

Nursing Office Utilization for School Year '22-'23 (data through 2/18/23 unless otherwise specified)

| School                  | Total Students | Nursing Visits | Medication Visits | Diabetic Visits | State-Mandated Screening visits | Total |
|-------------------------|----------------|----------------|-------------------|-----------------|---------------------------------|-------|
| Maranacook HS           | 350            | 1943           | 311               | 95              | 96                              | 2349  |
| Maranacook MS           | 306            | 2206           | 183               | 1181            | 102                             | 3672  |
| Manchester Elementary   | 186            | 1007           | 300               | 700             | 141                             | 2148  |
| Readfield Elementary    | 219            | 1443           | 428               | 0               | 150                             | 2240  |
| Wayne Elementary        | 64             | 232            | 43                |                 | 83                              | 412   |
| Mount Vernon Elementary | 86             | 262            | 110               |                 | 137                             | 509   |

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| School                  | Diabetes            | Asthma | Seizure Disorders | Life-threatening Allergy | Other Major Diagnoses |
|-------------------------|---------------------|--------|-------------------|--------------------------|-----------------------|
| Maranacook HS           | 3                   | 27     | 6                 | 10                       | 7                     |
| Maranacook MS           | 3                   | 45     | 6                 | 10                       | 5                     |
| Manchester Elementary   | 1, 1 adult          | 9      | 1                 | 6                        | 1                     |
| Readfield Elementary    | 0 students, 1 adult | 11     | 0                 | 2                        | 1                     |
| Wayne Elementary        |                     | 7      |                   | 1                        | 2                     |
| Mount Vernon Elementary |                     | 6      | 1                 | 2                        | 1                     |

MARANACOOK

Jay Charette &lt;jay\_charette@maranacook.com&gt;

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## Qualitative nursing data

1 message

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**Sarah Morrill** <sarah\_morrill@maranacook.com>

Mon, Mar 6, 2023 at 11:54 AM

To: Christine Shea &lt;christine\_shea@maranacook.com&gt;, Jade Parker &lt;jade\_parker@maranacook.com&gt;

Cc: Jay Charette &lt;jay\_charette@maranacook.com&gt;

Hello (again) Christine and Jade - As promised, here are two narratives written by the Middle and High School nurses. We are hoping that along with the numbers data, this will help you understand the value of having a consistent nursing presence in the health and wellness centers. Thanks again for your advocacy and support during the budget process. Take care, Sarah

### From HS Nurse Anya:

The nurse has always been an important part of the health center and school by managing students' medical and emotional needs. Along with daily nursing tasks and visits, mental health support is a large part of the nurse's job. The nurse is always in communication with guidance and administration to support students who are struggling to stay in school for multiple reasons whether it be mental health, substance use, or chronic illness etc.. Many students stop in the health center just for some TLC to get through the day.

As a trained NAMI gatekeeper I work together with our school counselors and even our KBH counselors to help students who sometimes need extra support. Sometimes I am the one that the student comes to in a crisis or I happen to be the only one who is available to help at that moment. I have dealt with many situations where students cut themselves and made several calls to crisis this year because of students who expressed suicidal thoughts or intent. If a call to crisis results in a stay at a crisis unit, I am then also involved with the family to help navigate the student's return to school.

Nurse visits are the origin of many referrals to KBH for counseling, to our nurse practitioner for a medical need, or to Pat the athletic trainer. The nurse is a familiar face that the students are comfortable with and trust so often they share things that they may not with someone else. On Tuesday and Friday mornings the nurse practitioner is in the health center and the nurse is tasked with the intake of students and taking their vitals. It helps to have this piece as a part of the transition to meeting a new healthcare provider.

Administration and guidance rely on the nurse to be an integral part of all 504's or IEP's of students with medical needs. At the beginning of every year these students have individual health plans that get updated and distributed to staff in order to make sure the student receives the proper support/accommodations that they need to succeed at school.

Dispensing daily medication and sometimes medication as needed is part of the nurses routine everyday. Several students have emergency medications that are used in certain situations like a seizure. Either way the nurse is the only one who can dispense these prescription medications. Sometimes there are extenuating circumstances when an unlicensed professional gets trained to do so, like for a field trip.

