

HEALTH SERVICES/SCHOOL HEALTH ADVISORY COUNCIL

ANNUAL BOARD REPORT

August 25, 2009

"For us who Nurse, our Nursing is a thing, which, unless we are making progress every year, every month, every week, take my word for it, we are going back."

Florence Nightingale

Health is a very large word and covers a great deal. This board's own goals demonstrate the importance of good health as a basis for excellence in learning and teaching in Denton ISD. This report will provide you with information regarding our district's health services department and the School Health Advisory Council (SHAC) and will demonstrate how the programs and activities of the department and committee support not only the mission of Denton ISD and board goals.

It would be impossible to list all the elements of care; the information in blue below will, I hope, provide some enlightenment as to how health services contributed to the success of our students in 08-09.

I. Vision.... In pursuit of excellence, the district will:

a. Develop a culture where learning is our first priority

- Health services motto is "Healthy kids make better learners." The department as a whole and each nurse on her individual campus focus efforts on helping each child be academically successful. Learning and student success is supported by each nurse who makes good nursing assessments and decisions - quickly returning our students safely to class when possible and sending students home who, for health reasons, should not be at school.

II. Teaching & Learning...In pursuit of excellence, the district will

b. Expect full curriculum implementation on each campus by instructional leaders

- Our school nurses do vision and hearing screenings at the state- recommended grade levels and on parental or teacher request or recommendation. When a referral for further evaluation or testing is indicated the nurse provides referrals and resources. The nurses want to insure that each student can participate in the classroom experience to the fullest. During the school year over
- Our overall health education and curricular goals were established to help each student achieve self-competence in health care, make daily decisions that contribute positively to their physical and mental health and provide information and resources to assist them to develop healthy habits that will continue into their adult lives. Campus nurses provide the information and resources thorough classroom presentations and instructions, through role-modeling healthy choices, thorough bulletin boards and website information and by counseling with students and their parents.
- On each campus and at each grade level our nurses collaborate with classroom and special area teachers to meet the Health TEKS
To highlight just a few of the many special programs:
 1. Kathy Malmberg, the nurse at Hawk, teaches first aid and CPR to all fifth grade students.
 2. Nurse Dee Paulsen at Ginnings teaches anti- tobacco and drug classes at each grade level. She encourages sun safety and poison control with life size displays. She even role modeled a healthy life style choice by walking the playground with some of her students after lunch or recess. She has developed several resources packets for teaching students about their chronic conditions, such as asthma or diabetes.
 3. Nurse Cindy Fitzgerald at the ATC provides CPR and First Aid instruction for students enrolled in "Ready, Set, Teach."
 4. The Practically on my Own Program was again presented to the students in the Social Adjustment Class at Crownover by former RCMS nurse, Jonita Widmer.
 5. At Borman, Nurse Andrews who is bilingual spent countless hours instructing not only students but their families about healthy choices.
 6. Tina Stevens, the Pecan Creek nurse, invited a local dentist who came and presented a program on dental hygiene to her first graders.
 7. Many of our campus nurses served as mentors and role models to nursing students from NCTC and TWU and Nurse Practitioner students, who were all

practicing chiropractors, from Mary Hardin Baylor. The director also mentored 2 UNT students majoring in Health Promotion and Kinesiology. A total of 40 students enrolled in professional programs benefitted from the experience of our nurses.

