Fundamentals of School Nursing
2017 Summer Institute for School Nursing

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Disclosure Statement

Planner, Presenter and Author Disclosure

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*I disclose the absence of personal financial relationships with commercial interests relevant to this educational activity within the past 12 months.*
School Nursing

Definition of School Nursing: School nursing, a specialized practice of public health nursing, protects and promotes student health, facilitates normal development, and advances academic success. School nurses, grounded in ethical and evidence-based practice, are the leaders that bridge health care and education, provide care coordination, advocate for quality student-centered care, and collaborate to design systems that allow individuals and communities to develop their full potentials. Approved by the NASN Board of Directors June 2016.
The History of School Nursing
• Belgium 1873
  • Brussels—first city to employ a school physician
  • Regular city-wide system of school inspection
• London 1892
  • First employment of school nurse—Amy Hughes—to investigate nutrition of school children
  • Six years later (1898) The London School Nurse Society was established
1894—Boston

- First school health services in schools
- Identifies and excludes from schools: students with serious communicable disease (scarlet fever, diphtheria, pertussis, chicken pox, measles, mumps, and impetigo; later—parasitic diseases such as scabies, ringworm)
1902—New York

- Lina Rogers - First public health school nurse in New York City schools. Decreased the rate of absenteeism and spread of communicable disease.
1902 New York

- Board of Education hires 25 more nurses shortly after Lina Rogers begins working
- Statistics on exclusions:
  - September 1902: 10,567
  - September 1903: 1,101
1920-1930’s

- Health education added to school nurse role
- Medical Examination
  - Search for physical defects
  - Focus on case finding and disability limitations
  - Ignores all preventive aspects of health
- Increased interest in preventative aspect of school nursing
- Communicable disease control
- Included innovations such as specialized classes for handicapped, those crippled by polio, vision classes, deaf or hard of hearing, lip reading classes, speech therapy
- Dental health—dental inspections & referral
• Medical Exam
  • Emphasis on outcome of referral → new term “health counseling” or “guidance”
  • Includes health exam and follow-up procedures
  • Assists students to solve own health problems to assume responsibility for protection, maintenance, or improvement of their health
Freeman identified 4 major changes as having implications for school nursing:
During this era, sole responsibility for school health programs shifted from the school nurse and school physician to sharing the responsibility with teachers, students, and health personnel with coordinated and integrated health education curriculum.
Expanded role of the school nurse—additional educational preparation for nurses:

- Increased technical expertise based on accurate and current scientific data
- Better preparation for leadership with courses on research methods, decision-making, and methods of influencing behavior of others
- Expanded background in educational methods and family health
- Interdisciplinary course work with other school personnel such as teachers, physicians, and administrators
1949—Sixteen state Departments of Education require teaching certificates to work in schools; four other states require a certificate if the nurse taught any classes.
Expansion and development of programs and priorities established in 1940’s:

• “Health is the first objective of education”—generally accepted
• Goal of School Health programs—to develop “optimum health” for every school child, healthful school surroundings
• Optimal health defined: physical fitness, absence of defects
• Health included mental, spiritual, and emotional elements
• Shift from medical exam by school physician to private physician
Virginia History

- 1905 Norfolk, VA public health department employed nurses for the schools.
- 1913 Portsmouth Public Schools employed a physician and school nurses.
Standards of School Nursing Practice
STANDARDS OF PRACTICE
ANA/NASN 2011

- Reflect the values and priorities of the profession
- Provide direction for professional practice
- Specific to the specialty of school nursing
- Communicate the role and mission of school nursing to other disciplines
- Define the practice to the larger community
- Are the norms by which school nursing practice is measured
Standards of Practice

Standard 1: Assessment
The school nurse collects comprehensive data pertinent to the healthcare consumer’s health and/or the situation.

Standard 2: Diagnosis
The school nurse analyzes the assessment data to determine the diagnoses or issues.
Standards of Practice

Standard 3. Outcomes Identification
The school nurse identifies expected outcomes for a plan individualized to the healthcare consumer or the situation.

