

Thursday, October 4, 2012

Health Share of Oregon; Potential for collaboration between pediatric practices and school nurses in the tri-county region.

School Nurse representatives:

- Beth Baynes, RN, MSN, NCSN, Director Health and Social Services, Multnomah ESD. 503-257-1733
- Nina Fekaris, RN, NCSN, National School Nurse of the Year 2009/2010 Health Services, Beaverton SD
- Paula Hall, RN, BSN, MEd, NCSN, WLWV School District Nurse, 503-673-7014

Definitions and Distinguishing Characteristics

School nursing is a specialized practice of professional nursing that advances the well-being, academic success, and lifelong achievement and health of students. The primary role is to support student learning by acting as an advocate and liaison between the home, the school, and the medical community regarding concerns that may affect a student's ability to learn (NASN, 1999b). The school nurse provides health education, health promotion, preventive health services, health assessment, and referral services to clients and staff. School nurses work with students between the ages of 3 and 21 years. The actions of the nurse focus on strengthening and facilitating students' educational outcomes, and may be directed toward individual students, family, segments of the school population, the entire school population, the school community, or the larger surrounding community. **The school nurse serves as the liaison between the school, community healthcare providers, and the school-based or school-linked clinics** (NASN 2002).

The school nurse role is highly autonomous. The school nurse is likely to be the only health care provider in the educational setting. The school nurse must demonstrate expertise in pediatric and adolescent health assessment, community health, and adult and child mental health nursing. Strong skills in health promotion, assessment and referral, communication, leadership, organization, and time management are essential. As a population-based nurse, the school nurse is responsible for the entire school community. This distinguishes the School Nurse from the School Based Health Center Nurse (SBHC). School nurses and SBHC nurses may both provide services in the same school setting, yet the roles of each are complementary and distinct. The SBHC nurse provides episodic primary care for children enrolled in the school, and is working in a setting that can be compared to a primary care clinic. The school nurse focuses on coordination of all health issues at school, and works to manage student chronic health conditions through the assessment, development, and implementation of the individualized health plan (Findings and recommendations of the task force on OR school nurses, 2009).

Some issues school nurses address include:

- Communicable disease
- Children with complex physical health conditions

- Child abuse and neglect
- Domestic and school violence
- Child and adolescent obesity and inactivity
- Suicide
- Alcohol, tobacco, and other drug use
- Adolescent pregnancy and parenting
- Environmental health
- Physical and emotional disabilities and their consequences
- Mental health
- Health insurance acquisition and navigation
- See Attachment D for health conditions addressed by Oregon's school nurses

School nurses are members of multidisciplinary teams in the school setting. Other team members include school administrators, educators, related services staff (PT, OT, SLP), nutrition services, behavior specialists, or law enforcement or resource officers. The use of the nursing process by school nurses helps to promote student and staff health and safety. Teams can also include community providers. When school nurses develop team relationships within the school and with community providers, care is coordinated across settings to meet individual health needs and avoid duplication of services. Examples of school teams include:

- Student focused teams: academic, behavioral, achievement, substance use
- Safety team, emergency response, crisis/disaster management
- IEP/IFSP (Special Education)
- 504 (Civil Rights)
- Coordinated school health
- School health advisory councils

In addition to population based school nursing services, RNs and LPNs provide specialized nursing services to students with complex health conditions or to classrooms where many students with significant health conditions attend. One nurse may accompany and manage a student on a ventilator in school, even riding the school bus with the student.

Statutes and Standards regarding school nurse practice including HB 2693

Knowledge of health and education laws that affect students is critical for the school nurse. Federal and state laws direct the school and the school nurse to meet the health and safety needs of the students. The school nurse is the critical team member who understands how medical needs will impact educational goals.

Individuals with Disabilities Education Act (IDEA).

Requires all children to receive education services in the least restrictive environment. Creates Individualized Educational Program (IEP), that identifies educational and related services provided to

students. IDEA changed the scope of services the school nurse delivers, moving from managing daily injury and illness care to managing students with complex chronic health conditions, such as tracheostomies, ventilators, infusing central line.

Section 504 of the Rehabilitation Act 1973

Requires reasonable accommodations for access and participation in school programs and extracurricular activities for students with physical or mental impairments that substantially limits one or more major life activities. Examples are students with insulin-dependent diabetes, severe allergic reaction, Tourette's syndrome.

