

World Summit on

STRESS, MINDFULNESS AND PHILOSOPHY &

5th International Conference on

STRESS, MENTAL HEALTH AND DEMENTIA

August 27-28, 2018 | Boston, USA

Trauma-related stress management (TSM) among school students through integrating school health program (ISHP)

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Statement of the Problem: Nepal faced a disastrous earthquake of 7.1 Richter scales economically, socially and environmentally in 2015. Survivors were affected with vision destruction and Trauma-Related Stress (TRS).

Purpose: The purpose of the study was to elevate the health status among earthquake affected school-going students through Child Mental Health Support (CMHS).

Methodology & Theoretical Orientation: Considering the experiences of Disaster Relief Camps (DRC), a rapid assessment of “Integrated School Health Program (ISHP)” & its evaluation, the information was gathered in Dhading in August 2015 and end of 2016 respectively as well as analyzed the outcomes.

Findings: Access to clean water was limited that led to sanitation and hygiene problems resulting from various infections on skins, throat, GI, UTI, and other water-borne diseases. These problems increased about 40% of Trauma-related Stress (TRS) especially among school-going children that have been managed through ISHP as one of the most effective intervention.

Conclusion & Significance: Integrated School Health Program (ISHP) has covered the large numbers of the students as accepted and adapted interventions. More than 98% of students started to talk with teachers openly. Most of the affected students (97%) followed the schedule and adopted environment to play together with their friends. Mental distress and fear of aftershocks have been decreased. As per the post-project evaluation, most of the involved teachers have expressed their views that the workshops were very relevant to empowering them.

Recommendations: Trauma-related Stress Management (TSM) has been recommended as effective interventions for reducing the Trauma-Related Stress Management based on the outcomes of the assessment and post-intervention evaluation of the Integrating School Health Program (ISHP) in Dhading, Nepal in 2016.

Biography

Ranga Raj Dhungana is one of the pioneers to prevent HIV and AIDS in Nepal. He started his medical profession in 1994. Now, he is working in the position of Executive Director of Himalayan Association against STI-AIDS (HASTI). He led this project to carry out the outcomes. He also teaches in the medical institutions in the national and international institutions.

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