



Northern Health
and Social Care Trust

Care • Compassion • Community



The Role of School Nursing

Journey of the child through the school years



Working together



Excellence



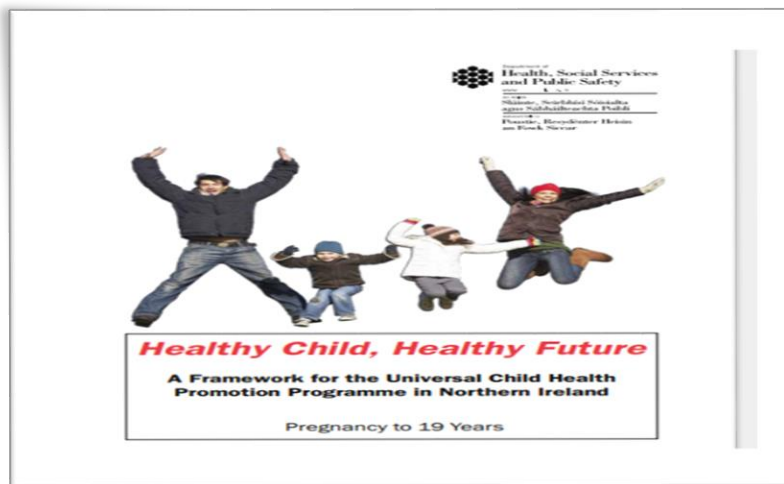
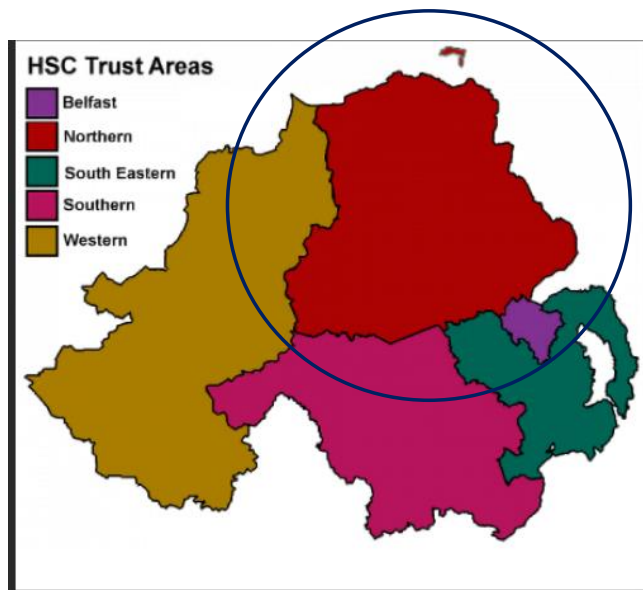
Openness & Honesty



Compassion

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School Nursing



- 231 schools
- 43,000 pupils
- 6,000 P1 health appraisals

Primary



- 48 schools
- 35,000 pupils
- 5,000 Y8 Health appraisals

Post
Primary



- 9 special schools
- 3 Ed Guidance
- 118 home schooled

Other



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Children's Mental Health in NI

- 12.6% mood disorders- 25% higher than UK
- NI 15-24 years highest rate of suicide in UK
- 1 in 8 have thought about or attempted suicide - with 6.6% having made a plan and 3.5% having made an attempt
- 1 in 10 11-19 years old have self-harmed

4. According to the Youth Wellbeing Child and Adolescent Prevalence Study, among children and young people, one in ten (11.9%) experienced emotional problems, with significantly higher rates in deprived areas. One in six have a pattern of eating disorder, and almost one in ten of 11-19 year olds reported self-injurious behaviours. The prevalence study found that anxiety and depression is 25% more common in children and young people in Northern Ireland compared to other parts of the UK.³

1 IN 10 CHILDREN AND YOUNG PERSONS EXPERIENCED EMOTIONAL PROBLEMS AND 1 IN 6 HAVE A PATTERN OF EATING DISORDER

Mental health: Major study finds higher levels of anxiety in NI children

By Lindsay Aileen McKeown
BBC News NI

© 19 October 2020



Survey of children and young people's mental health supports need for prevention and early intervention

