

School Nurses



Care for Kids

**Lewiston-Altura
School District
Health Office Services Summary
2023-2024**

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The quality and quantity of learning of each student is in direct proportion to the physical, mental, emotional and social levels of health. The child entering school with asthma, seizures, diabetes, vision or hearing deficits, etc. may be unable to reach their maximum potential for learning without special consideration for their health needs. Likewise, students present symptoms arising from abusive situations, broken homes, chemical abuse, teen pregnancy, etc. The Licensed School Nurse, in collaboration with other members of the school, family, and community, work to identify and address the needs of these students.

Health Promotion and Prevention

Several screening programs are conducted for identification of students’ needs in the areas of vision, hearing, and scoliosis. Screening assists in potential learning deficits because of inability to see or hear.

Vision and Hearing-

Yearly screen students in K, 1st, 2nd, 4th, 5th, 6th, 8th, 10th, all new students, and as individually requested.

	# screened	# referrals
Elementary	163	11
MSHS	161	6
Silo	102	5
St. John’s	68	4
Total	494	26

Volunteers are an important part of the initial Vision and Hearing Screening. The Licensed School Nurse works with BSN college students from Winona University. This screening process is a huge task, with the initial screening process taking 3 full school days. The Licensed School Nurse then completes all rescreens and referrals which is an additional 6+ days.

Scoliosis-

Yearly screen students in 5th and 6th grade. This year I was able to utilize BSN students from Winona State to assist with the initial screening. This is done over a two day period, with rescreens taking another day.

# screened	# referrals
108	4

Dental-

This is the third year we have worked with the Minnesota School Sealant to offer interested students the opportunity to have a FREE or Low cost dental exam, fluoride treatment, and sealants (if needed). Affordable, dental services are very

difficult to access in our community, especially if families have Medical Assistance for insurance. This helps bridge a gap in health care. This was offered one morning at the elementary and another morning at the High School (first year offered at High School).

	# participants	# Fluoride Treatments	# Students Receiving Sealants (1-4 teeth each)	# Referrals for dental repair
Elementary	20	17	5	2
High School	12	11	8	2

Education

The Licensed School Nurse educates students and parents in a variety of ways. Classroom presentations are done on: dental hygiene, handwashing, nutrition, general hygiene, and puberty education (girls). Each year I meet with all 4th, 5th, and 6th grade girls for 60-90 minutes to discuss the changes they are/will soon be encountering. The Licensed School Nurse also talks with students and parents on an individual basis as needed.

This year, I also had 6 WSU BSN students provide education to PK-5 and 6-9th grade students on a variety of topics including: hygiene, fire safety, healthy habits, health career fields, etc. They spent 3 weeks at the High School level meeting weekly, and then another 3 weeks at the elementary meeting weekly with the students. They are looking forward to continuing this opportunity in the fall.

Illness/Injury Management

Students come into the Health Office for a variety of reasons. They may present with an acute illness/injury, first aid, somatic complaints, etc. When the Licensed School Nurse is present in a building, the number of students sent home unnecessarily decreases as she can provide appropriate assessments and follow up care in school - thus reducing absences, and reduce the spread of contagious illnesses - thus resulting in fewer sick days for other students and staff.

Communicable Disease

Lewiston-Altura School District complied with the Minnesota Statute, Section 121A.15, requiring immunizations against diphtheria, tetanus, pertussis, poliomyelitis, measles, mumps, rubella, chickenpox, and Hepatitis B before they will be allowed to start the first day of school. This includes all public school students, parochial school students, and home-schooled students. I also assist with ECSE/ECFE students as well. This year we had a multi-month long outbreak of conjunctivitis (pink eye) across all buildings in students and staff, as well as an outbreak of Fifth's Disease across all buildings in mainly students but some staff as well. I also continued to monitor confirmed COVID-19 cases and influenza cases.

The School Immunization Law included boosters for all students entering Kindergarten and 7th grade. At least two letters were sent to parents of these students needing further immunizations before the first day of school.

In addition to complying with this State Law, graduating seniors are also given a copy of their immunizations to keep for their reference.

When a communicable disease outbreak occurs, I work closely with the local Epidemiologist with the MN Department of Health to notify persons as needed.

Injury

Occasionally a student does sustain a more serious injury while at school. Having a Licensed School Nurse improves the outcome of treatment, as appropriate interventions are implemented. Some examples of injuries we have had the past year included: broken bones, deep lacerations requiring stitches, possible concussions, etc. We also work with school staff and administration when accident trends or unsafe school environments are present.

The Licensed School Nurse identified and trained school staff members to be a part of the Medical Emergency team. This emergency procedure was written a few years ago by the LSN, so that all school staff members would know their role in an emergency. This year we were required to add Narcan to our AED cases in each building. This required the Licensed School Nurse to develop a policy and procedure for administration, ordering of the medication, and training of the Emergency Medical Team to administer it if needed.

Medication Administration

The need to administer medication to students during school hours requires a great deal of time, attention, and documentation. In the absence of the District Licensed School Nurse, this task is delegated to trained personnel. This nursing function is performed under the license of the District Licensed School Nurse and must be supervised by her. This required initial training, as well as periodic training and supervision.

