


CMSD Nursing and Health Services

Helping children learn!



No financial or non-financial conflicts of interests relevant to this presentation

Objectives:

1. To highlight programs in the Department of Nursing and Health Services in Cleveland Metropolitan Schools and the outside agencies involved.
2. To show services directly related to obesity in school aged children.
3. To present one major problem with Ohio law when it comes to screenings in schools.



Current staffing in CMSD for nursing

- ▶ 51 Nurses (down from 65 nurses 7 years ago)
 - ▶ Eight nurses cover non-public schools under contract from CMSD
 - ▶ 43 nurses cover 106 building sites
 - ▶ Two schools have two nurses
 - ▶ 17 schools have full-time nurses due to children with health problems
 - ▶ Most nurses cover between 2-4 buildings
 - ▶ Nurses run all CMSD sanctioned programs
 - ▶ Students are coming into school "sicker": vents, tube feeds, colostomy and ileostomies, multiple meds, diabetes, hypertension, genetic disorders, mental health issues, etc.
 - ▶ If you see it in a hospital, we will see it in school!!



Current Programs in Nursing

➤ Vision

- **ChildSight** (Cole Eye Center, CCF) – Grades 4-9; students get exam and free glasses
- **VisionFirst** (formerly Helen Keller, international) – Grades Pre-K-1st; students get exam and free glasses
- **Prevent Blindness, Ohio** – All other grades and ALL family members
 - Students and families can get referrals for exams and free glasses at Lencrafters
- In 2015-16, over 8,000 pairs of glasses were given to students



Current Programs in Nursing (cont.)

➤ Dental

- **Case Dental** – Exams, sealants on 2nd, 3rd, 6th and 7th graders
 - Malnutrition noted! (Had to expand 6th grade screenings to 7th grade as 6th grade molars were coming in late)
- Next year:
 - **Ronald McDonald Dental Van**
 - **Mobile Dentists** (Stopped for a short time this year)
 - Saw 4371 students for dental decay with 3364 procedures done (2015-16)
 - All dental services (x-rays, fillings, extractions) offered
 - Various schools of dentistry are asking to "cover" a school
- All programs can charge insurance and Medicaid, but CANNOT charge any out of pocket costs



Current Programs in Nursing (cont.)

▶ **BMI:**

- ▶ **Service Learning** project started with Case (CWRU) over 15 years ago.
 - ▶ Now includes Ursuline, Hondros nursing students
 - ▶ Notre Dame nursing students will hopefully be on board for next year
 - ▶ Would love to see other schools of nursing/medicine join this effort so MORE students screened for more issues
- ▶ Nursing students, medical students, public health students come into buildings to:
 - ▶ Measure Kdg, 1st, 3rd, 5th graders for height, weight and vision (in some cases)
 - ▶ Have found that an overwhelming portion of our students are either OBESE or OVERWEIGHT (38% of 5th graders)



Current Programs in Nursing (cont.)

- ▶ We hope to add lead screenings for six y.o. and younger (Lead hot spots)
- ▶ We hope to add an instant A1C for all students screened up to 5th grade
 - ▶ CMSD and Cleveland has been experiencing a higher than normal number of new Type I/Type II diabetics in fourth grade through high school
- ▶ **Impact Grant (w/PRC; Elaine Borowski)**
 - ▶ Five year grant to help students and families identified via various means to lose weight, learn healthy eating habits, and exercise.
 - ▶ This is done at Case and is sponsored by the doctors at UH cardiology.
 - ▶ Students identified via our BMI and in the fifth grade are eligible to be part of this.
 - ▶ The entire family can go and receives everything free, including transportation costs, plus a stipend for going.
 - ▶ Has a 95% retention for students



Current Programs in Nursing (cont.)

- ▶ Kindergarten students used to be square: 36 inches tall x 36 pounds.
- ▶ Now they are 36 inches tall, but now they can be 112 pounds!
- ▶ **Ohio Law for screenings is based on 1950's children.**
 - ▶ **We are now faced with an epidemic of students with "adult" diseases: high BP, diabetes, high cholesterol, limited movement.**
 - ▶ **This law needs to be updated to do BP checks at all ages, A1C as a regular screening tool and frank talks with parents about obesity issues. (A very uncomfortable subject!)**
 - ▶ **This needs to be instituted in physician's offices as many students are being missed at some point.**



Current Programs in Nursing (cont.)

