

2023 - 2024
SCHOOL HEALTH SERVICES REPORT

Kathy N. Palmer BSN, RN, BS
Health Services Coordinator/Lead School Nurse/PreK - 5th Grade
Sarah Rimer RN
School Nurse M.S. – H.S.

Programs and Services Evaluation Form

End of the Year Data Report

Special Healthcare Needs

Elementary - School Health Advisory Council Report
M.S./H.S. - School Health Advisory Council Report

Knox County R-I School District
Programs and Services Evaluation Form

Program: Health Service

Person(s) responsible: School Nurses

Number of Employees: Certified 2 Non-Certified 0 Full-Time 2 and Part-Time 0

Number of students enrolled/participating in the program: 470
510 total active and inactive prek - 12th grade

Program: Local x State x Federal x

Goals and Objectives (Can it be measured with data?):

Goal 3: Provide and maintain appropriate, functional and safe facilities.

Objective 2: The district will provide Health Services Program that promote healthy habits in order to sustain/improve staff and student health, attendance, and meets all local, state, and federal regulations annually.

Evaluation Criteria (What gauges success?):

*** Annual review of the health program by the school nurses, school administrators, school board members, parent input and the School Health Advisory Council;
MSIP review**

Types of data collected: (Check all areas that apply)

- Surveys of staff, community, students, business
- Standardized assessments, assessment statistics
- Longitudinal performance data
- Participation or placement rates
- Financial revenues/expenditures
- Internal evaluations by staff
- External evaluations by others
- Attendance rates
- Dropout rates
- Suspension/expulsion/discipline rates
- Participation rates in co-curricular/extracurricular activities
- Special program participation rates
- College/vocational attrition rates
- College/vocational completion rates
- Student attitude and interest surveys
- other

Procedures used to evaluate the collected data:

- **Written and computer record keeping, quarterly and annual reporting**

Who collects the data? School Nurses

Who reports the data? School Nurses and Superintendent

Who analyzes the data? School Nurses

Success of program based on the data (benefits):

- **Improved student academic success and increased school attendance rate as related to the health needs of the student population.**
- **Improved staff wellness resulting in decreased staff absences.**

Recommended changes needed to achieve the goals and objectives of the program:

- **Long Term Retention of Middle/High School Nurse for continuity of student care and nursing responsibilities.**

Action to be taken:

- **None at this time**

Changes made in the last two years:

- **Availability of a Middle/High School Nurse for the 2023 -2024 school year**
- **Northeast Missouri Health Council provided 2 A.E.D.s to the athletic director (a total of 6 A.E.D.s are now onsite)**

Date presented to the Board of Education: June 18, 2024

School Health Services
 Knox County R-1 School District
 End of Year Data Report for the 2023 – 2024 School Year

Demographic Information All Students – current and withdrew Total enrollment PK – 12 510

% Students with Known Insurance	% Students with None/Unknown insurance status
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PK -5 97%	6-12 73%	PK -5 3%	6-12 27%
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% of students with a medical care provider	PK-5	% of students with dental care provider	PK-5
	83%		62%
	6-12		6-12
	69%		70%

Health Room Visit Information - includes routine meds and inhaler use

Number of Health Room Visits	8613	Percentage of Students who visited health room	PK-5
PK-5 5828 6-12 2785			91%
Number of Staff visits:			
PK-5 408 6-12 133	541		6-12
			79%

Number of visits resulting in student being sent home 284

PK-5 44 Dr. referrals, 3 dental injuries-referrals, 1 ER referral, NO EMS/911

6-12 28 Dr. referrals, 1 ER referrals, NO EMS/911

Special Health Care Needs Information PK-12 - * Refer to Special Health Care Needs Report

School Safety Information

Number of school staff trained in CPR
 20

Number of AEDs 6

Locations:
 hallways next to elementary and high school
 gymnasiums
 each outdoor concession stand
 2 – athletic department

2023 Summer School

**366 Student visits –
includes meds and inhalers**

28 Staff visits

<u>Screening Information</u>	<u># Students Screened</u>	<u># Referrals</u>	<u># Completed Referrals</u>
Oral Health/Dental K-5 (September/March)	172	19 (6 with identified dentist)	11
Dental Mobile Unit K-5 (September/February)	25 received tx.		
Vision/New Referrals (preschool, K, 1st, 2nd, 3rd, 5th, Prek – K Roundup)	250	5	5
Hearing/New Referrals (preschool, K, 1st, 2nd, 3rd, 5th, Prek – K Roundup)	250	0	-
IEP physicals	18		

