

MIDDLEBURY COMMUNITY SCHOOLS

SCHOOL NURSE REPORT

School Year 2007-2008

The implications for schools that serve children with chronic diseases are becoming vast and growing with each passing year. According to the June 27, 2007 Journal of the American Medical Association, the prevalence of chronic diseases in children has been increasing over the past two decades and is likely to continue to increase. The Centers for Disease Control report that about nine million children--about 13% of the K-12 U.S. student population--now take medication regularly. Millions more have chronic conditions that may require sporadic treatment and medications as well as multiple other forms of support. Life is complicated for these children, but as nurses at Middlebury Community Schools, we believe we can alleviate some of the associated stress by being knowledgeable and capable caregivers.

In the same article cited above, the AMA Journal points to three conditions that are particularly on the up rise; obesity, attention deficit disorder, and asthma.

Associated with the obesity trend, type 2 diabetes is becoming common especially among minority adolescents. In a collection of BMI (body mass index) statistics for Middlebury Community Schools, students in grades 1,3,5,7, and 9, we found that a significant percentage of our students are either overweight or are at high risk of becoming overweight.

Four years ago, MCS was awarded a training grant from the Indiana Department of Education and the American Cancer Society to better learn how to address the changing needs of our children, staff, and community. The program, Coordinated School Health Programs (CSHP) has been very valuable in bringing to light our role as a school corporation in the necessary promotion of health for our community.

As nurses in the corporation, we have been very pro-active in our attempts to address the identified needs. Each nurse is an active member of the MCS' CSHP coordinating council. We believe the statement issued by the Centers For Disease Control: "Schools are the most systematic and efficient means available to improve the health of youth."

We understand that our job as school nurses must go far beyond taking temperatures and applying band aides, but must also focus on and promote preventative care.

The following report is reflective of the nurse's job goal outlined by MCS Superintendent and Board members.

Goal: To assist in providing the fullest possible educational opportunity for each district student by minimizing absence due to illness and creating a climate of health and well-being in the district's schools.

Middlebury Community School Nurse to student ratio:

Northridge High School	1: 1221
Heritage Middle School	1: 971
Jefferson Elementary	1 (part-time): 842
Orchard View	1 (part-time): 473
Middlebury Elementary	1 (part-time) : 458
York Elementary	1 (part-time) : 278

The following describes daily nursing responsibilities and activities in accordance with the National Association of School Nurses.

- Facilitate positive student responses to normal development.
- Promote health and safety
- Intervene with actual and potential health problems.
- Provide case management services.
- Actively collaborate with others to build student and family capacity for adaptation, self-management, self-advocacy and learning.

(National Association of School Nurses Board of Directors, 1999)

Facilitation of positive student responses to normal development:

RED DOT LIST: Listing of all students with health issues. Due to HIPPA and privacy laws, the sharing of children's health concerns is shared with the teachers or team the student is with. Bus drivers and all administrators receive a copy of every school's red dot list. Each school in the corporation currently has over 40% of the student population on the red dot list.

PROGRAMS: A large number of programs presented, particularly at the elementary levels, come from the Elkhart County Health Department. The school nurse coordinates those programs. Many other programs and presentations are given by the nurse that are not offered by the health department. As mandated by the Indiana Department of Education, puberty education is taught with an abstinence-based philosophy. This includes education for 4th and 5th graders with an information meeting offered to parents.

Head Start: Head lice Education and screenings
Heights and weights

- Kindergarten: Healthy Heart-ECHD
 Bicycle Safety-ECHD
 Hygiene and Nutrition-ECHD
 Hand-Washing-School Nurse
 Dental Hygiene-School Nurse
 Scrubby Bear-School Nurse and Red Cross
 Germ and Cold Prevention-School Nurse
- First Grade: Exercise Your Heart-ECHD
 Bullying Prevention-ECHD/School Nurse
 Pedestrian Safety-ECHD
 Hygiene and Nutrition-ECHD
 Hand-Washing-School Nurse
 Dental Hygiene-School Nurse
 Nose Care-School Nurse
 Scrubby Bear-School Nurse
 Height/Weight/BMI-School Nurse
 Mini-Health Fair MES-School Nurse
- Second Grade: Getting to Know Your Heart-ECHD
 Bullying Prevention-ECHD/School Nurse
 Bicycle Helmet Safety-ECHD
 Dental Care-School Nurse
 Playground Safety-School Nurse
 Dog Bite Prevention-Noah's Landing Pet Care Clinic
 Nutrition and Your Heart-ECHD
- Third Grade: Getting to Know Your Heart- ECHD
 Bullying Prevention-ECHD/School Nurse
 Tobacco Presentation-ECHD
 Dental Hygiene-School Nurse & Local Dentists
 Bat Blitz-American Red Cross
 Fire Safety-ECHD
 Wheel Safety-ECHD
 Self Care/Hygiene-School Nurse
 Clean Kids-School Nurse
 Germs/Nose Care-School Nurse
 Height/Weight/BMI-School Nurse
 Dog Bite Prevention-Noah's Landing Pet Care Clinic
 Home Alone-ECHD
 Lightening Storms-ECHD
- Fourth Grade: BAT Blitz-American Red Cross
 Tobacco Education-ECHD
 "Growing Up and Liking It"-School Nurse
 Personal Hygiene-ECHD

