

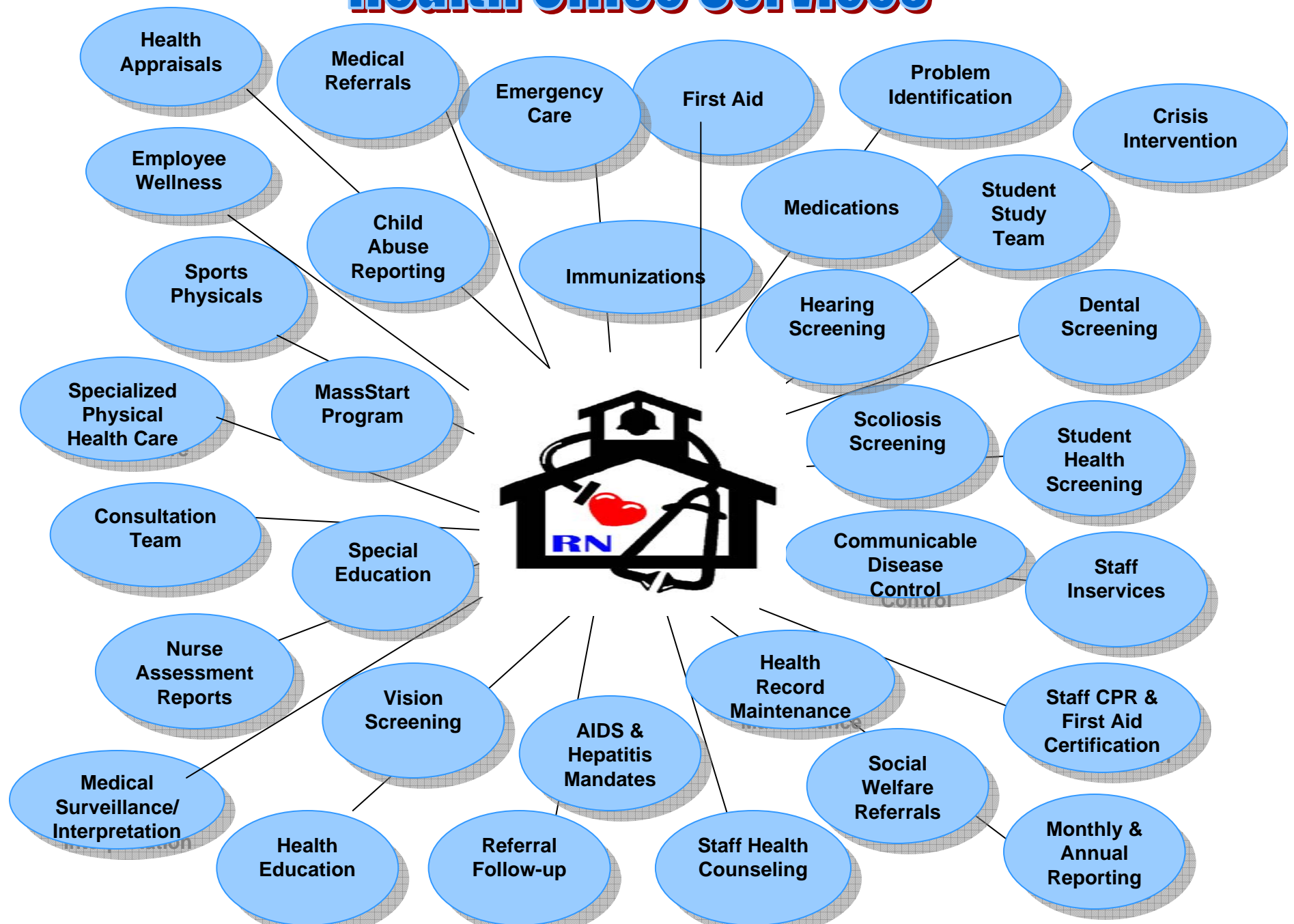


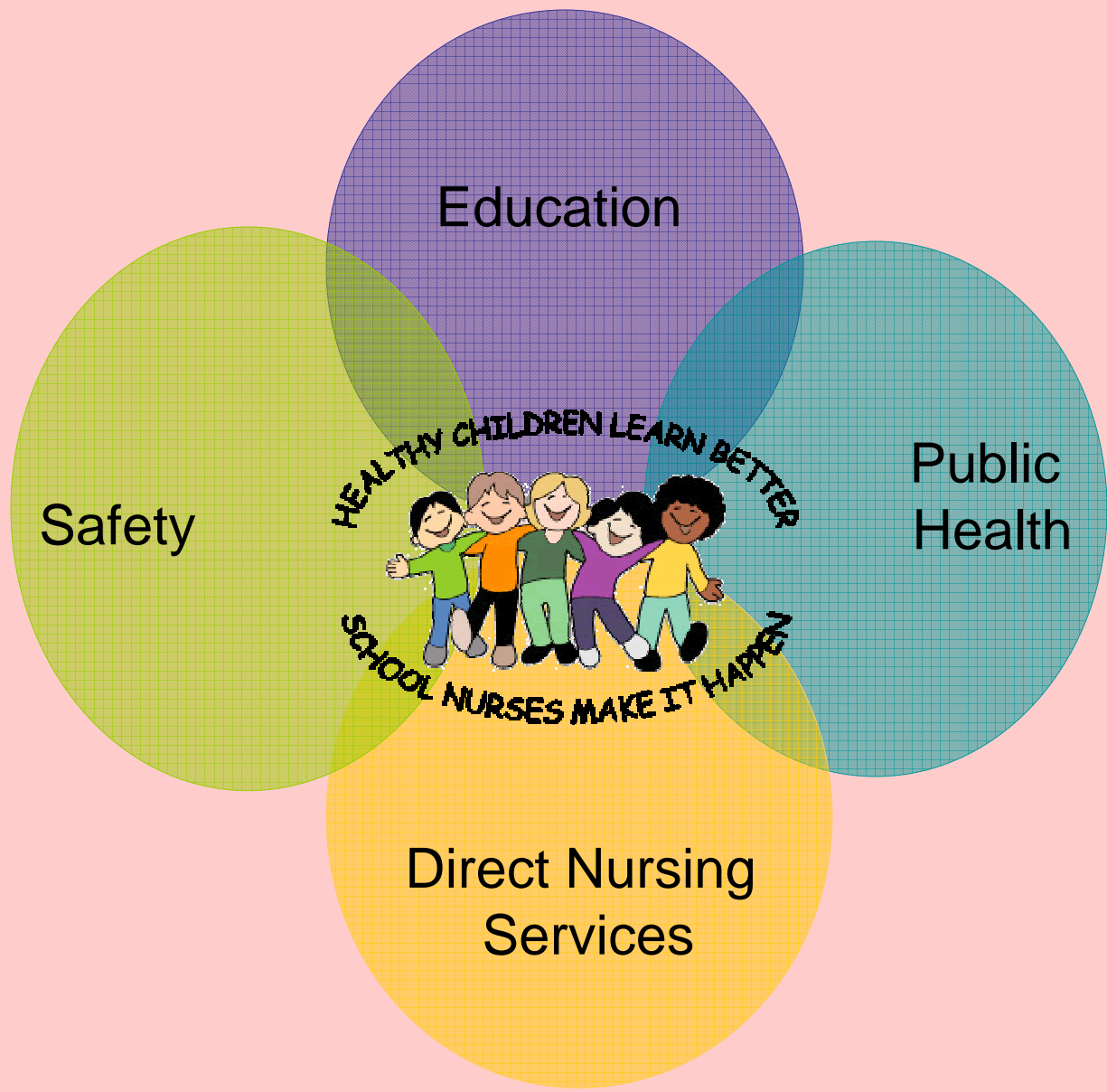
Newburyport School Health Services

2008

Beverly Heinze-Lacey, RN, MPH

Health Office Services





Education

Safety

Public Health

Direct Nursing Services

HEALTHY CHILDREN LEARN BETTER

SCHOOL NURSES MAKE IT HAPPEN

Safety

- First responders
- CPR & First Aid certified
