

Promoting the Health of School Age Children

Note

Health care practice and knowledge are constantly changing and developing as new research and treatments, changes in procedures, drugs and equipment become available.

The author and publishers have, as far as is possible, taken care to confirm that the information complies with the latest standards of practice and legislation.

Promoting the Health of School Age Children

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Foreword

In the increasingly complex world of changing family structures, advancing technologies and changes to the ethnic structures of the population in many of our cities, it comes as no surprise that the role of children's nurses in the future will need to adapt and respond innovatively to the challenges this presents.

School nurses will clearly take a lead in health needs assessment, working strategically at population level to ensure that service provision across health, education and local authorities meets the needs of our children. Some will lead teams of integrated children's workers, whereas others will be working at the front line with children from some of the most vulnerable families, requiring skills to negotiate and develop trusting relationships that in turn will improve the long-term outcomes for the most socially excluded families.

The Chief Nursing Officer's review of school nursing in 2006 identified the modernised role for school nurses and this set the precedent to raise the profile of school nursing and the unique added value they bring to the public's health. What it also introduced, which has been supported by further policy drivers, is the idea of an integrated children's workforce across health education and local authorities. Alongside this is the introduction of skill mix and the view of the school nurse as a team leader. This for some is quite a significant shift from current practice, where they have been working single-handed as the health practitioner in a school setting, often marginalised but nonetheless making a significant difference to the children and the families they work with.

Community children's nurses will be working with children with increasingly complex health needs in the community, from acute illness to managing children with long-term illnesses and in the terminal phase of their life. This will present challenges, but it will also offer rewarding experiences for all concerned. In doing so the needs of the workforce must not be lost in service provision, in providing support and supervision relevant to need.

The recent review of the role of the health visitor, *Facing the Future: a Review of the Role of Health Visitors* (2007) has identified two key roles, one of leading the child health promotion programme and secondly working with the most challenging families and utilising their specialist skills to improve health outcome. Although not explicit, this model applies as much to the roles of the school nurse as to that of the health visitor, and indeed children's needs persist into school years and are often the most pertinent at times of transition. This message is clearly being relayed by many commissioners of children's

services as they look at commissioning a 0–19 pathway and see children along a continuum.

In response to the shift in philosophy, it is anticipated that proposed changes in education and training will reflect the competencies required in delivering shifting political agendas that improve the health and well-being of the school aged population. These will be considered along the continuum of 0–19 years, focusing on parenting, behavioural therapies, emotional health and well-being, and public health priorities.

As increasingly more children are diagnosed with autistic spectrum disorders and behavioural conditions, more nurses with the skills to work long term with these children and their families will be needed, as will those working in the field of learning disability.

Any text on promoting the health of school age children and young people is faced with the challenges that the devolved government administrations across the United Kingdom pose. They all have similar challenges in addressing the health needs of the school age population in an increasingly complex society; however, how they choose to address these will be down to local determination. This book will provide school nurses and others with an excellent resource to make sense of the changing political agenda and the context for contemporary practice in addressing public health priorities. The content will prepare those who work with children and their families to make a real difference to the health outcomes of the school age child, enabling them to meet their real potential wherever they live across the UK.

Liz Plastow
Professional Advisor Specialist Community Public Health Nursing

Biographies

Joanne Bartley

Route Leader for School Nursing, Liverpool John Moores University

Joanne began her school nursing career sixteen years ago, as a caseload holder in a semi-rural area. She then moved to the Health Authority to work as a Health Promotion Specialist for Schools, specialising in sex and drugs education. Whilst undertaking a Masters degree in health promotion she seized the chance to become the Course Leader for School Nursing at Leeds Metropolitan University. She has worked at the University of Central Lancashire, the University of Leeds and is currently route leader for school nursing at Liverpool John Moores University.

Gill Coverdale

Senior Lecturer, Community Public Health Nursing, Leeds Metropolitan University

Gill has been nursing since 1980 and became a school nurse in 1988. She was responsible for setting up 'Walk in services for children and young people' in her local town. She came into education in 1999, working first in the further education sector as a lecturer/practitioner before moving into higher education. Gill has a passion for promoting and maintaining the mental and emotional well-being of children and families and has also written on parenting the adolescent.

Pat Day

Senior Lecturer in Primary Care Nursing, Sheffield Hallam University

Pat is part of the community nursing team at Sheffield Hallam University. She worked in Sheffield as a school nurse team leader, practice teacher and family planning nurse. Her interests include young people's sexual health. As part of a multi-agency team, Pat set up one of the first sexual health clinics on the site of a school.

Penny Farrelly

Senior Lecturer in Public health, Bucks New University

After practising as a Health Visitor Penny moved into education as a senior lecturer in public health and primary care, teaching student health visitors, community nurses and school nurses at BSc and MSc levels. She is currently involved in a research project looking at the ways in which pre-registration nurses develop their knowledge of public health. She is also involved in developing and coordinating a range of Foundation Degrees aimed at people working in early years and child settings.

