A Day in the Life of a School Nurse
Maslow’s Hierarchy of Needs

- **Physiological Needs**: Breathing, food, water, shelter, clothing, sleep
- **Safety and Security**: Health, employment, property, family and social stability
- **Love and Belonging**: Friendship, family, intimacy, sense of connection
- **Self-Esteem**: Confidence, achievement, respect of others
- **Self-Actualization**: Morality, creativity, spontaneity, acceptance
<table>
<thead>
<tr>
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<th>Number</th>
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<tbody>
<tr>
<td>6 Schools</td>
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<tr>
<td>7 Nurses</td>
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<tr>
<td>3115 Students</td>
<td></td>
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<tr>
<td>558 Staff</td>
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<tr>
<td>210 life threatening allergies</td>
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<tr>
<td>217 asthma</td>
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<tr>
<td>4 diabetes</td>
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<tr>
<td>28 seizure disorder</td>
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<td>555 economically disadvantaged</td>
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<td>143 ELL</td>
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But what does that look like on an average day??
ARRIVAL...

Phone calls from parents

Phone calls from teachers

Notes dropped off by students

Sick students
Health Office Visits – Acute Care

Headache
Cough
Sore throat
Stomachache
Nausea/vomiting
Fever
Earache
Rashes
Minor first aid
Dental issue
Previous injury
Health Office Visits – Chronic Care

- Diabetes
- Asthma
- Migraines
- Allergies
- Scoliosis
- Cardiac Conditions
- Neurological conditions
- Gastro-Intestinal Conditions
- Genetic Conditions
- Cystic Fibrosis
- Daily meds or treatments
- Monitoring for med side effects
Health Office Visits – Psychosocial Care

Basic Needs
Hunger
Tired
Stressed
Anxiety
Depression
Psychosomatic Symptoms
Health Office Visits – Staff Care

• General medical concerns
• Assistance with daily care issues
• Pregnancy
• Staff flu clinic
• Chronic Conditions
  - Diabetes
  - Allergies
  - Anaphylaxis
  - Asthma
  - Hypertension
Health Office Visits – Emergency Care

- Head injury
- Orthopedic Injury
- Syncopal Episodes
- Laceration
- Chest Pain
- Seizures
- Choking
- Anaphylaxis
- Falls
How may visits a day?

- Number of students has decreased
- Acuity of health issues has increased
- Number of student visits per day average between 25 and 75
- Can be as many as 100 per day
- Usually if the number of visits is higher, they tend to be for lower acuity issues
- Staff visits average only a few per day
Annual Screening

- Height
- Weight
- Blood Pressure
- Vision
- Hearing
- Scoliosis

Referrals and follow up
Student Education

Individual:
- At each visit
- Specific Health Issues

Group:
- Food Allergy
- Hand Hygiene

Bulletin Boards
Virtual Back Pack
Staff Education

- Specific student health needs
- Confidentiality
- Mandatory staff training
- Epi Pen Delegates
- Glucagon Delegates
- CPR
- Staff specific issues
- Health newsletters
- Flu education
- Healthy Habits
The Power of We

- Each other
- Guidance
- Teachers
- Administrators
- Parents
- PTOs
- School Physician
- Hunterdon Healthcare
- Public Health
- HCSNA
- United Way
- Safe in Hunterdon
- Harvest Family Success Center
- NORWESCAP
Helping Hands

- Tools 4 Schools
- School photo discount vouchers
- Book Fair Vouchers
- Holiday Hands
- Back Pack Program
- Dental Van
- Vision Vouchers
- Notify Families of other community programs
Additional Roles and Tasks

- Immunization Compliance Due in Pre-K, kindergarten, and 6th grade
- Monitoring of immunization exemptions Biennial auditing by Health Department
- Kindergarten and New Student Registration
- TB screening of students and employees
- Care Plans for serious medical concerns
  Transportation Plans
  Emergency Classroom Plans
  Individual Health Plans
- CST, 504, and I&RS teams
- Coordinating food tastings
- Indoor Recess
Additional Roles and Tasks

• Sports Physicals
• Field Trips
• AED Team Leader
• Wellness Committee
• Workman’s Comp
• Input on district health policy
• Public Health Emergency Program
• District Health Office Website Maintenance
• District Committee Representation:
  Safety
  Security
  Facilities (IAQ)
In our “spare time”

Breast Cancer awareness & Go Red

Health Fair

Lunch and Learn
WAYS A SCHOOL NURSE BENEFITS THE SCHOOL

SCHOOL NURSES ARE INSTRUMENTAL IN THE IDENTIFICATION AND REFERRAL TO COMMUNITY RESOURCES FOR HEALTH RISKS AND ARE OFTEN THE ONLY HEALTH PROFESSIONAL STUDENTS SEE ON A REGULAR BASIS.

Sources available on nasn.org
ATTENDANCE

School nurses improve attendance through health promotion, disease prevention and disease management. Students with a full-time school nurse have about half the student illness- or injury-related early releases.

Sources available on nasn.org
Improved attendance means the healthy student is in the classroom and ready to learn. School nurses enable better performance, which also contributes to reducing drop-out rates.

Sources available on nasn.org
School nurses save a considerable amount of time for principals, teachers and staff that they would have spent addressing health concerns of students.

Sources available on nasn.org
STAFF WELLNESS

School nurses improve the general health of staff. Healthy staff = increased attendance and productivity.

Sources available on nasn.org
ACCOUNTABILITY

School nurses help schools stay accountable by promoting compliance with federal and state law, advocating for staffing, and preparing for emergencies.

Sources available on nasn.org
Substitute Nurses

● These are our unsung heroes
● In our absence they:
  ○ Maintain the quality of care our students
  ○ Save the time of other staff
  ○ Keep students in school learning
Together....

we provide quality, consistent, professional care to the entire district and our community