

Overview and scrutiny briefing note

Information for Health Scrutiny Panel: Development of an integrated and needs-led school nursing service	
Date of meeting:	24 th September 2014
Report author:	Lynne McNiven, Public Health Manager
Responsible Director:	Chris Kenny, Director of Public Health
Portfolio Holder:	CLlr Norris

1.0 Purpose

1.1 The purpose of this report is to update Nottingham City Council Overview and Scrutiny on the outcomes of the Nottingham School Nursing review. The report focuses on the new needs-led model of delivery for school nursing and the integration of the service across the Local Authority.

2.0 Background and context

2.1 Health is crucially linked with education. Good health and emotional wellbeing are associated with improved attendance and attainment at school, which in turn lead to improved employment opportunities. An evidence-based approach using prevention and early intervention reduces costs to society and to health, education and wider children's services in the long term.

2.2 Lifestyles and habits established during childhood influence a person's health throughout their life. The foundations of a healthy and fulfilled adult life are thus laid in childhood and adolescence. For example, up to 79 per cent of obese adolescents remain obese in adulthood, and adolescents who binge drink are 50 per cent more likely to be dependent on alcohol or misusing other substances when they reach the age of 30.

2.3 School nurses are specialist public health nurses who support children and young people in their developing years between school entry age and 19. The School Nursing service in Nottingham is delivered by Nottingham CityCare Partnership and aims to *promote and protect the health and well-being of all school-aged children and young people so that they can optimise their education and wider social opportunities*. School nursing is the only independent access to health and social services for children and young people.

2.4 The responsibility for commissioning public health services for 5-19 year olds transferred from Primary Care Trusts (PCTs) to Public Health in the Local Authority in April 2013 following the Health and Social Care Act. This includes mandatory provision of the National Child Measurement Programme (NCMP).

2.5 As part of the transition process, a full review of the service was undertaken between December 2012 and December 2013. The aim of the review was to develop a school nursing service model for Nottingham based on local need to ensure children, young people and

families are offered a core programme of evidence based preventative health care with additional care and support for those who need it.

3.0 Nottingham School Nursing review

3.1 The report of the Nottingham school nursing review findings and recommendations was completed in April 2014 and can be found here: [Nottingham School Nursing Review Report](#). Figure 1 summarises the review process which was undertaken.

3.2 Following the review, a partnership group was established to lead the implementation of an action plan consisting of over 50 actions which were derived from the review. A summary of some of the key findings and developments to date are outlined in appendix 1.

Figure 1: Summary of the School Nursing review process

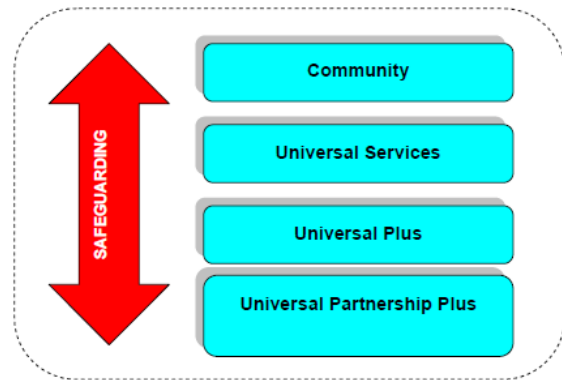
Element	Summary
1. Data and Intelligence	<ul style="list-style-type: none"> Review of national and local data. Development of school health profiles for 16 groups of schools http://www.nottinghaminsight.org.uk/insight/partnerships/public-health/school-health-profiles.aspx.
2. Engagement and communication	<ul style="list-style-type: none"> Extensive engagement with children & young people, parents/carers, school staff and governors, GPs, school nurses and other stakeholders: <ul style="list-style-type: none"> 785 surveys completed 113 participated in focus groups 39 one-one interviews
3. School nurse practice	<ul style="list-style-type: none"> Reviewed current practice against Healthy Child Programme Identified strengths, gaps and areas for improvement.
4. Workforce	<ul style="list-style-type: none"> Training needs assessment. Workforce planning.

4.0 Role of the school nurse

4.1 School nurses provide a specialist public health service to all children and young people (aged 5 – 19 years) resident in Nottingham City or attending City schools. There are 57,200 Nottingham citizens in this age group. School nurses work with other professionals to support schools in developing health reviews at school entry and key transitions, managing pupils’ wellbeing, medical and long-term conditions and needs and developing schools as health-promoting environments. They play a crucial role in ensuring that children, young people and families get good, joined-up support and access to available services at the earliest point.

