

HEALTH SERVICES

Health Services is one of the ten components represented in the Whole School, Whole Community, Whole Child model. Health services are important to student health and success in school. Research shows students with access to a full-time school nurse are 1) less likely to visit the emergency room, 2) more likely to visit an appropriate health care provider if they have a referral from the school nurse, and 3) less likely to miss school due to illness. Students with chronic conditions, such as asthma, have shown academic improvement when they have access to a full time school nurse.



Health services provide urgent and emergency care, assess and plan for the management of chronic conditions (such as asthma, food allergies, or diabetes) and provide health screenings for all students. Health promotion, preventive

education, preventive services and referrals for staff, student, and parent education are essential functions of the school nurse or health service providers. Health services link staff, students, families, community and healthcare providers to promote the health of students and a healthy and safe school environment.

~ Centers for Disease Control and Prevention



A whole child approach, which ensures each student is healthy, safe, engaged, supported, and challenged, sets the standard for comprehensive, sustainable school improvement and provides for long-term student success.

HEALTH SERVICES

Ways the **WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD** components can support the health services in your school

1 HEALTH EDUCATION

- Educate students on health and safety topics including physical activity, healthy eating, preventing/quitting tobacco use, and preventing unintentional injuries, violence, and suicide
- Educate students about accessing health services within the community
- Educate students about self-advocacy during doctor, dentist or other health-related appointments

2 PHYSICAL EDUCATION & PHYSICAL ACTIVITY

- Establish a system for identifying and referring students with health problems affected by physical activity including asthma, diabetes, and overweight/obesity
- Collaborate to support students with special health care and chronic health conditions (e.g., asthma, diabetes) to be physically active

3 NUTRITION ENVIRONMENT & SERVICES

- Offer a reward program (i.e., nutrition stickers or incentives from the nurse/health tech) for students who increase fruit and vegetable intake
- Coordinate with the school nurse to develop menus for students with health problems affected by nutrition including anemia, diabetes, eating disorders, food allergies, and overweight/obesity

4 HEALTH SERVICES

- Educate staff about the resources provided by school health services, including education, first aid, health screenings, medication administration, emergency care, and appropriate management of chronic conditions
- Promote the health and safety of students and families through distribution of educational materials, individual advice or counseling, small group or classroom discussions, presentations, and/or bulletin board displays
- Develop a tracking system to recognize frequent student health issues and utilize the data to develop interventions

5 COUNSELING, PSYCHOLOGICAL & SOCIAL SERVICES

- Assist the school nurse in developing a plan and resources for addressing barriers to learning, reasons for poor attendance or inattention to class, and developmental problems
- Partner with school health services to provide interventions for students who use tobacco

6 SOCIAL & EMOTIONAL CLIMATE

- Designate the school health office as a safe place where students can verbalize concerns about all health issues including bullying and other incidents of violence
- Provide culturally competent care in a safe, private, and confidential setting for all students

7 PHYSICAL ENVIRONMENT

- Develop policy and/or plans to address student health problems such as asthma and food allergies
- Develop and implement an emergency response plan that includes the components for assessing, managing, and referring students and staff suffering a medical emergency
- Evaluate unintentional injury and violence data to make appropriate improvements or repairs to the school's physical environment

8 EMPLOYEE WELLNESS

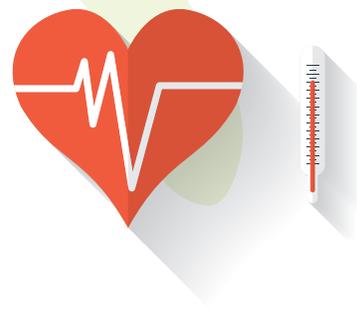
- Provide a CPR and first aid training for all staff
- Provide professional development on the health and academic benefits of physical activity, healthy eating, not using tobacco, preventing unintentional injuries and violence, and managing asthma
- Organize a health screening for school employees

9 FAMILY ENGAGEMENT

- Partner with parents to develop management plans for students with asthma, diabetes, or overweight/obesity
- Establish links for health services with school district services, community resources, and referral providers

10 COMMUNITY INVOLVEMENT

- Identify a consulting school health physician to assist with school health policy and programs
- Include community medical and safety personnel in planning of emergency protocols



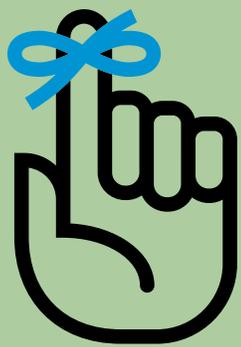
HEALTH SERVICES

Maintaining Administrator Support for Health Services in the School

-  Fund a full-time, registered school nurse responsible for health services in every building
-  Ensure implementation of standard precaution policies and provide appropriate training to staff
-  Ensure emergency response plans are up-to-date and provide appropriate training for staff

Ways to Engage Students

- Educate students with health conditions, such as asthma or food allergies, to identify triggers and how to manage their condition
- Invite students to create bulletin board displays to promote healthy behaviors (physical activity, healthy eating, alcohol, tobacco, and other drug prevention, etc.)



