

Administrators' Management Meeting
School Health Guidelines

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Our Changing World

- How has the world and schools changed since YOU were in school?



Life in Florida 1905

- State census takers counted:
 - 614,902 residents
- The 1905 Florida Legislature tackled important issues, including *banning the playing of football on Sundays*



Life in Florida 1905



- May 11, 1905, auto owners had to pay a \$2.00 fee to register motor vehicles with the Sec. of State - & were issued a paper certificate.
 - Owner required to provide *own* license plate, a practice common to many states prior to about 1910
- Locally- Columbia Restaurant in Ybor City opened

School Nursing- 100 years in 2002



Health Practices in 1902

- Only 14% of homes had a bathtub
- More than 95% of births took place at home
- Most women washed their hair just once a month
- The leading causes of death were:
 - Pneumonia and Influenza
 - Tuberculosis
 - Diarrhea



100 Years ago

- The average life expectancy was 47 years
- 1 in 10 adults couldn't read or write; only 6% graduated from high school
- The average wage was 22 cents per hour, the average worker made \$200-\$400 per year
- There were only 8,000 cars and 144 miles of paved roads -- the speed limit was 10 mph
- Only 8% of homes had telephones, a 3-minute call from Denver to NYC cost \$11



- Cola drinks contained cocaine -- hence the term "Coke"
- Marijuana, heroin, and morphine were available OTC.
- According to one pharmacist, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and the bowels, and is, in fact, a perfect guardian of health."



Today

- Ten to 20 percent of American children have some chronic health problem, and between two and four percent have severe conditions that interfere with activities on a daily basis (James Perrin, "Chronic Illness in Childhood," *Nelson Textbook of Pediatrics*).



- Today about 10 percent of U.S. public school children have disabling conditions that need to be overseen by school nurses and frequently require daily acute care procedures that were unheard of in most schools 20 years ago
 - (*Nursing Weekly*, 1/23/98, "School Nurse Role Combines Touch With Technology).



School Health Challenges Today

- Diabetes
- Asthma
- Childhood obesity
- Illness & Injuries



Treating Illness/Injuries in School

- One in 20 students receives a prescription medication while at school
- School staff responsible when no school nurse present
- School nurse shortage
 - National average: one school nurse for every 1,155 students
 - Recommended average: 1 school nurse:750 students (NASN-National Association of School Nurses; CDC Healthy People 2010)

Asthma Facts 2002:

- 1 child in 13 has been diagnosed with Asthma
- 12.2% (8.9 million) have been told by health professional that they have Asthma
- 5.8% (4.2 million) had an asthma attack in past 12 months
 - Among children 0-17 years old in the US (2002)

In a classroom of 30 children,



**2 or more
children are
likely to
have asthma**

Asthma and School Health

- Asthma is the most common childhood illness and the leading cause of school absences
- In Florida, school health data indicates that 5% of students have asthma
- There is no cure for asthma



Asthma Facts

- Asthma is a inflammation of the airways that impairs breathing
- There are 4 classifications of asthma severity:
 - Mild intermittent
 - Mild persistent
 - Moderate persistent
 - Severe persistent



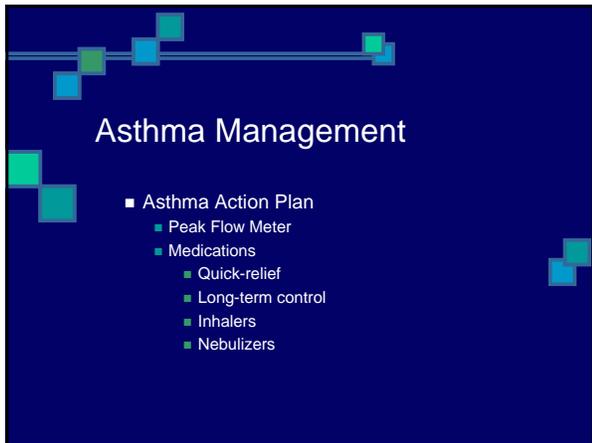
Care of Students with Asthma

- School Health Policy Guide Part III: Policies on Asthma, School Health Services and Healthy Environments
<http://www.nasbe.org/HealthySchools>
- Nursing Guidelines for the Delegation of Care for Students with Asthma in Florida Schools
<http://sss.usf.edu/html/Resources/resources.htm>