- Safety: school, playground sports
- Prevention
- Crisis response
- Emergency planning,
preparedness and response

Public Health

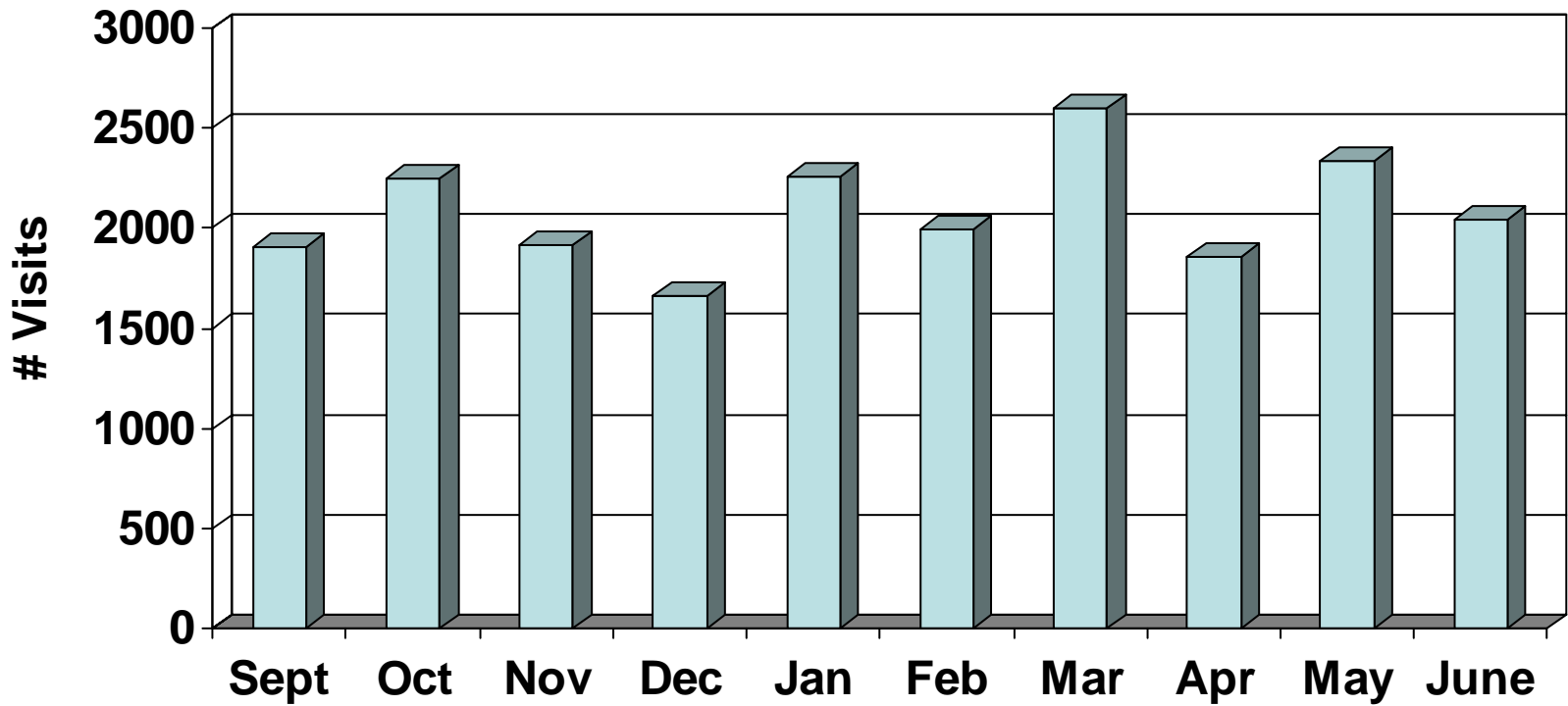
- Immunizations
- Screenings, Referrals and Follow-up
- Health Promotion and Disease Prevention
- Disease surveillance and notification
- Education—parents, teachers, students

