



# School Nurses: Clinical Skills

- ▶ **Audience:** School Nurses
- ▶ **Type:** Self-Paced with Rolling Enrollment
- ▶ **Enrollment:** September 1, 2022-April 14, 2023
- ▶ **Duration:** September 1, 2022 - May 19, 2023

**Description:** In 1992, the WVCOSNs developed state policy for the standards of health care in public schools along with an accompanying health care procedures manual. All procedures performed in West Virginia public schools must follow the standardized procedure found in the WV Basic and Specialized Procedure Manual. During this course participants will review gastrointestinal, neurological, respiratory, and urinary procedures used in West Virginia public schools.

## Course Goals:

- ▶ Review the gastrointestinal procedures used in West Virginia public schools.
- ▶ Identify each critical part of each gastrointestinal procedure.
- ▶ Review the endocrine procedures used in West Virginia public schools.
- ▶ Identify each critical part of each endocrine procedure.
- ▶ Review the neurological procedures used in West Virginia public schools.
- ▶ Identify each critical part of each neurological procedure.
- ▶ Review the respiratory procedures used in West Virginia public schools.
- ▶ Identify each critical part of each respiratory procedure.
- ▶ Review the urinary procedures used in West Virginia public schools.
- ▶ Identify each critical part of each urinary procedure.
- ▶ Understand the guidelines that define these procedures.
- ▶ Identify the purposes of these procedures.
- ▶ Recognize the equipment necessary for these procedures.
- ▶ Identify the personnel needed to safely perform these procedures within their scope of practice.
- ▶ Understand the essential steps to use as best practices.
- ▶ Understand the key point precautions to accomplish these procedures appropriately.
- ▶ Review the skills performance checklist that is a training checklist for each of these procedures located in the supplemental booklet for West Virginia school nurses.

## Session Overviews

### ▶ **Session One - Introduction and Digestive Conditions**

In 1989, the West Virginia Task Force for Medically Fragile Children was formed to draft the first Basic and Specialized Health Care Procedures manual for West Virginia Schools. During this same year, the West Virginia Council of School Nurse (WVCOSN) was developed by W.Va. Code



§18-5-22(g). A school nurse representative from each of the eight (8) West Virginia Regions convened by the West Virginia State Board to meet and develop school health policy and procedures for West Virginia Public Schools. In 1992, the first WVCOSNs developed state policy for the standards of health care in public schools along with an accompanying health care procedures manual. A Supplemental Guidelines Manual with recommendations, information sheets, and matching health care procedures skills checklist for training to school personnel was created to support a standard of care when training school personnel and other nurses.

Each week we will be reviewing specialized health care procedures listed in the WV Basic and Specialized Health Care Procedure Manual for WV Public Schools, 2018. According to WVDE Policy 2422.7, specialized health care procedures are “procedures ordered by the student’s licensed prescriber(s) requiring medical and/ or health related training for the individual who performs the procedure”. During this session we will look at procedures affecting the gastrointestinal system. Each session will review the procedures listed in the manual. All procedures performed in West Virginia public schools must follow the standardized procedure found in the WV Basic and Specialized Procedure Manual.

### ► **Session Two - Introduction and Endocrine Conditions**

Unfortunately, T1D is increasing in school-age children. Previously, T1D in children accounted for more than 95% of pediatric cases of diabetes. Today, among younger children, type 1 accounts for 80% of all diabetes (SEARCH, 2006). The SEARCH study also found that between 2001 and 2009 there was a 21% increase in the prevalence of T1D in people under the age of 20.

Approximately 15,000 children are diagnosed with T1D each year. That is, 1 in every 400 to 600 children and adolescents has type 1 diabetes. In West Virginia, the number of children with T1D continues to grow at an alarming rate. In the 2013 school year, school nurses reported caring for 859 students with T1D. The most recent 2015 data collection from school nurses show a total of 938 students with T1D. This represents a significant growth of 79 students with this complex life-long disease which is about 39.5 newly diagnosed students per year in the school system. This is a growing epidemic in West Virginia.

