

PROTECTING HEALTH AND KEEPING PEOPLE SAFE



## SN CHAT

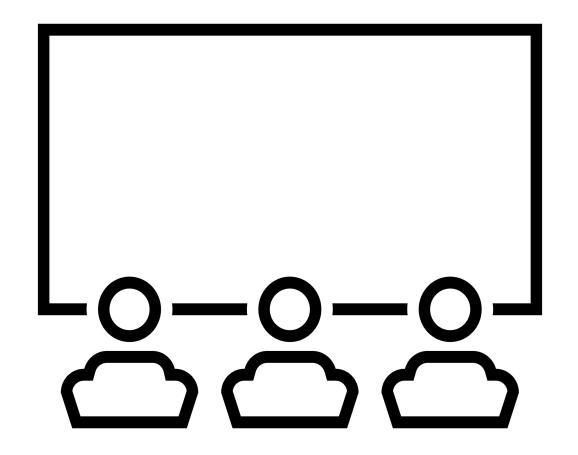
Health Office Orientation July 12-14, 2023

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## **School Nurse**

# Chronic Health Assessment Tool



## School Nurse Chronic Health Assessment Tool

Tools and resources to prioritize and plan for the care of students with chronic conditions

## FEDERAL LAWS

IDEA ensures a free, appropriate public education (FAPE) in the least restrictive environment (LRE).

Section 504 (Rehabilitation Act of 1973) prohibits discrimination based on a handicap (civil rights legislation). Deals with providing reasonable accommodations for students with disabilities.

## What is the biggest barrier to developing emergency plans?

I don't know how to decide which students need an EAP

Healthcare providers not writing an EAP

Parents not sharing the EAP with the school



- Primary goal of care coordination for the individual student
- Self-management of their illness or disability
- At the highest possible level based on their developmental stage and ability.

## SN CHAT Core Concepts

- Student is central
- Students are more than a diagnosis
- Family and student need to be included in planning
- Building relationships and trust is essential to communication
- Use these instruments as tools be flexible
- Use critical thinking and nursing judgement



## School Nurse Chronic Health Assessment Tool

https://health.mo.gov/living/families/schoolhealth/officemanagement.php

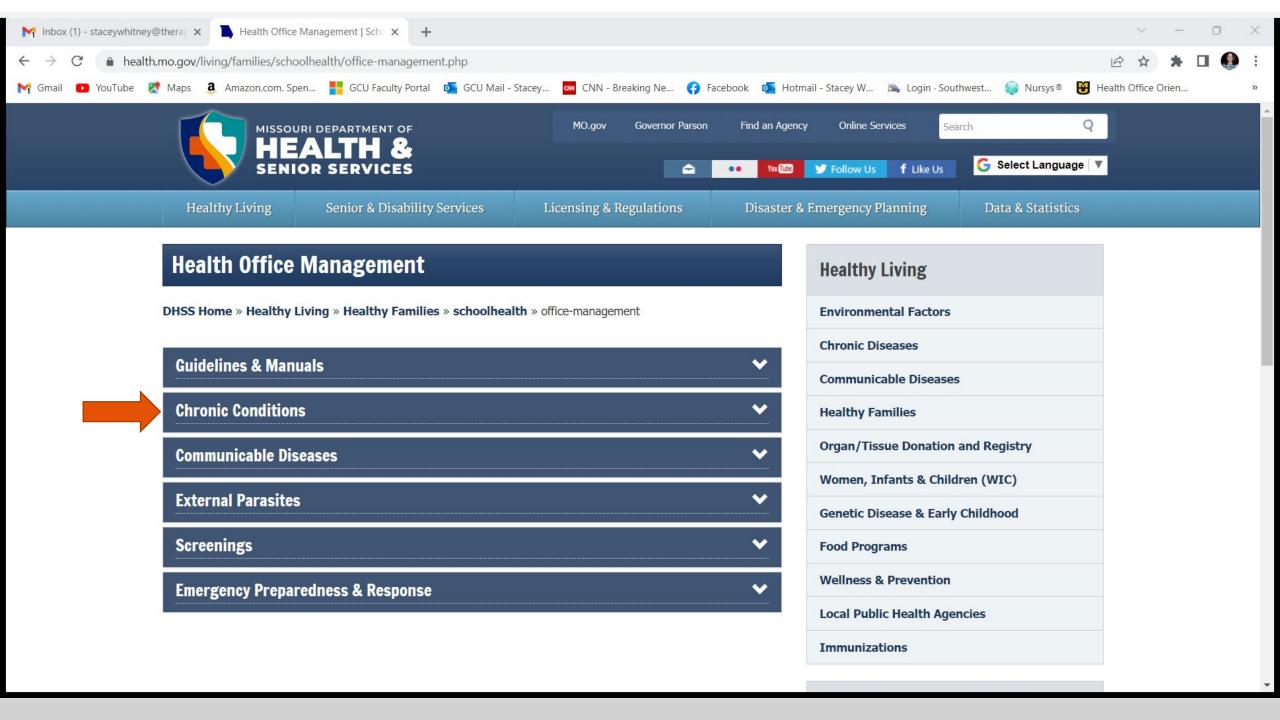
## SIN CHAT School Nurse Chronic Health Assessment Tool

