

Introduction

The education system and nation-wide health services work together for the well-being of America's students. This poster is a collaboration between a nursing major and an education major. We explore the way nursing impacts elementary, middle, and high school students.

The following is an in-depth look at the physical and mental influence of school nurses within all levels of the public education system. We have included findings of our research, as well as QR codes so that viewers may see our sources themselves.

Before Attending School

Vaccinations-

- The first step to ensuring a healthy education is making sure that all students have received the proper vaccinations before attending their first day of public elementary school.
- Most schools follow the recommended vaccinations as identified by the Centers for Disease Control and Prevention (CDC); however, each state has their own specific list of required vaccinations that a student must receive before they can attend school.
- In the state of Missouri, the student must get the following vaccinations: TDaP, Hepatitis B, Hib, Meningococcal, MMR, Pneumococcal, Polio, and Varicella (Fitzgerald, 2017).
- The rest of these vaccinations are highly encouraged, especially by school nurses: Hepatitis A, HPV, Influenza, and Rotavirus (Fitzgerald, 2017).
- The following QR code will take viewers to the website of the Immunization Action Coalition. So that they may read more about health requirements that must take place before enrollment:



- School nurses are largely in charge of introducing new parents to these state vaccination requirements, promoting the recommended vaccinations, and facilitating the collection and evaluation of every student's necessary health forms. Before a nurse even interacts with a school's incoming students, he or she has already taken on responsibly to ensure prevention of potentially fatal outbreaks.

Elementary School



Promotion of Personal Hygiene-

- The spread of germs in a place filled with young students is most easily stopped by simple hand-washing, because 80% of communicable diseases are spread by touch (B4 Brands, 2015).
- Nurses break this chain of infection with fun instructions : sing the "ABC" song while washing. If they sing at a steady pace, they will have washed their hands for the FDA recommended 20 seconds, which is long enough to have stopped the spread of 99.9% of surface germs (Lynn, 2015).
- The simple "trick" that nurses teach students is critical in stopping the onset and spreading of acute conditions that result in students missing valuable class time.

Chronic Illnesses-

- A school nurse must be capable of teaching students how to properly manage any possible chronic illnesses, such as asthma, diabetes, and epilepsy. These conditions can be severe if not managed properly; however, with the one-on-one education provided by the school nurse, the students will learn life-long personal health management skills for their specific needs.
- 1 in every 5 children in the nation have asthma (Jares and Winicki, 2015). Nurses are in charge of administering inhalers, making sure that students are using them correctly, and making sure that students are prepared before participating in strenuous physical activities.



Exams-

- The majority of children do not take a hearing or vision specific exam until they are enrolled in school. School nurses are unable to officially write glasses prescriptions or diagnose students as deaf, but they are the first to test and identify these problems.
- 6 out of every 10 children that teachers identify as struggling readers have uncorrected or undetected vision problems (Maples, 2000). The same has been proven with students who are hard of hearing – not being able to hear language hinders one's own ability to read and communicate.
- Nurse-run exams make sure that students are fully able to learn at school.

Middle School

Mental Health During Puberty-

- As pre-teen's experience changes caused by different hormones, nurses not only teach the basics on menstruation and body hair, but they must also focus on the emotional and mental aspects of puberty.
- Careful monitoring of changes in student behavior by nurses and teachers is a critical component of battling student anxiety and depression.



Nutrition-

- While physical educators emphasize fitness, nurses stress healthy diets as part of a balanced lifestyle. Nurses instruct students on how to decipher nutritional value labels on packaged foods, use information from sources like the USDA's MyPlate food group intake recommendations, and even how to create food logs.

High School

Promoting Safe Sex-

- The recent strides in early nurse intervention is a possible factor as to why adolescent pregnancies have decreased greatly – the CDC released that 2015 was a record-breaking low year, consisting of only 9% of women aged 15–17 years old becoming pregnant, which was a dramatic 8% decrease from the previous year (Fitzgerald, 2017).
- This can be contributed to in-depth lectures about condom usage and various types of birth control and how to access them. These lectures also contain information about Sexually Transmitted Diseases (STD), which over 57% less common than in states that do not require comprehensive "sex-ed" (Perritt, Jamila).

Substance Abuse-

- In just the past 4 years, the national percentage of students who drink before the age of 21 has dropped almost 5%, thanks to substance abuse program reforms, including Red Ribbon Week.



- All types of educators have put greater emphasis on both the short term and long terms affects of drugs and alcohol, which have been emphasized through extensive medical research (Drug Abuse, 2016). Nurses translate the technical and medical terms and relay the information in a more understandable way.

Learn More

Thank you for taking the time to explore the many impacts that nursing has on the students of America. The following QR code will take viewers to the website of the National Association of School Nurses so that they may read more about the work of these professionals:



Teachers and nurses must keep constant communication about student health. There is no way to truly know what each student's home life is like, so it is the duty of teachers to monitor and nurses to aide their students' physical and mental health. The importance of nursing in education can not be stressed enough.



References

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