➤ Other Major Programs:

- CPR – Nurses are instructors and will have a master trainer who will help develop other staff as trainers
 - New laws require all students graduating school have some knowledge of CPR and AEDs
 - All staff must be trained by the end of 2017 in CPR, AED
 - Unfunded mandate

- Alliance For A Healthier Generation: (under Desiree) One of our school nurses, Sherdina Williams, won Ohio's first GOLD MEDAL

- American Lung Association:
 - Open Airways - teaches children about their asthma
 - James Cotton (Buck Icon Tackle Tobacco) - Anti-smoking and tobacco use
 - Former NFL player who talks to students about life lessons



Current Programs in Nursing (cont.)

- ▶ **Project ACT** (Dr. Marsh Zashin)-
 - ▶ Even with obesity, our students are hungry. Nurses work with Project ACT to fill backpacks with food for the weekend (In 17 schools)
 - ▶ Our students are food insecure / hungry!
- ▶ **Food "Markets"**- Free healthy food given to families/students in a market format (Food supplied by the Food Bank)
- ▶ **Breast Amigas**- Program out of MetroHealth that comes to health fairs to do free breast exams. This year started doing prostate exams.
- ▶ **Sex Ed**: gave out 40,000 free condoms over a two year period. Free to students, groups associated with CMSSD.
 - ▶ Cuyahoga County had over 20,000 cases of an STD (or two) in children ages 12-19 per CDC information. All a student has to do is know where they are. We have a no ask/no tell policy. We are trying to keep children alive and well until they understand sex has consequences.
 - ▶ Will repeat grant again for 40,000 more condoms 2017-2018



Current Programs in Nursing (cont.)

➤ Health Clinics in School

- Collaboration with **MetroHealth, Neighborhood Family Practice, Care Alliance**
 - In 22 schools:
 - All students can be treated for acute or chronic health issues with parental consent
 - Any student 13 and up can get reproductive health care per the law FREE of charge and NO bill will go home to parents. Totally confidential!
 - No out of pocket charges
 - If no insurance, someone will help family get coverage. Everyone seen, no one turned away
 - School nurses have duties that are not duplicated by SHC staff.
 - Brought into schools because many of our students do not have a healthcare provider, were using the ED as their medical home causing a disjointed healthcare approach.
 - Trying to teach parents and students to navigate the healthcare system appropriately

Clinic schedules or schools

Remember, we are trying to treat neighborhoods, not just students!!

- ▶ Spring 2017 Clinic Schedule Elementary and Middle Schools (**MetroHealth**)
- ▶ Anton Grdina School Thursday, Jan 26; Mar 2; Apr 6; May 4 8 a.m. - 2 p.m.
- ▶ Buhrer Dual Language Academy Thursday, Feb 2; Mar 9; Apr 13; May 11 9:30 a.m. - 3:30 p.m.
- ▶ Fullerton School of Academics Wednesday, Jan 18; Feb 8; Mar 8; Apr 26; May 17 8:45 a.m. - 2:45 p.m.
- ▶ Harvey Rice School Thursday, Jan 19; Feb 23; Mar 23; Apr 27 8:30 a.m. - 2:30 p.m.
- ▶ Luis Munoz Marin School Wednesday, Jan 25; Feb 15; Mar 15; Apr 5; May 10 8 a.m. - 1:30 p.m.
- ▶ Miles Park School Thursday, Feb 16; Mar 16; Apr 20; May 18 8:30 a.m. - 2:30 p.m.
- ▶ Mound-STEM School Wednesday, Jan 18, 25; Feb 1, 8, 15; Mar 1, 8, 15; Apr 5, 19, 26; May 3, 10, 17 8:30 a.m. - 2:30 p.m.
- ▶ Scranton School Friday, Feb 10; Mar 10; Apr 28 8:30 a.m. - 2:30 p.m. Walton School Friday, Jan 27; Feb 24; Mar 24; May 12 9:30 a.m. - 3:30 p.m.
- ▶ Willow School Wednesday, Feb 1; Mar 1; Apr 19; May 3 8:00 a.m. - 2 p.m.

▶ **NFP**

- ▶ Tuesday: Thomas Jefferson Newcomers Academy
- ▶ Thursday: Max Hayes High School
- ▶ To expand next year into 2-3 other schools on near west side

▶ **Care Alliance**

- ▶ Jane Adams High School
- ▶ George Washington Carver Elementary
- ▶ To expand next year into 4 other schools in Central Corridor



Any questions??

Thank you for allowing me to present to you today!
Debbie Aloschen