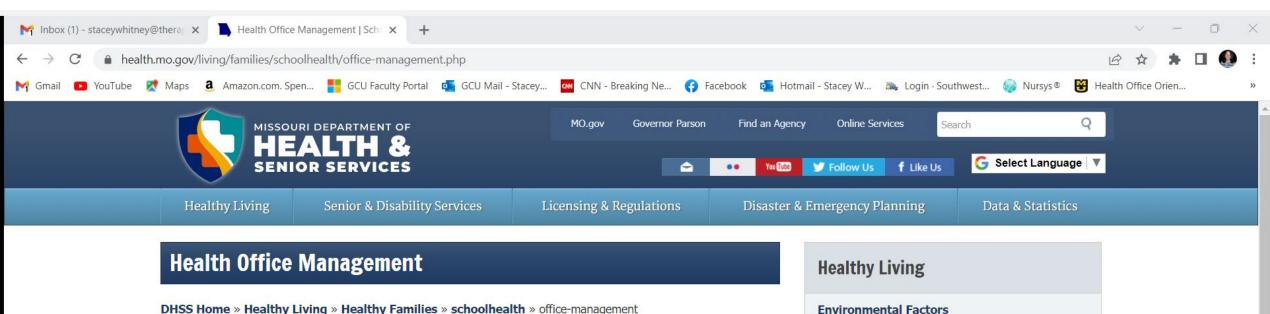


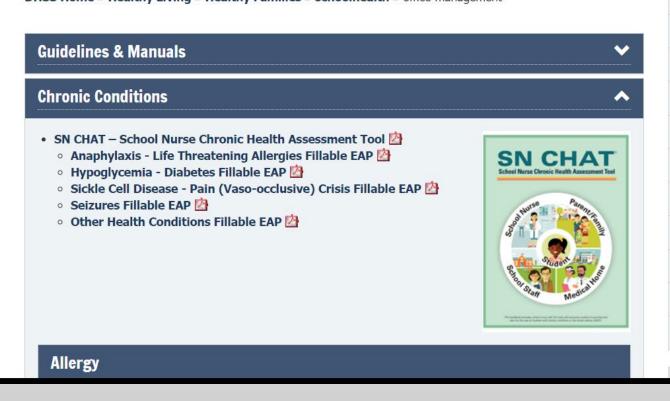
This handbook provides school nurses with the tools and resources needed to prioritize and plan for the care of students with chronic conditions in the school setting. 02021



**Immunizations** 









## Introduction

## Introduction

Over 25% of students enrolled in kindergarten through grade 12 schools have a chronic health condition. These students are at risk for having a life-threatening emergency for which school staff must be prepared to intervene. The school nurse uses assessment skills and critical nursing judgment to prioritize which students are at highest risk for an emergency. The school nurse coordinates the student's care in partnership with the parent/guardian, the student, the healthcare team, and the school staff. The school nurse develops emergency plans and trains school staff to implement those plans.

The American Nurses Association (ANA) and the National Association of School Nurses (NASN) have established that planning is a standard of school nursing practice (ANA, 2017). It is essential for school nurses to develop plans for school staff to follow so that students are healthy, safe and ready to learn.