2020-10-19



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THE ADOLESCENT BRAIN

A SECOND WINDOW OF OPPORTUNITY

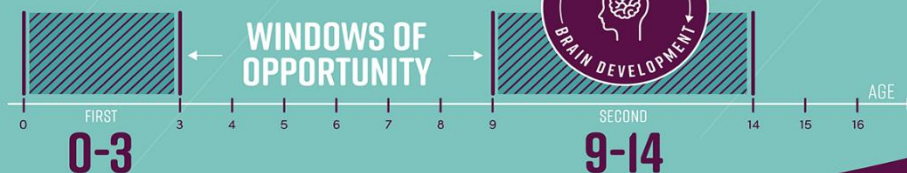


EARLY ADOLESCENCE IS
A TIME OF RAPID
LEARNING AND
BRAIN DEVELOPMENT

THESE INCLUDE
INCREASES IN
SENSATION-SEEKING,
MOTIVATION FOR SOCIAL
RELATIONS AND SENSITIVITY TO
SOCIAL EVALUATION.

A PERIOD OF
VULNERABILITY
AND OPPORTUNITY

PUBERTY INITIATES INTENSE
LEARNING & BRAIN
DEVELOPMENT, WHICH LEAD TO
STRUCTURAL REMODELING AND
NEURAL RE-CONFIGURATION OF
KEY BRAIN SYSTEMS. IT'S A
CRUCIAL TIME TO INVEST IN
ADOLESCENTS.



DOWNLOAD

"THE ADOLESCENT BRAIN:
A SECOND WINDOW OF OPPORTUNITY"

WWW.UNICEF-IRC.ORG/ADOLESCENT-BRAIN



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Enhanced School Nursing (Abbey) & Text A Nurse



**Text-A-Nurse
to chat about
your health
concerns**



**If you are aged 11-19 and are worried
or concerned about any aspect of your
health and wellbeing send a text to**

07480 635982

and chat in confidence with a school nurse.