The West Virginia Boards of Nursing (RN and LPN) do NOT allow the delegation of insulin administration. The West Virginia Council of School Nurses also supports the need for safe administration of insulin at school for students with diabetes. Only a certified school nurse RN, registered nurse, licensed practical nurse, parent/ guardian, or a trained parent designee (not employed by the board of education) and/ or student may legally administer insulin in the school setting. Students may self-administer insulin after demonstrating willingness, understanding, and competency to perform the procedure to the school nurses with a licensed prescriber order and parent/ guardian permission. Such independence is the ultimate goal, and a part of all nursing patient goals.

During this session participants will review specialized health care procedures that affect the endocrine system.

### ► **Session Three - Introduction and Neurological Conditions**

Neurological disorders are diseases of the central and peripheral nervous system which may involve the brain, spinal cord, cranial nerves, peripheral nerves, nerve roots, autonomic nervous system, neuromuscular junction, and muscles.



According to the CDC, in 2015, 470,000 (0.6%) children in the US have active epilepsy. In West Virginia, 2,500 children aged 0 - 17 have active epilepsy. Children and adolescents may experience prolonged seizures that may evolve into epilepticus. If school personnel are able to administer a rescue medication for epilepsy in the educational setting, this may stop the seizure and save the student more invasive interventions.

During this session participants will review seizure rescue medication options. Remember that the school setting may encompass the classroom, bus transportation, activities before and after school, and off campus activities such as athletics and field trips.

► **Session Four - Introduction and Respiratory Conditions Part I**

Many students in West Virginia public schools have respiratory and airway concerns requiring a specialized healthcare procedure during the school day. Respiratory conditions in children and adolescents may take many forms. Some have congenital airway problems such as malformations or lung disorders. Other students have conditions that develop over time from different causes and may be acute or chronic.

School nurses play a major role in offering skillful and knowledgeable care to students with pulmonary disorders. Asthma is the most prevalent chronic disease in childhood affecting 10% of U.S. children 5 - 17 years of age. The Asthma Medication Self-Administration Law WV Code §18-5-22b should be reviewed in the appendices of the Basic and Specialized Health Care Procedure Manual for West Virginia Public Schools.

The WVBSHPM delineates several respiratory procedures used in the school setting to manage acute and chronic lung conditions. Respiratory conditions will be split into Session Four and Session Five due to the many skills required for this condition.

► **Session Five: Introduction and Respiratory Conditions Part II**

Many students in West Virginia public schools have respiratory and airway concerns requiring a specialized healthcare procedure during the school day. Respiratory conditions in children and adolescents may take many forms. Some have congenital airway problems such as malformations or lung disorders. Other students have conditions that develop over time from different causes and may be acute or chronic.

School nurses play a major role in offering skillful and knowledgeable care to students with pulmonary disorders. While tracheostomies and ventilator care are rare in the school setting, every year the number of students with these high acuity procedures increase. This session will continue to review specialized health care procedures used in West Virginia public schools. The procedures that are being reviewed require a high level of knowledge about not only the procedure but also the student's condition.

The WVBSHPM delineates several respiratory procedures used in the school setting to manage acute and chronic lung conditions. Session Five will complete the many skills within the respiratory conditions section of the manual.



► **Session Six: Introduction and Urinary Conditions**

Urinary disorders or conditions in students can be caused by a variety of conditions. They can manifest from inadequate innervation, underdeveloped musculature, or altered structure of the urinary system. Maintaining a normal routine for elimination is the goal for the school nurse and school personnel. During this session participants will review specialized health care procedures that affect the urinary system.

**Course Grades**

All grades in the course gradebook must be a checkmark for successful course completion. A checkmark indicates that all work has been completed and the work meets the expectations for that assignment. Quiz scores must meet the minimum expectations as stated in the course.