	Elementary	MSHS	TOTAL
Daily Medication			
# Students	7	7	14
# Medications	1,470	951	2,421
As Needed Medication			
# Students	16	6	22
# Medications	41	5	46
Short Term Medication			
# Students	21	1	22
# Medications	48	14	62

58 students took medication during this school year, with 2529 pills distributed in our offices!

Students with Specific Health Care Needs

Each year a Health Summary form requesting current health information is sent to the parents of each new student, as well as students in K, 2nd, 4th, 6th, and 8th and 10th grade. Health information that could impact learning or safety is shared with the school staff working with the student, when parent permission is granted.

We have many students in our District, with a variety of health needs. Our school health team is crucial in reducing: potential health emergencies, potential unnecessary absences, potential loss of life, and potential District liability. These plans require communication with parents at least yearly, as well as training of all staff involved with each student.

Individual Health	Care Plans
Diabetes	4
Seizures	5
Severe Allergies	11
Other	7
TOTAL	27

Some of these students require emergency medication be made available in a life and death situation. This also required additional training of staff who work with this student, so that they can administer the medication if needed-if no Health Office staff is available. These medications may include: EPI-PEN for severe allergies, Glucagon for severe low blood sugar, and Diastat for prolonged seizures.

Emergency Medication	
Elementary	4
High School	7
Silo	1
St Johns	3

TOTAL 15

Special Education

When students are assessed for possible Special Education assistance (including initial and reevaluations), the Licensed School Nurse develops health history summaries and assesses the students' current health status. For those students that have medical concerns, permission is obtained from the parent to request and review their child's medical records. The purpose of the nurses'

involvement is to consider possible health implications that could be contributing toward the child's difficulty in school. Each year, increasingly more time is spent working with students in Special Education programs. The Licensed School Nurse was involved in the following assessment/reassessments

Early Childhood	15
Elementary	12
High School	19
Total	46

When there are health conditions, the nurse assists the team with interpretation, communication with medical providers, implications for school, and planning. The students receiving Special Education services, who have health conditions, include the nurse in their school plan. For some of these students, daily nursing interventions with ongoing assessment were required. Approximately 22% of the 0.60 FTE LSN is spent on Special Education services, and can be coded and reimbursed as such. Starting with the 2024-2025 school year, I will also be doing the billing of Third Party Billing, which will require additional time every month.

This year I also met with 2 students on a weekly basis to do health education in regards to meeting a goal in their IEP.

I also train all of our district paraprofessionals to be licensed as Personal Care Assistants (through Department of Human Services). This requires periodic supervision of duties delegated through the PCA plan for each student they work with. This year we had PCA plans (and thus able to do Third Party Billing for PCA services) for 6 students at the High School and 2 at the Elementary. Next year there is an anticipated additional 8 students with PCA needs at the Elementary Building.

Third Party Billing

Lewiston-Altura Schools have been doing Third Party Billing since 2011. The Licensed School Nurse works closely with all special education case managers who qualify for PCA services. The LSN then writes the PCA care plan, ensures all required elements are listed in the students' IEP, trains all para staff as PCA's, initiates and finalizes monthly PCA logs, and provides as needed supervision for the PCA's.

Starting in the fall of 2020, I took over all of the coordination of the Third Party Billing Services in our district. This involves sending out consent forms, tracking MA eligibility, ensuring monthly service logs are turned in from all providers (Speech, PT, PT, Audiology, School Psychologist, etc.) As of 5/31/2024, we have received over \$15,000 from Third Party Billing for the 2023-2024 school year, with many logs still waiting to be entered and billed.

Early Childhood Screening

The purpose of Early Childhood Screening is to identify children with delays and assist these children and their parents with resources before they begin Kindergarten. Early Childhood Screening is aimed at children 3 years of age, however older children are screened if they have not previously been screened. This screening takes place over 5 days of the school year, generally in September, January, and February.

The Licensed School Nurse coordinates the entire screening, trains volunteers and staff, completes hearing and vision screening and health review, and completes the exit interview with the parents. One para sub is utilized to check in and direct the families and complete height and weight on the child. 3 certified teachers are utilized for the developmental and speech components.

The LSN completes hearing and vision screening and health review.

This year the following students were screened:

Age 3	17
Age 4	18
Age 5	3
Total	38

Of the students who were screened, the following referrals were made:

	Refer
Vision/Hearing	1
Speech/Language	3
Fine/Gross Motor	0
Concepts	2
Social/Emotional/Behavior	2

A total of 3 children were referred for Special Education assessments (some children were referred for more than one area). Of those 3 children, 3 qualified for services. 1 child was referred to their medical provider for hearing concerns.

A total of 4 students were referred to Early Childhood Programming, as they have some delays and are not currently in a preschool program.

A total of 5 students will be rescreened in the Fall of 2024 to assess if adequate progress has been made.

This screening program is reimbursable by the MN Department of Education. We are reimbursed a set amount per child, dependent on their age at screening. For this screening year, we will be reimbursed \$2,979.00.