Standard 4. Planning
The school nurse develops a plan that prescribes strategies and alternatives to attain expected outcomes.

Standard 5. Implementation
The school nurse implements the identified plan.
Standards of Practice

Standard 5 a. Coordination of Care
The school nurse coordinates care delivery.

Standard 5 b. Health Teaching and Health Promotion
The school nurse uses strategies to promote a healthy and safe environment, especially regarding health education.
Standards of Practice

**Standard 5c. Consultation**
The school nurse provides consultation to influence the identified plan, enhance the abilities of others, and effect change.
Standards of Practice

Standard 5d. Prescriptive Authority and Treatment
The advanced practice registered nurse uses prescriptive authority, procedures, referrals, treatments, and therapies in accordance with state and federal laws and regulations.
Standards of Practice

Standard 6. Evaluation
The school nurse evaluates progress toward attainment of outcomes.
Standards of Professional Performance
Standards of Professional Performance

Standard 7. Ethics
The school nurse practices ethically.

Standard 8. Education
The school nurse attains knowledge and competency that reflect current nursing practice.
Standards of Professional Performance

Standard 9. Evidence-Based Practice and Research
The school nurse integrates evidence and research findings into practice.

Standard 10. Quality of Practice
The school nurse contributes to quality nursing practice.
Standards of Professional Performance

Standard 11. Communication
The school nurse communicates effectively in a variety of formats in all areas of nursing practice.

Standard 12. Leadership
The school nurse demonstrates leadership in the professional practice setting and the profession.
Standards of Professional Performance

Standard 13. Collaboration
The school nurse collaborates with the healthcare consumer, family, and others in the conduct of nursing practice.
Standards of Professional Performance

Standard 14. Professional Practice Evaluation
The school nurse evaluates one’s own nursing practice in relation to professional practice standards and guidelines, relevant statues, rules, and regulations.
Standards of Professional Performance

Standard 15. Resource Utilization
The school nurse utilizes appropriate resources to plan and provide nursing services that are safe, effective, and financially responsible.

Standard 16. Environmental Health
The school nurse practices in an environmentally safe and healthy manner.
Standards of Professional Performance

Standard 17. Program Management
The school nurse manages school health services.
Delegation

The authorization by a registered nurse to an unlicensed person to perform selected nursing tasks and procedures in accordance with 18VAC90-19-240 to 280.
Delegation

Criteria for Delegation- 18VAC90-20-430

Assessment required prior to delegation- 18VAC90-19-260

Tasks that may NOT be delegated- 18VAC90-19-280

- Tasks requiring a nursing assessment
- Triage
- Administration of medications
RN/LPN Scope of Practice

- Taken directly from definitions

- Virginia Board of Nursing Guidance Document #90-23: Decision Making Model for Determining RN/LPN Scope of Practice
Required Immunizations
Immunization Requirements

For specific immunization requirements, access the Virginia Department of Health website:


Also available in Spanish.
4 doses of DTaP - one on or after the first birthday
Tetanus, Diphtheria & Pertussis (Tdap)

One dose required for entry into 6th grade
Hepatitis B

3 doses

All minimum age & interval requirements must be met
Human Papilloma Virus (HPV)

3 doses for females entering the sixth grade
Measles, Mumps & Rubella (MMR)

2 doses of measles and mumps; 1 dose of rubella
Polio

4 doses - one on or after the 4\textsuperscript{th} birthday*
Varicella (Chickenpox)

2 doses
Conditional Enrollment

Any student whose immunizations are incomplete may be conditionally enrolled if that student provides documentary proof at the time of enrollment of having received at least one dose of the required immunizations accompanied by a schedule for completion of the required doses within 90 calendar days.
Immunization Exemptions: Religious Exemptions

No certificate of immunization shall be required for the admission to school of any student if the student or his parent submits an affidavit to the admitting official stating that the administration of immunizing agents conflicts with the student's religious tenets or practices.