November Flu Shot Clinic

at the School

#s receiving the influenza vaccine

Staff – 47

Students – Elementary 54

Middle/High School 27

INVENTORY OF STUDENTS WITH SPECIAL HEALTH CARE NEEDS
SCHOOL YEAR 2023 - 2024

School District Name: Knox Co. R-I

County: Knox

RN Coordinator of Health Services: Kathy Palmer BSN,RN

Students With Health Insurance: 461 (510 total students active and inactive PreK-12th grade)

Please enter the total number of students in your school district that have been diagnosed or identified with the following special health care need(s) or health condition(s). Students may be entered more than once.

Special Healthcare Need	# of Students
Allergies - life threatening - Food	13
Allergies - life threatening - Insect	9
Allergies - life threatening - Latex	5
Asthma - on medication at home or school	46
Blind/Visually Impaired	2
Cancer - History, not on medication	1
• Taking Chemotherapeutic Medication	1
Chronic infection (e.g., Hepatitis, etc.)	1
Cleft lip and palate	1
Cystic Fibrosis	0
Daily special health care procedures	
• Blood sugar check	3
• Catherization care	1
• Nebulizer Treatment	4
• Ostomy care	1
• Tube feeding	1
• Ventilator dependent	0
Deaf/Hearing Impaired with no assistive devices	4
• With FM systems	1
• With hearing aides	1
• With cochlear implants	0
Diabetes	
• Type 1	3
• Type 2	2
Eating disorder (e.g., Anorexia, Bulimia, etc.)	4
Gastrointestinal Disorders (e.g. Irritable Bowel Syndrome, etc.)	11
• Crohn's Disease	1
• Ulcers	3
Bowel/Bladder Incontinence	3
Chromosomal Abnormalities (e.g., Down Syndrome, Neurofibromatosis, etc.)	2
Sickle Cell Disease	0
Heart disease with activity restrictions	2
Suctioning (oral, nasal/pharyngeal)	1

Special Healthcare Need	# of Students
Hemophilia/bleeding disorder	1
Hydrocephalus with shunt	0
Kidney disease	2
Mental Health	
• ADD/ADHD	69
• Anxiety	44
• Autism Spectrum Disorder (ASD)	14
• Bi-polar	8
• Depression	30
• Obsessive Compulsive Disorder	3
• Oppositional Defiance Disorder	6
• Post Traumatic Stress Syndrome	8
Tourette's syndrome	2
Migraine headaches	18
Neuromuscular disorder, non-progressive (e.g., Cerebral Palsy, etc.)	3
Neuromuscular disorder, progressive (e.g., Muscular Dystrophy, etc.)	0
Organ Recipient	0
Orthopedic disability (permanent)	6
Orthopedic disability (temporary, e.g., Osgood Schlatter, fractures, etc.)	17
Scoliosis requiring treatment	2
Pregnancy	2
Teen Parenting	1
Rheumatoid Arthritis	2
Autoimmune disease (e.g., Lupus, etc.)	7
Routine medications at school	25
Seizure disorder	17
Students with "do not attempt resuscitation (DNAR) order	0
Traumatic Brain Injury	3
504 Plans	8

Elementary School Health Advisory Council

SHAC 2023 -2024 School Board Report

Members of the Elementary SHAC reviewed the following categories, identifying strengths and weaknesses in each area.

Safety and Environment

Health Education

Physical Education/Physical Activity

Social/Emotional Climate

Employee Wellness

Family Engagement

Community Involvement

One area of concern regarding **Safety and Environment** is the elementary gym. SHAC recommends to have new protective wall padding placed along the concrete gym walls, to reduce the number of student and athlete injuries. *However, due to current construction in the elementary, this item has been tabled for the time being. Nurse Kathy will continue to pursue this once construction in the elementary is completed.*

Weaknesses in **Health Education, Physical Activity and Employee Wellness** were also identified. These were addressed internally, without much difficulty and with minimal cost to the school district.

