



## School Nursing Service Update for Schools

The School Nursing service across Devon has been developing their service to improve access to a School Nurse and to information and support for all school aged children. We would like to take this opportunity to let you know of some of the changes that have taken place, or are due to take place, **and provide you with some additional information re medical conditions and their management.**

We continue to work in partnership with schools to:

- Support the schools in the development of health policies that impact on all children and young people.
- Complement health related classroom based programmes.
- Identify and support children and young people with medical conditions, to ensure they access the whole curriculum and are not disadvantaged.
- Ensure that school staff have the information they need to support children with health concerns. The training package we offer is now accredited and includes epilepsy awareness, asthma, and management of medicines in schools in addition to anaphylaxis and use of auto-injectors (e.g. epipens)
- Plan for support at transitions as required which includes transitions in and out of the school within the school year
- Provide drop in sessions in arrangement with secondary schools
- Provide targeted hearing screens where a concern has been identified and consent gained for screening.
- Deliver school based immunisation programmes with the immunisation team (HPV, final school booster (Diphtheria/Tetanus/Polio) and Meningitis ACWY).

If any students have missed these vaccinations they can contact the immunisations team on 01392 356144.

We are working in partnership with a new service, **Early Help for Mental Health (EH4MH)**, to support early intervention and different approaches in schools to tackle mental health problems. EH4MH aims to promote emotional wellbeing and resilience and improve early identification and intervention. The service elements include support for primary and secondary schools teachers delivered by Virgin Care and direct support for secondary aged young people delivered by Young Devon and Xenzone (Kooth.com). Young Devon face to face support and Kooth online both provide counselling support and can be accessed directly by young people aged 11 -18 years. Has your school signed up yet and identified an EH4MH champion? You can find out more about this service at [www.eh4mh.co.uk](http://www.eh4mh.co.uk).

We have been working on improving access to information through our website which has now gone live and we will be continuing to develop and improve. Please keep an eye out for this at [www.devon.integratedchildrensservices.co.uk/public-health-nursing](http://www.devon.integratedchildrensservices.co.uk/public-health-nursing)

We would welcome your views about any information you would like to see available.

You can also provide feedback on our services via the website [www.virginicare.co.uk/feedback](http://www.virginicare.co.uk/feedback).

Other ICS services have also been adding information to the website which you may find helpful.

Within Devon we have also been working on a **Single Point of Access (SPA)** to make it easier for families to access specialist services. You can use the website [www.devon.integratedchildrensservices.co.uk](http://www.devon.integratedchildrensservices.co.uk) to download our referral forms and to find access criteria for our services. Contact details for the single point of access are 0330 024 5321 or by email at [vcl.devonspa@nhs.net](mailto:vcl.devonspa@nhs.net).

## FOCUS ON HEARING

Some children can experience mild hearing loss which can fluctuate. Children may display some of the signs below on some days but not on others.

- Does not respond when called
- Constantly asks for speech to be repeated
- Watches faces / lips intently
- Doesn't always follow instructions straight away
- Often misunderstands or ignores instructions
- Makes little or no contribution to group discussions
- Watches what others are doing before doing it themselves
- Complains about not being able to hear, especially when there is background noise
- Often needs help from their friends
- Tires easily
- Talks too loudly or too softly
- Becomes easily frustrated
- Appears inattentive or as though daydreaming
- Problems with concentrating, tiredness and frustration that may affect behaviour
- Plays alone and doesn't engage with group social activities
- Mishearing and mispronouncing words
- Difficulties with reading and learning
- Wanting the volume of the TV higher than other members of the family

If you have concerns regarding a child/young person's hearing please discuss with their parent/carer and contact your School Nurse team or signpost parents to their GP.

## Medical Conditions in Schools Training

We have been busy planning our Medicines in Schools training programme so that we can work towards you having the dates further in advance to aid planning and release of staff to attend.

The once only modules (Medicines in Schools, Asthma and Epilepsy Awareness) will be delivered at central locations within Exeter, South Devon and North Devon. These are due to be emailed out shortly and booking is via **vcl.medicalconditionsinschooltraining@nhs.net**

As the anaphylaxis and auto-injector is an annual update there will be more sessions run at host schools within localities. Booking again is via **vcl.medicalconditionsinschooltraining@nhs.net**. You can also use this address to put your school forward to host.

Please ensure that you secure a place by booking via the email address. Sessions may be cancelled if there are insufficient numbers booked to attend.

Please be aware that under the Medicines Act (2012 update) anyone can administer adrenalin for the purpose of saving a life. Before 2012 the law stated that the lay person had to have been appropriately trained.



Medicines Act details  
which allow anyone to

**You should always consult a child/young person's individual health care plan for management of their condition.** However we have pulled together some useful information relating to common conditions which you may find helpful to support you further. This does not replace training but aims to enhance learning and support embedding of knowledge.