Always placing the student at the center of care, SN CHAT® allows the school nurse to coordinate care between the medical home, parent and family as well as school staff.



The revised School Nurse Chronic Health Assessment Tool (SN CHAT®) helps school nurses gather information about students who have chronic health conditions.

As a school nurse, you can use SN CHAT® to:



Guide conversations in person or via phone with a student's parent, guardian, or caregivers.



Learn about the health needs of an individual student.



Decide if you should create a school plan for a student, which may include an Emergency Action Plan (EAP) and/or an Individualized Healthcare Plan (IHP).

NOTE: Use critical thinking and good nursing judgment to prioritize which students will benefit from individual plans



## **Basic Intake Interview**

- Confirm Diagnosis
- Ask About Comorbidities
- Quick Health History
- How can the School Help?
- How can the Parent/Guardian Help?

## **Basic Intake Interview**

Parent or Caregiver of a Student with a Chronic Health Condition

## **Confirm Diagnosis**

Our records show that [use student name] has a health concern. Is that correct?

## Co-morbidities

Does your student have any other health concerns?



## **Quick Health History**

- When did you find out your student had this health condition?
- . How does it impact the student's daily life?
- Does your child need any assistive devices such as glasses or hearing devices?
- [Add questions for specific health issue as needed]
- What challenges do you face in dealing with this health condition?
- Do you currently have health insurance coverage for your child?
- Is the coverage adequate to pay for your child's medicines, supplies and needed healthcare provider's visits?
- How does your child do with managing the health condition?
- How often do you and your child see a Healthcare Provider? When was the last time?
- Have you had to seek emergency care? When was the last time?
- . Does your student take medicine at home? What? How often?

## How Can I Help?

- Do you feel that your student needs special arrangements at school?
- Does the student receive medical treatments such as catheterizations or tube feedings?
- Can I arrange a meeting with your student's teacher/counselor?
- Do you feel that your student is mistreated in any way?
- May I call your doctor with questions?

### How You Can Help the School Take Care of Your Student

- · Provide a Healthcare Provider's diagnosis (note from HCP)
- Provide needed medication & forms.
- Call with any changes in your student's condition.
- Call with any concerns.



## Additional Questions for Specific Chronic Health Conditions

## Intake Interview Questions

### Additional Questions for Specific Chronic Health Conditions

Following the questions from the Basic Intake Interview, the school nurse may require more information specific to the student's health condition. The school nurse should choose the most appropriate questions from the suggestions below.

### **Asthma**

- . Does (insert student's name) have any allergies?
- Does (insert student's name) have an Asthma Action Plan (AAP) from their healthcare provider?
   An Asthma Action Plan is written instructions that explain what medicines and actions to take when (insert student's name) has asthma symptoms. Link to SAMPRO Asthma Action Planavailable in English and Spanish <a href="https://www.aaaai.org/Aaaai/media/Media-Library-PDFs/Tools for the Public/School Tools/16-asthma-action-plan-v10">https://www.aaaai.org/Aaaai/media/Media-Library-PDFs/Tools for the Public/School Tools/16-asthma-action-plan-v10</a> hires.pdf.
- Do you know what makes (insert student's name)'s asthma worse? How do you know that (student's name) asthma is getting worse? Peak flow monitoring? Symptoms?
- . Has (insert student's name) ever had a life-threatening asthma flare?
- . What triggers an asthma flare?
  - o Animal dander, pollen, cold air, smoke, mold, or activity?
- . Does (insert student's name) cough at night? How many nights a week?
- Does asthma interfere with any activities, such as running or singing? List activities:
  - o How many times per week?
- During the last month, on average, how many days did (insert student's name) have any asthma symptoms, such as coughing, wheezing, shortness of breath, or waking up at night?
- Does (insert student's name) use a spacer with an inhaler? Is one available at home and school?
- Knowledge base assessment:
  - o Does (insert student's name) self-administer asthma medication?
  - o Self-carry?
- . Are there any other plans we need to make to help during field trips or after school activities?



