

SPECIAL SCHOOL NURSING NEWSLETTER



Our **Special School Nursing Team** continue to work across the Greenwich and Bexley Special Schools.

The current Team comprises of Nurses, Nursery Nurses, and Health Care Assistants.

STAFFING UPDATE

Welcome to our new Health Care Assistant **Aja Kebbeh** who will be working across the special schools.

We will soon be welcoming our new continence advisor **Jodie Gibson** to the team.

We say a sad farewell to **Julia Willshire**, Special Schools Nurse, as she leaves our service to pursue a course in Specialist Community Public Health Nursing. We wish her all the best for her new role.

Nursing continues to provide many services including: Phlebotomy, continence advice, annual nursing reviews, weights and heights, support for parents/carers and pupils, health assessments, health promotion, devising and updating care plans and hospital passports, safeguarding, collaborate working with education, allied health professionals, and parents/carers.

The Special School Nursing Team support with sharing hospital passports for 14yrs to 18yrs as to ensure that hospital visits and any transition to hospital is effective.

To continue to maintain nursing standards, we are making good use of our new purpose-built training simulation suite at our Goldie Leigh base, to ensure the highest training standards are achieved and maintained for all our staff and parents alike.

Reminders for Parents/Carers

We would like to remind you all about our new 'App' called 'OX Care' which will enhance communication between parents/carers and health professionals. This App will give an overview of client details, care plans and assessments. If anyone has an interest in finding out more about this 'App' please contact the Nursing Team in your child's school.



New patient online health record launched

We're excited to announce that our new patient online health record system has been formally launched.

For more information: <http://oxleas.nhs.uk/oxcare>

CONTINENCE

Here are the contact details for any of our families with children/young people who use continence products, or require help or advice with continence:

Parent contact number for the continence service: 0800 030 4466

Continence Advisor: 07990393723

Email address: oxl-tr.cypcontinence.inclusion@nhs.net

MEDICATION

Please can we remind parents and carers that if their child/young person requires a prescribed medication to be administered during the school day please ensure that the medication contains a prescription label and is in date.

Please be aware that any medications prescribed to be administered three times a day should not be sent into school, as these can be given at home i.e., Morning, after school and bedtime. Only medications that are prescribed to be given four times a day should be sent into school. The exception would be if the prescription label specifies an actual time for a medication to be administered that falls during school hours.

HOSPITAL PASSPORTS

Please can parents/guardians of all young people over the age of 14yrs ensure that the information is correct on their hospital passport, and that it is shared with nursing.

If your young person's hospital passport requires updating, please email Nursing on:-

oxl-tr.cypinclusionteam@nhs.net

PATIENT FEEDBACK

It is very important that the Special Schools Nursing Team continue to provide a good standard of practice for the children and families we look after. For our service to maintain these standards and make improvements it is necessary to ask for feedback. This happens in a variety of ways, word of mouth, paper surveys and electronic surveys.

If you are asked for feedback, please can you spare some time to provide this as it helps us to improve the service we provide. All feedback received is welcomed and important to our service.

Please use our QR code for submitting feedback:



TIER 3 WEIGHT MANAGEMENT PROGRAMME

The Tier 3 weight management programme is still happy to receive referrals for children/young people living with complex obesity within the borough of Greenwich. To qualify for a place on this programme the child/young person must be a Greenwich resident and be registered with a Greenwich GP. The programme runs for a period of one year from acceptance by referral. A referral can be made from the GP, Dietician, Paediatrician or School Nursing Team. For more information about this service please contact either your GP, Dietician, Paediatrician or Nancy Williams (School Nursing) on 0208 294 3122.

ASTHMA/ALLERGIES

A reminder for all parents/guardians with children/young people with Asthma to be mindful that colder weather conditions can trigger asthma symptoms in some people. As the season changes it brings with it cold air which can irritate airways, increase the production of mucus and forces everyone indoors where you can be exposed to mould, damp, dust mites, pet hair, cigarette smoke and cleaning products. Please ensure that your child/young person always has access to an in-date reliever inhaler, (normally blue). If your child/young person has been prescribed a steroid preventer inhaler, (usually brown), please ensure that this is administered at home daily as prescribed.

