

Nursing Services Plan
Readington Township Public School District
2022-2023

The Readington Township Public School District comprises four schools. The Whitehouse and Three Bridges Schools are the two elementary schools educating grades preschool-3. Holland Brook School is an upper elementary school accommodating grades 4-5, and the Readington Middle School houses grades 6-8.

The Middle School is located 7.4 miles from Three Bridges, 0.7 miles from Holland Brook, and 2.8 miles from Whitehouse. Three Bridges is 10.2 miles from Whitehouse and 8.1 miles from Holland Brook. These numbers represent one way trips. Schools communicate with one another via email, district network, and the phone system.

Certified school nurses in the Readington Public schools have a multitude of roles within the scope of their professional practice in an ongoing effort to ensure children remain healthy and ready to learn. The certified school nurse is a health services specialist who provides preventive health services to facilitate the student's optimal physical, mental, emotional, and social growth and development. We identify and treat health disorders and manage chronic health conditions among students and provide instruction in the maintenance of good health and disease prevention. We provide health assessment and mandatory screenings of all students, which includes height, weight, BMI, blood pressure, vision, hearing, and scoliosis. We develop and implement individual student health plans and emergency care plans. Thorough documentation and effective communication is a time-consuming role but essential to the legal and ethical practice of school nursing.

Nursing services provide annual training to all staff in blood borne pathogens, asthma, diabetes, student health awareness and head injury/concussion protocols. We provide Mantoux testing and TB reporting as well as annual staff training in emergency care, which includes First Aid/CPR/AED for many EpiPen delegates, the AED teams and all coaching staff. Annual Flu clinics are provided through the district nurses and our district physician.

As part of a coordinated school health program, we serve as a member of the school intervention team. Initiate health referrals for students, to parents, school personnel, or community health resources for intervention and remediation. Develop procedures and provide emergency nursing care and management of acute injury and illnesses. Serve as a resource person to all school staff members. We consult with parents, guardians, primary care physicians, specialists, health agencies, classroom teachers, and supportive staff to investigate and remediate environmental concerns, safety issues, mental health concerns, and communicable disease patterns relevant to school and student health and safety. School nurses are the liaison to district and community resources for our families with economic need. We also organize and support fundraising opportunities in the district to bring awareness to health issues in our communities. We engage in research and evaluation of school health services, and participate in professional school nursing organizations to act as advocates for positive change with regard to school health programs and school nursing practices.

During school hours, each school is staffed with a certified school nurse who provides emergency services during the school day. Before and after-school sponsored events are staffed by delegates trained in CPR/AED and/or the use of an Epinephrine auto-injector pen. The school nurse in each building trains these delegates.

As appropriate, nursing and additional services are provided to nonpublic schools through the Hunterdon County Educational Services Commission.

The following four levels of acuity have been developed to better understand the needs of our student population in the Readington Township Public Schools.

Level I: Nursing Dependent

Nursing dependent students require 24 hours/day, frequently one-to-one, skilled nursing care for survival. Many are dependent on technological devices for breathing, for example, a student on a ventilator, and/or require continuous nursing assessment and intervention. Without the use of the correct medical technology and nursing care, the student will experience irreversible damage or death.

Level II: Medically Fragile

Students with complicated health care needs in this category face each day with the possibility of a life-threatening emergency requiring the skill and judgment of a professional nurse. Examples may include, but are not limited to severe seizure disorder requiring medication, severe asthma, sterile procedures, and tracheostomy care with suctioning, unstable, or newly diagnosed diabetic with unscheduled blood sugar monitoring and insulin injections, diabetics with insulin pumps requiring monitoring, and asthmatics requiring nebulizer treatments.

Level III: Medically Complex

Students with medically complex concerns require treatments or close monitoring by a professional nurse. They may have unstable physical and/or social-emotional conditions and the potential for a life threatening even may exist. Examples include, but are not limited to: ADHD and on medication, anaphylactic event, cancer, immune disorders, moderate to severe asthma (inhaler, peak flow meter), preteen or teenage pregnancy, carefully timed medications, medications with major side effects, unstable metabolic conditions, continuous or intermittent oxygen, and complex mental or emotional disorders.

Level IV: Health Concerns

In the category of health concerns, the student's physical and/or social-emotional condition is currently uncomplicated and predictable. Occasionally, the student requires monitoring, varying from biweekly to annually. Examples include, but are not limited to dental disease, headaches, migraines, sensory impairments, diabetes self-managed by the student, dietary restrictions, eating disorders, orthopedic conditions requiring accommodations, and encopresis. In preparing the nursing services plan each year, it is critical to review not only population size, but also the severity of health concerns and associated time requirements.