4.2 The Public Health Outcomes Framework (PHOF) includes 20 child-specific outcomes. School nurses contribute to a number of these indicators including school readiness, pupil absence, under 18 conception rate, excess weight, hospital admissions caused by unintentional and deliberate injuries, emotional well-being of looked after children, smoking prevalence, self-harm, chlamydia diagnoses, tooth decay and vaccination coverage.

4.3 School nursing is a universal service, which intensifies its delivery offer for children and young people who have more complex and longer term needs (Universal Plus). For children and young people with multiple needs, school nurse teams are instrumental in co-ordinating services (Universal Partnership Plus).



4.3.1 A summary of the school nurse's role within each of these tiers is given below:

- **Community** – School nurses act as 'local leaders' for health for the school aged population and their families working as part of the school community to improve health and wellbeing.
- **Universal Services** – School nurses provide the Healthy Child Programme to ensure a healthy start for every child. This includes promoting good health, advice on public health issues such as healthy weight, health checks and protecting health for example via immunisations and identifying problems early. Nurses support children and families to access a range of community services. A pathway of the core contacts that nurses provide to children and young people is shown in appendix 2.
- **Universal Plus** – School nurses provide a swift response to children and families when specific expert help is required. This could include managing long-term health issues and additional health needs, reassurance about a health worry, advice on sexual health, and support for emotional and mental wellbeing.
- **Universal Partnership Plus** - School nurses deliver ongoing support in partnership with a range of local services who are working together with the child/family to deal with more complex problems over a longer period of time. This provision is for children and families that have complex health and social care needs that warrant a multi-agency response.

5.0 The new School Nursing Model for Nottingham

5.1 A key change to school nursing is the development of a needs-led model of delivery which began to be implemented at the beginning of the 2014/15 academic year (appendix 3). This model ensures young people with the greatest level of need are supported by the most qualified nurses, contributing to improved health and educational outcomes.

5.2 The previous model of delivery for school nursing consisted of one Public Health specialist nurses (the most qualified/experienced nurses) being attached to each secondary school. Registered nurses were assigned to the primary schools (approximately five primary schools per nurse). At school entry, each health visitor passed on their entire caseload to the registered nurse. At transition to secondary school the registered nurse passed on their caseload to the Public Health Specialist nurse. This model resulted in nurses working in isolation and was not dependant on the needs of the children/young people.

5.3 The new school nursing model incorporates the following:

- Public health nursing teams have been established around each of the 16 school groups (usually one secondary school and the feeder primary schools). Each team is led by a specialist Public Health nurse.
- Health visitors split their caseload of children into the four levels of need and transfer children to school nursing in these caseloads. This ensures a smooth transition from health visiting to school health in which the needs of children are clearly identified and communicated.
- The most qualified nurses support children and families with the greatest need, irrespective of age. Children in the universal plus, universal partnership plus and safeguarding cohorts are the responsibility of the Specialist Public Health Nurse. Registered nurses and other members of the team are responsible for children of all ages in the universal cohort.

6.0 Integration

6.1 The review process has allowed the exploration of the synergy between Health Visiting and School Nursing roles, along with Family Community Teams and Early Years. Work is being undertaken to ensure a coordinated approach and a robust 5 to 19 service.

6.2 Three health improvement facilitators (healthy weight, emotional well-being and sexual health and relationships) have been included within the School Nursing contract to develop a whole school approach to improving health and social care outcomes. They work in partnership with other health improvement interventions such as Healthy Schools, School Sport Nottingham and Change4Life to ensure equity across each school in the City.

6.3 Considerable consultation has been undertaken with Primary, Secondary and Special Schools across the City. From this, a working group has been established consisting of deputy head teachers, public health and CityCare Partnership to support the implementation of the school nursing development action plan.

6.4 Public Health, in partnership with Education Partnerships, Healthy Schools, School Nursing and other service providers held a multidisciplinary meeting in April; over 30 schools sent representation to discuss the future role of School Nurses. There was a specific focus on social, emotional and mental wellbeing and healthy weight. A second event is planned for the 16th October 2014; this will consist of a re-launch of school nursing and a briefing on sexual health and healthy relationships.