- Fourth Grade: Cleanliness Presentation-School Nurse
Lightening Storms/Tornadoes-ECHD
- Fifth Grade: Home Alone-ECHD
“Growing Up and Liking It”-School Nurse
Fire Safety-American Red Cross
Tobacco Education-ECHD
Nursing Career presentation-School Nurse
Height/Weight/BMI-School Nurse
Personal Hygiene
AIDS Education
Nursing Careers Presentation-School Nurse
- Middle school: School day Heath Fair
CPR/First aide Certification-7th grade-Jeannine George
Hand-washing campaign-CSHP
Hygiene/Nose Care-School Nurse
How Germs Spread-School Nurse
6th, 7th, 8th, Grade Lunchtime Walking Club
IN-Shape Indiana
- Northridge: Drug screening
START group
- Staff: Health and Wellness Screening
Blood Borne Pathogens-School Nurse
Monthly Health Tips
Blood Pressure Checks
Health Consultations and referrals
Flu Vaccinations
National Employee Health and Fitness Day
Quarterly Health Lines newsletter

Promote Health and Safety:

COORDINATED SCHOOL HEALTH PROGRAM: CSHP is an approach to school health that improves students' health and their capacity to learn through the support of families, schools, and communities all working together. At its very core, CSHP is about keeping students healthy over time, reinforcing positive healthy behaviors throughout the school day, and making it clear that good health and learning go hand in hand. CSHP offers students the information and skills they will need to make positive life choices. Heritage, York, Middlebury, Northridge and Jefferson have all implemented active CSHP

councils. The counsels are reflective of the eight components of the coordinated school health model: school health services, health education, health promotions for faculty and staff, counseling psychological and social services, school nutrition services, physical education services, healthy school environment, and family and community involvement. The corporation nurses in each building have committed to the organization and implementation of the CSHP program in conjunction with building principals and staff.

DRUG SCREENING: At Northridge Mrs. Berkey conducts random saliva drug screenings. 320 drug screens were administered. Results are reported directly to NHS Athletic Director, Dave Harm.

IMMUNIZATIONS: Immunization requirements are every changing. Among recent changes are required Chicken Pox vaccine for 6th graders, HPV notification for all 6th grade girls. Reviewing, recording, and reporting immunizations is an ongoing process for all school nurses. Every student health record is reviewed yearly and updated in compliance with the regulations set by the Indiana Department of Health and Education. As new students enter our school system, we must follow up to assure that they are immunized according to our state policy.

Middlebury's 5th Annual Super Shot Saturday was held in March at Orchard View Elementary. In conjunction with the immunization clinic, a health fair was offered. Representatives from Elkhart County Health Department, Boys and Girls Club, Elkhart County Parks Department and others gave students the opportunity to visit their booths while they were waiting to receive their immunizations. We have witnessed a much higher immunization compliance rate since we first offered Super Shot Saturday in 2004.

