CARING FOR STUDENTS WITH CHRONIC HEALTH CONCERNS: SN CHAT
FEBRUARY 24, 2022

The mission of ALLERGY & ASTHMA NETWORK is to end the needless death and suffering due to asthma, allergies and related conditions through outreach, education, advocacy and research.
Meet Our Speakers

Susan Hoffmann, MSN, RN, NCSN  
School Nurse Consultant  
Former School Nurse,  
Nursing Education Project Manager, National Association of School Nurses

Sally Schoessler, MSEd, BSN, RN, AE-C  
Director of Education - Allergy & Asthma Network  
Former School Nurse, State School Nurse Consultant,  
Director of Nursing Education, National Association of School Nurses

Today’s Program

01 Introduction to Caring for Students with Chronic Health Conditions

02 SN CHAT: Basic Intake Interviews and Information

03 SN CHAT: Student Healthcare Plans & Plan Development
How Did SN CHAT Come to Be?

Marjorie Cole
Missouri State School Nurse Consultant

In Missouri, many of our schools have greater than 25% of the students with a chronic health condition. School Nurses are challenged with assuring that all children with a chronic health condition are assessed at the beginning of the school to determine their unique health care needs and then determining which student might need an emergency action plan developed for staff as well as those in need of an individualized health care plan.

“A team of Missouri school nurses worked with Sue Hoffman to develop and then pilot the first School Nurse Chronic Health Assessment Tool. (SN-CHAT). This tool helped to guide our conversations with parents. It offered a time for us engage in a positive way with our parents and certainly helped us demonstrate our interest in their child and his/her unique needs.

SN CHAT, has increased the number of students with an emergency action plan in place at the beginning of the school year and has increased parent engagement. Students are safer, parents feel heard.”
Over 25% of students enrolled in kindergarten through grade 12 schools have a chronic health condition. These students are at risk for having a life-threatening emergency for which school staff must be prepared to intervene.

The School Nurse . . .

Uses assessment skills & critical nursing judgement

Prioritizes which students are at highest risk for an emergency

Coordinates the student’s care in partnership with the parent/guardian, student, healthcare team and school staff

Develops emergency plans and trains school staff to follow
STANDARD OF PRACTICE

American Nursing Association (ANA)
National Association of School Nurses (NASN)

- established that planning is a standard of school nursing practice (ANA, 2017). It is essential for school nurses to develop plans for school staff to follow so that students are healthy, safe and ready to learn.

Planning is a Vital Part of the Nursing Process

Assessment
Diagnosis
Planning
Implementation
Evaluation
SN CHAT: Basic Intake Interviews and Information

Always placing the student at the center of care, SN CHAT® allows the school nurse to coordinate care between the medical home, parent and family as well as school staff.
Common Chronic Health Conditions highlighted in SN CHAT

- Asthma
- Allergies / Anaphylaxis
- Diabetes
- Sickle Cell Disease
- Seizures

The School Nurse can use SN CHAT® to:

- Guide conversations in person or via phone with a student’s parent, guardian or caregivers
- Learn about the health needs of an individual student
- Decide if you should create a school plan for a student – EAP or IHP?
It’s important to gather subjective information as well as objective data

- Initiate conversation with parent or caregiver
- Obtain a full Health History
- Build a trusting relationship

**Intake Interview Questions**

**Additional Questions for Specific Chronic Health Conditions**

Following the questions from the Basic Intake Interview, the school nurse may require more information specific to the student’s health condition. The school nurse should choose the most appropriate questions from the suggestions below.

**Specific questions for 5 common health conditions:**
- Asthma
- Allergies
- Diabetes
- Sickle Cell Disease
- Seizures
Tips for Interviewing

Conducting a Parent/Guardian Interview

Before the interview
- Review school registration forms to identify students with chronic conditions
- Review demographic data
- Review school health records for medical orders or emergency plans
- Determine parent/guardians preferred language
- Arrange for translation as needed

During the interview
- Avoid education, medical, and/or nursing terminology and acronyms
- Not for clarification when needed
- Avoid judgemental responses
- Allow adequate time for parent/guardian to respond
- Ask open-ended questions when possible

Establish relationship with parent/guardian
- Ask if this is a good time to discuss, if not, schedule another time to talk.
- Explain how the information will be used and shared.
- Ensure confidentiality with exception of need to know

Use parent friendly language
- Determine parent/guardian language and arrange for translation as needed
- Avoid education, medical, and/or nursing terminology and acronyms

After the interview
- Thank the parent/guardian for their time and participation
- Follow up with school staff if more information is needed
- Communicate with medical care providers with parent permission

SN CHAT:
Student Healthcare Plans & Plan Development
School Health Related Plans

- **Individualized Healthcare Plan (IHP)**
  Written in nursing language to guide nursing care

- **Emergency Care/Action Plan (ECP or EAP)**
  Written in lay language for school staff to follow to direct emergency care

- **Section 504 Plan**
  For students with a health condition that impacts functioning at school

- **Individualized Education Plan (IEP)**
  Created by Committee on Special Education – usually not used for health issues unless a learning disability also exists

---

**Student Care Plans**

Criteria for Development of Student Specific Plan – EAP or IHP

IT IS IMPORTANT THAT THE SCHOOL NURSE USE NURSING JUDGMENT WHEN DETERMINING WHO NEEDS AN EMERGENCY ACTION PLAN.

