Background

- In 2016, the American Academy of Pediatrics and National Association of School Nurses recommended a full-time nurse be in every school.
- Full-time nurses address immediate health concerns and social determinants of health including access to health insurance and transportation.
- Addressing these social determinants of health can often affect a child’s absentee rate.
- In the U.S., near 1/4 of school children live below the federal poverty line.
- In 2017, St. Louis Children’s Hospital instituted Healthy Kids Healthy Minds (HKHM), employing 4 full-time nurses stationed at 4 St. Louis Public School to address this need.

Methods

- These full-time school nurses address the following:
  - Health concern via nurse visits
  - Staff, parent and classroom presentations
  - Health campaigns
  - Connecting students and families to a Community Referral Coordinator (CRC) which will set up Primary Care appointments
  - Asthma care
  - Dental care
  - Vision and hearing care

Results

Clinical Report: 25 Average Visits/Day

<table>
<thead>
<tr>
<th></th>
<th>Hodgen Elementary</th>
<th>Lexington Elementary</th>
<th>Pierre Laclede</th>
<th>Woodward Elementary</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Nurse Visits</td>
<td>4,726</td>
<td>3,555</td>
<td>3,936</td>
<td>4,827</td>
<td>17,044</td>
</tr>
<tr>
<td>Total Sent to ER</td>
<td>16 (0.4%)</td>
<td>19 (0.6%)</td>
<td>2 (0.1%)</td>
<td>11 (0.2%)</td>
<td>21 (0.3%)</td>
</tr>
<tr>
<td>Total Sent to HOME</td>
<td>177 (4.2%)</td>
<td>188 (5.9%)</td>
<td>141 (3.9%)</td>
<td>191 (4.0%)</td>
<td>697 (4.4%)</td>
</tr>
<tr>
<td>Total Return to Class</td>
<td>3,993(95.0%)</td>
<td>2,975 (95.4%)</td>
<td>3499 (96.1%)</td>
<td>4564 (95.8%)</td>
<td>15,031 (95.2%)</td>
</tr>
<tr>
<td># of Individual Students Seen</td>
<td>250 (91%)</td>
<td>389 (87%)</td>
<td>211 (84%)</td>
<td>355 (88%)</td>
<td>1,205 (88%)</td>
</tr>
</tbody>
</table>

Results

- In 2017-2018 school year, HKHM served 1,371 children.
- A total of 17,044 trips to the nurses office.
- 35 presentations were given to either staff, classes or parents on the following:
  - Handwashing
  - Bike safety
  - Food allergies
  - Flu season
  - Asthma
- 26 referrals were made the Community Referral Coordinator (CRC) to connect parents and children to a Primary Care Physician.
- 97.8% of students were compliant with immunizations.
- Over 35 emergency health plans were written with families.
- 95.2% of students returned to class after visiting the nurse.
- 4.4% were sent home from the nurse’s office.
- 0.3% were sent to the ER from the nurse’s office.

Earn a Bike Program

- Hodgen Elementary instituted an Earn a Bike program for the 2017-2018 school year.
- Kids attended a free 6 week session learning about bikes maintenance and safety as well as problem solving in a group and as an individual.
- Upon graduation, each kid receives their own bike, helmet, light and lock.

Conclusion

- Full-time nurses are critical in identifying unmet health needs in school-aged children.
- Healthy Kids Healthy Minds addresses this need in 4 St. Louis Public Schools and improves on families and staff’s health education and status.

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