Direct Nursing Services

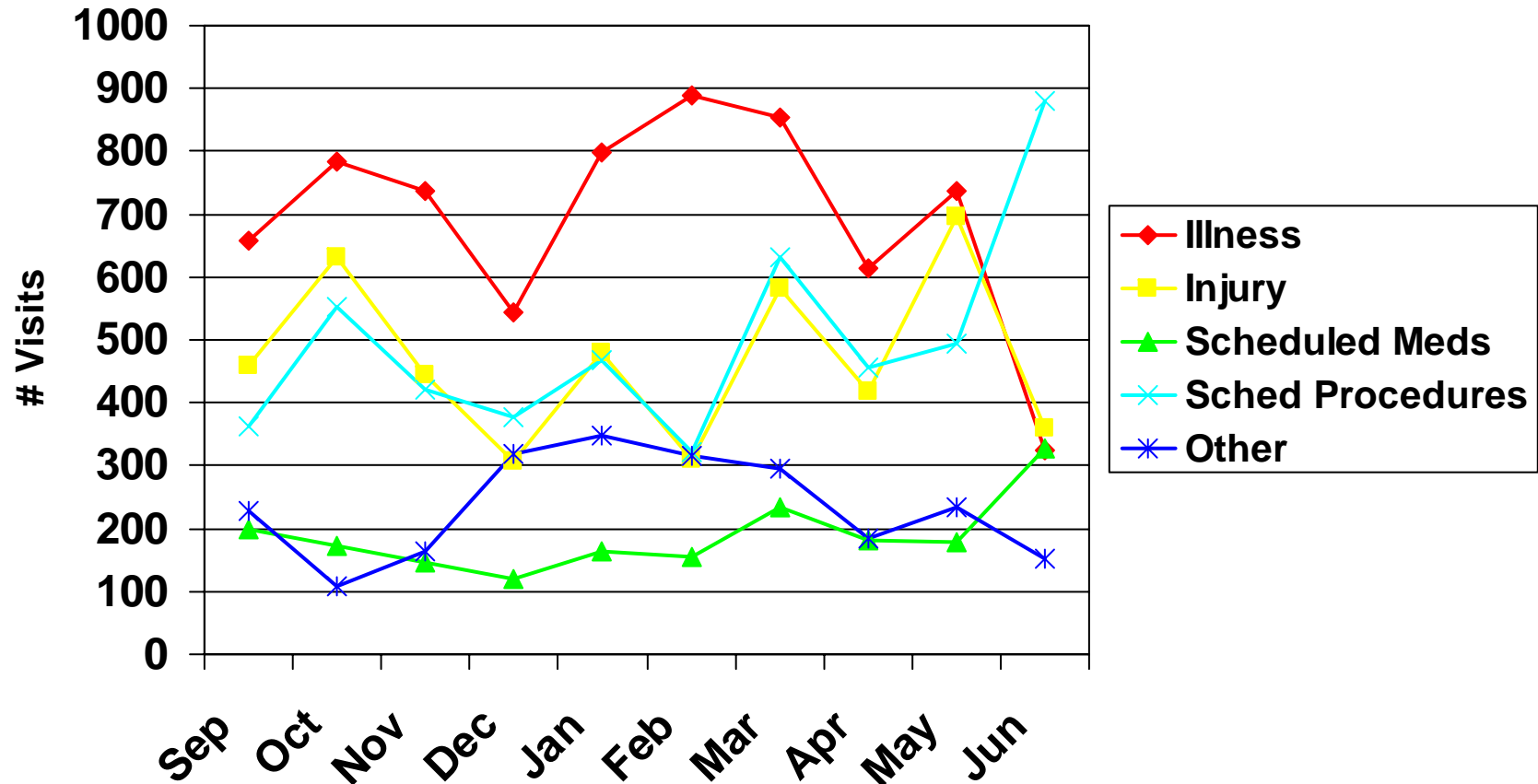
- Illness
- Injury
- Medications
- Treatments
- Mental and behavioral health support
- Referrals
- Specialized services for students with complex health needs