8. All of our elementary and middle school campuses utilized the Mobile Dentist program. The free screening program allowed each student with parental permission a basic dental screening and written "report card."
9. Guyer nurse, Georgia Albury was notified that her campus was among the highest percentage of donors in high schools with 200-299 seniors. In the 07-08 Carter collected 158 units whole blood out of 206 donors at the fall and Spring Blood Drives.
10. The nurses who are members of NASN request vouchers from a program for Sight for Students. This program allows the nurse to order vouchers good for a free eye exam and glasses when indicated. These vouchers can be used for students who do not have Medicaid, Chips or private insurance with vision coverage. The student is eligible for one pair of glasses per year. During the school year over 300 students were provided vouchers through the program.
11. Tanya Holley, the nurse at WS Ryan identified a student with severe amblyopia. She referred to the student. The student's vision was so bad the pediatric ophthalmologist was concerned that child's vision was irreparable. After one month in treatment the child's vision was 20/20. Nurse Holley helped a child who was at great risk for permanent vision loss.
12. Nurse Shirl Wills at Calhoun worked in collaboration with one of the coaches to develop a healthy weight loss program for overweight students. The program included nutrition classes were designed for growing teenage bodies. Both the nurse and coach worked with the students to develop a healthy diet and a simple healthy exercise program.
13. Last spring at Savannah, Nurse Ginny Smith's big "health room" puppets were used in several classes for teaching health topics. The children, with their teacher's permission, worked on their presentations with the school nurse and developed their own topics and puppet dialog. Two children taught a third grade class about asthma including how they felt about having this problem. They also included a demonstration on how a nebulizer and an inhaler work. Two more students taught another third grade class about "growing up" and personal hygiene, complete with soap suds and deodorant.

The children were very proud of themselves for their successful presentations.

14. The Lantana Foundation provided free flu immunizations for elementary students at EP Razor, Blanton and Harpool Middle School. The campus nurses as well as other school RNS in collaboration with the Denton County Health Department administered several hundred vaccines.

- As part of the scheduled instruction, all elementary nurses personal hygiene, dental health, hand washing, pediculosis prevention, and nutrition. In accordance with the Coordinated School Health Model, the nurses collaborate with the school counselors to prevent the state required class on child anti-victimization, violence and bullying prevention. They also conduct parent information sessions to present our district approach to teaching our 4th and 5th grades about growth and development.
- The secondary nurses work with students to deal with some of the health concerns of older students. These nurses provide instruction and information on infection control, sexually transmitted diseases, relationship violence and breast and testicular self exams for early cancer prevention and detection. The secondary nurses strive to help our older students become well informed and educated health consumers.
- Middle school nurses are directly involved in sports assessment and injuries due to the lack of trainers at that level. The nurse must work with the student, parent and coach to allow the student athlete to safely participate whenever appropriate but make the "call" not to play when it appears to be in the best interest of the student. The middle school nurse also encourages students to develop a healthy body image at a time when eating disorders can begin to manifest.
- High school nurses meet with entering 9th grade students and their parents during orientation to alleviate some of the anxieties. The parents may be concerned about their student taking his own medication at school. The nurses help the parents to understand our district's philosophy and approach to not only medication but to health education and sexual concerns. We want our parents to know it is important that we assist our high school students in

making healthy decisions. Students need to understand the consequences of their decision to go home or stay in class.

c. Establish quality staff development programs and promote professional learning committees

- the school nurses meet on staff development days to obtain up to date information specific to the profession of school health
- Staff Development topics are presented not only by some of our district nurses but experts from the professional community
- New Nurse Academy met for the third year. The Academy, which met monthly, provided our "newbies" (all experienced nurses but new to health) a built-in resource for asking questions and learning in a safe and professional environment. The Academy was again well received and appreciated.
- The nurses were divided into geographical "sisterhoods." The groups provided mentorship, support and back up for all nurses. Attachment A

d. Strive to deliver all academic programs through teachers possessing advanced degrees and demonstrable competence in the areas of professional responsibility

- Entry level for DISD school RN's is a bachelors' degree, two have Masters and one has a PhD. One nurse has attained national certification (NCSN) and several more are preparing for the exam.

f. Stay abreast of and incorporate best practices into teaching, learning and leadership

- Nine are members of the state and national professional organization and receive regular professional journals and publications
- New information related to school health is shared thorough email as soon as it is received
- Several nurses participated in a Webinar on asthma management sponsored by Cookes' Children's Medical Center