## Tips for Conducting the Parent Interview

- Before the Interview
- During the Interview
- Establish Relationship with Parent/Guardian
- After the Interview

## Tips for Interviewing

## Conducting a Parent/Guardian Interview

## Before the Interview

- Review school registration forms to identify students with divonic conditions.
- Pre-fill demographic data
- Review school health records for medical orders or emergency plans.
- Determine parent/guardian's preferred language.
- . Arrange for translator as needed.

## During the Interview

- Audid education, medical, and/or nursing terminology and acronyms.
- Ask for clarification when needed.
- Audid judgemental responses.
- Allow adequate time for parent/guardian to respond.
- Ask open ended questions when possible.

## Establish Relationship with Parent/Guardian

- · Ask if this is a good time to discuss. If not schedule another time to talk.
- . Explain how the information will be used and shared.
- · Assure confidentiality with exception of need to know.

## After the Interview

- Thank the parentiguardan for their time and participation.
- Follow up with school staff if more information is needed.
- Communicate with medical care providers with parent pertribution.





## Criteria for Development of Student Specific Plans

- Individual Healthcare Plan (IHP) and/or
- Emergency Action Plan (EAP)

## **Student Care Plans**

## Criteria for Development of Student Specific Plan - EAP or IHP

IT IS IMPORTANT THAT THE SCHOOL NURSE USE NURSING JUDGMENT WHEN DETERMINING WHO NEEDS AN EMERGENCY ACTION PLAN.

The criteria listed below are for guidance, but it is the responsibility of the school nurse to make the final clinical determination on which students need an EAP.

### Emergency Action Plan (EAP)

An Emergency Action Plan is written for students with known health conditions that are likely to result in a medical emergency.

The EAP is written in lay language for staff and non-medical personnel to follow:

### Components of an EAP

- Student name / demographic data
- . Short, relevant medical history
- Outline of symptoms and emergency treatment (for all school settings)

Students with the conditions below may benefit from an EAP:

### Asthma

- Previous asthma emergency, hospitalizations.
- Poor asthma control.

### Allergies

- . History of life-threatening allergy
- Has epinephrine prescribed for emergency use.

### Diabetes

- Previous diabetic emergency, hospitalizations.
- Has insulin prescribed for regular use.

### Sickle Cell Disease

History of vaso-occlusive crisis

### Seizures

- · History of status epilepticus
- Has medication prescribed for emergency use.

## Individualized Healthcare Plan (IHP)

An Individualized Healthcare Plan is written for students with a known health condition that requires more complex care at school. Needs may include education, medications and treatments, and/or social/emotional care. The IHP is written in nursing language to guide care provided by the registered professional nurse.

### Components of an IHP

- . Student name / demographic data
- . Short, relevant medical history
- . Outline of nursing care to be administered or supervised

### Students with the conditions below may benefit from an IHP:

### Asthma

- . Detail care, equipment needed
- Medication administration.
- Education plan prevention and management.

### Allergies

- Detail prevention strategies, exposure avoidance.
- Emergency medications and care
- . Education plan prevention and management.

### Diabetes

- . Equipment, medication and treatment needs
- . Emergency medications and care
- . Education plan daily and emergency care

### Sickle Cell Disease

- Outline health maintenance strategies
- Education plan decrease pain events, understand inserventions

### Seizures

- Detail care daily care, medications
- Education plan prevention and management



## Individual Healthcare Plan (IHP) Development

## Individualized Healthcare Plans

Development of Student Specific Plan

## Individualized Healthcare Plan or IHP

- An Individualized Healthcare Plan is written for students with known health conditions that are more complex with treatment and educational needs.
- Individualized Healthcare Plans are a standard of school nursing practice.

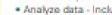
When the registered professional school nurse has determined that the student would benefit from the development of an Individualized Healthcare Plan (IHP):

Collect subjective and objective data



### Assessment





- Analyze data Includes physiological, psychological, sociocultural, spiritual, economic, and life-style factors (social determinants of health):
- Clinical judgment about individual, family, or community. experiences/responses to actual or potential health problems/life
- Provides the basis for selection of outcomes and interventions.



