

# St. Louis Children's Hospital Healthy Kids Healthy Minds Program: Working to Address the Need for a Full Time Nurse

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## 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					
	HODGEN ELEMENTARY	LEXINGTON ELEMENTARY	PIERRE LACLEDE	WOODWARD ELEMENTARY	TOTAL
TOTAL NURSE VISITS	4,726	3,555	3,936	4,827	17,044
TOTAL SENT TO ER	16 (0.4%)	19 (0.6%)	2 (0.1%)	11 (0.2%)	21 (0.3%)
TOTAL SENT HOME	177 (4.2%)	188 (5.9%)	141 (3.9%)	191 (4.0%)	697 (4.4%)
TOTAL RETURN TO CLASS	3,993(95.0%)	2,975 (93.4%)	3499 (96.1%)	4564 (95.8%)	15,031 (95.2%)
# OF INDIVIDUAL STUDENTS SEEN	250 (91%)	389 (87%)	211 (84%)	355 (88%)	1,205 (88%)

## 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.



Jessica McCullough at Hodgen School, left, and Kirsten Wilford at Lexington School