Your child/young person should have a written asthma plan from their GP surgery and should be offered regular asthma reviews. If your child/young person has not been invited for an asthma review for some time, please contact your GP to make an appointment.

The winter months bring colder and damper weather conditions which can aggravate asthma and allergies. If your child/young person requires more of their inhaler, or has prescribed medications for allergy relief, please inform the school nursing teams so that we can accommodate your child/young persons needs in school.

COUGHS, COLDS, FLU & RESPIRATORY ILLNESSES

With the approach of Winter comes an emergence of coughs, colds, flu, and other respiratory illnesses. Many of these can be treated effectively with over-the-counter medications from your local pharmacy.

If your child/young person is experiencing a cold or cough which is lasting longer than normal and not being eased by over-the-counter medications, please seek advice from your GP or 111.

Antibiotics are not recommended for the common cold or flu as they are only effective against bacterial infections. Colds and flu are caused by viruses.

Please ensure that your child/young person has their flu jab and Covid jabs, if eligible.

KEEPING WARM & WELL THIS WINTER

Wintertime is associated with an increase in illnesses and injuries owing to wintry weather conditions. This combined with low levels of sunlight, now that the clocks have gone back, means that some people can feel in poor health. Severe cold weather can have dramatic effects on everyday life, especially for those people who are already vulnerable because of illness, disability, and age.

Please ensure that your child/young person is dressed appropriately for the weather conditions this winter. Dress your child/young person in several thin layers. Wearing layers helps to trap air and keeps warmth in. Clothes made from cotton, wool or fleecy fibres are particularly good and help to maintain body heat. By layering clothes, your child/young person can then discard outer layers of clothes on arrival into a warm building and re layer when going outside. Please allow for your child going outside of the school building during the school day so hats, scarves and gloves should be sent in during cold weather conditions. If your child/young person is mobile, please ensure that they wear shoes/trainers with a good grip to prevent slips and falls when outside. If your child/young person is not mobile, they can be more susceptible to temperature changes, owing to a lack of movement, so please ensure that they have warm socks/cosy toes, and enclosed shoes. Some immobile children/young people will require gloves/mittens indoors for the same reason.

If your child/young person is resistant to wearing certain items of clothing or is an independent dresser try using visual storyboards showing different types of weather and appropriate clothing for each. If this is unsuccessful speak with education staff about incorporating this in their class activities.

Tips to help our families keep warm this Winter

Eat well

Food is a vital form of energy. Eating regularly will keep your energy levels up during Winter. Plan meals & remember to include your daily five portions of fruit & veg. Have plenty of hot food & drinks. Stock up on tinned & frozen foods, so that you don't have to go out too much when it's cold or icy. If your child/young person requires enteral feeds remember to keep a sufficient supply of in date feeds and feeding equipment.

Dress appropriately

Stay as active as possible

Get vaccinations & boosters if eligible

Stock up on over-the-counter medications

Ensure inhalers are in date and not empty

Ensure you have sufficient supply of any prescribed medications

Keep an eye on the weather forecast & be prepared

Use warm and weighty duvets

Keep your home warm

Keep windows closed on cold wintry nights

Breathing in cold air can increase the risk of chest infections, especially for the vulnerable.

Cost of Living Crisis

If you are struggling with the cost of living, please find out if you are eligible for any financial support i.e., grants or benefits. There are sources of advice available to make your home more energy efficient, improve your heating or help with bills. It's worthwhile getting advice and claiming all the benefits you are entitled to before the harsh winter sets in.

Please contact Citizen's Advice if you are unsure if you are eligible for any financial help/support.

The specialist school nursing teams can advise on health issues that affect the children and young people in our care. If we are unable to help directly, we can attempt to signpost you to the correct service which will be able to help.

HAPPY HOLIDAYS