



# SHREWSBURY PUBLIC SCHOOLS

## Department of Nursing

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To: School Committee

Re: Nursing Services 2017-18 Report

### Introduction

School nurses are an integral part of Shrewsbury Public Schools' team of educators. Nurses provide care for a wide spectrum of physical conditions, as well as much needed social-emotional and mental health support for students in each of our buildings every day. Students are treated in our health offices for various ailments and are most often quickly able to return to class and learning. The district is fortunate to have a talented team of dedicated nurses who serve our students with compassion and respect for individual circumstances.

### Visits to the Nurse

Statistics/percentages for visits to the nurse by category remain consistent with previous years. The total number of visits for the 2017-18 school year is also consistent with the previous year.

Primary Concern	Number of student visits	Number of staff visits	Total visits
Injury event	10,080 (16%)	254 (15%)	10,334
Illness event	31,930 (51%)	718 (43%)	32,648
Management	8,330 (14%)	487 (29%)	8,817
Mental/Behavioral Health	2,307 (4%)	65 (4%)	2,372
Other health	9,605 (15%)	150 (9%)	9,755
<b>TOTAL</b>	<b>62,252</b>	<b>1674</b>	<b>63,926</b>

The percentage of visits to the nurse for mental/behavioral health concerns has remained consistent over a 5 year period, with 3-5% of total visits documented for this reason between 2013 and 2018. As noted in previous reports, capturing this data can be challenging as many students present to the nurse with physical complaints (headaches, stomach aches, trouble breathing, etc) when the root cause may be psychosocial.

The return to class rate remains consistent over several years at 94%.

*The Shrewsbury Public Schools, in partnership with the community, will provide students with the skills and knowledge for the 21<sup>st</sup> century, an appreciation of our democratic tradition, and the desire to continue to learn throughout life.*

## Emergency Response

Calls to 911 were made on 8 occasions during the 2017-18 school year; 5 calls were injury related, 3 calls were illness related. One of these 911 calls included successful administration of naloxone (Narcan) by school nurses prior to arrival of EMS personnel.

## Mandated Screenings

Screening Brief Intervention and Referral to Treatment (SBIRT) screenings were added to the list of state mandated screenings in 2017-18. Students in grades 7 and 10 were screened. This verbal screening regarding drug and alcohol use was coordinated by school nurses, and was conducted in conjunction with school adjustment counselors, guidance counselors and school psychologists. Below is a brief summary of the screening results.

Grade level	# students screened	# parent opt outs	# positive screenings*	# referrals for follow up
7	472	12	2	0
10	487	6	87	11**

\* a screen is considered "positive" if a student responds with anything other than no use of substances; at OMS 2 students reported very little use; at SHS 77 students reported occasional or very little use, 4 students reported use less than 1x/week, 3 students reported 1-2x/week use, 2 reported more than 2x/week use, and 1 student reported daily use

\*\* of these referrals, 10 were made for follow up with in-school counselors, 1 was made to an outside provider with whom the student had an established relationship

## Field Trips

Field trip preparation was completed for 81 field trips at the K-8 levels. Substitute nurses were scheduled for 58 of these trips. Nurses provided training for teachers in the administration of auto-injectable epinephrine for those trips that did not have a nurse in attendance.

## Case Management

Care management and collaboration is a large component of the work that school nurses do each day. Nurses recorded over 13,000 communications with parents, school staff, and community providers. In addition, collaboration at IEP, 504 and other student related meetings occurs on a regular basis.

## Section 504 Plans

Students with medical conditions that substantially limit one or more major life activities are eligible for a Section 504 Plan under Section 504 of the Rehabilitation Act of 1973. Such plans enable the district to offer accommodations and other support to assist the student while at school and during related activities. Section 504 plans are an option for parents and students. Examples of qualifying medical conditions are diabetes, allergies requiring epinephrine, Crohn's disease, Tourette's syndrome, significant asthma, etc.

Due to recent legal updates surrounding eligibility, the district has initiated a process to identify students district wide who may qualify for and benefit from Section 504 plans. School nurses have used existing medical alert data

along with their knowledge of student health concerns to identify potentially eligible students. The district is now in the process of informing the families of these students of the option to pursue the Section 504 process. Going forward, school nurses will continue to be involved in identifying students and will collaborate with administrators and families in the creation of appropriate plans.

### **Emergency Equipment**

Emergency preparedness is critical for school nurses. Our schools have several mechanisms in place to allow our nurses to respond to various emergency situations.

We continue to stock a supply of auto-injectable epinephrine, and approximately 80% of families with students who require this medication opt to take advantage of this option. There is some concern regarding availability of auto-inject epinephrine for the 2018-19 school year due to a nationwide shortage. The district will determine a plan and inform families if any changes to current practice are required.

A supply of naloxone (Narcan) is stocked at each school building for use in the case of suspected opioid overdose.

Automated External Defibrillators (AED) are in place in each of our buildings; staff trainings in CPR and the use of AEDs are offered annually.

Tourniquets are stocked in each nurse's emergency bag and in AED cases throughout the district for use in bleeding emergencies. Nurses are trained in the use of tourniquets and are able to offer trainings to interested staff.

### **Professional Development**

Nurses, adjustment counselors and clinical coordinators recently engaged in professional development offered by the DESE Safe and Supportive Schools program regarding working effectively with LGBTQ students and their families. Statistics from recent Regional Youth Health Survey data demonstrates that this population is in need of support and understanding, and the presentation provided staff with concrete strategies and resources for this important work.

Nurses will have the opportunity to attend professional development regarding various topics on November 6th; we are fortunate to have various offerings for school nurses across the state on that date. Some staff will attend a Northeastern University School Health Academy conference regarding student advocacy, concussions, and marijuana; others will attend a Boston Children's Hospital conference regarding development and trauma, IEPs and 504s, and medical emergency response teams for schools. Funds from the Essential School Health Services grant are available to cover the cost of this professional development.