

Health Services Visions/Goals for the 2013-14 School Year

By Sue Blankenship, RN

July, 2013

Review and Current Status of Health Services Department

1. **Nurse specialty programs** designate the extensive and diverse knowledge each nurse has gained in specific areas to further provide our students and staff expertise in:

- a. Asthma -Tammie Lawson, RN
- b. Diabetes -Amy Rabenold, RN
- c. CPR/First Aid - Kim Lapeyre,RN, Susan Neal, RN
- d. Emotional Health issues -Sue Blankenship, RN
- e. SISK-12 medical documentation - Shelli Maher, RN
- f. Immunizations - Sharon Sweatt, LPN
- g. Special Medical Needs care plans/ 504's -* New for 2013-14 school year - Kim Saab, RN
- h. Website design for Health Services --* New for 2013-14 school year - Susan Neal, RN

2. **Student Health Promotion Programs:**

A. "*Captain Clean vs. The Infector*"-A student audience interactive program performed by our student Laker Theater Company. A humorous and creative 10 minute presentation performed in each school to emphasize the importance of general infection control.

B. *Miles For Smiles* program which promotes opportunities for students to access affordable and convenient dental care by Miles For Smiles Program- a traveling Medicaid dental health program for students started in 2010 in one school and has now served students in all of our schools.
-See attached report of services delivered to our students during school year 2012-2013 in 10 separate clinics

C. "*Camdenton Student Diabetic Club*" is an active Type 1 Diabetes Support Group facilitated by Amy Rabenold, RN and Tammie Lawson, RN. The focus of this program will be to keep students and their families abreast of all current trends in diagnosis, treatment, and resources for diabetic students.

D. *Childhood Obesity programs*- Students with an accelerated body mass index will have immediate access to a nurse with an educational background focused on optimal pediatric health.

- *“Fuel Up To Play 60”* -a national interactive computer program has been introduced into five of our schools.. It is a program focused on combating childhood obesity.
- *Letters to Parents-* Students in six grade levels were weighed and measured to assess BMI's. The parents of those students with accelerated (>95%) BMI's received letters informing parent/guardian of BMI and an offering of assistance with weight reducing measures.

E. *Student CPR/First Aid-* High school and middle school students have access to learn CPR. 7 CPR/FA courses were offered to students and staff so that they can assist in emergency situations.

- We will initiate AHA School Challenge for Next Generation of Lifesavers CPR Training for MO public high school students- House Bill 105-32- starting fall of 2014.

F. *PEAK 4 KIDS- Because every kid should breathe easy”*- An asthma awareness and treatment program which partners with Dr. Stan Horner, JCMO

G. *Above The Influence”* . HS and MS nurses sponsor, promote and direct a national anti-alcohol and anti-drug campaign

H. *Laker's Listen-* a student depression and/or anxiety awareness project with multiple components. Students will have a nurse and counselor with an experiential and educational background in behavioral assessment as an immediate support system (within our system) to assist them in the immediate assessment and formation of treatment planning.

- *Emergency suicide prevention* -Sue Blankenship, RN and Counseling Services Director partner to follow district procedures
- *A student support group* has been meeting since December, 2011. The emphasis is on the recognition of childhood depression and anxiety among our high school and middle school students.
- *Website development-* This group focuses included the development of an informative website for middle schoolers regarding teen suicide prevention, grief management, body changes and dysfunctional lifestyles. This group of 5-12 students met once weekly in a private setting in the high school.
- *Individual support-* Sue Blankenship, RN meets with each student, face-to-face in a private setting at least once monthly.

3. Employee Health Promotion programs -Customized to meet the needs of our employees. Also, to encourage and promote staff members to maintain personal health and adapt healthier lifestyles while having immediate access to health illness management.

- A. *Annual Employee Wellness Clinic*- 200+ staff members for May, 2013 Clinic (most yet)
- B. All nurses will incorporate of Health link's "*Lifestyles Management Computer Module*" into our district informational website for daily use by employees.
- C. All nurses presented *three employee wellness events* in their buildings this year
- D. *Nutritional education and exercise opportunities* outside of school hours
 - Three exercise opportunities per week are offered after school hours at various locations in school district
 - Each nurse is proficient in the *body analysis machines* purchased for each building clinic.
 - Each nurse provides an *open-door policy for all employees to utilize a blood pressure, blood sugar and body analysis* monitoring system within each clinic.
- E. * *Upcoming Online training (required)* created for all staff training for:
 - Blood Born Pathogens
 - Universal Precautions
 - Epi-Pen training
- F. Employees suffering from *depression, anxiety or occupational burnout* will have access to a nurse with an educational background in behavioral triage assessment as an immediate support system (within our system) to assist them in the formation of a treatment plan. This will be a component of our Laker Employee Assistance Program (LEAP) named "Laker's Listen".

4. Nurse Continuing Education Opportunities -Promote medical knowledge and reaction to clinic and school building issues:

- A. School Nurses' Role in Intruder /Invasion Training by Officer Chris Williams- all nurses
- B. Instructor Training for CPR/First Aide courses- second RN Instructor in district-Susan Neal, RN
- C. Missouri Assoc. of School Nurses Annual Conference- Sue B. and Kim L.
- D. School Health Coordinated Conference- Amy R. and Susan N.
- E. Basic School Nurse Training Course- Susan N.
- F. District Harassment Training-all nurses
- G. District Evaluation Training- Sue B.
- H. DESE Nurse Administrator Conference-Sue B.

5. Community Interactions with Health Services Department

A. Donations Received:

- \$1500 from local chapter of Knights of Columbus
- 3 new wheelchairs from Linn Care, Inc.-Dwayne Eidson

B. "Project Healthy Living"

Nurse attends a monthly community group meeting to promote community wellness and recognize/minimize community risk factors

C. School Health Advisory Council- SHAC meetings were held in the District Administrative Board Room quarterly . These meetings are policy directed to promote community and interdisciplinary partnerships, activities and other cooperative initiatives.

D. "Neighborhood School Nurses" is a consortium, that we host, of neighboring school health services directors to support each other and exchange ideas to further our promise that each and every student and staff will have immediate access to health promotion, illness management, and accident prevention. Nurses from several neighboring school districts will meet at Camdenton High School for a half-day consortium met once during the 2012-13 school year.

6. EVALUATION METHOD/PROGRAM PERSONNEL:

A. Achievement of goals will be documented in coordinator's office in a goal ledger.

B. Current staff of nursing professionals in alpha order:

Sue Blankenship, RN, Coordinator
Nancy Dickerson, RN Middle School Clinic
Kim Lapeyre, RN Dogwood Clinic
Tammie Lawson, RN Oakridge Clinic
Shelli Maher, RN High School Clinic
Susan Neal, RN Hurricane Deck Elementary School
Amy Rabenold, RN Hawthorn Clinic
Kimberly Saab, RN Hurricane Deck Clinic
Sharon Sweatt, LPN Dogwood Clinic

Substitute nurses and volunteers:

Rosemary Chance, LPN Substitute Nurse
Pat Dampier, LPN Substitute Nurse
Annette Petersen, LPN Substitute Nurse
Gail Routh Volunteer from "Experience Works", Lebanon, MO

*** It is important to acknowledge that 3 full-time nurses were out on extended sick leave during the year of 2012-13, thus leaving the need for nurse substitutes a total of 28 weeks of school year.**

Respectfully Submitted,

**Sue Blankenship, RN
Coordinator of Health Services
Camdenton School District**

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