Additional Considerations

Students' conditions may change during the school year, moving them from one level to another. Students with the same condition may be on different levels, depending on if their condition is stable and routine, or unstable with unscheduled procedures.

Readington Middle School
48 Readington Rd. PO Box 700
Whitehouse Station, NJ 08889
Phone: 908-534-2113

Grade Levels:	6-8	
Student Population:	495	
General Education Enrollment:	398	
Special Education Enrollment:	97	
Students with 504 Plans:	25	
Student with Individualized Health Plans:	88	
Out of District:	4	
Number of Staff in Building:	100	
Level I:	Nursing Dependent	1
Level II:	Medically Fragile	2
Level III:	Medically Complex	96
Level IV:	Health Concerns	160

Special Concerns:

During the past school year, the average number of injured/sick visits to the school health office was approximately 50 students per day and 3 staff visits/calls per day. In addition, mandatory health screenings of all students resulted in an estimated 500 additional office visits. This year at the middle school 1 student has GT feeds requiring twice daily monitoring, additional staff education, training of epinephrine delegates and frequent communication with parents. There are 50 students enrolled in the free and reduced lunch program that are monitored and provided with supplemental services throughout the school year.

Management of head injuries and other sports-related injuries increases the workload of the middle school nurses. Concussions require communication with parents and teachers and involve monitoring of symptoms as well as supervising the return to play protocols of athletes. Each year, 30-40% of the students in the middle school try out for sports teams. State mandates regarding sports physicals and required vaccines consume many nursing hours to process forms, accurately maintain health records, communicate with parents and coaches, and to protect the liability of the district. The school nurse is the liaison between the student's home, medical home, school physician, and the athletic director. Sports try-outs occur three times per year. Fall sports begin in August and require compensation for

nursing hours during the summer to compile sports physicals for review by the school physician. This year sports have been reinstated, the paperwork continues to need attention as enrollment has been on a rolling basis.

Obtaining nursing coverage for school trips remains a concern and is often an issue due to several nurses out for various reasons. Nursing preparation time is required to address student health needs outside of school, medication concerns, and emergency preparedness procedures for trips.

District Wide Concerns:

Currently there are only one or two substitute school nurses (both have full time jobs elsewhere) with limited availability who require advance notice to cover a trip or fill in at a school. Contingency planning for contract nursing services should be pursued in the event a district nurse is unavailable or experiences a prolonged absence due to illness, jury duty, resignation, pandemic accommodations etc.

Holland Brook School
52 Readington Rd. PO Box 1500
Whitehouse Station, NJ 08889
Phone: 908-823-0454

Grade Levels:	4-5	
Student Population:	307	
General Education Enrollment:	218	
Special Education Enrollment:	89	
Students with 504 Plans:	20	
Out of District	2	
Student with Individualized Health Plans:	36	
Number of Staff in Building:	54	
Level I:	Nursing Dependent	0
Level II:	Medically Fragile	0
Level III:	Medically Complex	38
Level IV:	Health Concerns	109

Special Concerns:

During the past school year, the average number of injured/sick visits to the school health office was approximately 20-25 students per day may be an increase in visits varying due to different types of illness. One diabetic student, newly diagnosed with close monitoring. Also, additional staff education, training of epinephrine delegates and frequent communication with parents. There are 28 students enrolled in the free and reduced lunch program that are monitored and provided with supplemental services throughout the school year.

In addition, mandatory health screenings of all students is another 307 office visits per year along with Asthma students will vary per need; Referral screenings average 10-15 additional visits in a school year.

Obtaining nursing coverage for school trips remains a potential concern. Nursing preparation time is required to address student health needs outside of school, medication concerns, and emergency preparedness procedures for trips.

Three Bridges School
480 Main Street PO Box 443
Three Bridges, NJ 08887
908-534-5729

Grade Levels:	PS-3
Student Population:	285
General Education Enrollment:	227
Special Education Enrollment:	58
Preschool Students age 3-5:	42
Students with 504 Plans:	9
Out of District:	1
Student with Individualized Health Plans:	26
Number of Staff in Building:	57

Level I:	Nursing Dependent	0
Level II:	Medically Fragile	1
Level III:	Medically Complex	24
Level IV:	Health Concerns	80

Special Concerns:

During the past school year, the number of visits to the health office remained slightly lower than in a normal school year due to the resolving pandemic and students needing to stay home after testing positive for Covid. Student visits averaged about 15-20 visits a day. In addition, all mandatory health screenings were completed for all grade levels, thus resulting in approximately 290 additional visits. Vision and hearing referrals were sent home on student's who did not pass the screenings.

