



SUMMER NEWSLETTER 2019



Welcome to the summer edition of the SAPHNA newsletter. As ever there's lots to share and celebrate in the world of School and Public Health Nursing, not least our annual conference which was a resounding success! Despite ongoing financial constraints that are taking their toll and having personal and professional impact on many, the desire, passion and grit determination of our profession never flounders-in fact I would go so far as to say it gets even stronger in the face of adversity. I guess what drives us is that we witness first-hand the impact this is having on all services including schools, social services, police, 3rd sector; all partners and, ultimately on our children, young people and their families. And so we soldier on as we await the Governments Spending Review with hopeful anticipation....

I do hope you find this useful and take advantage of the learning and opportunities to further advance and support our practice.

Huge thanks to our new newsletter editor, Lisa Webster, for taking on the challenge whilst holding down her day job, family and life.

Sharon White CEO SAPHNA

@SAPHNASharonOBE



SAPHNA Annual Conference 2019 in Manchester



#SAPHNA19

'A powerful and motivational lecture from @kennygibsonnhs talking about trauma and informed practice - Working together is key...'

'What an excellent day at #SAPHNA19...inspirational speakers, great exhibition and great company...'

'...key messages from the SAPHNA leadership team...be reflective and emotionally intelligent, take opportunities, leadership training, be brave'



Manchester Conference 2019

The man with a message and **THE T** shirt. The formidable Kenny Gibson Head of Safeguarding for NHS England delivers the Keynote engaging presentation including an update on Safeguarding hot topics. How many School Nurses have downloaded the NHS Safeguarding app? Have you? School Nurses are encouraged to have a voice, get involved and contact Kenny and share their views (in case you forgot his email it's kenny.gibson@nhs.net.)

Get the app:

<http://www.myguideapps.com/nhs/safeguarding/default/>



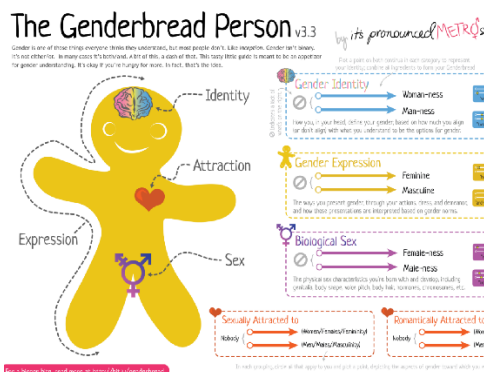
School Nurses from all over the UK attended this year's SAPHNA conference displaying a real energy and positive vibe throughout the day. Times may be challenging for School Nursing but clearly evident was an abundance of knowledge, skills and passion. The workforce is wanting and willing to contribute to and deliver an evidence based, outcome focused fit for purpose service that is accessible and available for all Children and Young People. Key message from the day is you have a voice.....use it!

To see the full line up of wonderful speakers see our programme: <http://www.saphna.co/news/saphna-annual-conference-2019-health-for-all-children-tickets-available->



@kennygibsonnhs

Kenny.Gibson@nhs.net



On a lighter note from one of our very talented SAPHNA committee...



To P or not to P...

USP or USB which one best describes us?

Unique Selling Point or a Universal Serial Bus?

What does it mean can it be worked out

Decipher and analyse find the answer-shout out!

Universal connection and communication device

School Nurses -Universal communicators of advice

School Nursing is not a shop or a business to promote

But an educated profession led by SCPHN's take note

Be accessible and visible repeatedly say that

Hard with reducing numbers and no 'rabbits in the hat'

Increasing digital offer and skill mix teams

Make a difference, improve outcomes...reality not dreams

Resilient, tenacious experience to share

A job to do based on a foundation of care

A profession that's unique stands tall and proud

Eclectic mix of knowledge and skills abound

Leaders of the future, service shapers

News and views published in the papers

Many have left the profession but others still on the ride

Unique Selling Point or Unbelievable Skilled Professional...you decide!



