



The Role of School Nursing to Foster Adolescent Health

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Outline

- The role(s) of school health nurses globally
- A model for practice with school nurse examples
- Evidence-based recommended coverage levels
- Location in the health/education system
- Policy and regulatory needs for success
- WHO guidelines development group



Public health vs. primary care?

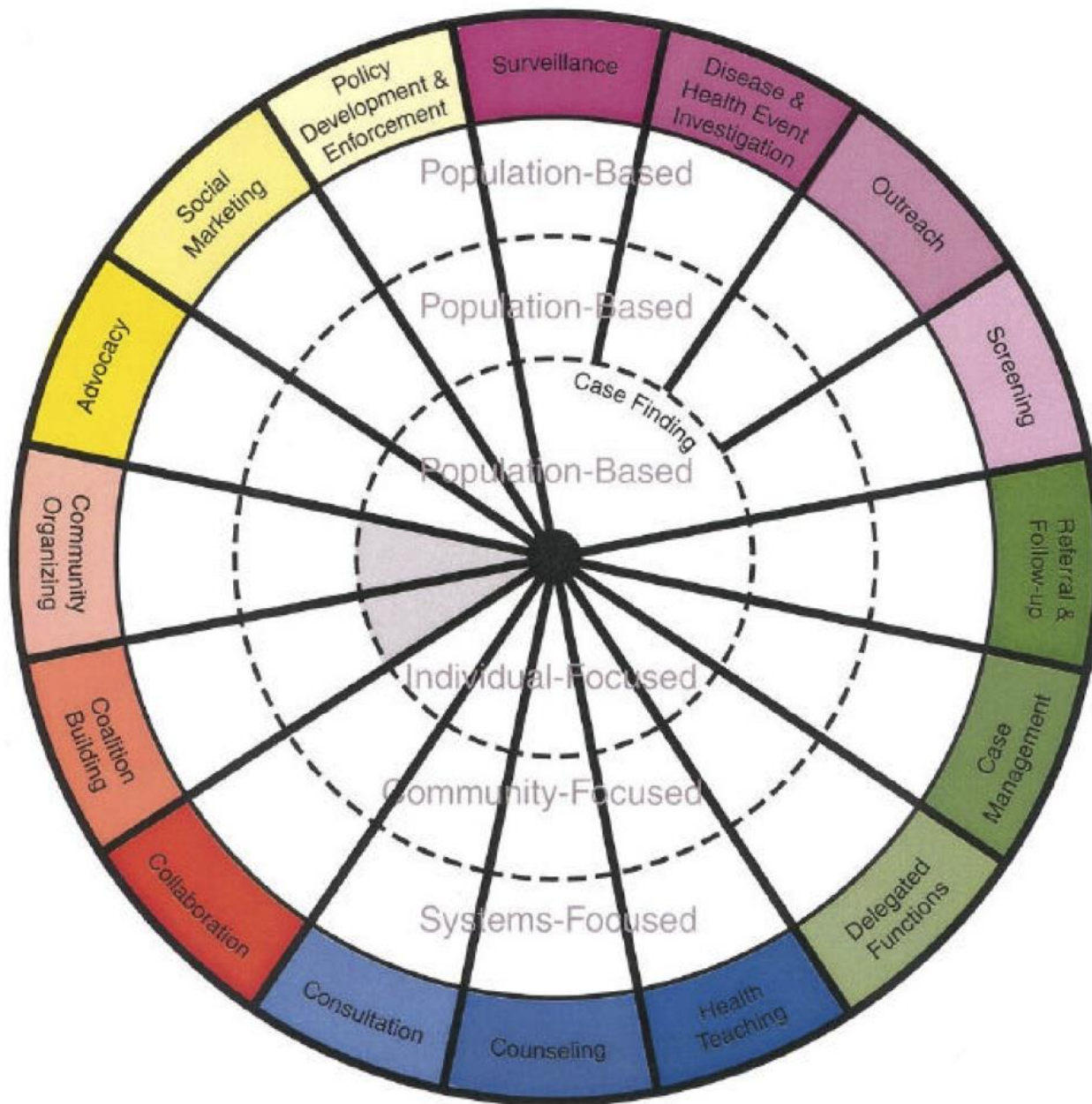
- School nurses in USA and many countries have usually been viewed as providing *individual clinical care*:
 - First aid and emergency care
 - Initial assessment of illness at school
 - Medications
 - Treatments for children with special needs (catheterization, suctioning, nebulizers, NG tube feeds)



School Health as Public Health

- In Canada, NZ, Wales, Hong Kong, parts of USA, *public health nurses in schools*
- Health promotion/health care for students AND groups AND school community
- Full PHN scope of practice
- A focus on health promotion & prevention
- The Minnesota Wheel of Public Health Nursing Interventions is one model, used in Canada too

