



## School Nursing Service Update

The School Nursing service across Devon has been developing their service to improve access to a School Nurse and to information and support for all school aged children. We would like to take this opportunity to let you know of some of the changes that have taken place, or are due to take place, and remind you of your local School Nurse team contact details.

For anyone who hasn't received this newsletter before, we work in partnership with schools to:

- Support the schools in the development of health policies that impact on all children and young people.
- Complement health related classroom based programmes.
- Identify and support children and young people with medical conditions, to ensure they access the whole curriculum and are not disadvantaged.
- Ensure that school staff have the information they need to support children with health concerns. The training package we offer is now accredited and includes epilepsy awareness, asthma, and management of medicines in schools in addition to anaphylaxis and use of auto-injectors (epipens)
- Plan for support at transitions as required which includes transitions in and out of the school within the school year
- Provide drop in sessions in arrangement with secondary schools
- Provide targeted hearing screens where a concern has been identified and consent gained for screening.
- Deliver school based immunisation programmes with the immunisation team (HPV, final school booster (Diphtheria/Tetanus/Polio) and Meningitis ACWY).

If your child has missed these vaccinations please contact the immunisations team on 01392 356144.

### Look after yourself – are you and your family getting your 10 a day?

To repair, recover and sustain good mental health these are essential daily options:

- |                             |   |
|-----------------------------|---|
| 1. Talk about your feelings | 6. Keep in touch with the people you care about |
| 2. Ask for help             | 7. Stay active in mind and body                 |
| 3. Take a break             | 8. Do something you are good at and enjoy       |
| 4. Eat well                 | 9. Actively care for others                     |
| 5. Stay hydrated            | 10. Be proud of your very being.                |

For more information re Early Help for Mental Health (EH4MH) please visit the website at [www.eh4mh.co.uk](http://www.eh4mh.co.uk).

If you are aged 11 -18 you may also want to access information and online counselling via Kooth.com.

## FOCUS ON BLADDER AND BOWEL:

### HOW MUCH IS YOUR CHILD DRINKING A DAY?

### DO YOU KNOW HOW MUCH THEY SHOULD BE DRINKING AND WHY THIS IS SO IMPORTANT?

We've put together some helpful podcasts so you can find out more:

<https://youtu.be/WyLBntO9FQQ> - The importance of fluid intake for children and young people

<https://youtu.be/OzD6nBe-mYI> - Bladder control and potential problems

<https://youtu.be/lKh9PgzeDyg> - Bowel control and potential problems

### WHY IS THIS SO IMPORTANT?

Constipation affects up to 30% of children. Without early diagnosis and treatment it can become a chronic condition. Daytime wetting affects 1 in 75 children aged 5 years and above.

Bedwetting is common and affects an estimated 500,000 children and young people in the UK. It is only considered a problem after the age of 5 years and only if it bothers both the child and the parents. The national Institute for Clinical Excellence (NICE) guidelines now advise that treatment options can commence from the age of 5.

### HOW DO I KNOW IF MY CHILD HAS A PROBLEM?

Signs that your child may have bladder or bowel difficulties include:

- Difficulty going to the toilet for a poo. It may be painful or hard (see Bristol Stool chart for further information re what this may look like)
- Soiling
- Wetting (day and/or night)
- Very frequent trip to the toilet for a wee but only passing small amounts
- Needing to go to the toilet very urgently and not able to wait (beyond the age you would expect this to be the case)

If your child has the following symptoms they may have a urinary tract infection and should see their GP: pain or burning sensation when having a wee; needing to wee frequently; unpleasant smelling wee; pain in their tummy, side or lower back; cloudy wee; blood in wee; or a change in their normal toilet habits e.g. wetting themselves or the bed having been previously dry.

### WHAT CAN YOU DO TO HELP?

- Eat well, move more
- Encourage good fluid intake spread evenly throughout the day with last drink 1.5 hours before bedtime
- Avoid known bladder irritants e.g. blackcurrant, fizzy drinks, caffeinated drinks (many of which are also high in sugar)
- Encourage a regular toileting routine with enough time on the toilet to allow good position and full voiding (emptying) of both bladder and bowel
- Contact your SN or GP if you are worried
- You can also find more information on the ERIC website [www.eric.org.uk](http://www.eric.org.uk) or via their helpline on 0845 370 8008

## SEASONAL UPDATE – FLU

The nasal flu vaccination is recommended for all 2, 3 and 4 years olds (via GP practice), school aged children in years 1, 2 and 3 (delivered in school via Boots UK Ltd), and children aged 2-17 with a long term health condition (via GP practice).