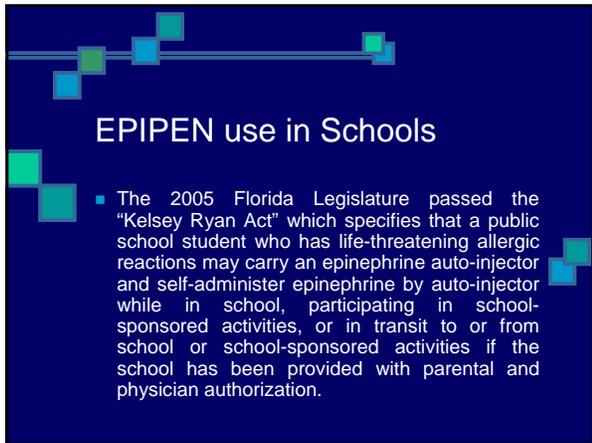
Asthma Management

- Outdoor and Indoor Air Quality
- Meal Planning and Hydration
- Exercise and Sports
- Individualized Healthcare Plan (IHP)
 - Emergency Plan
 - Field Trips



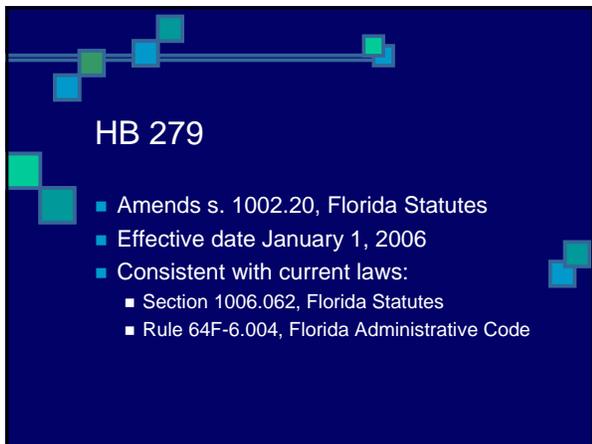
Asthma Management

- Asthma Action Plan
 - Peak Flow Meter
 - Medications
 - Quick-relief
 - Long-term control
 - Inhalers
 - Nebulizers



EPIPEN use in Schools

- The 2005 Florida Legislature passed the "Kelsey Ryan Act" which specifies that a public school student who has life-threatening allergic reactions may carry an epinephrine auto-injector and self-administer epinephrine by auto-injector while in school, participating in school-sponsored activities, or in transit to or from school or school-sponsored activities if the school has been provided with parental and physician authorization.



HB 279

- Amends s. 1002.20, Florida Statutes
- Effective date January 1, 2006
- Consistent with current laws:
 - Section 1006.062, Florida Statutes
 - Rule 64F-6.004, Florida Administrative Code

Diabetes- a growing problem

- There are 18.2 million Americans with diabetes and nearly one-third of them do not know it.



Diabetes Facts



- Approx 17 million people in US (6.2% of population) have Diabetes
- Diabetes -one of the most common chronic diseases in school-aged children- affecting about 1.7 in every 1,000 young people less than 20 years of age (ADA, 2001)

Diabetes Facts



- Type 1 diabetes accounts for 5-10% of all diagnosed cases, but is the leading cause of diabetes in children
- Each year, more than 13,000 children are diagnosed with type 1 diabetes

Diabetes Facts

- About 75% of newly diagnosed cases of type 1 occur in individuals younger than 18 years



Diabetes Facts

- In the US, 210,000 people under 20 years of age (about 1 in every 400-500 children) have type 1 or 2 diabetes
- Currently, 10-15% of children & teens are overweight (double 2 decades ago)- therefore, increasing numbers of young people have type 2 diabetes



Risk Factors for Type 2

- Overweight (BMI >85th percentile for age & sex, weight for height; or weight > 120% of ideal weight)
- PLUS
- Family history of type 2; Native American, African-American, Hispanic/Latino, Asian-American

Diabetes Facts

- Both Type 1 and Type 2 diabetes must be managed 24 hours a day, 7 days a week to prevent serious health consequences



Overall Goal: Optimal Student Health and Learning



Blood glucose monitoring is critical to student success. But just one piece of comprehensive management plan.

Goals

- Educate and support children/students to be as independent as possible for their care
- Educate school staff how to help meet the needs of these students
- Educate school staff working with children to recognize signs & symptoms of hypo or hyperglycemia

Key Components

- Ongoing school and family partnership
- Development of an Individualized Healthcare Plan (IHP) in collaboration with the student, family, health care provider, and school health staff
- School & Community Resources

Plan

- IHP- Individualized Healthcare Plan
- 504 Plan
- IEP



Safety

- Train and educate school staff
- School nurse oversight whenever possible
- Work in partnership with student and family



Challenges

- Special school events and parties
- Sports
- Coping with a chronic disease
- Stress