Health Office Visits 2007-8

N = 20,816

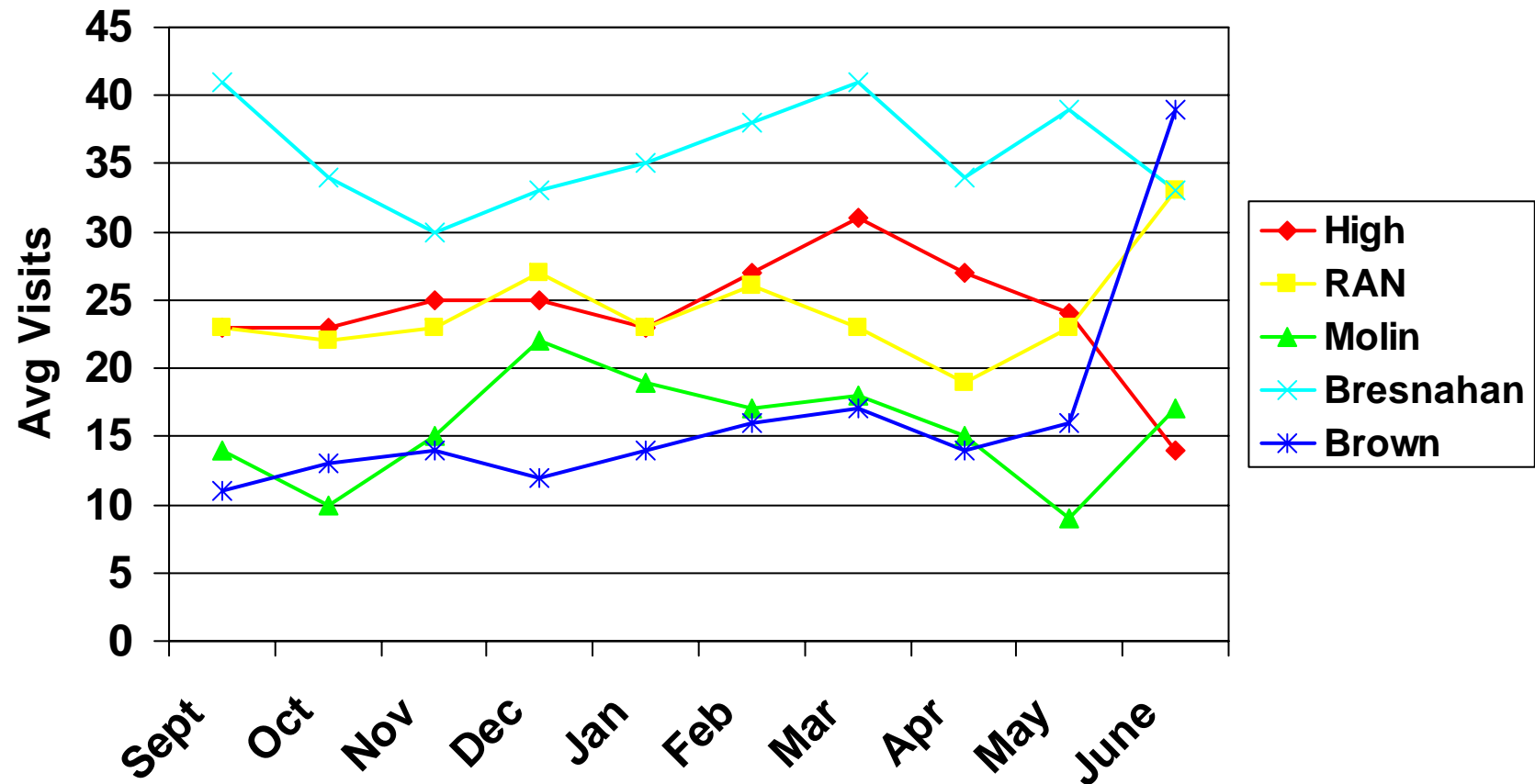


Monthly Health Office Visits by Reason for Visit



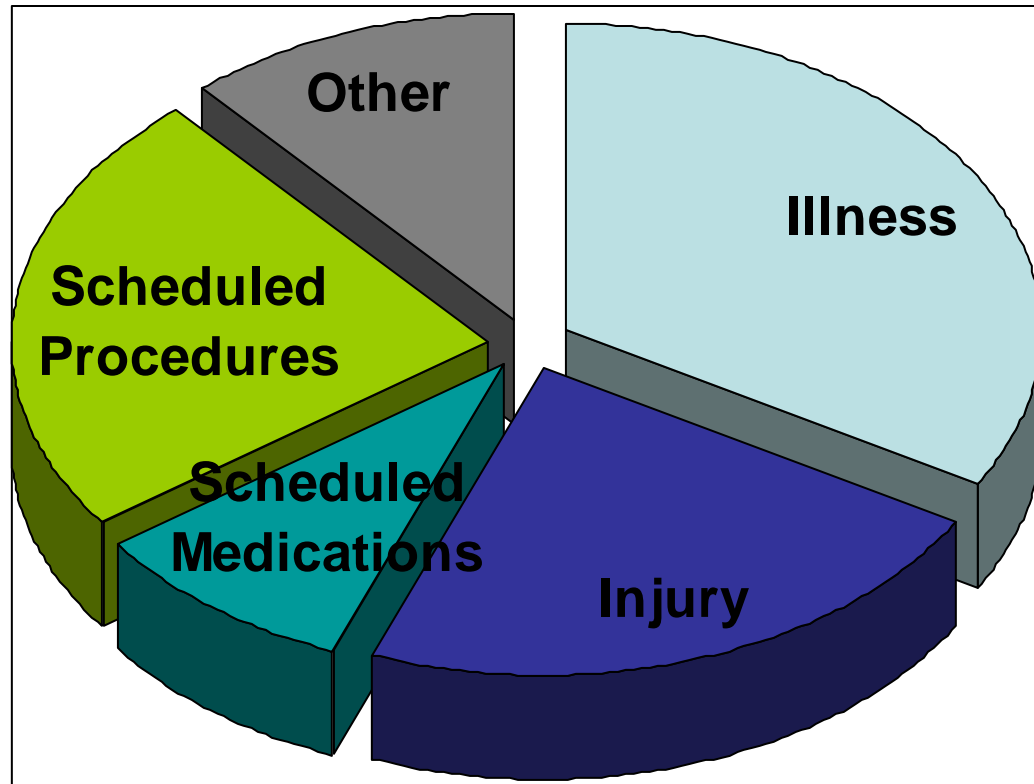
Average Daily Visits

2007-2008



Reason for HO Visit

2007-2008



Statistics continued...