**We are here to help and can offer advice
around many health issues including:**

Emotional Health & Wellbeing

Self-Harm

General Health

Drugs

Stress & Anxiety

Bullying

Body Image

Alcohol

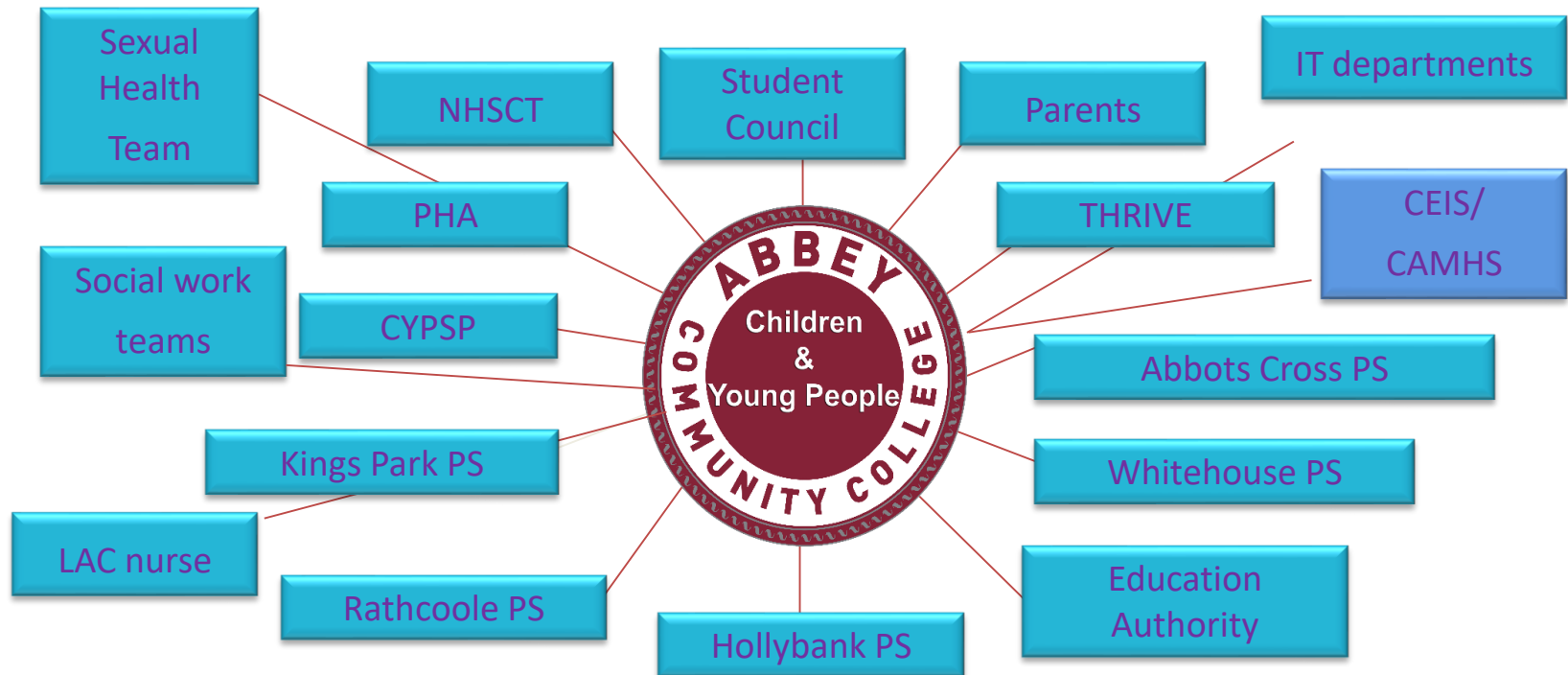
Sex & Sexuality

Contraception

<https://pha.site/textanurse>



Developing Partnerships/Building Relationships



“Design a School Nurse” Engagement Workshop





How it works & Importance of Relationships

School nurse is based at Abbey College on full time basis

Drop-in sessions provided to support pupils in school environment

Transition to post primary school enhanced with inclusion of 5 feeder primary schools

Support pupils with emotional and mental health issues – focus on prevention, early identification and intervention

Promote the public health agenda

Support children with special medical and additional needs in school

Ante-natal group, walking group, health and well-being group, peer support groups, health ambassador group

Health campaigns and health promotion days-change every year based on the needs of the pupils at that given time



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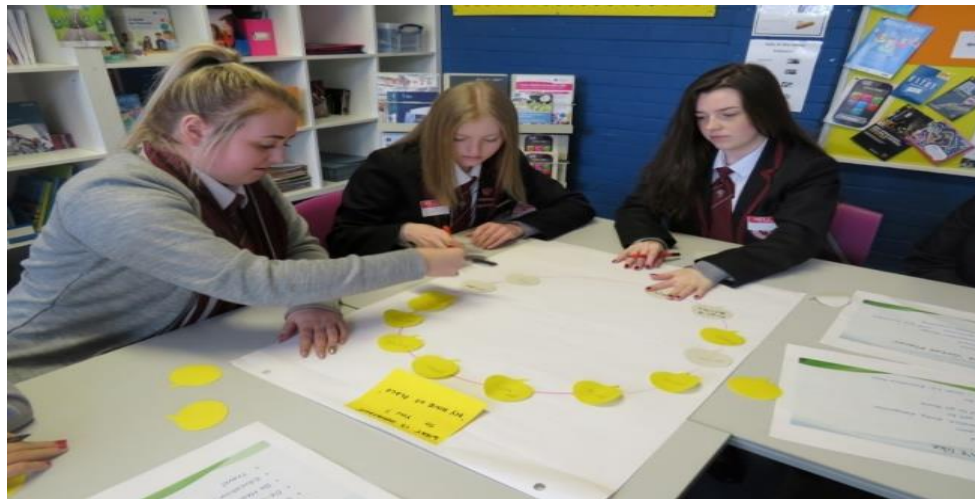


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Outcomes



LACYP

1.32% increase
in attendance

45-90 %
increase in
individual
pupils

100% health
appraisals/care
plans

Emotional Health & Wellbeing

550 pupil
contacts

15 health
ambassadors

3 peer support
groups
established

Healthy Lifestyles

14 Healthy
Weight
Pathway plans

School walking
group

Health
campaigns

Physical Health

176 pupil drop-
ins

Improved
immunisation
uptake

5% School
Leaver Booster;
4% HPV; 2% Flu
in feeder PSs



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“Nurture Me: Nurture You”