7.0 Contact information

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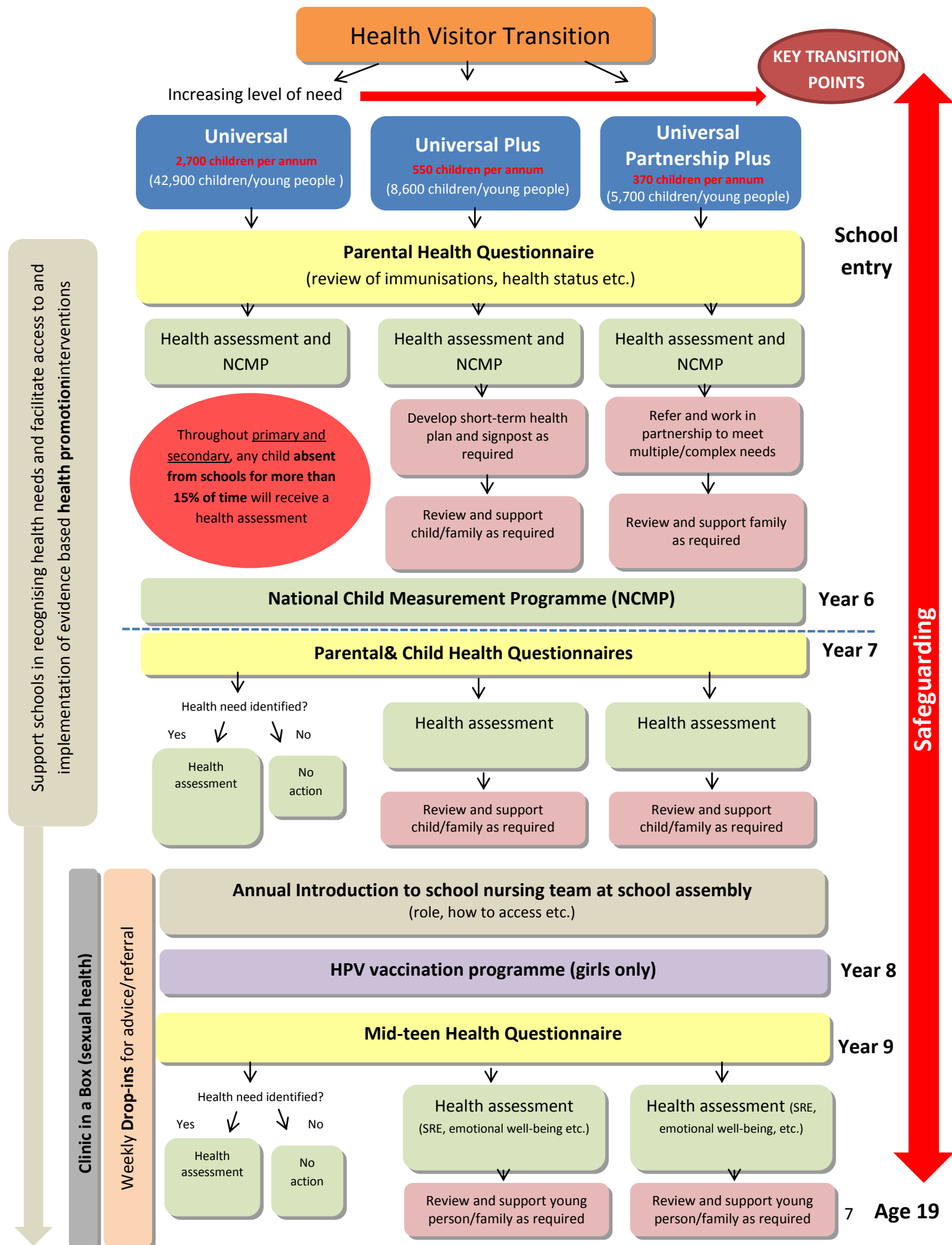
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APPENDIX 1: Key actions/developments following review of public health nursing for school aged children.

