management and immediate referral to a nearby government for further management hospital shall be carried out by the MDAP point person at the different levels.

Adverse Events are mainly caused by allergies to the drug or the remains of the dead parasites.

FREQUENTLY ASKED QUESTIONS

Parents are scared of the adverse effects of deworming. What can I do to convince parents to have their children dewormed?

Organizing an orientation provides an avenue for parents to ask their questions about deworming. It would be good to arrange this with the School Health Personnel or Local Government health personnel so that people with the right knowledge can address their concerns. Ensure that health personnel are also present during the actual deworming day.

If learners have a high fever on School Deworming Day, can they still undergo deworming?

Unfortunately, no. If a learner is seriously ill, has a high fever, is experiencing abdominal pain, has diarrhea or has previously suffered hypersensitivity to the medicine, then the child should not be dewormed on the School Deworming Day.

A learner who has consent has not been dewormed during the School Deworming Day. What do I do? Inform the class adviser and gather information and the reason behind the missed child. If the missed child did not actually get dewormed, he/she is considered true missed learner and must be dewormed immediately.

TIP

SCHOOL-BASED MANAGEMENT

Seek the support of your PTA officers in convincing other parents to have their children dewormed.

ANNEXES: MASS DEWORMING ADMINISTRATION PROCEDURE (MDAP) GUIDE

ANNEX A

1 PRE-DEWORMING

- a Prepare enrollment list.
- b Ensure availability of deworming and supportive drugs.
- c Be familiar with the following information:

Recommended drug for MDA

The DOH recommends the following drugs for treatment:

- › Albendazole 400mg chewable, flavoured tablet
- › Mebendazole 500mg chewable, flavoured tablet

Precautionary Measures on Mass Deworming

Albendazole or Mebendazole is not recommended if the child:

- › Is seriously ill
- › Has high fever
- › Is experiencing abdominal pain
- › Has diarrhea
- › Has previously experienced allergies with the taking the drug

Serious Adverse Events (SAE) following deworming

MDAP shall ensure that the children will take deworming drugs on a full stomach.

Other areas in the Philippines endemic for schistosomiasis and filariasis are conducting harmonized mass drug administration of praziquantel and DEC together with school deworming as part of the DOH's efforts to eliminate Neglected Tropical Diseases.

2 DEWORMING

- a Clean drinking water should be available at the school for every student on the deworming day.
- b Each learner shall receive one tablet of Albendazole or Mebendazole.
- c The MDAP should ensure that each child chews and swallows the tablet.
- d The names of the children who are absent on NSDD should be recorded by the teacher and these children should be treated when they return to school. Children who are ill on deworming day should not receive the drugs. This is not because of any danger of adverse events, but to prevent the potential misconception that the deworming medicine caused the symptoms from the illness. These children should be given the deworming medicine later when they are well again.
- e Ensure all Rural Health Units and hospitals are ready for SAE referrals.
- f Ensure that the required number of drugs is available.

3 POST-DEWORMING

- a The class adviser shall make sure that all children in the masterlist were given deworming drugs.
- b NSDD point person to collate and submit the report (see Annex C).

ANNEXES: RECORDING AND REPORTING FORMS

ANNEX B

FORM 1 – CLASSROOM LEVEL

This form shall be accomplished by the class adviser and submitted to the grade level chairperson for approval.

- › Essential Health Care Package: handwashing, toothbrushing, and feeding are also cited and must be carried out prior to deworming.
- › The name and gender of the child must be properly indicated.
- › “Remarks” pertains to the reason for not having the child dewormed and if some adverse events occurred. Management given is also included.

Annex B.1

Form 1 – Classroom Level

National School Deworming Day

Region: _____ Division: _____ District: _____
 School ID : _____
 Name of School: _____
 Enrolment: _____ Grade level and Section: _____

Name of Child	4Ps Beneficiaries		Dewormed		Remarks	Actions Taken
	4Ps	Non-4Ps	4Ps	Non-4Ps		
1.						
2.						
3.						
4.						
5.						
6.						

Accomplished by: _____ Noted by: _____
Class Adviser **Grade Level Chairman**
 Date Accomplished: _____

FORM 2 – SCHOOL LEVEL

This form shall be accomplished by the school point person, and must be signed by the principal and submitted to the district point person.

- › The total number of dewormed children per school shall be indicated.
- › “Remarks” pertains to the number of children that were not dewormed and the reasons for such.