Goal

- . What the student/family wants to achieve collaborative process.
- . Short and long term goals measurable behaviors to show progress
- . SMART goals



- A measurable, expected, realistic, and attainable expectation for
- . Identified by nurse culturally appropriate, student centered care



- Specific evidence-based steps to reach the desired outcomes. care coordination
- Includes documentation of treatments, equipment, emergent. care, education, and coping
- . Three categories: Outcome, Process, and Impact.
- . Use data to document if goals are met
- . Done continually formal evaluation annually



## **Emergency Action Plans**

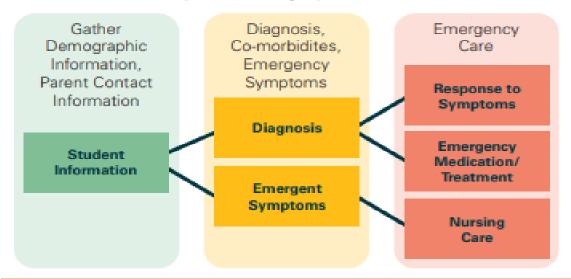
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Development of Student Specific Plan

## **Emergency Action Plan or EAP**

An Emergency Action Plan is written for students with known health conditions that are likely to result in a medical emergency.

When the registered professional school nurse has determined that the student would benefit from the development of an Emergency Action Plan (EAP):



### Notes:

- The EAP is written in lay language that all school staff can understand.
- Keep the EAP simple to avoid confusion in an already stressful situation.
- . Review the EAP with staff, provide training, check for understanding, and document who was trained.
- Stress that a student experiencing a potential health emergency should NEVER be left alone should never walk to the Health Office unattended.
- Include student picture in the event that a substitute nurse or teacher responds to the emergency.
- Ask parent for their preferred hospital. Explain that in some acute situations, a closer hospital may be chosen.
- Always have a staff member accompany a student in an ambulance if the parent is not present.
- Always keep the EAP where it is accessible to the teacher and substitute staff but kept confidential.
- Suggestion: Place in red "Health Information Folder" and place in top right hand desk drawer in each classroom.



## Emergency Action Plan (EAP) Development

If you see this



## **Emergency Action Plan Templates**

**Asthma** 

Life Threatening Allergies

**Diabetes** 

Seizures

Sickle Cell Disease

## Asthma Action Plan

### Asthma Action Plan for Home & School

Name:  Ashma Severity: Intermittent Mild Persistent Mode  He/she has had many or severe ashma atto	
Green Zone Have the child take these medicines every of	stry, even when the child feels well.
Always use a spacer with inhalers as directed.  Controller Medicine(s):	
Controller Medicine(s) Given in School:  Rescue Medicine: Albuterol/levalbuterol puffs e Exercise Medicine: Albuterol/levalbuterol puffs	
Yellow Zone Begin the sick treatment plan if the child has child take all of these medicines when sick.	a cough, wheeze, shortness of breath, or tight chest. Have the
Rescue Medicine: Albuterol/levalbuterol puffs e Controller Medicine(s):  Continue Green Zone medicines:  Add:	-
Ethe child is in the yellow zone more than 24 hours or is getting	worse, follow <b>red</b> zone and call the doctor right away!
Red Zone If breathing is hard and fast, ribs sticking as Get He	t, trouble walking, talking, or sleeping. Ip Now
Take rescue medicine(s) now Rescue Medicine: Albuterol/Levalbuterol puffs e Take:	rvery
	er right away, call 911 se the child is in the red zone.
Ashma Triggers: (list)	
School Staff: Follow the Yellow and Red Zone plans for rescue medicines as Unless otherwise noted, the only controllers to be administered in school are Both the asthma provider and the parent feel that the child may carry and School nurse agrees with student self-administering the inhalers	those listed as "given in school" in the green zone.
Aufena Provider Printed Name and Contact Information:	Asthma Provider Signature: Date:
Parent/Guardian: I give written authorization for the medications listed in the members as appropriate. I consent to communication between the prescribin and school-based health clinic providers necessary for authma management	ng health care provider/clinic, the school nurse, the school medical advisor and administration of this medication.
Parent/guardian signature:	School Nurse Reviewed:

