

# Building Healthy Schools: One by One

Improve Your School Nurse Practice through Active Learning,  
Communicating, and Proactive Engaging with School Staff

# Presenters

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## Purpose of today's presentation

In this presentation, the School Nursing Scope and Standards of Practice will be highlighted as an essential component to the School Nurses' daily practice. As an integral part of the daily practice, this guiding document will be used to enhance our professional school nurse skills including communication.

Ongoing, positive, and open communication between the school nurse and district administrators will help achieve any district's Continuous School Improvement Plan (CSIP).

# Learner Outcomes

## Objectives:

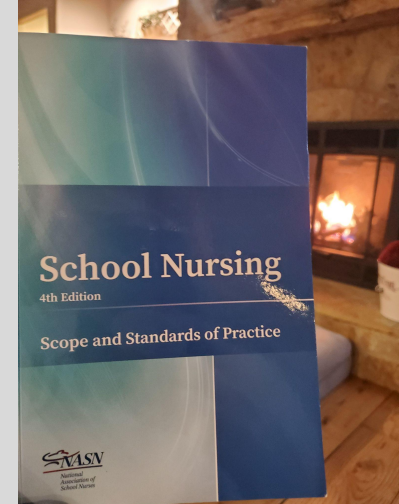
1. The attendees will be able to identify how the School Nursing Scope and Standards of Practice (4th Edition) should drive their daily practice, mindset, and decision making.
2. The attendee will be able to identify the key components of effective communication as it relates to decision making, problem-solving, and how each individual school nurse can contribute to their school, community, and profession.
3. The attendees will be able to identify how the communication and decision making process can relate to the school's CSIP (Continuous School Improvement Plans).

# Grow Your School Nurse Practice



- NASN, *School Nursing Scope and Standards of Practice*, 4th Edition
- NASN, *Framework for 21st Century School Nursing Practice*, 2015
- National Association of School Nurses: <https://www.nasn.org>
- Missouri Association of School Nurses: <https://missourischoolnurses.org/>
- DHSS School Health: <https://health.mo.gov/living/families/schoolhealth/index.php>
- Missouri Department of Elementary & Secondary Education: <https://dese.mo.gov/>
- Selekman, Shannon, Yonkaitis, *School Nursing A Comprehensive Text*, Third Edition

# School Nursing: Scope and Standards of Practice, 4th Ed



# Scope of School Nursing Practice Overview

Why - Care that is student focused, healthy and unwell (supports the learning environment, individuals, and school community)

Who - characteristics of a school nurse (addresses education, licensure, and credentialing)

How - Delivery of care (art & science, nursing process, NASN framework)

Where - School Setting (on & off campus trips, events, virtual, residential, state)

When - Every day, all day (pandemic 24/7, school hours, homebound, after hours/oncall?)

What - Definition of The Role of the School Nurse (speciality practice)

(NASN, 2022 Scope and Standards, 4th Edition, pgs 15-52)