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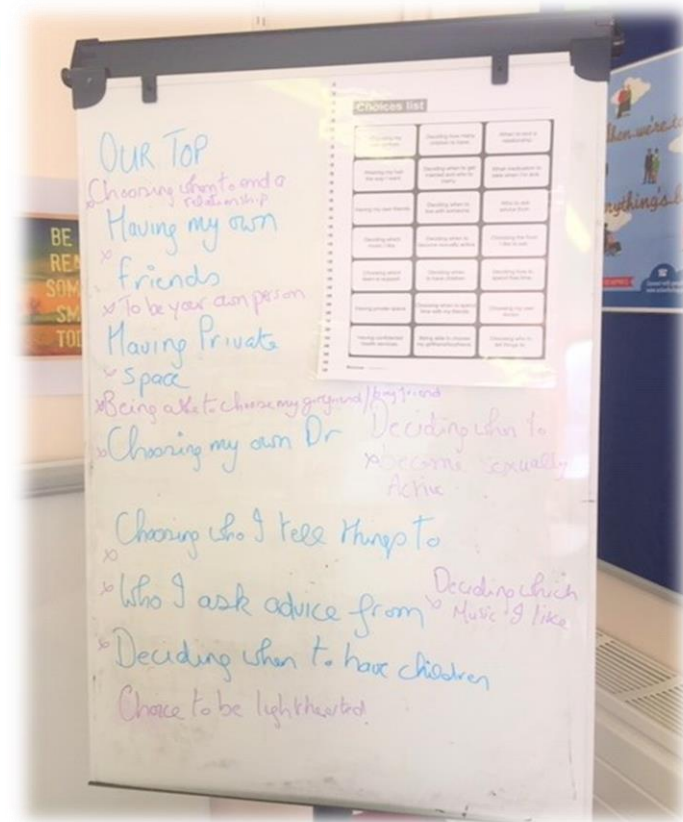
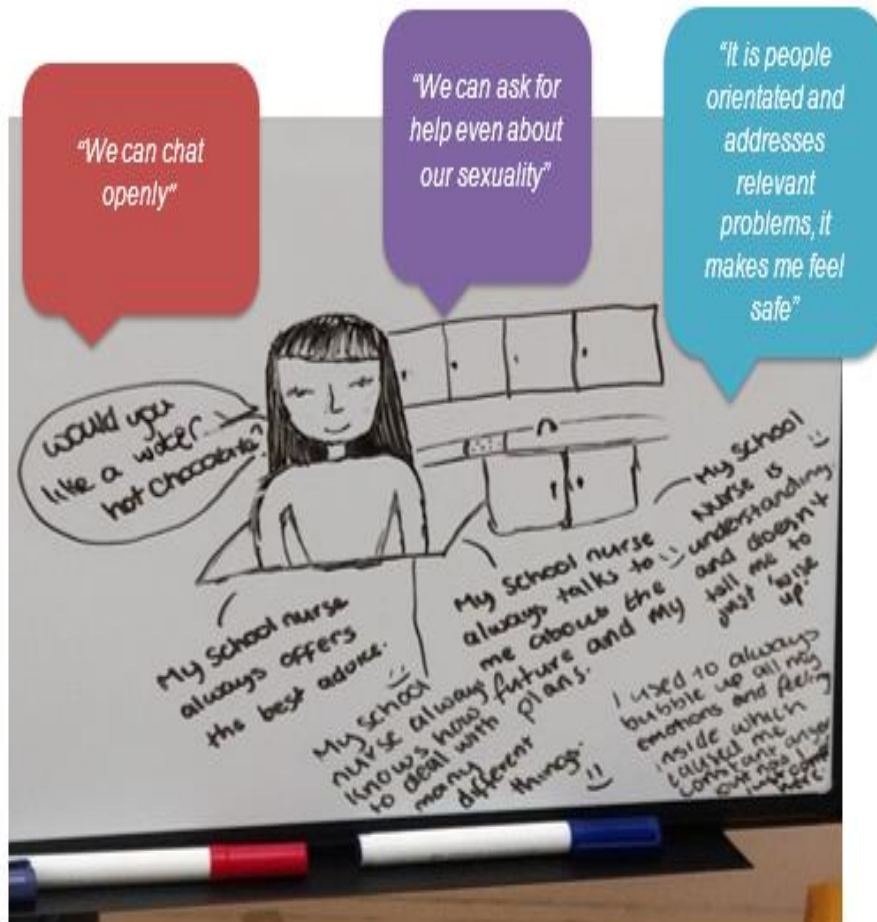


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What pupils said





Text a Nurse Service

The Text-a-Nurse service launched in NHSCOT in 2021 to provide young people with a secure and confidential text messaging service to a school nurse for advice and support.



