

# School Nursing Service in Lothian



**A Guide for Education, Social and  
Health Care Professionals**



## **Introducing the new School Nursing Service in Lothian**

We would like to take this opportunity to introduce you to the new school nursing role in Lothian. This leaflet is a guide to the new role for the school nursing team and the kind of services that will be provided.

### **Why is there a new role for the School Nurse?**

Society is changing and so are the needs of children and young people. The Scottish Government (SG) has refocused the roles of School Nurses and Health Visitors in Scotland to ensure the workforce is prepared to meet the needs of today's children.

A Chief Executive Letter in 2013 from SG defined that School Nurses will focus on the 5-19 year old age group and Health Visitors on 0-5 years (or until a child goes to school). Previously there had been joint training and qualification in Public Health Nursing which was more generic in purpose.

The new School Nursing role also relates to the Scottish Government's Nursing 2030 vision which supports nurses to build working relationships with children and young people who will benefit from specialist support so they can work together to tackle problems at an early stage and prevent future health issues.

Two pathfinders (Tayside & Dumfries & Galloway) tested the new model and this was positively evaluated leading to the new pathway being launched from 2018 across Scotland.

[School Nursing Role April 2018](#)

This new model of School Nursing also supports the wider agenda to make Scotland the best place to grow up. This includes reducing inequalities, prevention and early intervention agenda, closing the attainment gap and the work of the Children and Young People Improvement Collaborative (CYPIC).

## Wider NHS Team for School Age Children



## Who Does What?

**GP** – all regular family health care

**CAMHS** – Child and Adolescent Mental Health – Specialist service

**Hospital Paediatric** – medical/surgical and other specialist services

**Community Paediatrician** – doctors in community child health

**CCN Team** – Community Children's Nurses - specialist paediatric trained nurses

**AHPs** – Allied Health Professionals - speech and language therapy, physiotherapy, occupational therapy, dietetics, orthoptics – referral based service

**CVT** – Community Vaccination Team - nurses who deliver vaccination services to all age groups

**Learning Disability Services** – where there is LD diagnosis

**Oral Health – Dental** – prevention and treatment service

**LAC – Looked After Children** - nurses who work only with looked after children. When notified by Social Work that a child has become looked after, the LAC nurses will undertake a health assessment. They may refer to school nursing for ongoing reviews and wider support.

## Who is in the school nursing team?

The School Nursing team is made up of the

- **School Nurse** (Specialist Qualified 3<sup>rd</sup> part Nursing and Midwifery Council (NMC) registrant – now masters level 11 post graduate degree)
- **Community Staff Nurses** (Registered Nurse on Part 1 of NMC – undergraduate degree)
- **Community Health Assistants** (not a nurse, may have SVQ qualifications in care related field)

## **School Nursing Team Working Hours:**

- Monday – Friday office hours (excluding public holidays)
- Previously school nurses have worked in term time only but we are moving to all year working and in any team there will be some cover over holiday periods.

## **How many School Nurses are there and where are they based?**

The current School Nursing Teams across Lothian were designed around the past models of care. The new service model will be introduced incrementally, as we do not have extra staff or budget at present. Our long term aim is to create the right workforce and teams for the service need (numbers, qualifications etc). However, at August 2018 we have the same numbers of nurses as before, but are trying to work differently and use the time we have released from school nurses no longer delivering vaccination programmes.

NHS Lothian is aiming to train 2 specialist Schools Nurses per year to gradually increase the number of School Nurses.

Each school will not have a dedicated whole time nurse, as the School Nursing Teams are seen as part of an integrated community nursing team working from local health centres in cluster teams.

However, we will use lots of data on the school age population and try to match our staff to meet the school population's needs.

Schools will still get to know the nurses who are supporting the children and young people in their geographical area using the GIRFEC approach and through joint work and liaison.

## What services are provided?

### All School Age Children

- All offered child health surveillance programme assessments e.g. Growth and health questionnaires
- All offered vaccinations
- All can attend high school or community based drop ins for advice on things such as sexual health

### School Age Children with Increased Needs

- Emotional Health and Wellbeing
- Substance Misuse
- Child Protection
- Domestic Abuse
- Looked After Children
- Homelessness
- Youth Justice
- Young Carers
- Transitions
- Sexual Health

## Universal Services for All School Age Children:

- Child Health Surveillance Programme –
  - P1 eye tests by Health Assistant - (only for those who did not receive this preschool in nursery)
  - Growth Measurements by Health Assistant – currently at Primary 1 and Parent health Questionnaire (this may change in the future dependant on SG obesity strategy and the Health Visitor assessment at 4-5 years preschool)
  - Primary 7 health questionnaire - growth measurement may be added in the future linked to SG obesity prevention work