Significant nursing preparation time is required to address the NJ state mandates for immunizations and physical exams on all incoming students entering the district for the first time. This includes communicating with parents, and having them submit the required paperwork and then entering all the data into Genesis. There has been a significant increase in students with seasonal allergy diagnoses in the wake of Covid, which has increased the number of health concerns within the school. Nursing time is also allotted to addressing special health needs outside of school, medication concerns and emergency preparedness for the school.

TBS has one student requiring daily medication administration at lunchtime for treatment of ADHD. TBS also has two students with active seizure plans; one as a result of an acute head injury resulting in a subdural hematoma and a concussion.

TBS currently has 14 students enrolled in the district Free and Reduced Lunch Program. They are monitored and offered multiple supplemental services throughout the school year. The nurses will also be offering additional

assistance for those who have been identified as having food insecurity through the NORWESCAP Food Bank Backpack Program.

Obtaining nursing coverage for school trips remains a concern and is often an issue due to several nurses out for various reasons. Nursing preparation time is required to address student health needs outside of school, medication concerns, and emergency preparedness procedures for trips.

District Wide Concerns:

Currently there are only one or two substitute school nurses (both have full time jobs elsewhere) with limited availability who require advance notice to cover a trip or fill in at a school. Contingency planning for contract nursing services should be pursued in the event a district nurse is unavailable or experiences a prolonged absence due to illness, jury duty, resignation, pandemic accommodations etc.

Whitehouse School
50 Whitehouse Ave PO Box 151
Whitehouse Station, NJ 08889
Phone: 908-534-4411

Grade Levels:	K-3
Student Population:	322
General Education Enrollment:	273
Special Education Enrollment:	38
Students with 504 Plans:	7
Out of District:	0
Student with Individualized Health Plans:	19
Number of Staff in Building:	63
Level I: Nursing Dependent	0
Level II: Medically Fragile	2
Level III: Medically Complex	35
Level IV: Health Concerns	58

Special Concerns:

During the 2022-2023 school year, the average number of injured/ sick visits to the school health office is approximately 15-25 students per day. In addition, mandatory health screenings of all students comprises a minimum of 322 office visits each school year with the additional visit necessary for rescreening. For students that are referred to a specialist for further evaluation, verbal and written communication is sent to the parent or guardian. If there is financial hardship, then there are services that are offered to the parent. The nurse requests follow up communication with the parent after evaluations.

This year, there are two students who are enrolled that are medically fragile and will require check-ins throughout the day to ensure safety and assessment.

WHS has two students that require daily administering of medication. One is for ADHD and the second is for ODD.

Whitehouse School has 20% of the student population, around 60 students, that qualify to be on the free and reduced program. These students take a significant amount of time for the nurse ensuring their basic needs are being met. Communication on services available is a continuous task to the parent(s). The communication to many of these families requires translation as well as guidance. They are unfamiliar services and technology. The nurse remains observant and has instructed teachers of the signs of hunger insecurity. The teachers are aware to alert the nurse if they see any signs. Currently, there are students that are participating in the NORWESCAP Food Bank Backpack Program that started at the beginning of October.

The states mandates regarding student immunization consume many nursing hours to process forms, accurately maintain health records, follow up with the parents, communicate with the physician's office, track the appointment dates for schedule of the missing immunizations and if necessary, communicate with Hunterdon County public health department for services available to county members.

Obtaining nursing coverage for school trips remains a concern and is often an issue due to several nurses out for various reasons. Nursing preparation time is required to address student health needs outside of school, medication concerns, and emergency preparedness procedures for trips.

District Wide Concerns:

Currently there are only one or two substitute school nurses (both have full time jobs elsewhere) with limited availability who require advance notice to cover a trip or fill in at a school. Contingency planning for contract nursing services should be pursued in the event a district nurse is unavailable or experiences a prolonged absence due to illness, jury duty, resignation, pandemic accommodations etc.

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One full time certified school nurse is required in each of the elementary level schools, Three Bridges, Whitehouse and Holland Brook, to meet the needs of the school. Clerical support is utilized on an as needed basis to assist with clerical duties.

One full time certified school nurse and one full time registered nurse, preferably a certified school nurse, are required at Readington Middle School.

Created by: Stephanie Armstrong, Nancy Kelly, Katie Lynch, Jill Komosinski, and Maureen Sjonell

Reviewed by Staci Beegle, Director of Pupil Services _____ Date: _____

Reviewed by Ronald M Frank, MD _____ Date _____