If anyone has anything on a lighter note they would like to share then please contact the SAPHNA team





Registered charity number 311877
(England and Wales)

Young Epilepsy launch new Online Guide for Schools

It's been five years now since the 2014 Children and Families act mandated the legal requirement for all state schools and academies in England to support young people with medical conditions, such as epilepsy, including having a specific medical conditions policy (1). However, a recent survey of 600 education professionals including teachers, administrators and catering assistants carried out by the charity Young Epilepsy found that four in 10 would not be able to help a student having an epileptic seizure (2).

With 112,000 children and young people affected by epilepsy in the UK (3), it's only a matter of time before you or your fellow education professionals are called on to put theory into practice. But offering support is more than knowing how to correctly react in the event of a seizure, it's about understanding how the condition can affect learning and therefore a young person's entire life chances. A further survey of 356 young people with epilepsy, and their parents, highlighted the impact on young people of their condition not being fully understood. This ranged from unnecessary exclusions from activities or opportunities to failures to recognise significant difficulties in areas of cognition or behaviour, a rarely discussed consequence of epilepsy (4).

To help bridge this gap the charity Young Epilepsy supported, by an educational grant from Veriton Pharma, have developed the Online Guide for Schools. This free of charge, easily accessible resource contains essential information for anyone working in schools or other educational settings on how best to



support young people with epilepsy to ensure that they are not just safe, but also included in all aspects of school life.

It covers three key areas beginning with the different ways that epilepsy can impact young people, including their learning, emotions and behaviour, sleep and school attendance. It also details comprehensive information about different seizure types, how they are triggered, and epilepsy medication, as well as what to do when a seizure happens. Last but by no means least, the Online Guide for Schools provides a range of helpful, practical resources including templates for Medical Condition Support Policies and Individual Healthcare Plans (IHPs) as well as information on communication, training and awareness, and legal frameworks and guidance.

An average of one young person in every primary school and five in every secondary school are affected by epilepsy (3), making it one of the most common long-term conditions in childhood. The Online Guide for Schools therefore has the potential to make a significant positive difference by giving education professionals, including those in SAPHNA, the opportunity to learn more about epilepsy and allow the young people in their care to be fully supported and be included in school life to the full.

The Online Guide for Schools is available at

www.youngepilepsy.org.uk/guide-for-schools/

Additional free training materials specifically developed by Veriton Pharma to support healthcare professionals working in the field of epilepsy are also available.



These include an animated training video, training packs and a range of supporting literature about rescue/emergency medication. All materials are available at

<https://www.epistatus.co.uk/hp/>

References

- 1.Children and Families Act 2014. <http://www.legislation.gov.uk/ukpga/2014/6/contents/enacted>
- 2.<https://www.youngepilepsy.org.uk/news-and-events/news/new-online-guide-for-schools.html>
- 3.[http://www.epilepsyscotland.org.uk/pdf/Joint_Epilepsy_Council_Prevalence_and_Incidence_September_11_\(3\).pdf](http://www.epilepsyscotland.org.uk/pdf/Joint_Epilepsy_Council_Prevalence_and_Incidence_September_11_(3).pdf)
- 4.Young Epilepsy (2019) *Epilepsy support in schools: Survey of young people with epilepsy and their parents and carers*

EDM-1047-2019



RCN published case Studies from the Walsall School Nursing Team

<https://www.rcn.org.uk/clinical-topics/children-and-young-people/children-and-young-people-career-case-studies/charlotte-porter>

<https://www.rcn.org.uk/clinical-topics/children-and-young-people/children-and-young-people-career-case-studies/debbie-alison-and-sarah>

<https://www.rcn.org.uk/clinical-topics/children-and-young-people/children-and-young-people-career-case-studies/jean-rollings>

<https://www.rcn.org.uk/clinical-topics/children-and-young-people/children-and-young-people-career-case-studies/laraine-and-amanda>

<https://www.rcn.org.uk/clinical-topics/children-and-young-people/children-and-young-people-career-case-studies/laraine-amanda-and-cate>