- Drop in Services -
  - A drop in health zone for High School Pupils (either in school or community facility) who are seeking advice or support on sexual health and health related issues
- Education of Staff and Pupils -
  - Staff training – CPD in-service days on health actions plans, anaphylaxis etc – will be usually be delivered by the staff nurse
  - Health action plans for pupils - education staff will be supported by staff nurses on the planning and education

## **Healthcare Needs of Children with Moderate to Complex Physical Nursing Needs:**

- For children in Complex Needs Schools, nursing care needs will be delivered by the nursing team who are based in these designated schools

## **School Nurse Services for Children/Young People with Increased Needs:**

**10 key areas specialist school nurses will focus on:**

- Emotional Health and Wellbeing
- Substance Misuse
- Child Protection
- Domestic Abuse
- Looked After Children
- Homelessness
- Youth Justice
- Young Carers
- Sexual Health
- Transitions

## Who Can Refer and How?

Children can be referred to the School Nurse by their school or their GP or other health care professional. A request for assistance (referral) form has been created and will commence from August 2018.

This will be completed and sent electronically by secure email to the cluster school nurse team.

These forms will be available via all school offices and GP practices, but can also be found at:

<https://services.nhslothian.scot/SchoolNursing>

The School Nurse will assess the referral and decide if the referral is appropriate and liaise back on next steps.

If the referral is appropriate and the nurse has capacity on her/his caseload, the School Nurse will take the child onto their caseload and undertake assessment and any appropriate intervention (e.g. LIAM – Low Intensity Anxiety Management) for a time limited intervention period. We will monitor the level of referrals and trends to ensure that our nurses work at safe workload levels and to best explore the ongoing health needs of the school age population.

The child would be discharged once an intervention had been completed and the child was considered well enough to be supported via universal systems.

For children with ongoing vulnerability, the School Nurse would continue to support where appropriate working with the team around the child.

Children and young people can also self refer. They can do this by discussing this at drop ins or asking their teacher/guidance teacher to refer them. Parents can refer by discussing with their GP or child's teacher/ guidance teacher.



**\*Secure emails to and from @nhslothian.scot.nhs.uk:**

@edinburgh.gov.uk

@eastlothian.gov.uk

@midlothian.gov.uk

@westlothian.gov.uk

@nhslothian.scot.nhs.uk

@nhs.net accounts

***School emails are not on secure public services network***

- but each school office should have a “@gov.uk” which the referring teacher should send the form via.

## **How is information used by the school nurse – Data Protection?**

The School Nursing Team as part of NHS Lothian staff - follow all NHS policies and procedures on information sharing, confidentiality, data protection and consent. As a professional working in the team around the child using the Getting It Right For Every Child (GIRFEC) practice development model, the school nurse will work in the interagency team.

School Nurses use child health records and NHS Lothian electronic record keeping system called TRAK.

## **Where can I find more information?**

Our NHS Lothian School Nursing Service web pages:

<https://services.nhslothian.scot/SchoolNursing>

<p><b>North West Edinburgh</b>  Pennywell All Care Centre  1D Pennywell Gardens  Edinburgh  EH4 4UA</p> <p>Tel 0131 286 5045</p> <p>NWSN.Team4@nhslothian.scot.nhs.uk</p>	<p><b>North East Edinburgh</b>  Allander House  139-141 Leith Walk  Edinburgh  EH6 8NP</p> <p>Tel 0131 446 4644</p> <p>NESN.Team5@nhslothian.scot.nhs.uk</p>
<p><b>South West Edinburgh</b>  Slatford Medical Centre  27 Gorgie Park Close  Edinburgh  EH14 1NQ</p> <p>Tel 0131 455 9857</p> <p>SWSN.Team3@nhslothian.scot.nhs.uk</p>	<p><b>South East Edinburgh</b>  Gracemount Medical Centre  24 Gracemount Drive  Edinburgh  EH16 6RN</p> <p>Tel 0131 672 9526</p> <p>SESC.Team1@nhslothian.scot.nhs.uk</p>
<p><b>West Lothian</b>  Bathgate Primary Care Centre  Whitburn Road  Bathgate  West Lothian  EH48 2SS</p> <p>Tel 01506 651824</p> <p>SchoolNursingWLothian@nhslothian.scot.nhs.uk</p>	
<p><b>East and Mid Lothian</b>  Musselburgh Primary Care Centre  Inveresk Road  Musselburgh  EH21 7BP</p> <p>Tel 0131 446 4141</p> <p>SchoolNursing.EastandMidlothian@nhslothian.scot.nhs.uk</p>	