# Standards of School Nurse Practice

Standard 1 - Assessment

Standard 2 - Diagnosis

Standard 3 - Outcomes Identification

Standard 4 - Planning

Standard 5 - Implementation

Standard 5A - Coordination of Care

Standard 5B - Health Teaching and Health Promotion

Standard 6 - Evaluation

# Standards of Professional Performance

Standard 7 - Ethics

Standard 8 - Advocacy

Standard 9 - Respectful and Equity

Standard 10 - Communication

Standard 11 - Collaboration

Standard 12 - Leadership

Standard 13 - Education

Standard 14 - Scholarly Inquiry

Standard 15 - Quality of Practice

Standard 16 - Professional Practice  
Evaluation

Standard 17 - Resource Stewardship

Standard 18 - Environmental Health

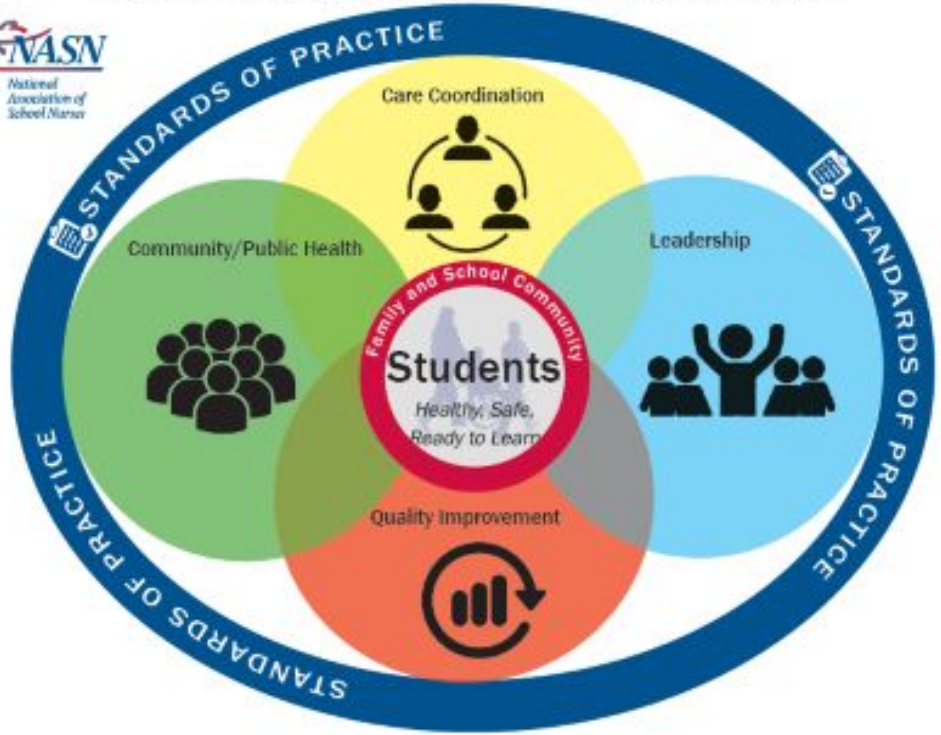




Questions



# Framework for 21<sup>st</sup> Century School Nursing Practice™



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BETTER HEALTH. BETTER LEARNING.™

Rev. 10/2021





## Standards of Practice

- Clinical Competence
- Clinical Guidelines
- Code of Ethics
- Critical Thinking
- Evidence-based Practice
- NASN Position Statements
- Nurse Practice Acts
- Scope and Standards of Practice



## Care Coordination

- Case Management
- Chronic Disease Management
- Collaborative Communication
- Direct Care
- Education
- Interdisciplinary Teams
- Motivational Interviewing/Counseling
- Nursing Delegation
- Student Care Plans
- Student-centered Care
- Student Self-empowerment
- Transition Planning



## Leadership

- Advocacy
- Change Agents
- Education Reform
- Funding and Reimbursement
- Healthcare Reform
- Lifelong Learner
- Models of Practice
- Technology
- Policy Development and Implementation
- Professionalism
- Systems-level Leadership



## Quality Improvement

- Continuous Quality Improvement
- Documentation/Data Collection
- Evaluation
- Meaningful Health/Academic Outcomes
- Performance Appraisal
- Research
- Uniform Data Set



## Community/Public Health

- Access to Care
- Cultural Competency
- Disease Prevention
- Environmental Health
- Health Education
- Health Equity
- Healthy People 2030
- Health Promotion
- Outreach
- Population-based Care
- Risk Reduction
- Screenings/Referral/Follow-up
- Social Determinants of Health
- Surveillance



