

The Importance of Organizing Nursing in Schools that Capable of Meeting World Standards

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Abstract: Nurses comprise the largest segment of the healthcare workforce in many countries and have increasing opportunities to practice in a wide variety of settings. More than ever, the profession requires a well-trained, flexible, and knowledgeable workforce of nurses who can practice in today's evolving healthcare environment. Recent legislation, demands of patients as consumers of health care, and the need to control costs while optimizing outcomes have had a great influence on the way that health care is delivered in the world. Nursing is evolving to meet these demands.

Keywords: school nursing, student health, safety, environment, accident, emergency.

School nursing is an interesting, specialized practice of professional nursing, and is a specific role for public/community health nurses. The National Association of School Nurses (NASN) defines school nursing as “a specialized practice of nursing [that] protects and promotes student health, facilitates optimal development, and advances academic success. School nurses, grounded in ethical and evidence-based practice, are the leaders who bridge health care and education, provide care coordination, advocate for quality student centered care, and collaborate to design systems that allow individuals and communities to develop their full potential” (NASN, 2021). To that end, school nurses facilitate positive student responses to normal development; promote health and safety, including a healthy environment; intervene with actual and potential health problems; provide case management services; and actively collaborate with others to build student and family capacity for adaptation, self-management, self-advocacy, and learning.

During the COVID-19 pandemic, school nurses face significant challenges in maintaining the safety of children in school. Routinely, school nurses evaluate students for COVID symptoms or possible exposures. Moreover, they provide guidance to school administrators and teachers on prevention strategies, contact tracing, school-based testing strategies, and assist in the support of students, families and school staff as they face their own challenges related to the pandemic and its accompanying concerns, anxieties and losses. The CDC provided guidance to school nurses in addressing the wide variety of challenges they faced during the uncertainty and frequently changing recommendations based on a quickly evolving science related to the virus and its transmission.

School nurses are in short supply. Very few states achieve the federally recommended ratio of 1:750 (a recommended minimum number of 1 school nurse for every 750 students). In 2016 only 8 states had set a nurse-to-student ratio; however, these ratios were not necessarily consistent with the guidelines set by the CDC and NASN. For instance, Pennsylvania's ratio was set at 1 nurse per 1500 students, twice the prescribed ratio (Camera, 2016). This poses a serious problem for children with disabilities, for those with chronic illnesses in need of occasional management at school, and for children who become ill or are injured at school. With higher than recommended ratios of students per RN, children may lack the substantial health benefits of having a school nurse available to them during the school day. In a position statement revised in 2020, NASN stated, “All students need access to a school nurse every day” (NASN, 2020).

School nursing has the potential to be a significant source of communities' health care. In medically underserved areas and with the number of uninsured families increasing, the role of school nurse is sometimes expanded to include members of the student's immediate family. This requires many more school nurses, requiring willingness of state and local school boards to hire them.



Without adequate qualified staffing, the nation's children cannot receive the full benefits of school nurse programs.

Most school systems require nurses to have a minimum of a bachelor's degree in nursing, whereas some school districts have higher educational requirements. Prior experience working with children is also usually required. School health has become a specialty in its own right, and in states where school health is a priority, graduate programs in school health nursing have been established. The National Board for Certification of School Nurses (NBCSN) is the official certifying body for school nurses.

School nurses need a working knowledge of human growth and development to detect developmental problems early and refer children to appropriate therapists. Counseling skills are important because many students turn to the school nurse as a counselor. School nurses keep records of children's required immunizations and are responsible for ensuring that immunizations are current. When an outbreak of a childhood communicable illness occurs, school nurses educate parents, teachers, and students about treatment and prevention of transmission. For children with special needs, school nurses must work closely with families, teachers, and the students' primary providers to care for these children while at school—and these needs can be significant. Management of the health of children with diabetes and serious allergies is important in the daily life of school nurses.

School nurses also work with teachers to incorporate health concepts into the curriculum. They endorse the teaching of basic health practices, such as handwashing and caring for teeth. School nurses encourage the inclusion of age-appropriate nutritional information in school curricula and work with children to make healthful food choices in the cafeteria and when choosing snacks. They conduct vision and hearing screenings and make referrals to physicians or other healthcare providers when routine screenings identify problems outside the nurses' scopes of practice.

School nurses must be prepared to handle both routine illnesses of children and adolescents and emergencies. One of their major concerns is safety. Accidents are a leading cause of death in children of all ages, yet some accidents are preventable. Prevention includes both protection from obvious hazards and education of teachers, parents, and students about how to avoid accidents. School nurses work with teachers, school bus drivers, cafeteria workers, and other school employees to provide the safest possible environment. When accidents occur, first aid for minor injuries and emergency care for more severe ones are additional skills school nurses use. Detection of evidence of child neglect and abuse is a sensitive but essential aspect of school nursing. School violence or bullying can also result in injury, absenteeism, and anxiety. In the wake of school violence involving guns and the possibility of experiencing a natural disaster, the NASN has made disaster preparedness a priority.

In conclusion, school nurses are essential healthcare professionals that provide a wide range of care for students across the country. Like many other healthcare jobs, there is a shortage of school nurse positions, which affects the lives of children every day.

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