

ANNUAL REPORT TO THE DENTON ISD BOARD OF TRUSTEES
DEPARTMENT OF HEALTH SERVICES/EMPLOYEE WELLNESS & THE SCHOOL
HEALTH ADVISORY COUNCIL

July 31, 2012

Healthy Children Learn Better...

School Nurses Make a Difference!

The major focus of Health Services has been and remains to support the success of our students inside and outside the classroom. The Registered Nurses of Denton ISD continue to evidence this priority by performing comprehensive physical and psychosocial assessment leading to the appropriate care, treatment and referrals.

The Board of Trustees has established district goals in pursuit of excellence that serve as a basis for teaching and learning. The Registered Nurses of Denton ISD support the mission and goals of our district. The information and examples that follow will demonstrate our commitment to the students, parents and staff of Denton ISD.

I. VisionIn pursuit of excellence, the district will :

- **Develop and maintain a culture where learning remains our first priority**

The committed and professional nurses of our district work with students, parents and staff members to assist each and every student to achieve personal academic success. In order to achieve and maximize academic success students need to be in the classroom receiving instruction. Each campus RN works and encourages students to return to the classroom as quickly and safely as possible. If after an assessment by the RN a return to the classroom is not appropriate the nurse educates the student and parent about the reason and need to be excluded and when the student may return. If medical care is needed and the student has need, the nurse assists the family through referrals to community agencies for the most appropriate assistance and care.

In order for our students to achieve maximum success in the classroom each student must be ready and able to learn. Denton ISD RNs perform all state required screening to identify conditions that might impact or interfere with a student's ability to learn. Any student that is screened with an indication for additional or more extensive testing is referred to outside health care provider. If students or parents need assistance in accessing care the nurses provide resources and assistance in this process. A majority of our RNs are members of the National Association of School Nurses. (NASN) Members of NASN have access to a program called Sight for Students. Through the Sight for Students

program nurses can provide a voucher for a free eye exam and one pair of glasses if the student meets the program guidelines. Students who qualify for CHIP or Medicaid are provided with a resource list of current providers.

District Screenings-

Vision

Referrals

Hearing

Referrals

Type II Diabetes Risk Assessment

Referrals

Postural Assessment – Scoliosis

Referrals

- **Remain committed to providing equitable and outstanding opportunities for every student on campus**

Our nurses are committed and realize that each and every student is valuable. The nurses work with each student to support and assist each student to achieve their personal best and to make healthy life style decisions that promote long term physical and mental health and well being. Nurses work with students to decrease risk taking behaviors and to improve the student's overall health. This work often involves not only the student, staff, and parents but may also include work with outside agencies in the community.

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

- **Establish quality staff development programs that promote professional learning communities**

The Health Services department has continued to promote staff development and PLCs at the same professional level of our colleagues. The PLC utilized the information gathered from a survey to plan programs and educational opportunities based on the identified needs and areas of concern.

Program sponsored and organized by the PLC:

a) Cook Children's Webinars-

Concussion (Traumatic Brain Injury) Protocol - The Webinar provided information on the new guidelines. All members of the district athletic department were invited to attend.

Insulin Pumps- Maintenance and Trouble shooting

b) Vision and Hearing Certification and Recertification

Nurses are required initially to receive two days of training at Region XI to be certified by DSHS to perform vision and hearing screenings. Certification must be renewed every five years. Normally the fee for the certifications and renewal is \$20 per class. The classes are held during the school year and the district must secure and pay for a substitute nurse to cover the campus. Denton ISD sent two nurses to vision and hearing certification screener training in order to provide the classes in house – saving time and money.

c) Postural Screening Certification

Nurses are required initially to receive one day of training at Region XI to be certified by DSHS to perform postural screening. Certification must be renewed every five years. Normally the fee for the certifications and renewal is \$20 per class. The classes are held during the school year and the district must secure and pay for a substitute nurse to cover the campus. Denton ISD sent two nurses to postural certification screener training in order to provide the classes in house – saving time and money.

d) Type II Diabetes Risk Assessment

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e) Heat Related Emergencies

All district nurses will be participating in a Webinar on August 22 on identifying, treating and preventing heat related emergencies

Nurses remain grouped geographically into Wolf Packs. Sisterhood is an outdated term with the addition of our male team member. The pack concept was adopted based on the Wolf mantra, the purpose of the wolf is the pack and the purpose of the pack is the wolf. The packs provide support and back up to each other if additional support is needed. In the event a campus RN is absent and a substitute RN could not be secured, the other nurses in the pack are on call for questions and emergencies. The packs assist each other with screenings, host parent preview nights for their area, and assist as needed. Each pack has a designated leader who is available to answer questions, mentor, listen, assist and follows up with pack members on the status of screenings and coordinates information when necessary. The pack leader is a designated point of contact. The packs are also able to collaborate to meet the needs of families who have students on different campuses.