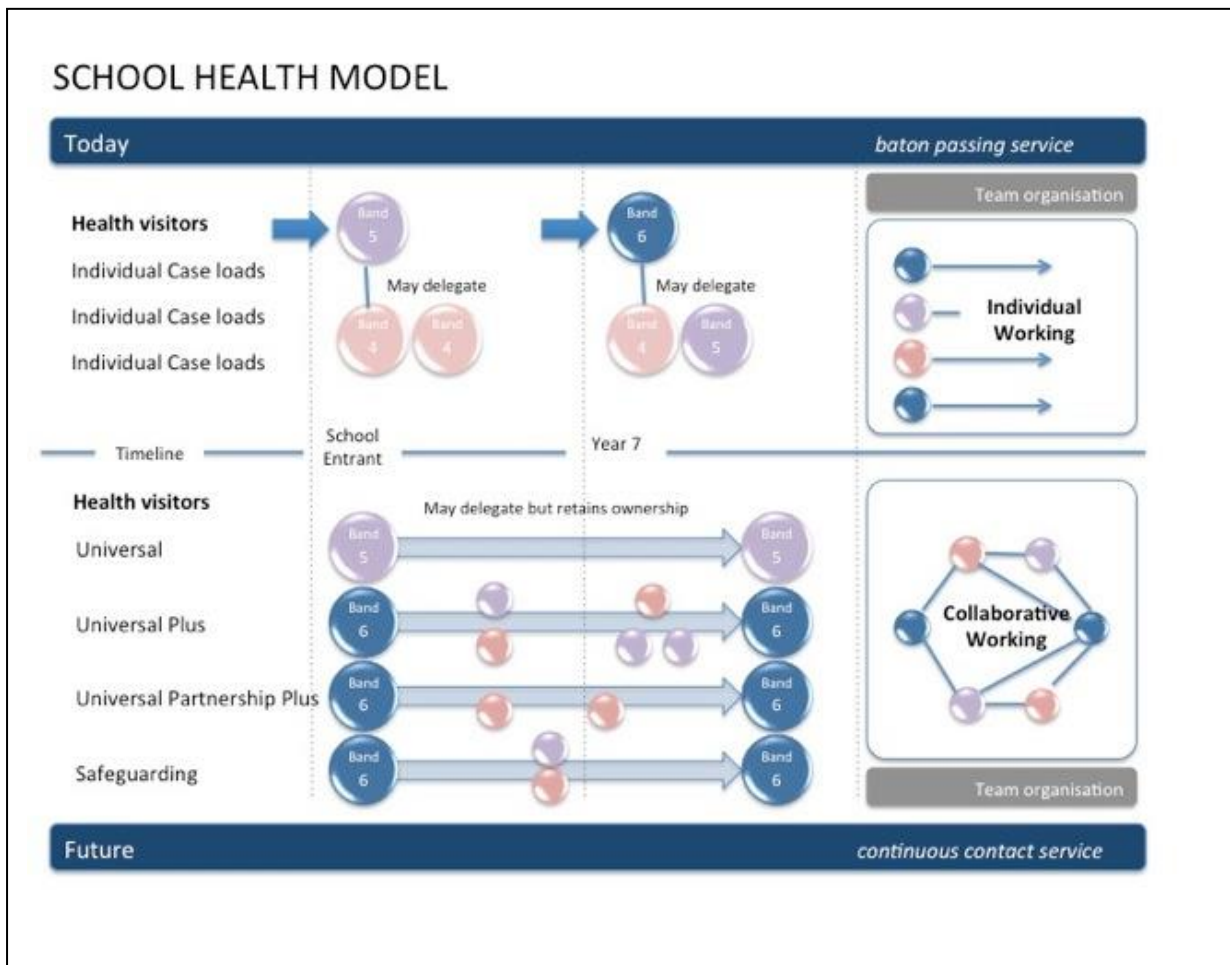
Key finding	Action
Significant health and social need amongst City's children.	<ul style="list-style-type: none"> • School health profiles are being used to ensure a needs-led model of delivery. • Development of a health assessment for all children and young people who are absent from school for more than 15% of time. To be introduced early in the 2014/15 academic year. • Introduction of a targeted mid-teen health check so that young people will have access to information and advice on sexual health and relationships, emotional well-being, smoking, alcohol, substance misuse and healthy lifestyles.
School nurses are valued by schools, parents and young people.	<ul style="list-style-type: none"> • Referral mechanisms and accessibility of nurses is being improved. Prioritisation of in-school presence. • Development of a working group with deputy heads for the development of processes within schools.
Service delivery not currently based on need.	<ul style="list-style-type: none"> • A new Service Specification / Contract has been written and agreed by our provider. • New model of delivery in which the most experienced/qualified nurses support children and families with the greatest need irrespective of age (figure 4).
Service provision is inconsistent across the City.	<ul style="list-style-type: none"> • Standard Operating Procedures including pathways are being developed to ensure consistency across schools. The following draft pathways have been developed: <ul style="list-style-type: none"> ○ emotional health ○ sexual health and relationships ○ healthy weight ○ safeguarding
Need to increase visibility/accessibility.	<ul style="list-style-type: none"> • Communication strategy developed including re-launch in Sept 2014. • Development of promotional materials including parent/carer pack to be given out at the beginning of the school year. • Considerable consultation undertaken with Primary, Secondary and Special Schools across the City: <ul style="list-style-type: none"> ○ The Public Health team have presented at Head Teachers', Assistant Heads and Governors' meetings to present review findings and the proposed new model. ○ A multidisciplinary meeting on the 2nd April where over 30 schools sent representation to discuss the future role of School Nurses. There was a specific focus on Social Emotional, Mental Health and Wellbeing and Healthy weight.