## **Anaphylaxis**

## **Emergency Action Plan**



## Anaphylaxis - Life-Threatening Allergies

itudent Name:		DOB:	Grade:	
dentified Allergents	0:	54 18		
lethma: DiYes D	No Other relevant health concerns			
	Contact Information:			
Chudaet	Parent/Guardian Name:	Phone:	Phone:	
	Parent/Guardian Name:	Phone:		
1 1 1 1 1 1	Emergency Contact:	Phone:		
	Additional Contacts:	Phone:		
luilding Health Offi	ce/School Nurse:	Phone:		
	ALLERGIC REACTION MAY INCREASE NS CAN INCREASE IN SEVERITY QUIC	THE RESERVE OF THE PROPERTY OF		
A LIFE-THREAT	ENING ALLERGIC REACTION IN	MAY INCLUDE ANY OR ALL O	FTHESE SYMPTOMS:	
✓ THROAT Tight, I	se, faint, weak pulse, dizzy, confused nearse, trouble breathing/swallowing octive swelling (tongue and/or lips) ir body	✓ GUT: Vorniting, cramping pain, of RESPIRATORY: Runny nose, an phiegmy throat ✓ OTHER: Confusion, agitation, fe	eezing, swallen eyes,	
A Company of the Comp		O THIS	COOK COOK (SEC.	
INITIATE CAP	RE – do not delay treatment if anapi	hylaxis is suspected. When in dou	bt, give epinephrine.	
REATMENT: Epine	phrine - Medication is at school '	les Dosage:		
		■ Repeat dose after 5 or		
	be initiated immediately following ex			
J freatment should	be initiated only following the appear	ance of symptoms (per nearthcare p	rovider).	
		MONITOR		
ROVIDE ONGOIN	G CARE: Stay with the student, maint Observe	ain airway, do not have the student e for changes.	rise to an upright position	
	en, call 911 immediately and transport		ney room.	
	Itten by:			
- C - C - C - C - C - C - C - C - C - C	nature:	Date:		
The parent/guardiar	signature authorizes the nurse to she	ire this information with school steff	on a "need to know" besi-	

The parentiguardian signature authorizes the nurse to share this information with school staff on a "need to know" basis.

In the event of an emergency, care will be initiated and parents will be contacted.

This plan is in effect for the current school year only.



## Diabetes Hypoglycemia

## **Emergency Action Plan**



### **EMERGENCY ACTION PLAN**

## Hypoglycemia - Diabetes

dent Name:		DOB:	Grade:
	Contact Information:		
Student Picture	Parent/Guerdien Name: Phone:		
	Parent/Guardian Name: Phone:		
	Emergency Contact:		
	Additional Contacts:	Phone:	
uilding Health Offi	ce/School Nurse:	Phone:	
AN EPISO	DE OF HYPOGLYCEMIA MAY INCLU	JDE ANY OR ALL OF TH	ESE SYMPTOMS:
Are any of these: severe? / Shaking / Fast heartbeat / Sweating / Anxiety, initabili	signs and symptoms present and	can progress to low blo if untreated se	e sudden and a life threatening od sugar. izures and even an occur.
	DO THIS - do not de	day treatment.	
Ac A	op any activity. Do not leave the student alo company the student to the Health Office for cess assistance from the school nurse, if po the following care per healthcare provider's to % cup juice, 3 – 4 glucese tabs, or hard or all for amergency care. If unresponsive, unable to swallow, or unable	or treatment, if possible (bloo ssible instructions: andy. e to follow directions. After g	lucagon is given, call 911
	be given without delay if student is unconso		
	int's glucagon:		
	glucagon if given by injection: trained by school nurse to administer glucag		
	needs of server press in secundary Arrest.	action of the distribution.	

call parents as soon as possible. Have a staff member accompany the student to medical case if needed – do not leave the student unattended. If on a field trip, notify the school nurse at:

If glucagon is given, call 911 immediately and transport the student to the nearest emergency room.

Preferred hospital:

Doctor's Name:

Emergency Plan written by:

Parent/Guardian Signature:

Date:

The parent/guardian signature authorizes the nurse to share this information with school staff on a "need to know" basis. In the event of an emergency, care will be initiated and parents will be contacted.