Ros Godson

Community Practitioners' and Health Visitors' Association/Unite

Ros comes from a School Nursing background and is currently professional officer for school health and public health with the Community Practitioners' and Health Visitors' Association/Unite.

Maxine Jameson

Course Director School Nursing, London South Bank University

Maxine is passionate about the health and well-being of children and young people and has been a community nurse for the past 12 years. Maxine has worked in health, education, social services and for the Department of Health; she currently runs the specialist community public health nursing (school nursing) programme at London South Bank University.

Liz Numadi

Senior Lecturer in Child Health, Bucks New University

Liz is a children's nurse who has worked within the specialism of paediatric gastroenterology, supporting children and families with complex needs. She currently works as a nurse lecturer providing education for pre- and post-registration children's nurses, often with a focus on children with lifelong or chronic disease.

Kate Potter

Senior Lecturer and Course Leader Specialist Community Public Health Nursing, Bucks New University

Coming from children's nursing, Kate qualified as a health visitor 16 years ago. Having worked in practice she is now in higher education. Her main role is with Specialist Community Public Health Nursing and she has a special interest in the role of the community practitioner in Child Protection.

Elizabeth Joy Power

Course Director, Specialist Community Public Health Nursing, London South Bank University

Joy comes from a health visiting and community practice teaching background and now teaches at foundation, BSc and MSc level. She has previously facilitated Positive-Parenting Programmes and a Dyspraxia Support Group for parents. She has been a Sunday school teacher for 15 years and has assisted with Church Youth Group Activities.

Sarah Sherwin

Senior Lecturer University of Wolverhampton

Sarah Sherwin is a senior lecturer and course leader for school nursing at the University of Wolverhampton. In 1996 she was awarded a first class honours degree in school nursing and has subsequently gained a MA in Education. Sarah has been involved in school nursing since 1986 and has represented school nurses at a national level. She is currently Chair of the National Forum of School Health Educators.

Elaine Tabony

School Health Team Leader, Hillingdon Primary Care Trust

Elaine trained as a paediatric nurse at Great Ormond Street Hospital and practised in acute paediatrics before working as a school nurse and then as a team leader. Elaine received a Queen's Nursing Institute Award as project lead to establish the Seasons for Growth Grief Education Programme in Hillingdon. She leads the Community Nurse Continuing Professional Development programme for Personal Social Health Education in Hillingdon. Elaine led a pilot project for the M.E.N.D. programme tackling childhood obesity.

Val Thurtle

Senior Lecturer, University of Greenwich

Coming from a health visiting background Val now works in education. She has taught nursery nurses, early childhood studies undergraduates, school nurses health visitors and community nurses. Over the years she has been involved in scouts, has taught at Sunday school and has been a school governor. Research interests have focused on career trajectories and identity in relation to community and public health nurses.

Alison Williams

School Nurse Team Leader Worcestershire/Part-time Senior Lecturer in Primary Care, University of Wolverhampton

Alison has been a school nurse professional advisor and has a degree in school nursing. Alison is currently studying for a Masters degree in clinical practice.

Jane Wright

Senior Lecturer in Public Health and Child Studies, Bucks New University

Jane teaches on a range of programmes related to children and young people, including Foundation, BSc and MSc levels. She worked as a community school nurse for six years and was influential in setting up multi-agency school-based health services in South Buckinghamshire. She has a keen interest in the health behaviours of adolescents and she has been involved in research exploring young people's attitudes to alcohol in Buckinghamshire.

Abbreviations

AIDS	Acquired Immunodeficiency Syndrome
CAMHS	Child and Adolescent Mental Health Service
CBT	Cognitive Behavioural Therapy
CHPP	Child Health Promotion Programme
CIPW	Creating an Interprofessional Workforce
CWDC	Children’s Workforce Development Council
DCSF	Department for Children, Schools and Families
DCMS	Department for Culture Media and Sport
DH	Department of Health
DfES	Department for Education and Skills
DfEE	Department for Education and Employment
DRC	Disability Rights Commission
DWP	Department for Work and Pensions
ECM	Every Child Matters
FNN	Family Nurturing Network
HDA	Health Development Agency
HIV	Human Immunodeficiency Virus
LLI	Life Limiting Illnesses
M.E.N.D.	Mind, Exercise, Nutrition, Do it!
NCB	National Children’s Bureau
NFPI	National Families and Parenting Institute
NHSP	National Healthy School Programme
NICE	National Institute of Clinical Health Excellence
NSF	National Service Framework
NSM	National Social Marketing
NSPCC	Nation Society for the Prevention of Cruelty to Children
NMC	Nursing and Midwifery Council
OCD	Obsessive Compulsive Disorder
OFSTED	Office for Standards in Education, Children’s Services and Skills
PSHE	Personal Social and Health Education
QCA	Qualifications and Curriculum Authority
SCPHN	Specialist Community Public Health Nurse
SEF	Self Evaluation Forms
SEU	Social Exclusion Unit
SRE	Sex and Relationship Education

Abbreviations

STI	Sexually Transmitted Infections
TUC	Trade Union Congress
UNICEF	United Nations Children's Fund
WHO	World Health Organization
ZPD	Zone of Proximal Development