Wheel of PHN Interventions





PHN Interventions

Surveillance

- *Monitoring for health problems in a school setting, or outbreaks of disease*
- **Example:** Monitoring increase in absences due to flu-like illness, other infectious diseases, reports to public health system

Disease & Health Event Investigation

- *Participation in exposure & contact tracing of infectious diseases/illness/injury*
- **Example:** Assesses a student sent to the nurse ill with flu symptoms, head lice, or other potential reportable infectious disease



PHN Interventions

Outreach

- *Identifying and engaging with youth or families at risk for particular health issues*
- **Example:** Sending home notices to parents about a teen growth & development talk the nurse will offer for parents

Screening

- *Secondary Prevention commonly part of school nurse roles, screening for:*
- Vision, hearing, dental caries
- Tracking immunizations
- Anxiety, depression, and substance use problems



PHN Interventions

Case Finding

- *Only intervention done solely at individual level, often used with outreach or screening*
- **Example:** Identifying youth with high number of absences for possible mental health issues or poor management of chronic conditions

Referral & Follow-up

- *Health and social services needed by children, youth or their families; important to follow-up*
- **Example:** Referral to dentist for child with mouth pain and caries



PHN Interventions

Case management

- *Liaison between health care, developmental, and educational services for children*
- **Example:** Coordinating a team meeting of school counselor, family physician, teachers, and parents for a student with a severe disability

Delegated functions/ certified practice

- *Based on standing orders from primary care provider, or requiring additional specialized training*
- **Example:** Administering treatments for students with special health needs (nebulizer, catheter, tube-feeding, medications)



PHN Interventions

Health Teaching

- *Most common role of school nurses, at individual and group levels*
- **Example:** Teaching teachers and staff to recognize and respond to anaphylaxis
- **Example:** Teaching the entire school strategies for coping with stress

Counseling

- *Emotional support, listening to student's worries and helping them come up with solutions or ways to cope*
- **Example:** Setting up a peer support group for students with cystic fibrosis, or survivors of leukemia



PHN Interventions

Consultation

- *Asked for a range of solutions or strategies to address a health-related problem, researching and presenting options*
- **Example:** Working with the School Health Committee to identify evidence-based substance use prevention approaches

Collaboration

- *School nurses work with a variety of other professionals, youth and their families, to achieve health goals*
- **Example:** School nurse and PE teachers collaborate to develop strategies to increase student physical activity throughout the day



PHN Interventions

Coalition Building

- *Brings together organizations to solve a problem or address an issue*
- **Example:** Leading a coalition to address student tobacco use: school staff, local health care providers, the Cancer Society, tobacco shops, police, & the school parent advisory council

Community Organizing

- *Differs from coalition building in that individuals as well as organizations can be part*
- **Example:** Helping create a youth health council within the school to address health priorities identified by youth



PHN Interventions

Advocacy

- *Helping those who have difficulty speaking for themselves*
- **Example:** After unsuccessful referrals to mental health services, with long waiting lists, advocating for an increase in staffing allocated to children & youth services

Social Marketing

- *Creating public health promotion messages using principles of marketing*
- **Example:** Developing a campaign with student activities & events, local radio & news media, about cancer prevention, or importance of physical activity, or healthy foods for healthy weight



PHN Interventions

Policy Development or Policy Enforcement

- *Less commonly a role in policy enforcement, except notification of reportable disease, more on policy development*
- **Example:** With other school nurses, developing policy recommendations related to their role in schools (staffing, hours, tasks)
- **Example:** Working with the school health committee to develop an anti-smoking policy
- **Example:** Contributing local data and youth feedback for proposed national health policies related to school health



Locating the school nurse role

- Relatively independent practice
- Some models have one nurse per school
- Others practice in pairs or teams
- An office within the school plus a room with bed(s) for ill or injured students--or
- Located within a primary health care clinic embedded in the school with interdisciplinary team of staff



Recommended staffing levels

- New Zealand: 10 hours nurse staffing per 100 students in schools optimal for sexual health outcomes
- Hong Kong & UK: 1 full-time nurse per school (≤ 1200)
- USA National Association of School Nurses: 1 full-time nurse per 750 students, 1:250 with special health needs
- Europe (37 countries): Ranges 1:400 up to 1:1500 for school nurses, 1:1000 to 1:10,000 for school doctors
 - European countries with upper end ratios report significant need for lower staffing levels (80% say currently too high)



Regulation and policy to support school nursing

- Need national or international guidelines on standards and competencies
- At the regional public health level, need protocols / policies in place for practices and allocating staffing levels
- At the school, need agreements for nursing presence, space, commitment to engagement in comprehensive school health approaches



WHO Guidelines development

- Currently conducting policy scans, systematic reviews for evidence
- Convening expert panel to review draft guidelines designed for high and low income countries
- Releasing as part of Comprehensive School Health program



Thank you!

Questions? Comments?

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