<https://www.rcn.org.uk/clinical-topics/children-and-young-people/children-and-young-people-career-case-studies/sallyann-sutton>

<https://www.rcn.org.uk/clinical-topics/children-and-young-people/children-and-young-people-career-case-studies/suki-sencee>



'...bringing to life the amazing and multifaceted role of school nurses in CYP lives'

The Last Summer in Soho – written by SAPHNA's very own Jessica Streeting

This fascinating, funny and often very moving novel transports us into the life of Sylvie, a community school nurse working in contemporary Soho, London. It's the summer term and Sylvie is working with her stretched but resourceful team as they strive to serve these diverse children and families who live and work in this extraordinary area of London. The story offers an authentic and rare insight into the lives of London children today and illustrates the enormous importance of school nurses.

And, of course, true to @JessStreeting, all proceeds from sales are to be donated to children's charities

https://www.amazon.co.uk/Last-Summer-Soho-Jessica-Streeting/dp/1093109661/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=



Sports Injury Management for Schools

100% of
attendees would
recommend this
course

"A must do course! Extremely thorough and practical"

Intensive one day training course specifically designed for School Nurses.

This course will:

- Give you knowledge and confidence to accurately diagnose and manage sporting injuries that present specifically in the school environment
- Be an **interactive and practical** teaching day
- Include teaching on; head injuries & concussion, common sporting injuries, and how to deal with trauma and fractures.
- Provide you with a comprehensive booklet which has all the course information, and CPD documentation opportunities

Course Dates: **** Monday 19th August 2019 & Saturday 26th October 2019 ****

Visit our website for full details and to apply for your place!

www.modusphysiotherapy.co.uk/modus-education

Or email our friendly team to get full course details and application form:

chantal@modusphysiotherapy.co.uk



If you would like to advertise or contribute to the SAPHNA Newsletter please contact info@saphna.co and for regular updates and news, visit our website www.saphna.co



Further reading and resources:

Introduction of a universal HPV immunisation programme



<https://www.gov.uk/government/publications/health-protection-report-volume-13-2019/hpr-volume-13-issue-21-news-21-june#introduction-of-a-universal-hpv-immunisation-programme>

Documents relating to the universal human papillomavirus (HPV) vaccination programme for girls and boys.

<https://www.gov.uk/government/collections/hpv-vaccination-programme>

Recognising Grooming

This blog focuses on how teachers can recognise the signs of grooming and take action.

The blog covers watching out for unusual behaviour, being alert to smaller signs of grooming and talking to young people if you notice something.

<https://learning.nspcc.org.uk/news/2019/may/grooming-often-discovered-not-disclosed-how-can-teachers-spot-signs/>

New learning programme launched to help children affected by family alcohol misuse (Children's Society)

Children's Society, a charity that works with the country's most vulnerable children and young people, has launched a new national initiative to help children affected by parental alcohol misuse.

CAPE (Children of Alcoholic Parents Engagement) is a new learning programme which provides [free online resources](#) and toolkits as well as workshops and training to frontline professionals who work with young people.

It will support NHS staff, social workers, police, youth, school and voluntary workers to increase their awareness and understanding of children who may be affected by parental alcohol misuse and help them to identify those that are at risk.

<https://www.childrensociety.org.uk/parental-alcohol-misuse/practitioner-resourcesThe>



The New School Allergy Action Group Resource Kit

A free seven-step user-friendly toolkit to help you develop a whole school allergy awareness policy for your secondary school

This free toolkit and supporting resources reflect European Academy of Allergy and Clinical Immunology (EAACI) guidance on supporting pupils with allergic conditions in school and EU legislation on food labelling.

<https://www.allergyuk.org/information-and-advice/for-schools/school-allergy-action-group-resource-kit>

Early Help in mental Health

Research shows preventative interventions have a positive effect on children's mental health – but how strong is the evidence behind this research? (What Works Centre for Children's Social Care).