Flu immunisation is a key part of protecting the health of children each winter and the vaccine has a good safety record. The nasal flu immunisation programme aims to directly protect children and substantially reduce flu-related illness, GP consultations, hospital admissions and deaths in the population. In 2014/15, in pilot sites where the nasal flu vaccine was offered to all primary school aged children, rates of children seeing their GP for influenza like illness were 94% lower and rates of children being admitted to hospital with influenza were 93% lower than in non-pilot areas. Vaccination will also help prevent spread of infection to other family members and the more vulnerable members of our communities.

The nasal influenza vaccine uses a weakened influenza virus which stimulates the immune system to produce a protective response against influenza, but does not cause influenza infection. Children may commonly develop blocked or runny nose, headache, tiredness and some loss of appetite. These effects may last a few days.

If your child hasn't yet received this please contact your local Boots pharmacist or GP practice.



The DISCplus information service provides information and advice to all families with a child or children with additional needs. The service is also available to any professional working with families or directly with children.

There are currently 2 DISCplus Co-ordinators; Kris Taylor in Southern and Amanda Smithson covering Northern Devon. They are also able to deal with queries relating to the Eastern area. They are here to help you get information about the services and support available to you and your child. They can help you get information about:

1. Contact details for specialist support services
2. Local support groups
3. Charities and trusts which you may apply to for funding
4. Accessible holiday services
5. Suppliers of specialist equipment, sensory toys and clothing

DISCplus produce a newsletter three times a year prior to the end of term school holidays. This is full of national and regional information with contributions from various groups and organisations on a variety of topics. If you would like to receive a copy please contact either: Kristine Taylor t: 01803 763505 e: [kristine.taylor@virginicare.co.uk](mailto:kristine.taylor@virginicare.co.uk) or Amanda Smithson t: 01271 384074 e: [amanda.smithson@virginicare.co.uk](mailto:amanda.smithson@virginicare.co.uk)

DISCplus have recently launched a Facebook page posting regular information and updates on news throughout Devon and nationwide. If you want "like" our page please click on this link [virg.in/DISCplus](http://virg.in/DISCplus)

Within Devon we have also been working on a Single Point of Access (SPA) to make it easier for families to access specialist services. You can use the website

[www.devon.integratedchildrensservices.co.uk](http://www.devon.integratedchildrensservices.co.uk) to download our referral forms and to find access criteria for our services. Contact details for the single point of access are 0330 024 5321 or by email at [vcl.devonspa@nhs.net](mailto:vcl.devonspa@nhs.net) .

### SAFEGUARDING – EVERYONE’S RESPONSIBILITY

Concerned about a child?

If you have serious concerns about a child or young person, or if you need help parenting your child you can call **0345 155 1071** or email [mashsecure@devon.gcsx.gov.uk](mailto:mashsecure@devon.gcsx.gov.uk)

Out of hours please call 0845 6000 388. If it is an emergency dial 999

Please remember it is recommended that your child has an annual check up at the opticians and every 6 months at the dentist. If you do not have an NHS dentist and are having problems finding one then please contact 0333 006 3300. If your child is asthmatic they should also have an annual review with the Practice Nurse at your GP surgery.

We have been working on improving access to information through our website which has now gone live and we will be continuing to develop and improve. Please keep an eye out for this at [www.devon.integratedchildrensservices.co.uk](http://www.devon.integratedchildrensservices.co.uk) and we would welcome your views about any information you would like to see available. You can also provide feedback on our services via the website [www.virginicare.co.uk/feedback](http://www.virginicare.co.uk/feedback).

Our unique Friends and Family Test code is C8071

### YOUR SCHOOL NURSE TEAM:

Should you have any questions or concerns regarding your child’s health and how they can be supported in school please contact your School Nurse.

You can also contact your local School Nurse: Catherine Morris

Ivybridge Medical Practice

Station Road

Ivybridge

PL21 0AJ

01752 898280.