- **Screenings:**
 - 1,541 Hearing
 - 1,696 Vision
 - 826 Postural
 - 1,901 Height/Weight
- **Emergencies**
 - 27 sent to ER
 - 8 via ambulance
- **1,895 (79%) Students visited nurse at least once**

Challenge to School Health: Complex Health Issues

- **Asthma**
- **Life threatening allergies**
- **Diabetes**
- **Seizure disorders**
- **Social/Emotional**
- **Medically fragile students**

Health Concerns

>600 students have some form of health issue

Examples:

Allergies

Food allergies/intolerances

Asthma

Cardiac disease

Diabetes

Gastrointestinal disorders

Neurologic conditions

Autism

ADHD/ADD

Eating disorders

Newburyport Public Schools
Individualized Health Care Plan

Attach student picture here

Student's Name: _____

DOB: _____

Health Care _____

Emergency Parent/Guardian Name _____

Other Emergency Name _____

Primary Care Specialist: _____

Medical Conditions _____

Any Known Allergies _____

All Current Medications _____

Necessary _____

Classroom _____

Newburyport Public Schools
Seizure Health Care Plan

Attach student picture here

Student's Name: _____

DOB: _____

Typical Seizure Pattern _____

Warning Signs: _____

Usually looks like: _____

During a Seizure:

- Always stay w
- Position child
- Move the child (objects)
- Do not restrain
- Roll up somef
- Loosen any ti
- Have someor

Plan during seizure _____

After a Seizure:

- Allow child to
- Notify the par
- Document the seizure
- Help other ch do

Plan after seizure _____

- A seizure l
- Any signs c
- Other: _____

Notice: Newburyport Public Sch nurse is on duty to provide asse available during before-school arises. staff will activate the en that after school personnel can health needs are encouraged to specific assistance during an a

Newburyport Public Schools
Individual Health Care Plan
 Student with Ambulatory Restrictions or Crutches

Attach student picture here

Student's Name: _____

School Year: _____

DOB: _____ Tea

Pertinent Medical History _____

Potential Problems: _____

Level of Ability _____

- o Maneuvers level g
- o Maneuvers uneve
- o Maneuvers stairs c
- o Must use elevator

Classroom Modification _____

- o Extra set of books
- o Permission to leav
- o Permission to be a
- o Permission to rest
- o Pain medication P
- o Sports/Phys Ed Ri
- o Alternate placeme

Transportation: _____

To School: _____
 If bus is to be used, in _____

Emergency Contacts: Parent/Guardian Name _____

Other Emergency Contact Name _____

Primary Care Provider: Specialist: _____

We agree to the above h with school staff:

Parent Signature _____
 Physician Signature _____
 Nurse Signature _____

Newburyport Public Schools
Cardiac Individual Health Care Plan

Attach student picture here

Student's Name: _____

School Year: _____

DOB: _____

Cardiac Disorder _____

Cardiac Procedure _____

Allergies Yes

Baseline: Pulse _____

My Child may e

- "Feels like
- Short of Bi
- Changes in
- Dizziness

The following m

- Decreased
- Clammy, c
- Dizziness
- Shortness c
- A marked c
- Chest pain
- Other—De

Student has the l

Student Limitati

Emergency Co

Parent/Guardia

1. Name: _____
Home # _____
2. Name: _____
Home # _____

Other Emergen

Name _____

Newburyport Public Schools
Emergency Health and Intervention Care Plan

Attach student picture here

Student's Name: _____

School Year: _____

DOB: _____

Teacher: _____

Grade: _____

Allergic to: _____

Asthmatic: Yes No *If yes, please complete an Asthma Action Plan*

Reactions my child has experienced in the past are: **(Please Circle)**

- **Mouth** itching and swelling of the lips, or tongue
- **Throat** itching and or a sense of tightness in the throat, hoarseness, and cough
- **Skin** hives, itchy rash and or a swelling about the face or extremities
- **Gut** nausea, abdominal cramps, vomiting or diarrhea
- **Lungs** shortness of breath, repetitive coughing, or wheezing
- **Heart** "thready" pulse, passing out
- **Other** describe: _____

The severity of symptoms can change. All of these symptoms can be potentially life threatening.

If a reaction is suspected:

1. Give _____
Medication/Dose/ Route
2. Call EMS 911 and state you have a person with an allergic reaction
3. Call parents/guardians:
 1. Name _____ Tel. # _____ Cell # _____
 2. Name _____ Tel. # _____ Cell # _____
4. **Other Emergency Contact if parent/guardian is unavailable:**
Name _____ Relationship _____ Tel. # _____

Doctor's Name: _____ Tel. #: _____

Doctor's comments: _____

Does your child require a peanut/nut free: Classroom Yes No
 Table in the cafeteria Yes No

Additional accommodations: _____

I give permission for school personnel to share my child's health information as needed: Yes No

I have read and accept the guidelines for treating my child should an allergic reaction occur