The What Works Centre has published an evaluation of a study on preventative interventions and children's mental health. The study showed that these interventions had a positive effect and the risk of children developing the same mental health problems as their parents decreased by 40%. The What Works Centre assessed the strength of evidence used in this study as 'moderate' –the second highest grading they award – and concluded that professionals in the UK can now have greater confidence in the effectiveness of these interventions.

https://whatworks-csc.org.uk/blog/research-shows-preventative-interventions-have-a-positive-effect-on-childrens-mental-health-but-how-strong-is-the-evidence-behind-this-research/#163961_20190416105513

New screen time research published

The notion that digital-screen engagement decreases adolescent well-being has become a recurring feature in public, political, and scientific conversation... The authors found little evidence for substantial negative associations between digital-screen engagement—measured throughout the day or particularly before bedtime—and adolescent well-being

<https://journals.sagepub.com/doi/10.1177/0956797619830329>



An opportunity not to miss...

British Journal of School Nursing (BJSN) is very pleased to be working with SAPHNA and is offering an exclusive SAPHNA only introductory discount when you subscribe now until the end of July.

BJSN is a peer-reviewed journal promoting excellence in school and public health nursing focusing on children's health. It is the only UK clinical journal exclusively targeted at school and public health nurses. The journal supports all school nurses and all public health nurses, including those working for or on behalf of local authorities, directly in schools, in the community as well as special needs and mental health. Articles cover practical updates, latest information, key clinical issues, and ensures you are fully up-to-date with your knowledge and skills. The journal also supports you to achieve your revalidation with access to www.cpd-launchpad.co.uk all included in the cost.



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TEnT PEGS@SCHOOL Project

Talking about child weight, physical activity and eating in schools

For the Attention of UK-based School Nurses:

A research team comprising colleagues from the University of Liverpool and University of Manchester, is studying how primary schools address child weight management within conversations with parents in schools.

We would like to invite school nurses working within UK primary schools to take part in a 2-phase study where you would firstly audio-record some discussions with parents where you address a child's weight, eating or physical activity, and have an interview with a researcher about your experiences of doing this. Secondly, you would be given access to free training resources to help educators to enhance skills relating to the task of discussing child weight-related behaviours with parents. You would then be invited to attend a 90-minute focus group (held at a school or university) to discuss your views about this training within a small group of other educators and parents who have also taken part in the study.

You are not obligated to take part in both phases of this study and we would be happy to discuss any queries relating to this research before you decide whether or not to participate. If you are interested in taking part, please get in touch with the team using the contact details below.

Kind regards,

Dr Anna Chisholm PhD, CPsychol, AFBPsS

A handwritten signature in cursive script, appearing to read 'Anna Chisholm'.

On behalf of the TEnT PEGS@School Project

Interested in finding out more about this study?

Contact Anna Chisholm -

Tel: 0151-794-1403

Email: anna.chisholm@liverpool.ac.uk

And finally...SAPHNA are seeking new trustees!



WE WELCOME THOSE WITH A PASSION FOR IMPROVING THE HEALTH AND WELLBEING OF CHILDREN AND YOUNG PEOPLE

TO APPLY TO BECOME A TRUSTEE OF OUR CHARITY, EXPERIENCE IN BUSINESS, FINANCE, MARKETING, POLICY, MANAGEMENT PARTICULARLY WELCOME ***BUT NOT*** ESSENTIAL.

IT IS MORE IMPORTANT THAT YOU VOLUNTEER YOUR EXPERTISE, KNOWLEDGE AND SKILLS IN WHATEVER CAPACITY THAT SHARES OUR VALUES, ETHICS AND MISSION. (SEE WEBSITE FOR MORE ON THIS).

DO DROP US AN E-MAIL INCLUDING A FEW LINES ON WHY YOU WOULD LIKE TO OFFER YOUR VALUABLE TIME AND TALENTS

TO **INFO@SAPHNA.CO**

AND THANK YOU IN ADVANCE!