- The outgoing Director recently completed a term on the Board of Directors for the Texas School Health Association and serves on the advisory board for the Denton County Public Health Department and NCTC School of Nursing. She is an active member of the Texas School Nursing Administrators' Association, as well as NASN and TSNO. Membership in these professional organizations helps insure that school nursing in DISD is held to a high level of professionalism in clinical practice.
- The incoming Director of Health Services is the first DISD nurse to attain national certification through NASN. She is also serving a term on the Board of Directors for the Texas School Health Association. She was elected in the spring of 2009 as President Elect of the Region XI School Nurse Association and as the School Nurse of the year. Region XI has submitted her name for the award.
- School nurses while supporting our students through many of our state mandated programs, provide multiple areas of assistance that have little to do with state mandates. The nurses help our students learn to manage their own health concerns so that they may be more successful in the classroom and maximize the instructional time at school. Several examples: teaching a student to manage their asthma, diabetes or other chronic health conditions. A student who can manage his health effectively means fewer missed days and increased benefit of instructional time.

III. Climate.... In pursuit of excellence, the district will

a. celebrate and respect the diversity in our Denton ISD Community

- health services included into staff development discussion of various cultures regarding health beliefs and practices

b. promote and nourish a safe learning and working environment which is supportive, cooperative and ensures open communication

- School nurses are involved in making the school environment safer and healthier through infection control, health promotion, good nursing

assessments and effective communication with parents, teachers and administrators.

School nurses track illnesses and injuries for patterns and trends that may need intervention. The nurses participate in surveillance for communicable diseases. Beginning the first day of class all campus nurses will be tracking statistical information regarding students with flu-like illness.

e. Motivate and prepare students to embrace their full responsibilities as active citizens of their community, nation and world

The school nurses develop an Individualized Health Care Plan for each student as a part of the student's Individual Education Plan. The parent and student, when appropriate are involved in the planning and interventions at school. The involvement of the student helps to prepare the student to assume some of their own responsibilities for health care.

IV. Parent and Community Involvement.... In pursuit of excellence, the district will:

a. Foster a positive welcoming environment that encourages parents and community partnerships to achieve success for all our students

School nurses made 29,000 documented parent contacts last year to collaborate on health issues and concerns

Over 9000 referrals to community resources to ensure health care and social services access to our students and families

Several community resources utilized by our nurses included:

Kiwanis Children Clinic

Care Van- 2 locations serving over 150 students

Peoples' Clinic

Lion's Club

HOPE, Inc

Denton County Health Department

Scottish Rite Hospital for Children

The nurses coordinated blood drives on 6 campuses.

b. Work continuously with the community in planning and facility development

The director of Health Services

- Serves as a liaison with city and county emergency management officials in planning for critical events that might impact the school
- Works with operations closely to promote design that balances aesthetics of a good learning environment with safety and security (such as determining designations for weather-safe rooms in schools with multiple windows)
- Coordinates the Emergency Operations Plan and security audit requirements for Senate Bill 11

c. Utilize citizen's advisory committees to focus on short and long term tasks

The School Health Advisory Council (SHAC)

The School Health Advisory Council meets twice a year, and consists primarily of parents of current DISD students; their role is to make recommendations to the Board in the areas of comprehensive school health

Attachment B-membership

The Director and several other nurses serve on campus CLTs

d. Provide support services and promote health, wellness and safety for students and families

Each day our nurses work to support student success. In emergent or critical cases when the student's needs are beyond our resources, 911 is called to facilitate rapid response and care for the student. The nurse accompanies the student to the hospital and remains with the student until the parent arrives. During the 2008-2009 school year our nurses handled 75 emergent situations requiring ambulance calls.