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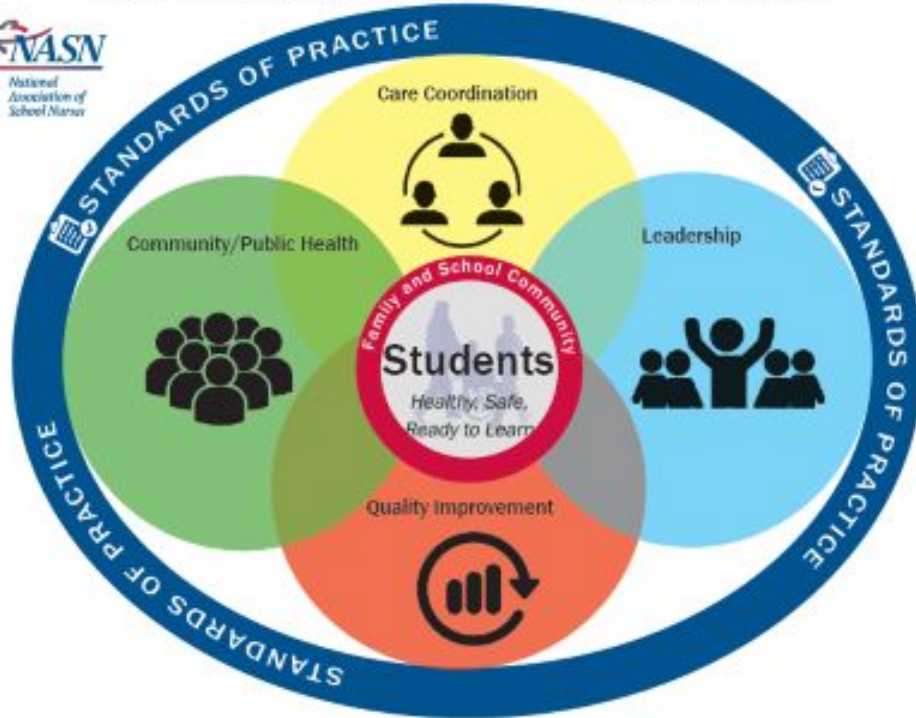
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# Framework for 21<sup>st</sup> Century School Nursing Practice™





Mind Break

# Effective Communication



# Professionalism

- What is a professional? The Merriam-Webster dictionary defines professionalism as “the conduct, aims, or qualities that characterize or mark a profession or a professional person” and it defines profession as “a calling required specialized knowledge and often long and intensive academic preparation”
- What does it mean to be a professional? Acting like a professional means working and behaving in such a way that others think of them as competent, reliable, and respectful.



## Professionalism continued

- Act like the professional that you want to be viewed as
- Speak to the BOE
- Schedule weekly or bi-weekly meetings with your supervisor and/or building administrator
- Volunteer to be on district committees
- Be a part of leadership teams in your building
- Ask for the date of a 504 or IEP meeting for a student that has complicated medical
  - Always prepare 1 or 2 solid suggestions
- Join Professional Organization - membership, active, engaged

*“Professional school nurses advocate for students, their families, and their communities.”*



Selekman, Shannon, Yonkaitis, *School Nursing A Comprehensive Text* 3rd Edition

# Key Characteristics of Effective Communication

- Ongoing
- Two-way
- Positive
- Being approachable
- Genuine or Authentic
- Personable
- Timely
- Open-minded
- Body language
- Relationships



# Building relationships

- Active listening
- Trust
- Symbiotic not adversarial
- Problem-solving mindset
- Connection
- Actively engaged
- Open communication



# Difficult Conversations

- Relate
- “First seek to understand, then to be understood” (LIM Habit 5)
- Practice Empathic Listening
- Share “we want the same thing”, “team”, “together”, “safe”
- Acknowledgement - “that must be difficult”
- Always soften the conversation
- Understand opinions vary, stakes are high, emotions can run strong
- Practice, Practice, Practice

(Leader in Me, The 7 Habits of Highly Effective People, Crucial Conversations 2012 Patterson et al)

# Problem-solving Mindset

- Always approach with a solution
- Speak their language
- Be a critical thinker
- Keep a broader perspective
- Win-Win approach
- Relate to CSIP!!!!!!!