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Meet your School Nurses behind **Text A Nurse**

Text a Nurse is an easy way for young people aged 11 to 19 years to confidentially ask a question on a range of issues via text without a face to face appointment.

Send a text message to
07480635982



Rachael



Jill



Ruth



Sharon



Anna



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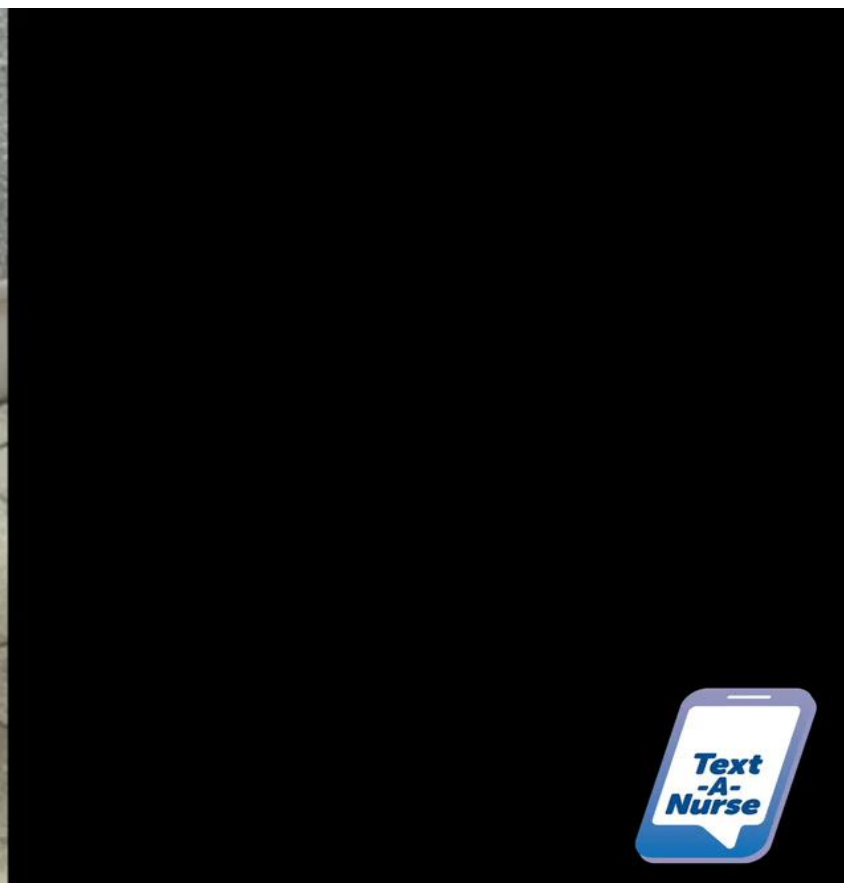
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Health advice at the touch of a button



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Text A Nurse - Example Case Study: Behaviour

The issue the young person was experiencing and seeking advice for:

- Anger, as this was impacting on their behaviour.

The care provided by Text A Nurse :

- Discuss what had been happening in their life along with ways to help them stay calm and deal with feelings of anger. Arrangements for a follow up face to face appointment with the school nurse.

The outcomes of the care provided to the young person:

- Felt positive about the things they could try and was able to identify their own resources. Given apps and websites to use.

Impact of Text A Nurse on this particular contact:

- Able to chat about their feelings of anger and were assisted to think about the impact and how they could overcome a repeat situation arising in the future.



Feedback



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“Text A Nurse really helped me work out self-help measures”

“It felt really good to talk about what was bothering me and I got great advice”

“Nurses are really helpful, patient and kind”

“This service has really helped me over the last week and given me great relief”

Young people 11-19 shared their feedback on our **Text a Nurse** service



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Thank You



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