## Anaphylaxis

Anaphylaxis is an extreme and severe allergic reaction. It can be triggered by food (e.g. nuts, fish, shellfish, dairy products and eggs) drugs and venom (wasps and bee stings). Emphasis should be on avoiding exposure to known allergen in the first instance. Treatment is with adrenaline administered via autoinjector (Epipen, Jext, or Emerade).

### Signs of anaphylaxis include:

Airway: throat and tongue swelling. Difficulty in swallowing and speaking, hoarseness and stridor high pitched respiratory noise due to upper airway obstruction.

Breathing problems: shortness of breath, increased respiratory rate, wheeze, tiredness, confusion and later sign appears blue (cyanosis)

Circulation system pale and clammy, increased pulse rate and low blood pressure.

Skin and mucosal changes are present in over 80% of reactions red rash or hives

### Useful links:

Contact the Anaphylaxis Campaign Telephone: 01252 542029 [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

[www.allergyfoundation.com](http://www.allergyfoundation.com)

Resuscitation Council (UK): [www.resus.org.uk](http://www.resus.org.uk)

Jext: <http://www.jext.co.uk>

EpiPen: [www.epipen.co.uk](http://www.epipen.co.uk) Video re use: <https://www.epipen.com/en/hcp/about-epipen#how-video>

Emerade: <http://www.emerade.com/>

## Asthma

Asthma is a common long-term condition that can cause coughing, wheezing, chest tightness and breathlessness.

Common asthma triggers include: house dust mites; animal fur; pollen; cigarette smoke; exercise; and viral infections.

### Signs and symptoms of an asthma attack include:

- o Persistent cough particularly at rest
- o Reliever inhaler not helping
- o Difficulty in breathing, especially on exhalation
- o Wheezing
- o Hyperventilation, chest tightness (children may express this as a tummy ache)
- o Unable to speak / children go very quiet

### Action

- o Sit child down, stay calm and reassuring
- o Assist them in using reliever inhaler, their usual dose, preferably through a spacer
- o Remove mouthpiece cover
- o Shake inhaler
- o Breathe out as far as is comfortable
- o Place mouthpiece in mouth and close the lips around it and breathe, press canister down and inhale steadily and deeply
- o Hold breath take out inhaler and hold breath for 10 seconds or as long as possible
- o Breathe out and repeat
- o The spacer is attached to canister and used in a similar way but if difficulty in taking deep breaths, breathing in out of mouth piece will enable the medication to be absorbed
- o If the symptoms have not improved continue to give two puffs of reliever inhaler (one puff at a time) every two minutes, up to ten puffs
- o Call an ambulance if child appears exhausted, there's no improvement with the inhaler, lips and fingertips are blue, losing consciousness or you are worried at any time
- o If an ambulance does not arrive within 10 minutes to repeat the stage of giving two puffs of reliever inhaler (one puff at a time) every two minutes, up to ten puffs
- o Do not leave them alone

Contact their parents or carers and inform them about the situation

### Useful links:

Asthma UK <http://www.asthma.org.uk> <https://www.asthma.org.uk/advice/inhalers-medicines-treatments/using-inhalers/>

Department of health: Guidance of the use of emergency salbutamol inhalers in schools

[www.gov.uk/dh](http://www.gov.uk/dh)

<https://www.educationforhealth.org/news/just-an-hour-to-save-a-life-asthma-education-website-launches/>

## Epilepsy

### How to manage seizures in school:

<http://learn.epilepsy.org.uk/first-aid-for-seizures-in-schools/>

### Useful links

- o Epilepsy Action Helpline: 0808 8005050
- o Epilepsy - [www.epilepsy.org.uk](http://www.epilepsy.org.uk)
- o Young Epilepsy – [www.youngepilepsy.org.uk](http://www.youngepilepsy.org.uk)
- o National Society for Epilepsy Helpline: 01494 601400

## Bladder and bowel problems

We have developed the following podcasts which you may find useful:

**Fluid intake:** <https://youtu.be/WyLBntO9FQQ>

**Bladder control:** <https://youtu.be/OzD6nBe-mYI>

**Bowel control:** <https://youtu.be/IKh9PgzeDyg>

### Useful links:

<http://www.eric.org.uk/Campaigns/TheRightToGo>

Information for young people by young people.....Check out [riseabove.org.uk](http://riseabove.org.uk)

## Your School Nurse Team:

Jenny Warwick – School Nurse Specialist Practitioner tele: 01769 575 189

Jill Fletcher – Staff Nurse (School Nurse) tele: 01769 575 189

Nicola Williams – Community Health Worker tele: 01769 575197

Caroline Thorne – Administrator tele: 01769 575124