Annex B.2

Form 2 – School Level

National School Deworming Day

Region: _____ Division: _____ District: _____
 School ID : _____
 Name of School: _____

Grade Level	Enrolment		No. of Children Dewormed		Remarks
	4Ps	Non 4Ps	4Ps	Non 4Ps	
Kinder					
Grade 1					
Grade 2					
Grade 3					
Grade 4					
Grade 5					
Grade 6					
Total					

Accomplished by: _____ Noted by: _____
School Principal **District Supervisor**
 Date Accomplished: _____

ANNEX D

NOTIFICATION LETTER

This letter shall be signed by the school principal and be given to the parents or guardians of the students during enrolment and returned back to the class adviser ready for the conduct of health services like deworming.

Annex D


 Republic of the Philippines
 Region _____
 

NOTIFICATION LETTER

DIVISION: _____ SCHOOL: _____ DATE: _____
 ADDRESS: _____
 STUDENT'S NAME: _____
 STUDENT'S ADDRESS: _____
 NAME OF PARENT / GUARDIAN: _____

Dear Parent/Guardian:

This school as a Public Elementary School will conduct the following health services to the children in coordination with the Department of Health (DOH) and the Local Government Unit (LGU):

- General Health Examination and appropriate Intervention
- Oral Health Examination and appropriate Intervention
- Nutritional Status Assessment and appropriate Intervention
- Mass Drug administration
 - Worms
 - Schistosomiasis (only in endemic areas)
 - Filariasis (only in endemic areas)
- Iron Supplementation (as per DOH recommendation)
- Immunization
 - Grade 1 (MCV, Td)
 - Grade 4 (HPV)
 - Grade 7 (Td, MR)

This Notification is being issued to you as information of the activity that will be conducted on SY 2015-2016. Should you have further questions/ clarifications on this matter, please get in touch with Principal/ School Head.

Thank you.

Very truly yours,

 (Name of Principal/ School Head)

ACKNOWLEDGMENT AND CONSENT

This is to acknowledge receipt of the Notification Letter regarding the conduct of free school based health services.

I have read and understood the information regarding the intended health services to be given to my child. (Please check in the box provided)

Yes, I will allow my child to be provided the health services as per DOH recommendation

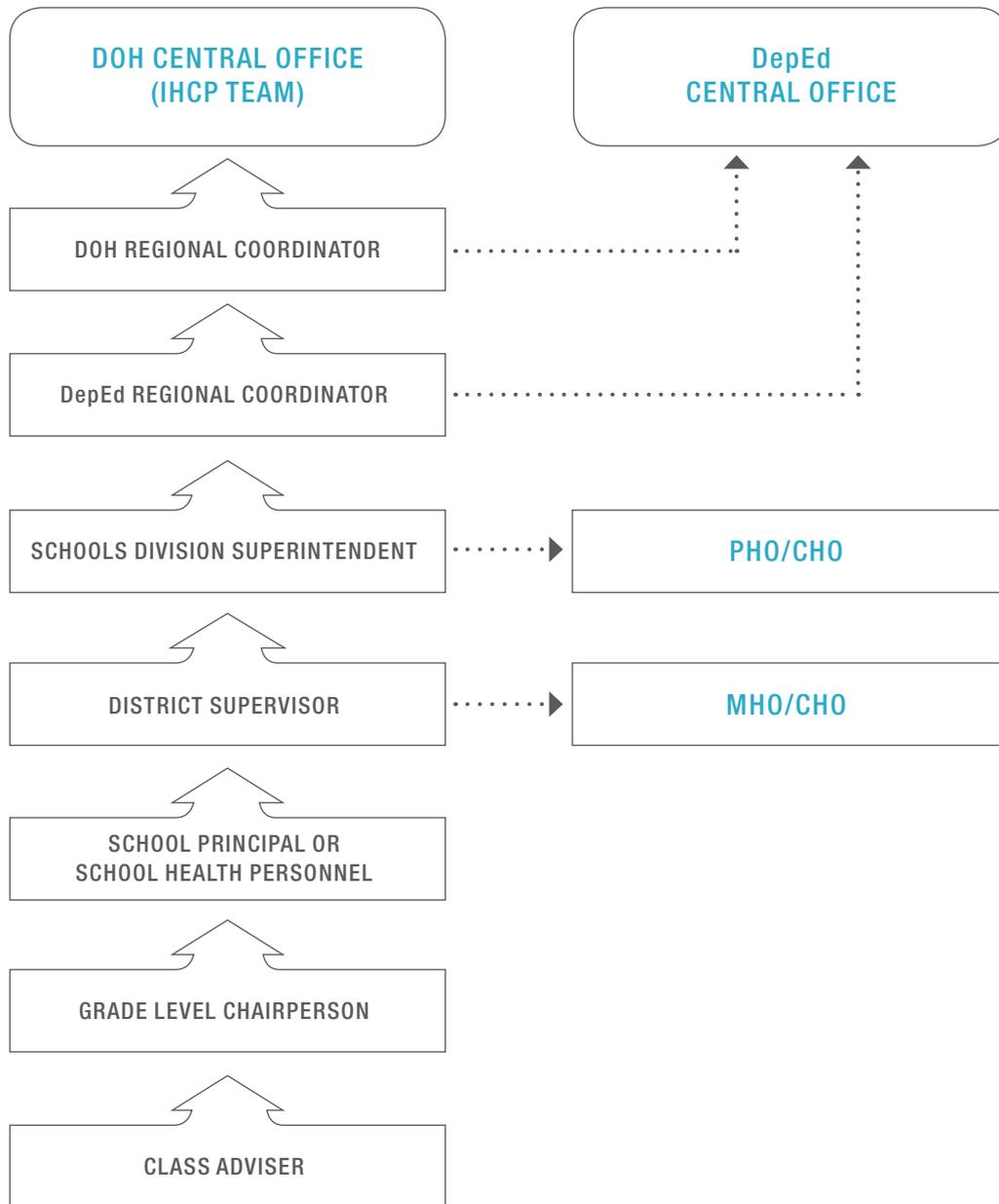
Yes, I will allow but only for these services: _____