Articulating the school nurse role to Educational  
Partners-**DATA, DATA, DATA**

**If you collect data-you need to use the data to tell your story!**

Students with Disease and Chronic Health Conditions in Public Schools,  
Missouri 2022-23



# Tell Your Story



- Compare your data to the state's data
- Add data to your program evaluation and present it to your school board
- Use the data to make changes to your nursing practice
- Identify topics from your data to personalize continuing education
- Use the data to Address Acuity
- Data will help tie what you do with your district's CSIP
- **Use your data to promote your Health Services Program**

**USE YOUR DATA TO TELL YOUR STORY!**

# Student Encounters: Missouri School Health Program

Compiled from voluntary reporting 529,114 of 775,184 students

in Missouri (68%); 294 of 518 public school districts



2021-2022

School Year

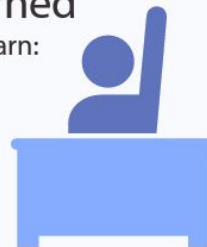
**Total** sum of **visits** to the health office:

4,481,890



Number of health office visits resulting in the student being **returned** to the **classroom** to learn:

4,201,429



Number of health office visits resulting in the student being **sent home** due to illness, injury or other:

279,583

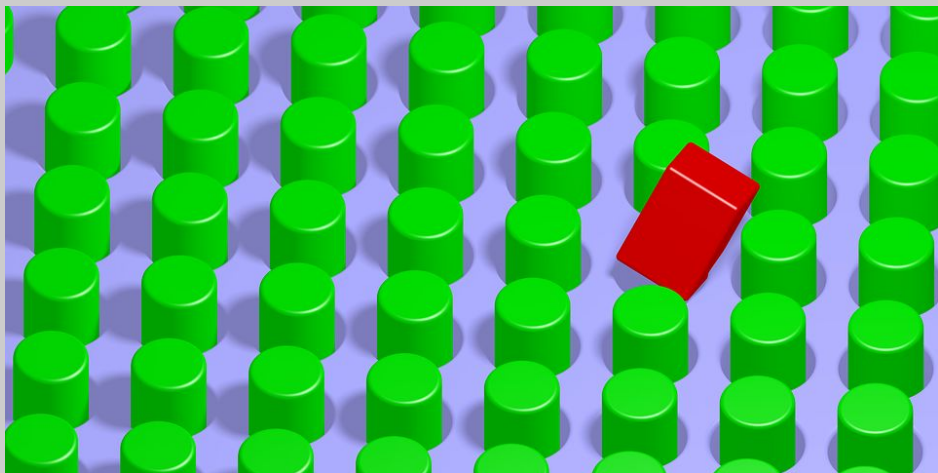


Number of health office visits resulting in **emergency** medical services or 911:

878







# Comprehensive School Improvement Plan (CSIP)

# Why do we have CSIPs

## DESE MSIP - Missouri School Improvement Plan - 6

- 1) Continuous Improvement for all Missouri Schools
- 2) Preparing all students for life after graduation
- 3) Promoting practices that lead to healthy school systems

# CSIP examples

Lee Summit R7 School District

Republic RIII School District CSIP

Find your CSIP



# Department Specific Goals/Department Improvement Plan (DIP)

Here is an example of DIP

[LSR7 Equity and Student Services DIP](#)

Rounding out the professional in you

# Growing by active engagement in your professional world

Organization Membership

Advocacy

Continuing Education (Life long learner)