	<ul style="list-style-type: none"> ○ A further joint meeting is planned for October 16th which will have Sexual Health and Relationships as its focus and an official re-launch of school nursing.
Lack of coordinated approach to health promotion.	<ul style="list-style-type: none"> ● Three health improvement facilitators (healthy weight, sexual health and relationships and emotional well-being) have been included within the School Nursing contract to develop a whole school approach to improving health and social care outcomes, with equity across each school in the city.
Increasing safeguarding demands	<ul style="list-style-type: none"> ● A working group has developed a safeguarding pathway and guidance for school nursing. This will be implemented in September 2014. School nurses' involvement in safeguarding activities will depend on: <ul style="list-style-type: none"> ○ Health concerns ○ Knowledge of the pupil ○ The involvement of other professionals ○ Whether the nurse has a role to play
Challenges with recruitment, training and capacity.	<ul style="list-style-type: none"> ● A plan for addressing workforce issues, focusing on training and use of skill mix across the service has been developed. ● New nurses are being employed on year-round contracts (rather than term-time).

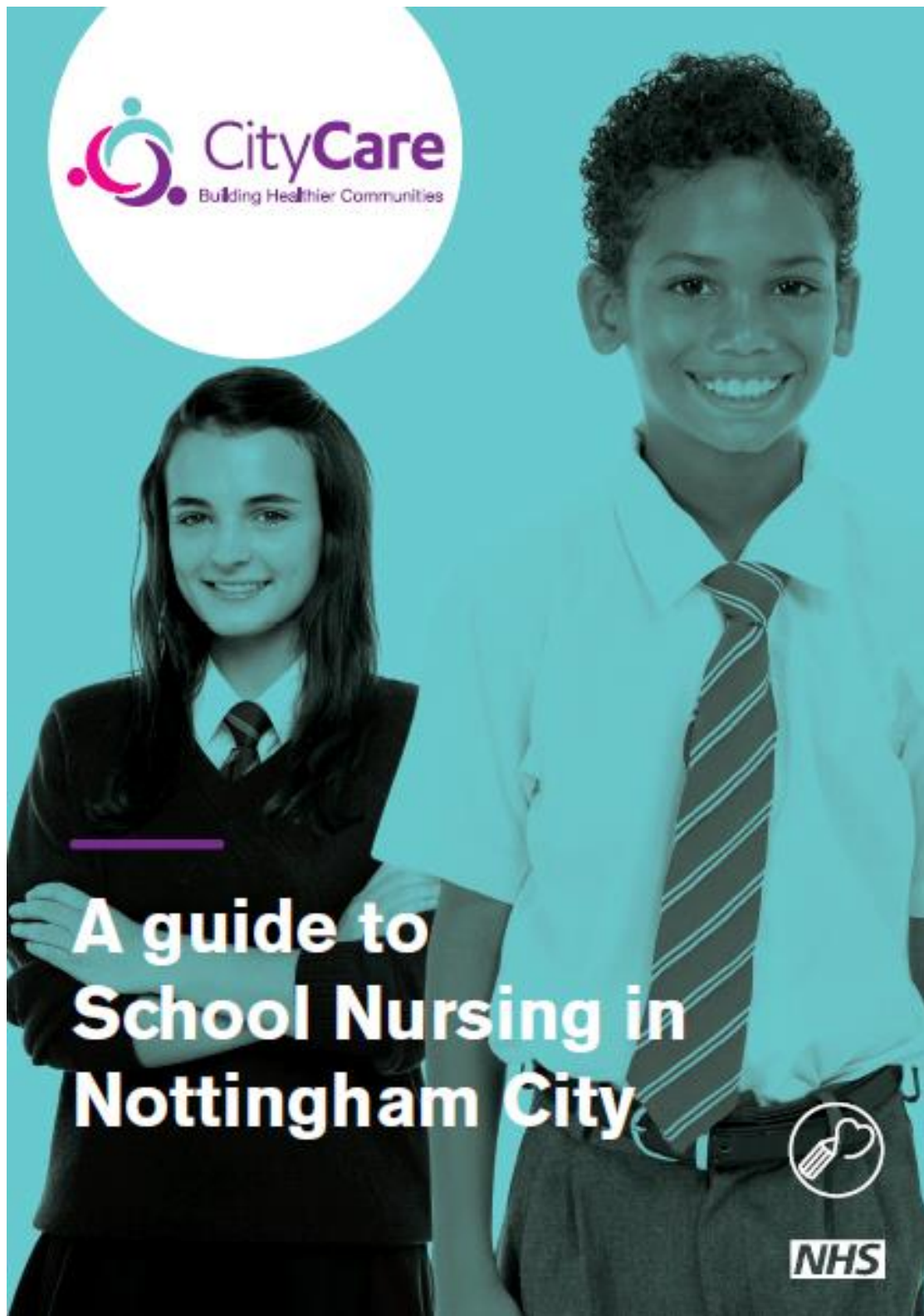
APPENDIX 2: Nottingham School Nursing (5-19 years): Core Contacts Pathway