No, I will not allow my child to receive the health service benefits. Reason
 (Please specify): _____

 Name and Signature of Parent/ Guardian

ANNEXES: FLOW OF REPORTING AND RECORDING

ANNEX C



DepEd is currently working on an online information system for deworming and other school-based health programs, which may be rolled out anytime soon!

NOTES





BIBLIOGRAPHY

1 Soares Magalhães RJ, Salamat MS, Leonardo L, Gray DJ, Carabin H, Halton K, et al. (2015) Mapping the Risk of Soil-Transmitted Helminthic Infections in the Philippines. *PLoS Negl Trop Dis* 9(9): e0003915. doi:10.1371/journal.pntd.0003915

2 Guideline: preventive chemotherapy to control soil-transmitted helminth infections in at-risk population groups. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

IMPRINT

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www.deped.gov.ph

ADDITIONAL REFERENCES



DepEd MEMORANDUM NO. 80, S. 2015

www.deped.gov.ph/wp-content/uploads/2015/07/DM_s2015_080.pdf



DEWORMING INFORMATION

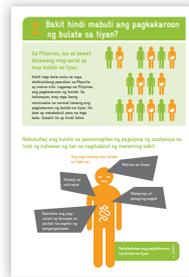
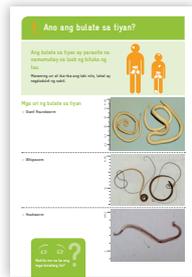
Deworming Posters:

Mahalagang kaalaman tungkol sa regular na pagpurga ng mga bata.

1. Ano ang bulate sa tiyan?
2. Bakit hindi mabuti ang pagkakaroon ng bulate sa tiyan?
3. Paano nakakapinsala ang bulate sa katawan ng bata?
4. Paano nagkakaroon ng bulate sa tiyan?"
5. Paano maiiwasan ang pagkakaroon ng bulate sa tiyan?
6. Ligtas ba inumin ang gamot laban sa bulate sa tiyan?
7. Bakit mahalaga ang pagpurga sa mga bata?
8. Mga mahalagang paalala

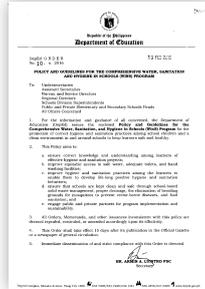
Fit For School, GIZ

www.fitforschool.international/fit-resources/?term=deworming

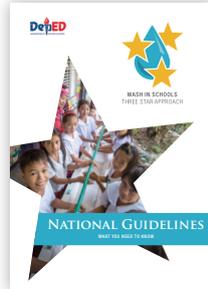




MORE INFORMATION ABOUT WASH IN SCHOOLS AND THE THREE STAR APPROACH



**DepEd Order No. 10, S. 2016,
WinS Policy**
Policy and Guidelines for the
comprehensive WinS Program



**National Guidelines –
What you need to know**
Brochure (6 pages);
overview of all Three Star
Approach criteria



Orientation / Monitoring
Videos with more information



**Water / Sanitation / Hygiene /
Deworming / Health Education –
How to reach the stars**

Five booklets with detailed and practical
information on how to get active and
improve the star level



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