Parent's Signature: _____ Date: _____

Health Care Plans

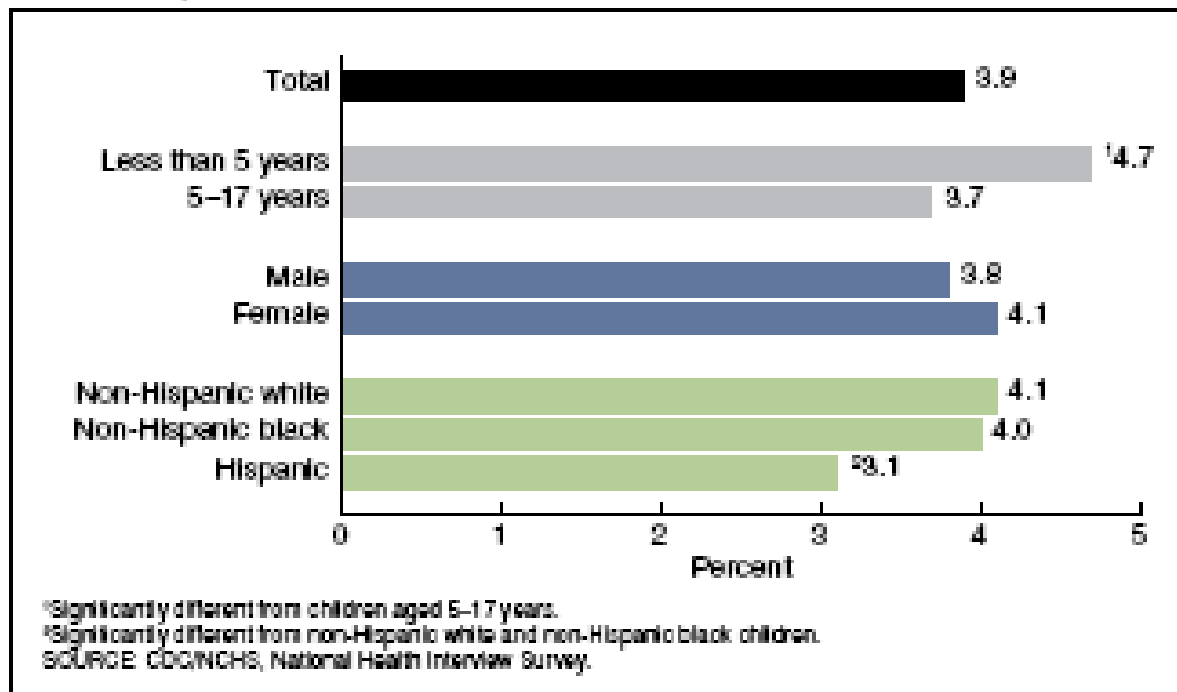
Health Care Plans

Life threatening allergies	60
Seizure	12
Diabetes	7
Cardiac	4
<u>Individual</u>	<u>19</u>
Total	102
Asthma Action Plans	50

Life Threatening Allergies

Four out of every 100 children have a food allergy.

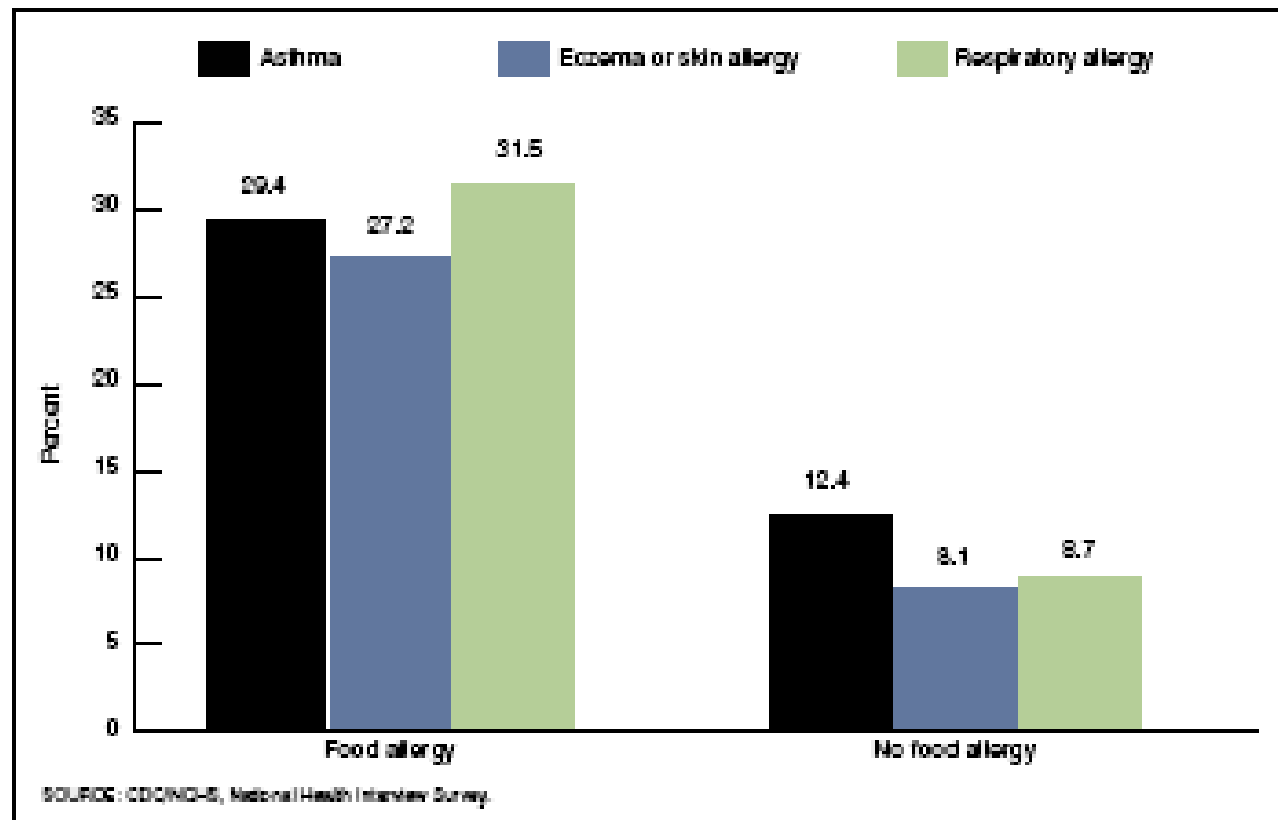
Figure 1. Percentage of children under age 18 years who had a reported food or digestive allergy in the past 12 months, by age, sex, and race and ethnicity group: United States, 2007



Children with food allergy are more likely to have asthma or other allergic conditions.