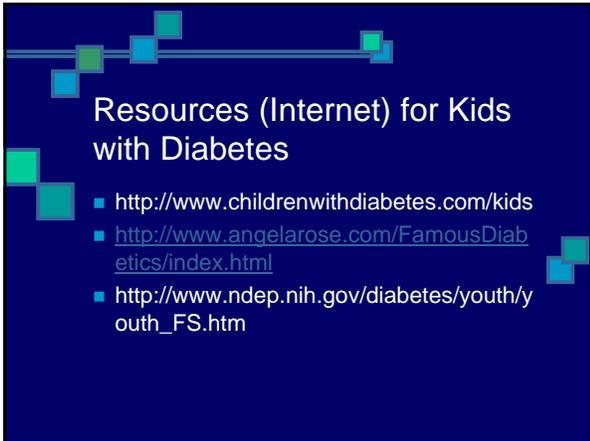
Role of the School

- Facilitate blood glucose monitoring per DMMP
- Act on blood glucose check results per DMMP
- Provide monitoring data to parent/guardian



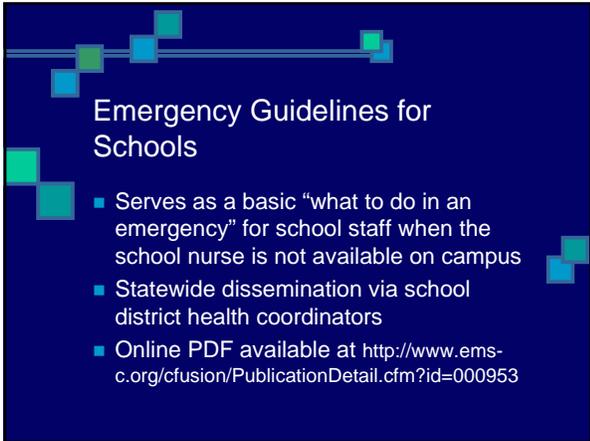
Care of Students with Diabetes

- Consensus Statement on the Safe Delivery of Care for Children with Diabetes at School
<http://www.nasn.org/statements/consensusdiabetes.htm>
- Helping the Student with Diabetes Succeed: A Guide for School Personnel
<http://www.ndep.nih.gov/>
- Nursing Guidelines for the Delegation of Care for Students with Diabetes in Florida Schools
<http://sss.usf.edu/htm/Resources/resources.htm>



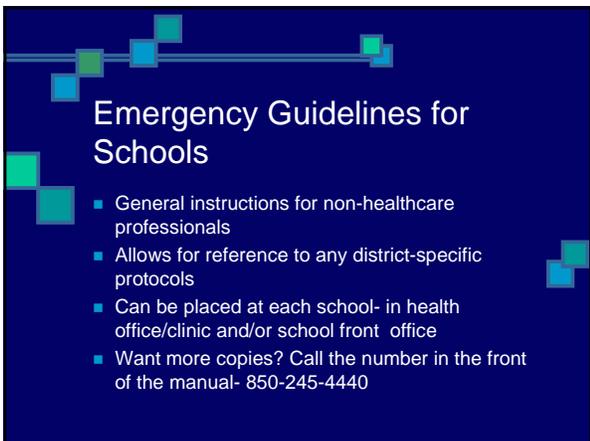
Resources (Internet) for Kids with Diabetes

- <http://www.childrenwithdiabetes.com/kids>
- <http://www.angelarose.com/FamousDiabetics/index.html>
- http://www.ndep.nih.gov/diabetes/youth/youth_FS.htm



Emergency Guidelines for Schools

- Serves as a basic "what to do in an emergency" for school staff when the school nurse is not available on campus
- Statewide dissemination via school district health coordinators
- Online PDF available at <http://www.ems-c.org/cfusion/PublicationDetail.cfm?id=000953>



Emergency Guidelines for Schools

- General instructions for non-healthcare professionals
- Allows for reference to any district-specific protocols
- Can be placed at each school- in health office/clinic and/or school front office
- Want more copies? Call the number in the front of the manual- 850-245-4440



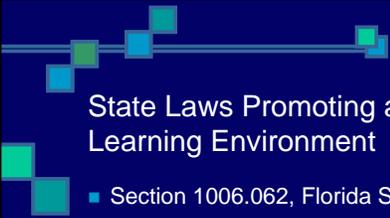

School Health Guidelines

- National & State Companion Guides:
 - Care of Students with Asthma
 - Care of Students with Diabetes
 - Emergency Guidelines for care of ill/injured student when the school nurse is not available



Fit, Healthy and Ready to Learn

- A healthy school environment is conducive to learning
- A student not in class (absent) is not learning
- School Health Policy Guides
 - National Association of State Boards of Education (2005) www.nasbe.org/HealthySchools



State Laws Promoting a Safe Learning Environment

- Section 1006.062, Florida Statutes
- Section 1003.22, Florida statutes
- Section 381.0056, Florida Statutes
- Rule 64F-6.004, Florida Administrative Code