Our school RNs had over 60,600 documented health room visits/contacts during the 2008-09 school year. In the majority of cases, most students were discharged back safely to the classroom setting, based on the nurses' assessment of the student's condition, communication with the parents, teachers and campus administrators and with older students their own input. Our nurses constantly strive to protect the integrity of instructional time.

School Nurses provided over 3500 hours of classroom instruction for students in the areas of health, safety and wellness.

Supported/Assisted the PE teachers/ Coaches in the completion of the Fitness gram assessment for all students grades 3-12

V. Human Resources.... In pursuit of excellence, the district will:

- a. Develop and expect a consistently high level of, and respect for , professional performance by all staff**

School Nurses are assessed annually with the performance expectations based on the "Standards of Performance" from the National Association of School Nurses. The director completes the assessment with the input of the campus administrators. (New employees are assessed twice annually)

- b. Maintain a diverse workforce with respect to qualifications, expertise and commitment to excellence**

Our nurses have 540 combined years of nursing experience in such diverse clinical fields as: pediatrics, critical care, cardiac nursing , normal newborn and NCIU, care flight, university health, office nursing (ENT, orthopedics and pediatrics), OB/GYN, emergency care, recovery room, hospice, home health, medical/surgical care, operating room, occupational health, neurosurgical nursing, geriatrics, public health , nursing administration with specialties in lactation education, diabetes education, endocrine, asthma, ostomy care, cystic fibrosis, pharmacy, sports medicine, psychiatrics, QA and Infection Control. All the nurses are CPR, AED and First Aid Instructors. Three of the nurses are also certified teachers.

Health Services has one Hispanic RN, two others are fluent in Spanish and we have three African American RNs.

We maintain a pool of substitute Registered Nurses to manage the health room in the absence of the full time nurse. These nurses are fully oriented and are invited to participate in staff training and development.

e. Promote health and wellness in the workforce

School nurses provided assessment and care for 17,000 documented employee visits to the health room

The Wellness Center Facility continues to be improved. The Wellness Library and Self Assessment area have been well received. 2 sessions of classes were held each afternoon and were attended by staff members throughout the district.

The district Employee Wellness Committee met each month (either onsite or e-meeting) to discuss wellness activities, discuss communication and motivation strategies and share building activities. Each campus and building had a designated representative and bulletin board. The information was posted on the Wellness website.

Some of the Wellness Activities for 2008-2009 School Year included:

1. WOW- Working on Wellness
2. Just MOVE (Make One Vital Effort)
3. Spread the WARMTH (We are Role Models Teaching Health)
4. Health Start 2009- Employee Wellness Day 172 attendees and 48 vendors and health assessment booths
5. Flu Shots- administered 1800 flu shots to employee and their adult family members
6. Principal Wellness Assessment- 1702 employees participated in screenings and health assessments and individual consultations
7. Employee Mammograms with the mobile unit from Baylor 36 participants

VI. Growth and Change.... In pursuit of excellence, the district will:

- a. Review and adjust policies and procedures effectively to address the challenges of rapid growth and changing demographics characteristics while maintaining and enhancing our strong sense of community**

Continued to implement district wellness policy (FFA local)

The director coordinated and assisted with security audits on all campuses, prepared reports and communicated needed changes to building administrators

- b. Create and continuously modify strategies to mitigate increasing stresses on our children, our schools and our community**

A program to statistically collect data on students with "test related anxiety" was initiated by the nurses. The data collection was initiated after teachers, administrators, counselors and nurses collaborated and shared concerns of the effects of stress on student health, well being and test performance.

As individual situations arose on campuses the nurse, counselors and administrative staff worked closely to monitor and assist staff and students as needed. Referral information to local agencies was also available in the health room and counseling offices.

- c. Be environmentally and aggressively pursue energy efficiency and conservation principles in building design, transportation alternatives and operating procedures**

The director works closely with district operations in building revision and design from the safety and security standpoint to meet the objectives outlined in the district emergency operations plan, serves on the "green team," and the Indoor Air Quality response team