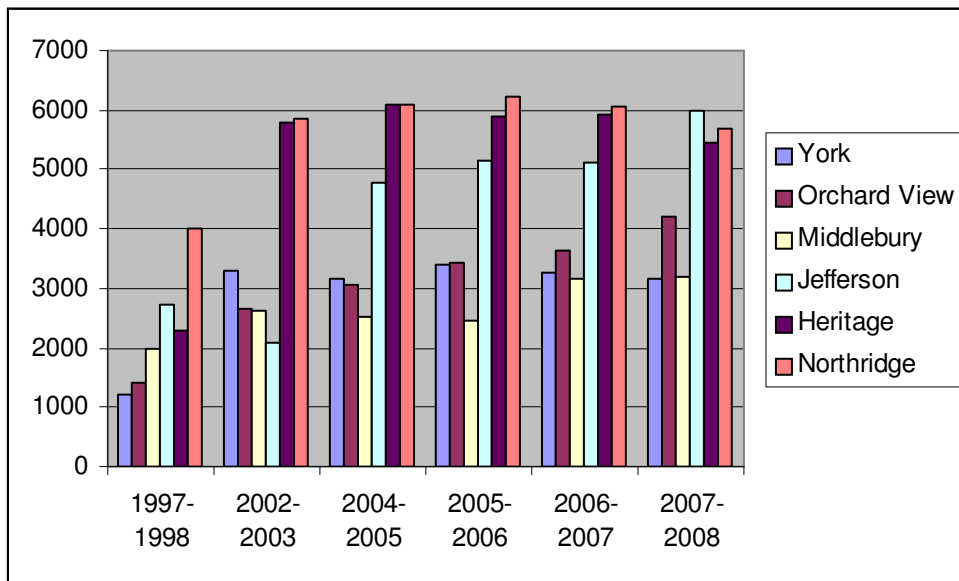
PRESCRIPTION/NON-PRESCRIPTION MEDICATIONS:

Medications dispensed by our clinics with parent permission only include: Acetaminophen, Ibuprofen, Antacids, Pseudoephedrine, Diphenhydramine (Benedryl). Prescription medications are given only under the order of a physician and parent. These medications include but are not limited to: Attention Deficit Disorder medications such as Ritalin, Concerta, Dexedrine, Guinfacine, and Adderall. Nurses give multiple medications for emotional disorders, depression, anxiety, compulsive disorders, and more. More students each year are diagnosed with diabetes. Every diabetic student requires an individualized health care plan, and the nurse must be prepared to deliver the individualized care necessary. Care is based on a number of variables such as, time of day, time of last insulin injection, current blood sugar reading, amount of ingested carbohydrates, amount of anticipated carbohydrates, and others. Understanding of total carbohydrate count and insulin requirements is very challenging, and the nurses at MCS are working diligently to stay abreast of changes and advances in the diabetic field. Medications listed above are given at every hour of the school day, which makes it increasingly important that the nurse is available at all times.

Distribution of medications at school

	Number of non-prescription medications given:	Number of prescription medications given:
YES	502	984
OVES	1779	708
MES	623	1458
JES	1037	5985
HMS	1197	3480
NHS	2480	2542

CLINIC VISITS: The following shows the number of clinic visits each school had in the 2007-2008 school year compared to previous years. The visits charted here do not include routine clinic visits by students who take regular daily medications, regular blood sugar checks, or routine nebulizer treatments. The graph is only reflective of the number students that we saw this school year who **were not** under regular medical care.



	1997-1998	2002-2003	2004-2005	2005-2006	2006-2007	2007-2008
York	1200	3306	3157	3387	3254	3170
Orchard View	1400	2647	3073	3442	3629	4202
Middlebury	2000	2633	2510	2454	3153	3189
Jefferson	2734	2075	4773	5163	5121	5985
Heritage	2275	5785	6100	5895	5927	5447
Northridge	4000	5856	6100	6223	6057	5695

Intervene with actual and potential health problems:

HEALTH AND WELLNESS PROGRAM: We have completed our 22nd year of the Health and Wellness Program at MCS. All school employees are invited to join. Flu vaccinations are offered for staff through Middlebury Urgent Care with a small cost to recipients. We gave over 200 vaccines this year. We hope to continue the bi-annual health screening, at the employees cost. This is a service the school employees appreciate and have been very active in. The health screening includes: Complete blood profile, blood pressure, bone density, urinalysis, prostate screening, thyroid profile, and hemocult screen. We have always had a large turnout for the bi-annual testing with numbers between 150-200.

SCREENINGS: The Indiana State Board of Health requires regular vision, and hearing screenings. Indiana law no longer requires scoliosis screenings, but in a decision to be proactive, MCS offered the screening to all students grades five, seven, and nine. Referrals were made as needed.

Vision and hearing screenings are done for students in grades one, three, five, seven, ten, all students new to the corporation, and any student when requested by parent, teacher, physician.

All first graders receive a vision screening by their school nurse followed by a modified clinical technique exam by local optometrists who generously volunteer their time each year.