This plan is in effect for the current school year only.



## Seizure

## **Emergency Action Plan**



### **EMERGENCY ACTION PLAN**

## Seizures

Student Name:				DOB:	Grade:
	Contact Info	emation:			
Student Picture	Parent/Guard	fan Name:		Phone:	
	Parent/Guard	fan Name:		Phone:	
	Emergency I	Contact:		Phone:	
Additional Contacts:			Phone:		
uilding Health Offic	e/School Nurse: ,			Phone:	
Seizure Type	Triggers	How Long it Lasts	How Often	What Happens	
First Aid - STA	Cooley boole	timing seizure. N	atity school :		
		•	outry sensor i	nurse.	
		er students from area ve harmful objects, dor	n't restrain, prote	ect head.	
		if not awake, keep airy			uth
Give Medicatio	in or Treatmen	ıt			
✓ Administer Me	idication:		Instructions:		
✓ Swipe megnet	for VNS (Vagal N	erve Stimulator) Instru	etions:		
Get Help If:					
✓ Lasts more the					
		10 minutes with no rec		etween	
✓ Seizure does n ✓ Difficulty breat		ng emergency medical e ends	tion		
		ted, or seizure in wate	r		
After the Seizu	ire				
/ STAY with the	student until f	ully recovered from s	eizure		
✓ Notify parent of	or guardian if stud	lent does not return to	usual behavior (	i.e., confused, or l	ethargic).
mergency Plan writ	ten by:			Date:	
arent/Guardian Sign	ature:			Date:	
					on a "need to know" basis.
1	n the event of an	emergency, care will b	be initiated and p	parents will be con	recred.

This plan is in effect for the current school year only



## Additional Optional Questions

## **Identify:**

- Individual Factors
- Social and Family Factors
- Emotional Factors
- Trauma
- Academic Factors

## **Additional Optional Questions**

These questions can be used to help identify the social factors of health to better understand the child's health needs. In addition to talking to the parent/guardian, the school nurse can get information from school counselors, teachers, or academic records to complete this section.

## **Identify Individual Factors**

- How is (insert student's name) doing in school? For example, their grades, their interest in learning, and relationships with classmates.
- . Does (insert student's name) like school?
- Is there a current or past 504 Accommodations Plan or IEP? Are curriculum modifications needed?
- Are allowences provided for making up missed schoolwork due to illness episodes?
- Is support available to avoid outdoor activity in specific conditions, e.g., very cold, or hot or humid air conditions? (Will, Arnold, Zaiger, 2017)

### Identify Social and Family Factors

<ul> <li>Who does your child live with? List household mem</li> </ul>	bers:
	ur family get support from? This could be friends or family us leaders, members of faith-based organization, or volunteer
<ul> <li>What is your child's first language? List language:</li> <li>List language:</li> </ul>	What language does your family mostly speak at home?
Does your child eat breakfast at homeor sch or pack a lunch from home? School Home during mealtimes?	ool? What about lunch? Does he/she eat school lunch Does your child complain about this? Are there any problems
<ul> <li>Is the student living with someone who abuses dru</li> </ul>	gs or alcohol?
· is the student living with someone with a mental or	emotional illness?
<ul> <li>Are there other factors to consider such as cultural of</li> </ul>	or religious beliefs, practices, and needs? List:

## Identify Emotional Factors

- Are there any observed or expressed anxiety or depression or suicidal thoughts?
- Are there any emotional/behavorial problems including anger, depression, anxiety, acting out, or refusals?
- . Is your child sensitive about discussing or sharing diagnosis/treatment?
- . Does your child tell friends and classmates about their condition?
- Does your child have friends that they can talk with about their condition and problems?
- . Do you and/or your child attend any support groups?