The criteria listed below are for guidance, but it is the responsibility of the school nurse to make the final clinical determination on which students need an EAP.
IHPs are written:

- By a registered nurse
- In nursing language to be used by nurses
- Based on the nursing process
EAPs (or ECPs) are written:

- By a school health professional
- In lay language to be used by school staff
- Outlines steps to take in the event of an emergency

EAP Templates

<table>
<thead>
<tr>
<th>Asthma</th>
<th>Anaphylaxis</th>
<th>Diabetes</th>
<th>Sickle Cell</th>
<th>Seizures</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="asthma-icon.png" alt="Asthma" /></td>
<td><img src="anaphylaxis-icon.png" alt="Anaphylaxis" /></td>
<td><img src="diabetes-icon.png" alt="Diabetes" /></td>
<td><img src="sickle-cell-icon.png" alt="Sickle Cell" /></td>
<td><img src="seizures-icon.png" alt="Seizures" /></td>
</tr>
</tbody>
</table>

- **Asthma Action Plan**: Green, Red, Yellow zones
- **Anaphylaxis Plan**: Symptoms & action
- **Diabetes Plan**: Episodes & care
- **Sickle Cell Plan**: Pain crisis & treatment
- **Seizure Plan**: Triggers & first aid
Asthma Action Plan
SAMPRO – School Based Asthma Management Program

Green Zone
Yellow Zone
Red Zone

Anaphylaxis Action Plan
### Diabetes Emergency Plan

**Student Name:**

**Diabetes Type:**

**Diabetes Medications:**

**Healthcare Provider:**

**Diabetes Management Plan:**

**Symptoms to Watch for:**

- Dizziness
- Fainting
- Loss of Vision
- Loss of Speech

**Emergency Action Plan:**

- Call 911
- Provide first aid
- Keep the student calm

**Prevention Tips:**

- Regular check-ups
- Healthy diet
- Regular exercise

---

### Sickle Cell Disease Emergency Plan

**Student Name:**

**Sickle Cell Type:**

**Medical History:**

**Symptoms to Watch for:**

- Fatigue
- Fever
- Chest pain

**Emergency Action Plan:**

- Call 911
- Provide first aid
- Keep the student calm

**Prevention Tips:**

- Regular check-ups
- Healthy diet
- Regular exercise

---

**SN Chat**

School Nurse Health Assessment Tool
Seizures

Customizable Emergency Plan
**Additional Optional Questions**

Identify Individual Factors

- How is the student doing in school? Does he or she earn good grades, stay involved in extracurricular activities, or have signs of depression or social isolation?
- How is the student doing at home? How is the student handling the stress of school, friends, or family?
- Is the student using social media? Does the student have any social media accounts? Does the student follow any influencers?
- Is there any evidence of substance use or abuse?
- Does the student have any pets or animals? How are they doing?

Identify Social and Family Factors

- Who does the student live with? Are there any family members living in the same household? Does the student live with both parents, a single parent, or in a blended family?
- Does the student have a support system? Does the student have any close friends or family members they can turn to for help?
- What is the family’s financial situation? Is there any evidence of poverty, financial stress, or hardship?
- Does the student have any medical conditions or disabilities?

Identify Emotional Factors

- Are there any changes in behavior or mood? Has the student become withdrawn, secretive, or angry?
- Does the student have any signs of anxiety or depression?
- Is the student having trouble sleeping or eating?
- Does the student have any suicidal thoughts or behaviors?

**Resources**

**Section 504**

- [www2.ed.gov/about/offices/list/ode/504faq.html](www2.ed.gov/about/offices/list/ode/504faq.html)
- [www2.ed.gov/about/offices/list/ode/policy/section504 grop.pdf](www2.ed.gov/about/offices/list/ode/policy/section504 grop.pdf)
- [www.ode.k12.oh.us/publications/sec504.pdf](www.ode.k12.oh.us/publications/sec504.pdf)

**Special Education**

- [www.sdb苑.php](www.sdb苑.php)
- [www.pacemakers.org](www.pacemakers.org)
- [www.amf.org](www.amf.org)
- [www.cdc.gov/healthychildhood](www.cdc.gov/healthychildhood)

**New School Nurses**

- Missouri DHSS Health Index, Online Reporting System User Manual, Announcements and Conferences, Frequently Asked Questions, Guidelines & Publications, Online Reporting System, School Wellness Programs
- [www.cdc.gov/healthychildhood](www.cdc.gov/healthychildhood)
- [www.amf.org](www.amf.org)
- [www.pacemakers.org](www.pacemakers.org)
- [www.cdc.gov/healthychildhood](www.cdc.gov/healthychildhood)
- [www.cdc.gov/healthychildhood](www.cdc.gov/healthychildhood)

**Chronic Health Conditions**

- Sickle Cell Disease: [www.sicklecell.org](www.sicklecell.org)

**Helpful Resources**
References

It's free & easy
Go To allergyasthmanetwork.org – look for online shop in the upper right corner

How to Download SN CHAT

Look for School Nurse Chronic Health Assessment Tool – SN CHAT

School Nurse Chronic Health Assessment Tool – SN CHAT

A tool developed for school nurses by a school nurse, SN CHAT offers tools and resources to help school nurses manage chronic health conditions.
QUESTIONS

We’ll get to as many questions as we can!

Join us for our next webinar –

Oral Corticosteroids: When Is It Too Much?

March 10, 2022
4:00 PM ET
Dr. G. Marshall
Breathe Better
Together

Allergyasthmanetwork.org

Please stay on the line for 2 – 3 minutes to complete an evaluation survey – Thank you!