

**Nursing Services Plan
Readington Township Public School District
2019-2020**

The Readington Township Public School District is comprised of 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 insure 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 provides 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 *Epi Pen* delegates, the AED teams and all coaching staff. Annual Flu clinics are provided through the district nurses and our school physician.

As part of a coordinated school health program, we engage in the following activities: serve as adjunct members 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; and 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 school 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.

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

Grade Levels:	PS-3
Student Population:	303
General Education Enrollment:	259
Special Education Enrollment:	44
Preschool Students age 3-5:	43
Students with 504 Plans:	6
Out of District:	1
Student with Individualized Health Plans:	33
Number of Staff in Building:	69

Level I:	Nursing Dependent	0
Level II:	Medically Fragile	0
Level III:	Medically Complex	33
Level IV:	Health Concerns	47

Special Concerns:

During the 2018-2019 school year, the average number of injured/sick visits to the school health office was approximately 25-30 students per day. In addition, mandatory health screenings of all students comprises approximately another 310 office visits per school year. TBS has 16 students enrolled in the district Free and Reduced Lunch Program. They are monitored and provided supplemental services throughout the school year.

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

Grade Levels:	K-3
Student Population:	309
General Education Enrollment:	268
Special Education Enrollment:	40
Students with 504 Plans:	2
Out of District	1
Student with Individualized Health Plans:	24
Number of Staff in Building:	54

Level I:	Nursing Dependent	0
Level II:	Medically Fragile	0
Level III:	Medically Complex	31
Level IV:	Health Concerns	49

Special Concerns:

During the 2018-2019 school year, the average number of injured/sick visits to the school health office was approximately 25 – 30 students per day. In addition, mandatory health screenings of all students comprises another 309 office visits each school year. Whitehouse School has a 10.3% of student population in the financially challenged population which takes a significant amount of time and supplemental services from the nurse.

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

Grade Levels:	4-5
Student Population:	331
General Education Enrollment:	244
Special Education Enrollment:	60
Students with 504 Plans:	8
Out of District	1
Student with Individualized Health Plans:	47
Number of Staff in Building:	65

Level I:	Nursing Dependent	0
Level II:	Medically Fragile	0
Level III:	Medically Complex	67
Level IV:	Health Concerns	72

Special Concerns:

During the 2018-2019 school year, the average number of injured/sick visits to the school health office was approximately 20-25 students per day. In 2019-2020 school year there will be mandatory health screenings of 331 students, monitoring for Financial in need services for 28 students. Referral screenings average 10-15 additional visits in a school year.

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

Grade Levels:	6-8
Student Population:	533
General Education Enrollment:	404
Special Education Enrollment:	108
Students with 504 Plans:	22
Student with Individualized Health Plans:	95
Out of District:	6
Number of Staff in Building:	100
Level I: Nursing Dependent	0
Level II: Medically Fragile	5
Level III: Medically Complex	63
Level IV: Health Concerns	91

Special Concerns:

During the past school year, the average number of injured/sick visits to the school health office was approximately 40 students per day and 3-6 staff visits per day. In addition, mandatory health screenings of all students resulted in an estimated 600 additional office visits. This year at the middle school 3 students have Type 1 diabetes requiring 6-15 daily office visits, additional staff education, training of glucagon delegates and frequent communication with parents. There are 40-50 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 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 on the first day of school and require compensation for nursing hours during the summer to compile sports physicals for review by the school physician.

Obtaining nursing coverage for school trips remains a potential concern but is not often an issue due to the flexibility of the two full time nurses. 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 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 illness, jury duty, resignation, 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.

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Reviewed by Karen Tucker, Supervisor of Pupil Services  Date: 10/2/2019

Reviewed by Ronald M Frank, MD  Date: 10/1/19