- ✓ Don't try to take on everything at once!
- ✓ The focus of the School Health Improvement Plan should be on the health needs/highest priorities identified through the assessment (School Health Index or Smart Source).
- ✓ Get input from other individuals in your school on how to best address your school's health services.
- ✓ Meet regularly with your school health team and monitor School Health Improvement Plan implementation progress.
- ✓ A final consideration: If you shared the School Health Improvement Plan with someone unfamiliar with it, would they understand the purpose, SMART objective, and action steps necessary to achieve the objective? Would they understand what the school health team is trying to accomplish? If not, add more details!

Resources

- [Centers for Disease Control and Prevention. Healthy Schools. Management of Chronic Conditions](http://www.cdc.gov/healthyschools/chronicconditions.htm)
<http://www.cdc.gov/healthyschools/chronicconditions.htm>
- [Children's Hospital Colorado](http://tinyurl.com/z35umyc)
<http://tinyurl.com/z35umyc>
- [Colorado Association for School-Based Health Care](http://www.casbhc.org/#)
<http://www.casbhc.org/#>
- [Colorado Department of Education](http://tinyurl.com/zmrss4)
<http://tinyurl.com/zmrss4>
- [National Association of School Nurses](https://www.nasn.org/)
<https://www.nasn.org/>
- [Oral Health Colorado](http://oralhealthcolorado.org) <http://oralhealthcolorado.org>
- [Rocky Mountain Youth Clinics](http://www.rmyclinics.org)
<http://www.rmyclinics.org>
- [The Consortium](http://www.coconsortium.org) <http://www.coconsortium.org>

Writing a SMART School Health Improvement Plan (SHIP)

Sample SMART Objective

- By May 15, 20XX, Big Sky Elementary School will develop an individual health care plan for managing asthma at school for all students with asthma.
- By May 15, 20XX, Riverbend High School will develop a system for collecting student health information and ensure communication of pertinent information to all appropriate staff members.



SMARTness

To ensure your SHIP is SMART, be sure it includes:

- A SMART objective based on the priority identified from a school health assessment tool
- Action steps that are clear, complete, and in chronological order
- Action steps on data collection, team and grant responsibilities, and sustainability efforts
- A realistic budget aligned with the SMART objective
- Shared responsibility among all team members

For more information on School Health Improvement Plans, refer to the Destination <http://tinyurl.com/orq4pyu>

HEALTH SERVICES

Food Allergies: Develop and implement a food allergy management plan

It is estimated that two students in each classroom have a food allergy - 1 in every 13 children under the age of 18. Milk, eggs, peanuts, tree nuts, soy, wheat, fish and shellfish account for 90 percent of all reactions. Preparation, education, and communication of a food allergy management plan are critical to manage food allergies in schools.

Suggested action steps for your School Health Improvement Plan:

- Identify students with food allergies via student health forms
- Develop a food allergy management plan to address and reduce risk for food allergy reactions for each identified student
- Confirm and communicate:
 - the communication system for dealing with food allergy reactions and emergencies
 - where to access epinephrine auto-injectors
 - plans for contacting emergency medical services, and
 - staff roles in emergencies
- Partner with nutrition services staff to develop/review menus for students with food allergies
- Conduct general training for all staff on food allergies and creating a positive psychosocial environment for students with food allergies
- Conduct an in-depth training for staff with frequent contact with children with food allergies
- Conduct a specialized training for staff responsible for managing children with food allergies
- Provide a presentation to children and family members about food allergies
- Write a blog/article about food allergies for the school's website and newsletter
- Review and revise, if needed, policies and procedures to create and maintain a healthy and safe environment regarding food allergies (e.g., limit exposure to food allergens, food-handling policies to prevent unintentional contact, and communication of food allergy policies and rules to visitors or outside groups when they use school facilities)
- Communicate food allergy related policies and procedures to students, parents, and staff
- Evaluate the food allergy management plan and make improvements as needed
- Share progress and outcomes of implementing these procedures within the school community

Tobacco Prevention and Cessation: Promote abstinence from tobacco products and provide counseling for and/or referrals to tobacco cessation

Cigarette use among teens is declining (and that's a good thing!), but nearly 25 percent of high school students reported using some type of tobacco product (e-cigarettes, cigars, smokeless tobacco, hookas) at least one day in the last 30 days (*2015 Youth Risk Behavior Survey*). The school nurse, in coordination with health education teachers, school counselors and administrators, can implement prevention and cessation efforts.

Suggested action steps for your School Health Improvement Plan:

- Coordinate with health education teachers, physical education teachers, school counselors, and coaches to provide knowledge and skills (using classroom lessons, presentations, bulletin boards, etc.) related to tobacco use prevention
- Determine if cessation services will be offered by the school or if students will be referred to services in the community. Depending on this decision:
 - Research and prepare listing of tobacco cessation providers in the community. Contact them to discuss their services and a referral process for students; **or**
 - Research and select a tobacco cessation program to implement within the school; determine the facilitator and training and material needs; implement program
- Identify or recruit students that may need tobacco cessation counseling and provide referral information
- Purchase self-help materials to display in health services or counseling office for students and staff
- Provide information to staff about tobacco cessation counseling
- Review the school tobacco policy (including discipline plan for students caught with tobacco) and make recommendations to appropriate administrators for improvements
- Develop an implementation and enforcement plan for the school tobacco policy
- Communicate tobacco use policies to students, parents, staff, and visitors
- Evaluate the tobacco prevention and cessation efforts and make improvements as needed
- Share progress and outcomes of implementing these procedures within the school community