New Nurse Academy was again provided to those RNs new to school nursing or new to school nursing in Denton. Kathy Malmberg continued to build on the program. Nurses who have attended report the program to be extremely beneficial. It is the plan to continue this program for 2012-2013.

In addition to our own PLC and professional development workshops, Denton ISD nurses participated in learning events throughout the area. Learning opportunities hosted by Cook Children's, Children's Medical Center of Dallas, Region XI and the Texas School Nurse Association as well as NASN.

- **Stay abreast of and incorporate best practices into teaching, learning, technology and leadership**

Fifteen members of Health Services are members of NASN, Texas and Region XI School Nurse Organization. Current Region XI Board members include; Dee Guay, President, Barbara Scott, Roseann Beck and Anna Hamilton.

DISD nurses continue to provide representation and advisement on the School Nurse Advisory Board for Children's Medical Center Dallas in collaboration with Region X ESC and with Cook Children's in collaboration with Region XI ESC. Participation on both boards allows our nurses to serve as liaisons between the campus RN and the health care facility. The communication has led to better care and allows the needs of the student to be anticipated and provides the opportunity of the nurse to be proactive for the student.

Nurses were encouraged to attend summer workshops, conferences and seminars that enhance and promote the practice of school nursing. Nurses were encouraged to attend Lone Star TIA their technology and computer skills.

III. **ClimateIn pursuit of excellence, the district will:**

- **Celebrate and respect the diversity in our Denton ISD community**

In keeping the overall mission and vision of our district the nurses of DISD believe that each child is sacred and special and deserves a space and healthy place to learn, grow and succeed. Each student, parent and staff member is respected and valued for the unique individual qualities that they possess. The role of the professional nurse is to guide and support each individual in safe and healthy decision making.

- **Encourage and nourish a safe learning and compassionate working environment which ensures open and transparent communication and is supportive, cooperative and ethical**

School nurses provide a safe harbor for students. Nurses utilize the gifts of compassion and caring to encourage students to share openly and honestly their

concerns. The nurses maintain the highest level of confidentiality when working with students with difficult situations. Our students can expect their campus nurse to be supportive and to maintain the highest level of integrity.

- **Establish a high expectation level of success for all students, staff, parents and community**

Nurses expect each of their students to be successful to their highest potential. Nurses encourage and often push students to succeed boosting the student's confidence and self reliance. An example of this encouragement occurs each and every day as our campus nurses work to help each of our Type I diabetic students maintain the highest degree of self care that the student can safely manage. Nurses realize that diabetes is a lifelong condition and want to equip our students with the knowledge and skills to manage their health and make healthy decisions that impact their whole lives. Nurses work with the student and parent to maximize each student's potential.

Nurses work closely with parents of students with special or chronic health conditions to prepare these students to assume the role of health care decision maker as the age and development of the student allows.

School nurses develop IHPs (Individualized Health Care Plans) for students with significant health care needs or as part of an (IEP) Individual Education Plan. The written IHP is a collaborative effort with the health care provider, parents, therapists and special education professionals to make appropriate plans and interventions to meet the student's needs at school. The nurse attends the ARD meeting to assure all those involved in the student's care understand the needs of the student with health issues.

School nurses are involved planning and implementing Emergency Action Plans for students with life threatening conditions such as allergies, asthma, Type I Diabetes, seizure disorders and cardiac conditions. An Emergency Evacuation Plan is developed for students with mobility conditions. The nurse works with the building administrators to plan for the safe removal of a student from the building in the event of an evacuation.