Code of Virginia § 22.1-271.2
Immunization Exemptions: Religious Exemptions

The certificate of religious exemption form may be downloaded from:

Immunization Exemptions: Medical Exemption

No certificate of immunization shall be required for the admission to school of any student if the school has written certification from a licensed physician or a local health department that one or more of the required immunizations may be detrimental to the student's health, indicating the specific nature and probable duration of the medical condition or circumstance that contraindicates immunization.
Unique Considerations

- Homeless
- Foster Children
- Military Compact
- Special Education
Physical Examination
Physical Examination

“No pupil shall be admitted for the first time to any public kindergarten or elementary school in a school division unless such pupil shall furnish, prior to admission.... A comprehensive physical examination... within 12 months prior to the date such pupil first enters such public kindergarten or elementary school...”

*Code of Virginia § 22.1-270*
Which means....

- There is **no** grace period for obtaining a physical. A student entering VA public school for the first time in kindergarten or elementary school must have a comprehensive physical **before** they can enter the building.
- There is no legal requirement for a physical exam for students entering grades 6-12. Some school divisions have established policies requiring a physical for these students. Check your school division policy for guidance.
Exemptions

The *Code of Virginia § 22.1-270 (D)* Allows for parents who object to a physical examination on religious grounds to provide a written letter stating that the child is in good health and free from any communicable or contagious disease.
School Entrance Physical Form

The school entrance physical form and immunization record shall be a standardized form provided by the State Department of Health, which shall be a part of the mandatory permanent student record.

To access the form visit: http://www.doe.virginia.gov/support/health_medical/index.shtml
Preschool Enrollment Requirements

- Preschool children fall into 2 categories: those that are officially enrolled in the school (preschool handicapped and special education) and those that merely rent space from your school division (most Head Start programs).

- There is no document that outlines the responsibilities of the healthcare provider or specifically states the enrollment requirements for preschoolers.
Preschool Enrollment Requirements (cont.)

The preschool specialist at the Department of Education states that all preschool **Special Education** students must have a physical and age appropriate immunizations in order to attend school.
Preschool Enrollment Requirements (cont.)

All students participating in a preschool program must provide a physical and proof of immunizations, that conform to the Code of Virginia, **upon entering kindergarten**. Regardless of the fact that they may have provided these documents when they entered a preschool program previously.
School Nursing Resources
State School Nurse Consultants

- Virginia Department of Health
  Janet Wright

- Virginia Department of Education
  Tracy White
Professional Organizations

• Virginia Association of School Nurses- www.vasn.us

• National Association of School Nurses- www.nasn.org
Publications

- VA School Health Guidelines Manual
- Guidelines for Specialized Health Care Procedures
- School Nursing Scope & Standards of Practice
- Code of Ethics for School Nurses
- School Nursing: A Comprehensive Text, 2nd Edition
The Role of the Professional School Nurse
I’m a nurse and I’m a leader....
What’s different?

• Medical professional practicing in an educational setting

• Independent Practitioner

• Emerging Specialty
Tidbits from an Experienced School Nurse

• Foster a strong relationship with Administration—they can make or break you
• Participate in School Activities
  1. Faculty Meetings
  2. PTA
  3. School Sponsored events
Tidbits

• **Add the extras**
  1. Learn the educational lingo
  2. Ask for and keep an updated bulletin board
  3. Sponsor a student club
  4. Offer faculty wellness programs
     – Weight loss clinic
     – Exercise Program
     – Blood Pressure Monitoring
Tidbits

- Become involved in the community
  - Coalition membership
  - School Health Advisory Board
  - Let your students/families see you outside of the school setting
  - County event planning
Tidbits

• Professional Development
  1. Become active in a professional organization-NASN, VASN, ASHA, VEA, NEA, etc.
  2. Keep learning!!!!
    • Attend professional conferences
    • Take a class
    • Pursue an advanced degree
MOST IMPORTANTLY: 
BE PROUD OF YOUR SPECIALTY

YOU ARE NOT *JUST* A SCHOOL NURSE

YOU ARE THE HEALTH PROFESSIONAL IN YOUR BUILDING!!
School Health Services Specialists

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http://www.vahealth.org/childadolescenthealth/schoolhealth/

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