

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

We say a big warm welcome to our new Health Care Assistant Millie Price 😊

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, parents/carers, and if nursing are unable to help, we can attempt to signpost to the correct service that can help.

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, Jodie Gibson: 07818539354

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.

Emergency rescue medications for Epilepsy, Asthma and Allergies should always be in place at school. When these medications expire, please replace them immediately to ensure that your child/young person is not compromised when in school.

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.

Greenwich Borough are providing 'Greenwich Cookery Clubs' for Greenwich residents. For more information on these and to book call **0800 470 4831** or email cookeryclubs@gcda.org.uk

ASTHMA/ALLERGIES

During the Summer months the Pollen count can often be very high. Pollen is a potent asthma trigger for many, when inhaled, it can cause inflamed airways and **asthma attacks**.

Hay Fever is a type of allergy that occurs when your body reacts to pollen from trees or shrubs as though it was a harmful organism. To fight this supposed harmful organism, a Hay Fever sufferers' immune system will start producing antibodies to try and prevent it spreading. The histamine produced by the body leads to the sufferer developing typical Hay Fever symptoms. Please see your pharmacy or GP if you suspect your child/young person may have Hay Fever to get the correct treatment prescribed.

Common Hay Fever Symptoms: -

Sneezing, Nasal congestion, watery runny nose, itchy nose, watery eyes.

Other symptoms can include: -

Itchy eyes, watery eyes, earache, headaches, a reduced sense of smell, disrupted sleep, tiredness, and irritability.

Hay Fever can also increase **asthma** symptoms or a risk of having an asthma attack, owing to the release of histamine.

Research has shown that asthma sufferers who also have Hay Fever can significantly reduce their risk of needing to go to A&E if Hay Fever is treated effectively.

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.

If your child/young person has Asthma, have you considered getting the App?

This digital health app can help in the following ways: -

Everything is in one place:

- Be Prepared** – easily upload, access, and share your personalised action plan.
- Never miss a dose** – Stay on track and get maximum benefits with medication reminders.
- Avoid triggers** – Stay healthy and avoid asthma triggers with air quality alerts.
- Improve skills, knowledge, and confidence** – Improve and master inhaler technique with short training videos.
- Take control** – Track your asthma symptoms and peak flow to know if changes are needed.
- Be ready if things get worse** – Quick access to emergency instructions for asthma and anaphylaxis.
- Get the right help at nighttime** – connect with peers and experts for support, via the Asthma and Lung UK

For more information, please email or telephone:

hello@tinymedicalapps.com

0207 859 4169

SUMMER WEATHER

Now we are in the summer months the weather is generally hotter. Most children/young people at this time of year will be out and about wearing thinner layers and less outer clothing. However, this time of year can produce strong UV rays, so health advice is for sunscreen to be worn for protection against these penetrating UV rays on exposed skin whilst outside. Also, on hot sunny days a hat is advised to be worn, preferably wide brimmed. Please limit the time your child/young person is outside in direct sunlight and avoid being outside during the hours of 12 midday and 3pm if possible.

Being outside can be a lot of fun for children/young people. However, you may have to remind, and help, your child/young person to wash their hands when they return inside to prevent the spread of germs and promote good hygiene practices.

KEEPING WELL IN SUMMER

During the summer months, children and young people spend a lot more time in the outdoors. Being outdoors exposes children/young people to more social contacts, spending time in playgrounds, on holidays and partaking in outdoor activities. Please be mindful that children and young people can succumb to childhood diseases, viral infections, and general colds at this time. Nursing advice is for parents/carers to be observant and seek appropriate medical advice if their child/young person appears unwell. Nursing would also like to remind all parents/carers to check that their child/young person is up to date with their vaccinations.

Please keep an eye on the latest weather reports and ensure that your child/young person is dressed appropriately for the weather conditions. Even though the UK experiences warmer

weather at this time of year the weather conditions are still changeable and unpredictable. Often layers are a good option.

If your child/young person is resistant to wearing certain items of clothing, having sunscreen applied or is an independent dresser you can try using visual storyboards to encourage your child/young person to be more compliant. You can speak with education staff at your child's/young persons school about incorporating this into their class activities or providing you with the resources to do this at home.

If your child gets sunburnt remove them from the sunlight, sponge them with cool water or give them a cool bath or shower. Encourage them to drink if they can or give fluids if gastrostomy fed. Apply a water-based cream/emollient to the skin and give pain relief such as ibuprofen or paracetamol. Contact your GP or phone 111 for advice if the sunburn covers a large area, or if any blistering or swelling appears. Also, if the child develops a temperature of 38 degrees or above, (37.5 degrees in children under 5yrs old). If your child/young person develops sunstroke please encourage drinking or give cool fluids, apply wet cloths to the forehead and exposed areas and call GP/111 for advice.

When the temperature is extremely hot, please be mindful of heatstroke and heat exhaustion. The image below explains the difference between these. These are serious conditions that require medical advice and attention. If you suspect these have happened to your child/young person, remember to call 111/999, whichever is appropriate for the best outcome for your child.

Differences between heat exhaustion and heatstroke

Heat exhaustion	Heatstroke
Feeling faint or dizzy	Feeling confused
Excessive sweating	No sweating
Clammy skin	Temperature over 40C, hot, dry skin
Nausea or vomiting	Nausea or vomiting
Muscle cramps	May lose consciousness or experience convulsions or seizures

Source: NHS

BBC

TIPS TO STAY HEALTHY IN SUMMERTIME

Keep hydrated.

Apply sunscreen often, when outside.

Wear appropriate clothing for the weather conditions & keep an eye on the forecast.

Good hand hygiene.

Get vaccinations & boosters if eligible.

Limit strenuous physical activity on hot days & avoid the midday sun & enclosed spaces.

keep blinds/curtains closed on hot days to keep your home cool.

Stock up on over-the-counter medications, i.e antihistamines.

Ensure inhalers and emergency medications are in date and not empty.

Ensure you have sufficient supply of any prescribed medications.

Keep a bag of medicines, sunscreen, water wipes, water, clothing etc with you when out.

Seek prompt medical advice if you suspect your child/young person is unwell.

If you are at a loose end this summer there are several groups that may be running that are aimed at, or include, children with special needs. Please contact them to find out if they are running this summer, and to ensure they are suitable for your child/young person. You will be able to check which Borough may be running them too when you contact them.

Short Breaks – 0208 921 3002, email Short-Breaks-Referrals@royalgreenwich.gov.uk

All Kids Can (Age 10-17) – 0208 836 8960, shortbreaks@allkidscan.co.uk

Brighter Futures Project (Age 14-17) – 020 8191 9622, info@brighterfuturesproject.co.uk

Charlton Athletic Community Trust – (Age 12-17)- 07984 732506,
steven.bannan@cact.org.uk

Cray Wanderers Active Breaks – (Age 4-11) – 07951 289797, t.sterling@craywandscs.com

Greenwich Leisure Ltd (Age 4-17), RBGSportDevelopment@GLL.org

New Lodge Riding for the Disabled, (Age 4-17), 02088516447, hilarycrawford@virgin.net

Sport Works, (Age 4-14), 07932 697 499, Ernest.Ako@sportworksltd.co.uk

Willow Dene Short Breaks (Age 5-10), 0208 854 9841, wdcontact@willowdene.compass.uk

Also, many free attractions such as museums have good disabled access. However, it is advisable to check with the place you wish to visit before venturing out.

ENJOY SUMMER AND STAY SAFE 😊