In 2007, 29% of children with food allergy also had reported asthma compared with 12% of children without food allergy.

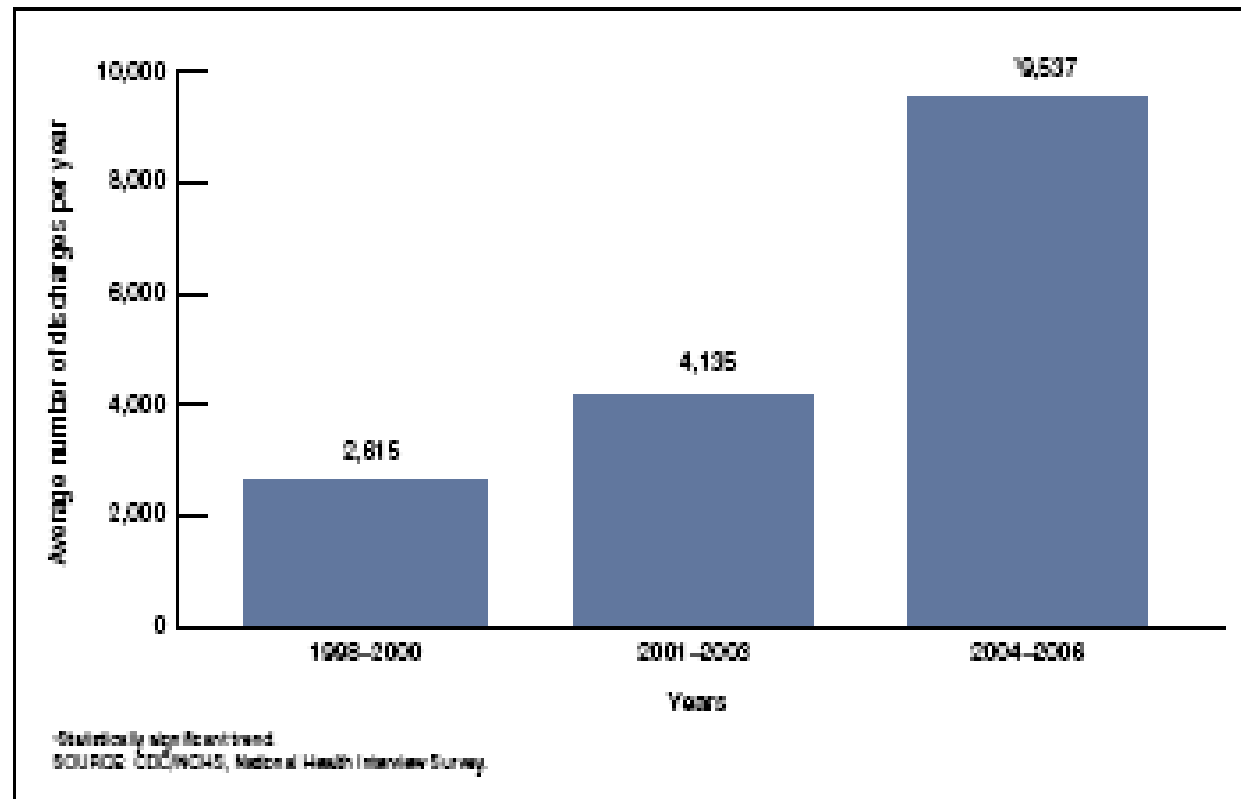
Figure 3. Percentage of children under age 18 years with asthma or other reported allergic conditions in the previous 12 months, by reported food allergy status: United States, 2007



Recent data show hospitalizations with diagnoses related to food allergies have increased among children.

From 2004 to 2006, there were an average of 9,537 hospital discharges per year with a diagnosis related to food allergy among children 0 to 17 years.

Figure 4. Average number of hospital discharges per year among children under age 18 years with any diagnosis related to food allergy: United States, 1998–2008



Life Threatening Allergies Successes

- “Best-Practices” systems in place
 - Classroom & cafeteria safeguards
 - Faculty and staff trainings
 - Education of parents, teachers and students
- Last EpiPen administered 3 years ago
- Continual re-evaluation and improvement

