



SPECIAL SCHOOLS 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

A big welcome to Band 5 Nurse **Paul Mensah**, our newest team member.

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.

We continue to utilise our purpose-built training simulation suite at our Goldie Leigh base, ensuring the highest standards of training are achieved.

OX CARE

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>

SUPPLIES FOR SCHOOL

Can all parents/carers please remember to send your child/young person to school with all the supplies they require during the school day. Please note that the schools nursing team do not routinely stock spare enteral supplies e.g. Feeding sets, extension sets, gastrostomy buttons or continence pads.

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: MILLIE PRICE 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.

Emergency rescue medications for Epilepsy, Asthma and Allergies should always be in place at school. GPs should provide you with 2 EpiPens so that one can be kept in school and one for travelling on school transport. Please remember that when these medications expire, replace them immediately to ensure that your child/young person is not compromised.

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.

DOCTORS & DIETICIAN CLINICS

Community doctors and dieticians hold some of their clinics in our schools to help parents/carers to be able to access them more easily and with the least disruption to your child's/young persons school day.

If you are contacted to attend a Community Paediatrician appointment or a Community Dietician appointment held in the Special Schools, please inform these services as soon as possible if you are unable to attend. This missed appointment can then be allocated to another child/young person that needs it.

HOSPITAL PASSPORTS

Nursing will be sending out transition packs to families with children/young people that have complex health needs. It is important that families engage with completing these. A hospital passport is invaluable for when your child/young person transitions between services.

Please can parents/guardians of all young people that have hospital passports please 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/young people 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/SUMMERTIME ILLNESSES

During the Summer months allergies and asthma can be more challenging owing to an increase in the pollen count, warmer temperatures and humidity and thunderstorms. These can trigger or worsen symptoms.

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 such as: -

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.

Track the pollen count: – often found in weather reports online or on TV.

Please seek prompt medical advice and support from the appropriate service if your child/young person becomes unwell. Below are a few things to look out for but please remember that there are many other illnesses also circulating at this time of year.

Insect Allergies – most insect bites cause pain, redness, itching and minor swelling. However, some people suffer a more serious reaction known as anaphylaxis. This requires immediate action so 999 should be called. If your child or young person has a prescribed anaphylaxis auto injector this should be administered as soon as a reaction is suspected.

Rhinovirus – Rhinoviruses, which can cause half of all common colds, are spread easily. It is important to remember to wash hands regularly and avoid touching eyes, nose and mouth. Good hand hygiene should be practised with your child/young person.

Flu – Unfortunately, the flu does not stop with warmer temperatures of spring. In fact, Flu can flourish in humid and warmer conditions.

Gastroenteritis – Like rhinoviruses, norovirus thrive in the warmer weather. They are very contagious and although symptoms which include stomach pain, cramping, nausea, diarrhoea, and vomiting usually is short lasting.

Strep Throat – Spread easily through coughing, sneezing, and touching infected items. Practice good hand hygiene and use hand sanitiser in public spaces.

Allergic Conjunctivitis (Pink/red eyes) – Watery eyes, discolouration of the eye and maybe a sticky discharge. If your child/young person experiences any of these symptoms, please seek out diagnosis and any treatment from your GP/Pharmacy.

Dressing Appropriately for Summertime Weather

Be mindful that even though Summer can present with warmer weather conditions it remains unpredictable in the UK. Layers are a good option so that you can add or discard clothing when necessary. If your child/young person is non mobile they may feel the cold and heat more intensely as they are less able to move around freely to adjust their temperature. Remember to encourage your child/young person to wear a hat. If they are reluctant to wear one consider buying a hat that ties under the chin and attempt to keep them in the shade.

Summer requires extra attention to hydration, sun protection (even on cloudy days), and potential hazards when out and about.

Please remain mindful of noise and light levels during the summer holidays and try to provide a quiet space for your child/young person to have a break.

Summertime Fun

There are often activities available in Greenwich and the surrounding Boroughs during holiday periods, some may even be free. Ensure to check the websites before visiting.

Here are a few ideas that may inspire you:

Holiday Food and Fun - Royal Greenwich Borough – Open to young people aged between 4yrs and 16yrs, including young people with special educational needs and disabilities information is available from <https://www.royalgreenwich.gov.uk> > holiday food and fun.

Young Greenwich – offer affordable activities for disabled young people aged between 10yrs and 19yrs. They also offer support and advice.

Local Libraries – check with yours for any events running this Easter – **usually free to all.**

Local Parks, woodlands and Open Spaces – **Free for all.**

London Museums – Majority are free to all and have disabled access but please check before visiting. The London Science Museum, Natural History Museum, (Dinosaurs), and the London Transport Museum all offer quieter hours/days that are free from the public, aimed at autistic and neurodiverse people.

The Tower Bridge Experience – Opens doors early to autistic and other needs – This needs to be booked according to their website and may have an entry fee.

London Postal Museum – puts on relaxed events designed for autistic and neurodiverse people allowing access during less crowded times. A minimal entry charge may apply according to website.

Parents/carers can check out the London Postal Museums **sensory audio story** on their website.

Please try to maintain a routine with your child/young person and manage sensory sensitivities.

Whatever you decide to do over the summer holidays stay safe and have fun!



HAPPY SUMMERTIME 😊