- **Motivate and prepare students to embrace their full responsibilities and obligations as active citizens of their community, nation and world**

Our DISD nurses take seriously their responsibility of equipping our students to take responsibility for their own health and to make good decisions. Health education and self care begins early in public education as our preschoolers and kindergarteners are taught the proper way to wash their hands or how to cough into their sleeve. Education continues as older elementary students learn about growth

and development, first aid and CPR. Older middle school and high school students may receive scientific based research information on sexually transmitted diseases and HIV prevention. All of our nurses provide instruction and resources to all students with the goal to provide the students with accurate information to make decisions that foster good physical, mental and emotional health.

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

- **Foster a positive and welcoming environment that encourages parent and community partnerships to achieve success for all our students**
- **Provide support services and promote health, wellness and safety for students and families**

The 2011-12 school year found many campus nurses hard at work to improve the overall health of the school family, not just the student. Several of the programs received media attention.

Hodge Elementary Nurse, Sam Teel along with the campus Wellness Committee organized the Healthy Hodge Family Challenge. The program initially began with the idea to increase the number of students eating breakfast. Nurse Sam originally wanted to decrease the number of health room visits for complaints related to not eating breakfast by 10%. Principal Sam Kelly, who supported the program from the start found ways to allow those who arrived right at bell time to still have a chance to put something nutritious in an otherwise empty tummy. Nurse Sam wrote and received a breakfast grant from Kellogg's and due to the teams efforts received a supplemental grant. At the end of the program visits related to not eating breakfast were not decreased by 10% but by over 60%. Proof enough that breakfast does matter. Students from the Nutrition department at TWU taught nutrition classes to the students. The campus held a well attended family health night. Hodge continued to meet the challenge and sponsored a week long program during National School Breakfast Week in March.

Nurse Olga Andrews at Borman Elementary was greatly concerned about the number of students who rated as overweight or obese. Nurse Olga decided to take action and implemented the Michelle Obama "Let's Mover Program." The program began as a voluntary program for fourth and fifth graders to participate in during unstructured recess time. The students learned the "Let's Move" dance routine. Soon students in the lower grades were begging to join in. Nurse Olga increased the membership to include all willing participants. The dance experience expanded to include African, Native American and other fun dances. The year ended with the students performing for the Robson Ranch supporters of Borman Elementary.

Nurse Olga did not end with her efforts to improve student health. Realizing the need for parent education and information, Nurse Olga contacted the Texas Agriculture Extension department and provided parent education on health and nutrition in English and Spanish monthly for a series of four months. The programs covered the topics of nutrition, diabetes and obesity. A special guest speaker, Dr.

Federico Maese Sanchez, respected cardiologist and featured health speaker on La Jeffa 99.1 radio was a highlighted speaker on April 19 and 26. The parents reported the programs were informative and helpful. Several moms have started walking together in the mornings after dropping their students off at school.

Nurse Olga was not content to focus solely on the students with weight issues. She also began an educational awareness that was designed to help and educate students and staff on the signs and symptoms of certain potential life threatening conditions. The Friends Forever program partners students with certain medical diagnoses with a friend. The student and parents agree to participation in the program. The *Friend* learns about the medical diagnosis, signs and symptoms to watch for and the appropriate way to seek help for the buddy if needed. The *friends* go to lunch, recess and to the nurse or restroom. Each *friend* receives a special necklace, one with the diagnosis and one with Forever Friend. The program designed to protect our students is working. A kindergarten class had a student with a severe peanut allergy. The class had a substitute one day. A bright and very observant *Forever Friend* told the substitute who was eating a Reese's Peanut Butter that she should not be doing that in the classroom. When the substitute inquired as to why the bright eyed child replied, " My friend is allergic to peanuts and she will get really sick." Friends watching out for friends teaches caring, compassion and responsibility to even our youngest students.

Ongoing programs were successful at many of our campuses. In order to meet the needs of our youngest students and assure apprehensive parents about the wonderful world of kindergarten, parent information sessions were held at Gonzalez and Ann Windle School for Young Children. Information was provided in English and Spanish to parents regarding the many programs and services available to students and families in our district.

- **Establish and promote programs to develop and enhance parenting skills and participation in the schools**

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

- **Promote health and wellness in the workforce**

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

- **Crave and continuously modify strategies to mitigate increasing stresses on our children, our schools and our community**
- **Demonstrate effective and efficient management of district resources**
- **Provide leadership and/or oversight to ensure District meets all fiscal, legal and regulatory requirements.**

- **Effectively communicate achievements and recognitions to the Denton ISD community**