Oregon Administrative Rules

Direct what and how health services are provided in schools (OAR 581-022-0705). Includes:

- CD control
- Vision and hearing screening
- Immunization monitoring
- Services to students who are medically fragile or have special health needs
- Coordination with health and social services agencies, public and private
- Compliance with OR-OSHA
- Medication administration
- Written plans to respond to medical emergencies

Additional OR laws affect the school nurse:

- Annual training for unlicensed persons administering non-injectable medications to students
- Training school staff to recognize and respond to s/s anaphylaxis or hypoglycemia and administer epinephrine or glucagon.
- School-required immunization law and exclusion process for un or under immunized students.

HB 2693: School nurse to student ratio

- 2009 HB 2693, sponsored by Representative Kotek and Senator Monnes-Anderson, was enrolled, the Oregon School Nurse ratio bill, which mandates the following timeline for districts to achieve school nurse to student ratios:
- July 1, 2011 required:
 - 1 RN/school nurse for every 125 medically fragile students
 - 1 RN/school nurse or LPN under supervision of RN/school nurse for each nursing dependent student
- July 1, 2012 required:
 - 1 RN/school nurse for every 125 medically fragile students

- 1 RN/school nurse or LPN under supervision of RN/school nurse for each nursing dependent student
- 1 RN/school nurse for every 225 medically complex students
- July 1, 2014: recommendation
 - 1 RN/school nurse for every 3,500 students
- July 1, 2016: recommendation
 - 1 RN/school nurse for every 2,500 students
- July 1, 2018: recommendation
 - 1 RN/school nurse for every 1,500 students
- July 1, 2020: recommendation
 - 1 RN/school nurse for every 750 students

Ratio of 1 RN/school nurse for every 750 students is recommended by NASN, AAP, HP 2020, CDC.

Oregon current ratio is 42nd in the US at 1: 2,026.

Registered Nurse Scope of Practice and Delegation

The Oregon Nurse Practice Act delineates the boundaries within the school nurse must practice as well as the process that must be used. Nursing practice allows for the delegation of some nursing tasks that students may require at school, including clean intermittent catheterization, blood sugar monitoring, and tube feedings.

Chronic Illness management in school

What happens when a child (age 3-21) with a chronic health condition leaves her health care provider's office in the afternoon, and comes to school the next morning? This child may have a severe allergic reaction to bees, and carries an epi pen. Or, have hydrocephalus and require VP shunt management, or asthma with 3 different inhalers, or a seizure disorder and require rectal diastat, or insulin dependent diabetes who has an insulin pump and requires carb counting. And, the child may also be on the autism spectrum in addition to the health condition. While all public schools in the tri-county area have access to a school nurse, no school has a school nurse full time. School nurses manage these students using these techniques:

- Conduct CPR/First Aid trainings to school staff, or ensure that such training occurs and is current.
- Provide generalized information about how to respond to specific health conditions.
- Create an individualized health plan.

The creation of an individualized health plan provides an excellent description of the role of the school nurse with care coordination. Upon identification of the student with a chronic health condition that can be impacted during the school day, the school nurse contacts the parent/guardian and community health care provider to develop a plan of care. This plan may require training for school staff, and

delegation of a nursing task. In collaboration with the school administrator, the nurse identifies delegated caregivers to receive the training. The nurse demonstrates the task, and leaves written instructions for the caregivers. The nurse monitors the caregivers performing the task periodically throughout the school year. This delegation is allowed through the Nurse Practice Act, and the caregiver acts under the nurse's license.

Local information

MESD provides school nurses to all public schools in Multnomah County, Molalla and Gladstone in Clackamas County, and to Clackamas ESD programs. NW Regional ESD provides some specialized nursing services in Washington county, primarily to the ECSE population. Most other school districts in Washington and Clackamas counties hire school nurses who are employees of the district.

Research

Repeated studies have identified that school nurses reduce absenteeism. See attachment A.

Policy

AAP Policy Statement: The AAP recommends and supports the continued strong partnership among school nurses, other school health personnel, and pediatricians, and states that these partners should work together closely to promote the health of children and youth. See attachment B.

HP 2020: Topic Area: Educational and Community-Based Programs identifies objectives that support school health education standards and school nurse-to-student ratio.