At the high school level it is mandatory to screen all freshmen each year for their vision. Every year immunization records must be checked to make sure students are up to date on their vaccines. This has become a larger task now that religious and philosophical exemptions are not acceptable anymore.

The nurse also works with the athletic department to make sure students have had a physical in the last 2 years in order to be eligible to participate in sports. This is time consuming and mainly affects preseason for fall sports, requiring dedicating time during the summer to make sure students get cleared. The nurse must also work with the trainer in managing concussions, return to sports post COVID, or any other injuries.

The nurse is in charge of training staff annually for Blood Borne Pathogens and other necessary medical conditions that they should be aware of. Staff also receive training around field trips and medication administration. Staff

Both students and staff know and expect to find the nurse in the health center every day, all day. Many seek me out for their medical needs and advice and if I am gone or unavailable some will even deny care offered by other professionals in the health center and wait. At the high school the nurse has the benefit of working with a team of professionals, yet it also adds a whole other aspect to the job. It creates the ability to approach all of the student's needs in one place but requires a lot of coordination and teamwork.

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#### **From MS Nurse Angela:**

The middle school Wellness Center is a place where all students are welcome and comfortable coming when they are not feeling their best physically or emotionally. Our students seek out Gwen, our school counselor, for their mental health needs but also turn to Angela or Elisha when Gwen is not available. In some cases, a student may feel more comfortable seeing a nurse for their mental health concerns. We are both trained NAMI Gatekeepers and are able and skilled in assessing for self harm and suicidal concerns.

We see students with injuries that are sustained at school and home. We assess student athletes and refer to our athletic trainer as needed. We schedule appointments with students and assist in clinic flow while the trainer has office hours.

We monitor our students with diabetes in real time throughout the day via an app on a mounted iPad in Wellness. These students are high needs and require frequent nursing care throughout the day (4-10 visits per student/day). Immediate intervention is needed several times a week for these students which requires nursing assessment and observation for a minimum of 15 minutes in a 1:1 setting.

We conduct vision screenings for all 7th grade students (102 students currently) and refer to vision specialists as needed. This requires sending letters home and following up with parents and providers as needed.

We dispense scheduled medications for students who require dosing during the school day. This process involves obtaining physician orders as well as written parent permission and counting and documenting all controlled substances with a parent when the medication is brought to school on a regular basis. We also dispense a fair amount of over the counter medication for headaches, menstrual cramps, injuries, etc.

We attend all relevant 504 and IEP meetings for students with medical needs and are often consulted in the development of these plans. All students with significant medical needs require an Individualized Health Plan and/or Emergency Plan which is written and revised as needed. All plans are shared with the parent which requires multiple conversations throughout the school year. Plan development often involves a conversation with the child's pediatrician or obtaining documentation to support the plan.

We are responsible for following the State of Maine Immunization law. All student immunization records must be checked by a nurse before enrollment and all 7th grade students must have additional immunizations prior to the start of the school year. This work begins when a student enters 6th grade and is ongoing until the first day of their 7th grade year. Letters are sent to parents with follow up phone calls and emails as well as multiple visits to the state immunization registry to check each child's record repeatedly until they are compliant.

We are responsible for maintaining the school's AED, ordering epinephrine and stocking an emergency bag that is available for any number of emergency situations that may occur in our school or on campus. We provided Stop the Bleed training to all staff this year and have provided each classroom with a bleeding control kit. We provide beginning of the year education on blood borne pathogens, asthma, seizures, diabetes and anaphylaxis. We teach unlicensed personnel how to administer epipens and inhalers as well as schedule oral medications for Advisee Day Out and other field trips. We organize all medical needs for every overnight field trip and are available by text or phone for medical questions while staff are away.

We are COVID experts. We provide testing for students and staff during the school day and are often the first point of contact when an individual tests positive. We provide education and assist with calculating isolation dates. We are also responsible for reporting all positive tests done at school to the DOE.

We care for students who are ill during the school day, hungry because they didn't bring a snack, need an ice pack or feminine hygiene products or a simple hug. Some just need to check in because home didn't go so great this morning or they had a disagreement with a friend. Our students depend on there being a nurse available all day at the middle school. For many, we are a soft spot to land when their day isn't going well and they are away from home.