APPENDIX 3: Nottingham new model of school nursing



APPENDIX 4: New school nursing service leaflet currently being distributed



Who are CityCare?



We are your local provider of free, NHS, community healthcare services.

We have a long heritage of delivering high quality care for you and your family at home, or close to home in community settings such as health centres, school and GP surgeries.

We deliver a range of nursing and healthcare services – from health visiting and education for young families, to community nursing and home-based rehabilitation programmes for older people, to NHS walk-in centres and specialist diabetes and educational nutrition and dietetics sessions.

We provide quality care you can trust.

As a social enterprise, we are dedicated to building healthier communities. We work in partnership with patients, staff, partners and the local community to build a healthier more sustainable future for all.

The School Nursing Team

The School Nursing Team is led by a Specialist Public Health Nurse and includes Registered Nurses; Nursery Nurses; Health Care Assistants and Administrators.

We work alongside a variety of professionals including teachers; parents; carers; children and young people to promote and maintain good health.

We are an 'all year round service' for all 5-19 year olds and work in schools; health centres; homes and other venues to meet the needs of children and their families.



Young people have a right to speak to a health professional and it be confidential except where there is a risk to themselves or others. However, we always encourage young people to speak to their parent or carer.



Our Services

These services are offered for **every** child and young person in Nottingham Schools:

Primary School

Reception

A health questionnaire will be sent to you about your child's health. Your child will be weighed and measured with your consent as part of the National Child Measurement Programme.

Year 6

Your child will be measured again.

Secondary School

Year 7

A health questionnaire will be sent to you about your child's health. There will be an assembly in school to explain the role of the school nurse.

Your child will be asked to complete a health questionnaire.

Year 8

All girls will receive the HPV (Human Papilloma Virus) immunisation to protect them from forms of cervical cancer.

Year 9

All young people will be asked to complete a 'mid-teen' health questionnaire.

Drop-in Services

Every child and young person will have access to a regular, confidential drop-in service provided by a nurse.

Additional Services

We can provide advice, support and signposting to services for the following:

- Healthy eating
- Weight management
- Emotional health and wellbeing
- Behaviour support
- Self harm
- Eating Disorders
- Smoking cessation
- Drugs and alcohol
- Puberty and hygiene
- Dental health
- Keeping safe
- Sexual health
- Domestic violence
- Continence/Constipation
- Young carers
- General health promotion

These services can be offered on a one to one or group basis



Getting in touch with the School Nursing Team

- Clifton Comerstone (including Meadows)
0115 878 6328
- Basford Health Centre
0115 883 3236
- Bulwell Riverside
0115 883 3455
- Mary Potter Health Centre
0115 883 8089
- St Ann's Health Centre
0115 883 8702
- Sneinton Health Centre
0115 883 8600
- Wollaton Health Centre
0115 883 3100
- Strelley Health Centre
0115 883 3315

Please call 0115 883 4333 if you are unsure which team to contact.

Getting in touch with CityCare

You can feed back any compliments, concerns, complaints or comments by:

T: 0115 883 9654

E: [customercare](mailto:customercare@nottinghamcitycare.nhs.uk)

[@nottinghamcitycare.nhs.uk](mailto:customercare@nottinghamcitycare.nhs.uk)

W: www.nottinghamcitycare.co.uk

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