National Certification

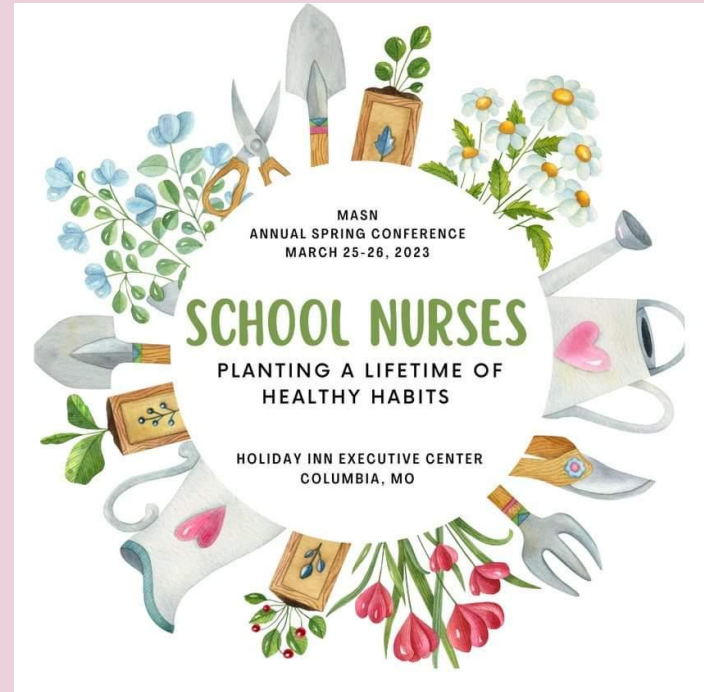
Networking

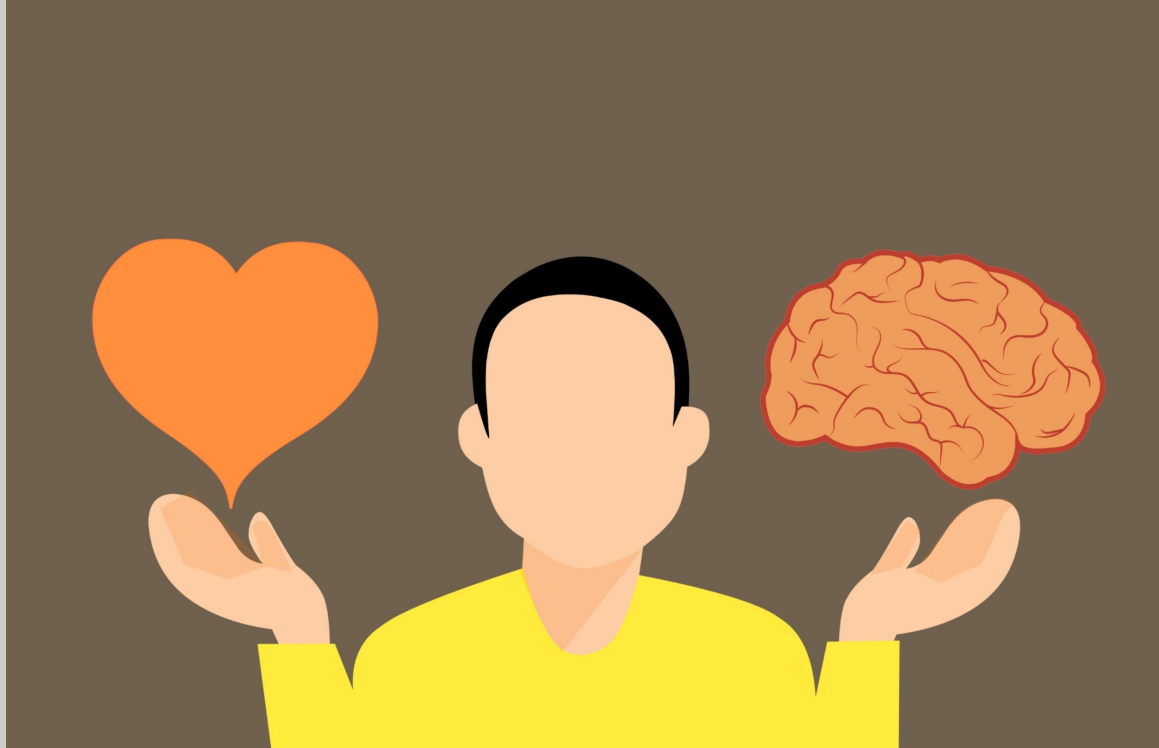
Leadership

Service

[MASN](#)

[NASN](#)





# Care for the Caregiver

<https://positivepsychology.com/guided-meditation-scripts/>

# Question & Answer Session

Thanks for coming to our presentation.

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