Sports Health Information Review

Prior to fall 2020, at the beginning of each sport season, all participants' health forms are reviewed. Any "yes" answers require a parent and participant interview to determine if any restrictions are necessary. Doctor's notes are requested if more information is needed. All concerns are then forwarded to each sports' coaching staff.

Fall 2020-I don't review all questionnaires, but do relay health concern information to coaches and provide training as needed.

Services for School Personnel

First Aid and Illness:

The Health Office staff often see school employees for first aid and illnesses, as well as seeing students.

Blood Pressure Monitoring:

The Health Office Staff checked the blood pressure of many school staff on a regular basis.

Staff Training:

In addition to meeting with specific staff on health care needs of their students, additional training is done regarding First Aid. All para support staff receive First Aid training every 3 years. The bus company employees also received training upon their request. Our School District currently has 3 AED's located throughout the school buildings. These AED's require monthly checks, as well as purchasing new pads and battery packs as needed, which is done by the Licensed School Nurse.

OSHA:

The Licensed School Nurse is the OSHA coordinator for the District and is responsible for updating and reviewing the OSHA/Bloodborne Pathogens Program. Each staff is categorized into different categories, dependent on their risk of exposure. Staff in category 1 and 2 are offered Hepatitis B vaccines. The Licensed School Nurse is also responsible for being notified of any incident that staff have occurred at school which put them at risk of getting a Bloodborne Pathogen (bite from student, needlestick, coming in contact with bodily fluid, etc.) These staff are then given the opportunity to seek further medical testing and counseling.

Wellness Committee Member

The Licensed School Nurse is also the coordinator of the districts' Wellness committee. Since my start in 2010, I have procured over \$30,000 in wellness funds from grants.

Biometric Screening

This year we offered free cholesterol and blood sugar testing for all interested staff with funds from our wellness grant. 35 staff took advantage of this screening.

The role of the Licensed School Nurse includes assessment, planning, implementation, and evaluation. The LSN works toward the following goals:

- Establish and revise School District health **policies** related to Health Services.
- **Assess** and evaluate the **health** and development status of school children.
- Promote and **maintain health** and well being of students, families, and school personnel by teaching and counseling.
- Implement an **individual plan** for the care of students with chronic health conditions.
- Prevent **communicable diseases**.
- Develop and maintain a system of **first aid** and plan a safe environment.
- Are active in **health education**.

Non-District Funding for Licensed School Nurse:

1. The Licensed School Nurse salary is mostly funded through 3 outside funding resources:
 - a. Parochial student funding through MDE (2023-2024 school year = \$14,245.10)
 - b. Special Education Funds (21% of 0.6 FTE coded Special Ed)
 - c. Third Party Billing Funds (\$5,000 has been billed as of 5/31/2024 for Nursing Services)

School Nursing Practice Framework™

Supporting Students to be Healthy, Safe and Ready to Learn



Care Coordination

- Provide direct care for emergent, episodic, and chronic mental and physical health needs.
- Connect student and family to available resources.
- Collaborate with families, school community, mental health team (including school counselors, social workers, and psychologists), and medical home.
- Develop and implement plans of care.
- Foster developmentally appropriate independence and self-advocacy.
- Provide evidence-based health counseling.
- Facilitate continuity of care with family during transitions.

Leadership

- Direct health services in school, district, or state.
- Interpret school health information and educate students, families, school staff, and policymakers.
- Advocate for district or state policies, procedures, programs, and services that promote health, reduce risk, improve equitable access, and support culturally appropriate care.
- Engage in and influence decision-making within education and health systems.
- Participate in development and coordinate implementation of school emergency or disaster plans.
- Champion health and academic equity.
- Share expertise through mentorship/preceptorship.
- Practice and model self-care.

Quality Improvement

- Participate in data collection for local, state, and national standardized data sets and initiatives.
- Transform practice and make decisions using data, technology, and standardized documentation.
- Use data to identify individual and population level student needs, monitor student health and academic outcomes, and communicate outcomes.
- Engage in ongoing evaluation, performance appraisal, goal setting, and learning to professionalize practice.
- Identify questions in practice that may be resolved through research and evidence-based practice processes.

Community/Public Health

- Provide culturally sensitive, inclusive, holistic care.
- Conduct health screenings, surveillance, outreach, and immunization compliance activities.
- Collaborate with community partners to develop and implement plans that address the needs of school communities and diverse student populations.
- Teach health promotion, health literacy, and disease prevention.
- Provide health expertise in key roles in school, work, and community committees/councils/coalitions.
- Assess school and community for social and environmental determinants of health.

Standards of Practice

- Ensure practice consistent with the scope and standards of school nursing practice, health and education laws (consider the Individuals with Disabilities Education Act, Section 504 of the Rehabilitation Act of 1973, Nurse Practice Act, state laws regarding school nursing practice and delegation), federal/state/local policies and regulations, and NASN position statements and code of ethics.
- Employ clinical judgment and critical thinking outlined in nursing process and prioritization.
- Integrate evidence and best/promising practices (consider multi-tiered systems of support, clinical practice guidelines).
- Safeguard privacy of students and data (consider Health Insurance Portability & Accountability Act, Family Educational Rights and Privacy Act).

