

Nursing Services Plan
Readington Township Public School District
2021-2022

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: 525

General Education Enrollment: 406

Special Education Enrollment: 119

Students with 504 Plans: 28

Student with
Individualized Health Plans: 83

Out of District: 2

Number of Staff in Building: 100

Level I: Nursing Dependent 1

Level II: Medically Fragile 2

Level III: Medically Complex 32

Level IV: Health Concerns 71

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 staff visits/calls per day. In addition, mandatory health screenings of all students resulted in additional office visits. In anticipation of health screenings in COVID pandemic times screenings may take longer than usual to safely separate students. This year at the middle school 1 student has GT feeds requiring daily monitoring, additional staff education, training of epinephrine delegates and frequent communication with parents. There are 40 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 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.

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

Grade Levels: 4-5
Student Population: 300
General Education Enrollment: 232
Special Education Enrollment: 68
Students with 504 Plans: 9
Out of District 2
Student with Individualized Health Plans: 27
Number of Staff in Building: 56

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| Level I: | Nursing Dependent | 0 |
| Level II: | Medically Fragile | 0 |
| Level III: | Medically Complex | 40 |
| Level IV: | Health Concerns | 92 |

Special Concerns:

During the 2020-2021 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 overlap covid and allergy signs and symptoms. In Pandemic times, the total visits to the Health Office will be variable. In anticipation of health screenings in COVID pandemic times screenings may take longer than usual to safely separate students. There are 22 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 300 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.

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

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| Grade Levels: | K-3 |
| Student Population: | 319 |
| General Education Enrollment: | 273 |
| Special Education Enrollment: | 46 |
| Students with 504 Plans: | 3 |
| Out of District: | 1 |
| Student with Individualized Health Plans: | 24 |
| Number of Staff in Building: | 60 |

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| Level I: | Nursing Dependent | 0 |
| Level II: | Medically Fragile | 2 |
| Level III: | Medically Complex | 36 |
| Level IV: | Health Concerns | 48 |

Special Concerns:

During the 2021-2022 school year, the average number of injured/ sick visits to the school health office was approximately 15-25 students per day. Daily communication with parents to follow-up of unknown absences. In addition, mandatory health screenings of all students comprises a minimum of 319 office visits each school year with the additional visit necessary for rescreening. There are two students who are enrolled that are medically fragile and will require throughout the day check-ins to ensure safety and assessment. Whitehouse School has 13% of the student population, around 40 students, in a financially challenged population which takes a significant amount of time and supplemental services from the nurse. The states mandates regarding student immunization consume many nursing hours to process forms, accurately maintain health records, communicate with the parents and physician's office and track the appointments and schedule of the immunizations.

Nursing preparation time is required for school trips 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: 291
General Education Enrollment: 236
Special Education Enrollment: 52
Preschool Students age 3-5: 31
Students with 504 Plans: 7
Out of District: 1
Student with
Individualized Health Plans: 28
Number of Staff in Building: 59

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|-------------------|--------------------------|-----------|
| Level I: | Nursing Dependent | 0 |
| Level II: | Medically Fragile | 0 |
| Level III: | Medically Complex | 29 |
| Level IV: | Health Concerns | 63 |

Special Concerns:

During the past school year, the average number of visits to the health office had decreased due to the virtual/hybrid scheduling. Visits averaged about 10-15 a day. In addition, mandatory health screenings were conducted on students attending in-person instruction, allotting more time for screenings to occur in order to maintain social distancing. This comprised approximately an additional 260 visits. Additional time was arranged for the students who were fully virtual to come in for their screenings. Significant nursing preparation time is required to address the NJ state mandates for immunizations and physical exams on incoming students entering the district for the first time. This includes communicating with parents to submit the required paperwork and inputting all the data into Genesis. This also includes addressing special health needs outside of school, medication concerns and

emergency preparedness for the school. TBS has one student that requires blood glucose monitoring once a day and as needed due to hyperinsulinemia.

Significant nursing time was also required to maintain accurate records on all Covid cases and exposures in the school. This included contact tracing and determining when the student(s) could return to school based on NJDOH guidelines.

TBS currently has 12 students enrolled in the district Free and Reduced Lunch Program. They are monitored and provided supplemental services throughout the school year.

District Wide Concerns:

Currently there is only one substitute school nurse with limited availability who requires advance notice to cover a trip or fill in at a school. The district has also contracted with Hunterdon County Educational Services to assist with nursing coverage; however they also are struggling to employ nurses. The district has found it difficult to staff permanent nursing services for two out of district students that require a nurse for transportation and for nursing care during the school day.

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, Diane Krasovec and Maureen Sjonell

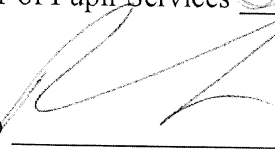
Reviewed by Staci Beegle, Director of Pupil Services



Date:

10/27/2021

Reviewed by Ronald M Frank, MD



Date:

10/27/21