Diabetes

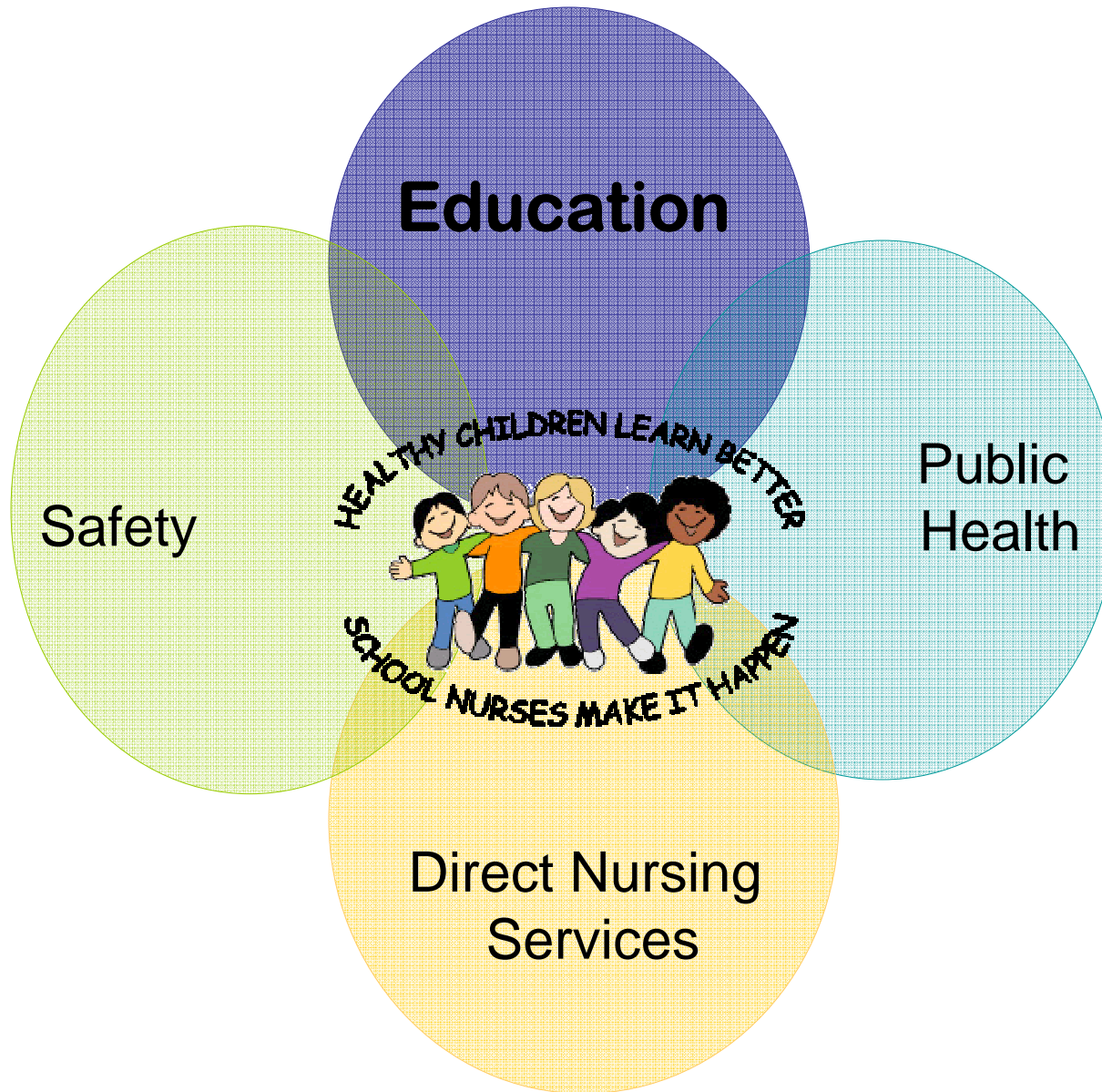
- New technology
- “Fast track” hospitalization for newly diagnosed
- Students learning how to manage their disease
- Newly diagnosed students—1.5 hrs/day school nurse time
- Significant level of staff trainings & safety systems required

Social/Emotional Health

- Eating disorders
- Cutting
- Pregnancy
- Emotional stress
- Suicidal behaviors

Medically Fragile Students

- School health offices becoming the extensions of clinics and hospitals
- Procedures:
 - Insulin pump care
 - Tracheostomy care, suctioning
 - Feeding tubes
 - Ileostomy care
 - Urinary catheter care
 - Central line care
- Highly skilled nursing care required



Education

- Students, Parents and Teachers
- **Promote Health and Wellness**
- Selected Topics:
 - Nutrition & Physical Activity
 - Tobacco, Alcohol, Drugs
 - Healthy Body (handwashing, hygiene)
 - Safety (fire, bicycling, poisons)



Collaborations

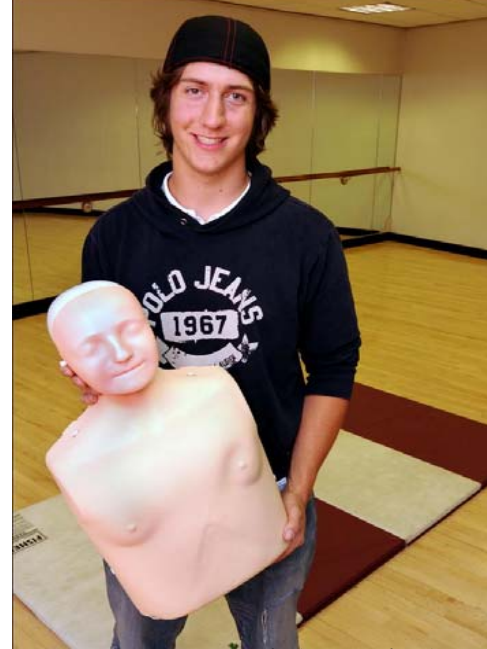
- Between schools and with teachers
- Prevention Specialists
- Anna Jacques Hospital
- Youth Services & Beacon Coalition
- Others

Health & Wellness Initiatives

- Implement new Wellness Policy
- Playground program
- Plan teacher wellness opportunities
- Expand CPR program

Newburyport Daily News --May 22, 2008

'They saved his life' Incredible coincidences help Port teen restore man's heartbeat



Derek Raschke, pictured in the Wellness Room at Newburyport High, where he learned CPR with help from this mannequin, used his skills to save a man at Farley Clothiers. Bryan Eaton/Staff photo



Health & Wellness Initiatives continued

- Continue focus on nutrition
- Collaborate with prevention specialist team
- Expand community collaborations
- Continue to implement Essential School Health Services grant

Newburyport Public Schools Health Services



School Nursing is a specialized practice of professional nursing that advances the well being, academic success, and life long achievement of students. It is the goal of Newburyport Public School nurses to promote health and safety, intervene with health issues, and collaborate with other school members to build an active learner.

A vibrant, cartoon-style illustration of a diverse group of children and a dog jumping joyfully. The children are of various ethnicities and are wearing colorful clothing. They are all smiling and have their arms raised in the air. A small white dog with brown spots is also jumping among them. The background is a light blue sky with soft, white clouds. The overall mood is happy and energetic.

**Healthy Kids
are
Healthy
Learners**