## Resources

## Resources

### Section 504

- www2.ed.gov/about/offices/list/ocr/504fag.html
- www2.ed.gov/about/offices/list/ocr/docs/ga-reopening-202105.pdf
- Perry Zirkel JD perryzirkel.com/tag/section-504

## Special Education

- IDEA 2004 information <u>sites.ed.gov/idea</u>
- Wrights law free newsletter <a href="https://www.wrightslaw.com/">https://www.wrightslaw.com/</a>
- Council for Exceptional Children <a href="https://exceptionalchildren.org/">https://exceptionalchildren.org/</a>

### **New School Nurses**

- Missouri SHD Home includes, School Health Index, Online Reporting Statewide User Manual, Announcements and Conferences, Frequently Asked Questions, Guidelines & Publications, Online Reporting System, School Wellness Project
- https://health.mo.gov/living/families/schoolhealth/
- . Missouri Healthy Schools http://www.mohealthyschools.com/
- NASN Special interest group (SIG) information <u>www.nasn.org/nasn/membership/current-members/sigs</u>
- NASN Professional Practice Documents <a href="https://www.nasn.org/advocacy/professional-practice-documents">www.nasn.org/advocacy/professional-practice-documents</a>
- CDC School Health Resources <u>www.cdc.gov/healthyyouth</u>

### Chronic Health Conditions

- Asthma: SAMPRO Asthma Action Plan available in English and Spanish <a href="https://www.aaaai.org/">https://www.aaaai.org/</a>
   Aaaai/media/Media-Library-PDFs/Tools for the Public/School Tools/16-asthma-action-plan-v10\_hires.pdf
- Life threatening Allergies: American Academy of Pediatrics Emergency Action Plan. <a href="https://www.aap.org/en-us/Documents/AAP">https://www.aap.org/en-us/Documents/AAP</a> Allergy and Anaphylaxis Emergency Plan.pdf
- Diabetes: Sample DMMP <a href="http://main.diabetes.org/dorg/PDFs/Advocacy/Discrimination/dmmp-form.pdf">http://main.diabetes.org/dorg/PDFs/Advocacy/Discrimination/dmmp-form.pdf</a>
- Seizures <a href="https://showmeecho.org/wp-content/uploads/2020/07/Patterson-Seizure-Action-Plan-Questionnaire-and-obsv-rec.pdf">https://showmeecho.org/wp-content/uploads/2020/07/Patterson-Seizure-Action-Plan-Questionnaire-and-obsv-rec.pdf</a>
- Sickle Cell Disease: Find tipsheets here <a href="https://www.cdc.gov/ncbddd/sicklecell/documents/tipsheets\_guide.pdf">https://www.cdc.gov/ncbddd/sicklecell/documents/tipsheets\_guide.pdf</a>



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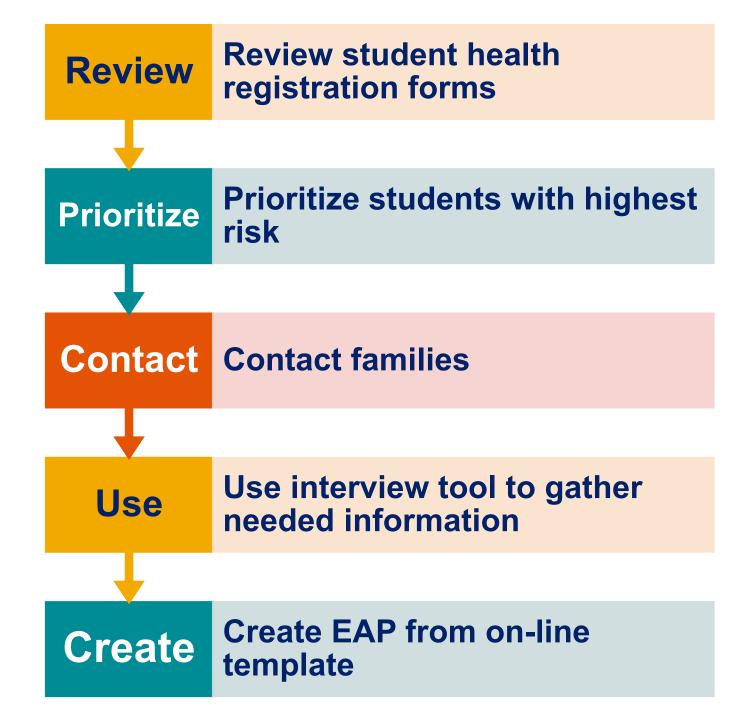
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## Next Steps



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## **Any Questions?**

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