Referrals are sent to parents of students whose vision status is questionable. We have found that our student's vision needs are often neglected for financial reasons. Middlebury Boys and Girls club offer to pay for exams and glasses for any of our students who are members of the club. We can make referrals to the Indiana Lion's Club who will finance the exam and glasses for students who qualify financially. Occasionally parents can't or won't take their student for necessary eye exams. In those cases, the school nurse will take students for eye exams and the follow-up appointments with the parent/guardian consent.

216 vision referrals were sent home this school year.

We conducted Body Mass Index (BMI) screenings this year. As MCS has adopted the PE for life program, our hope is to see Body Mass Indexes decrease in the coming years. Results will be tallied yearly to help us recognize and address trends in our students.

Using standards issued by The Centers For Disease Control, that is > 85 percentile on the standard height and weight cart for the given age, we found the following results:

- Grade 1: 263 students screened. 7.6% over weight or at risk.
- Grade 3: 299 students screened. 12% over weight or at risk.
- Grade 5: 249 students screened. 26% over weight or at risk.
- Grade 7: 303 students screened. 42% over weight or at risk.
- Grade 9: 290 students screened. 42.5% over weight or at risk.

Provide case management services:

Individual Education Plan Evaluations (IEP): Nurses are responsible for the health assessment portion of the individual education program evaluations. Included in the assessment are vision screening, height, weight, and medical history.

Building nurses are frequently asked to attend case conferences for those students with medical needs. Care plans are then initiated based on the student's individual needs.

Actively collaborate with others to build student and family capacity:

PARENT CONTACTS: Parent contacts are made frequently and for many reasons. Parent contact is made to send students home for injury and illness, to inquire about students not in attendance, and for consults regarding medications.

	Parent contacts	Students sent home
YES	424	194
OVES	383	126
MES	520	201
JES	805	376
HMS	748	457
NHS	737	532

CONFERENCES WITH STUDENTS AND/OR PARENTS: The School Nurse has many conferences with parents and/or students. Most frequently conferences involve: illnesses, medication clarification, hygiene and dental care, attendance, and immunizations. Mrs. Berkey regularly attends the quarterly P/T conferences at Northridge. Nurses in all schools attend case-conferences with parents and the teaching team when requested or if there is a medical concern or issue.

Accident/Incident Reports: Accidents that occur on school grounds are referred to the nursing staff. If the incident occurs during the school hours, the school nurse will assess and evaluate making necessary referrals based on assessment findings. All accidents/incidents are submitted to administration in written form.

SCHOOL AND COMMUNITY INVOLVEMENT:

Mobile Dentists Program-elementary
Super Shot Saturday
Children's Health Fair
Heritage Health Fair
Employee Health and Wellness
Coordinated School Health Programs
CPR/AED certification/recertification-all nurses
Athletic school physicals at NHS
Red Dot List Compilation
Kindergarten Round-Up
Camp Amigo
Fourth Grade Health Curriculum Parent's meeting
Head lice checks
State Reports
Flu shots for staff
Immunization education and updates
ARMS Mentoring program
Reports to School Board

Meetings:

School Nurse Conference in Indianapolis
Middlebury School Board Presentation of Super Shot Saturday
Monthly Immunization Meetings with ECHD
Coordinated School Health Programs Steering Committee meetings
Coordinated School Health Program training weeks, February and August
County Wide School Food Task Force monthly committee meetings
Elkhart County Tobacco Coalition monthly meetings
Quarterly corporation nurses' meetings
School staff meetings
Strategies Nurse Report
Gold Star Counseling Meetings
SAT Team meetings
Annual Northeast area School Nurse Meeting
Area school nurses meetings
Diabetic training
Ryan's Place Grief Seminar
CAPS Bulling Conference

GOALS FOR 2006-2007:

Professional status for professional nurses.
Coordinated School Health Teams in all MCS schools.
Increase classroom health curriculum.
Increase nutrition and fitness curriculum for all grades.
Hosted Super Shot Saturday and Children's Health Fair.
Host Heritage Health Fair.
Set up First Response Team for all Middlebury Schools.
Host Area Nurses Conference.
Attend State or National School Nurse Conference.

REPORT OUT:

Professional status for professional nurses has not been addressed or acknowledged.
Hosted Super Shot Saturday and Children's Health Fair
First Response Team for corporation has not been developed
Area nurses conference at MCS
Substitutes for nurses when absent has been a positive move.