Mrs. Vannoy focused on goals that would strengthen aspects of student **Physical Activity and Physical Education**. A color guide for indoor/outdoor recess using Child Care Weather Watch Guideline was implemented to increase outdoor play. The basement did get some new toys and a schedule for indoor recess. Activities, apps and games were provided to teachers along with any resources that they may need for the basement.

Mrs. Vannoy met with P.E. Teacher Coach Huchteman and discussed different opportunities for the **Health Education** that he has one day a week. He is going to work on bringing in outside presenters to help deliver instruction/information on some of the health topics. Examples: Crystal Murr/Jen Houser (SNAC/My Plate, extension office), Health Department (germs/handwashing, etc). He has also discussed the opportunity to introduce full body workouts in the gym on these days.

Mrs. Amy Miller followed up on weaknesses identified concerning **Employee Wellness**. (see the following 4 pages)

School Board Report per K. Palmer, Elementary School Nurse 06/18/2024

Mrs. Miller's Contributions to the Needs Identified on the
SHAC Survey

- Offered to facilitate an Adult Resilience Curriculum (ARC) Group or provide materials to staff who would rather complete it on their own. The flyer is attached that I gave out at the beginning of the school year and hung outside of my office. No staff took me up on this offer.

- Provided all staff with information for free telehealth counseling services through MU Extension. I gave out the attached flyer two different times in the year, once at the beginning of the school year and then again after we came back from Christmas Break.

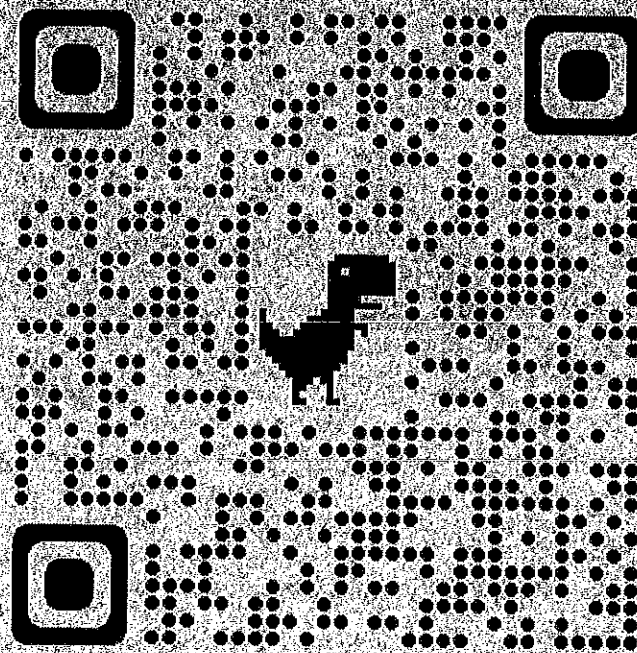
- I created and distributed a monthly Employee Wellness Newsletter. I have attached an example of one of them.

- I created and managed a monthly Staff Brag Board in the workroom to help build staff morale. I encouraged everyone to write positive notes to their co-workers and place them on the board. At the end of each month, I would take down all of the notes that had been written and put them in a drawing for a prize. It was heavily used throughout the school year.

****NEW RESOURCE FOR STAFF****

Adult Resilience Curriculum (ARC)

The Adult Resilience Curriculum (ARC) helps professionals and their organizations navigate difficult times and overcome barriers to well-being. It helps prevent and relieve burnout, which can manifest as fatigue, impaired focus and depersonalization resulting from emotional exhaustion. ARC is rooted in positive psychology and adult-focused research. This wellness series can be completed through self-paced learning or by attending an ARC Wellness Group facilitated by your School Counselor, Mrs. Amy Miller, once a month after school. If you are interested in participating in this wellness series, please scan the QR Code below to sign up.



FREE Service

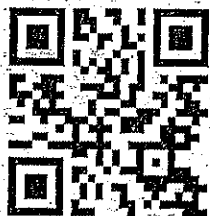
Feeling stressed?

Get confidential, telehealth counseling services from a trusted source

Don't have internet access?
Your local MU Extension office
will provide a private space
for your session.

Adult services offered for:

- stress management
- anxiety and depression
- grief and loss
- work or school issues
- relationship challenges



SCHEDULE AN APPOINTMENT

CALL 573-516-4613

Please mention extension services

umurl.us/UMSLservices



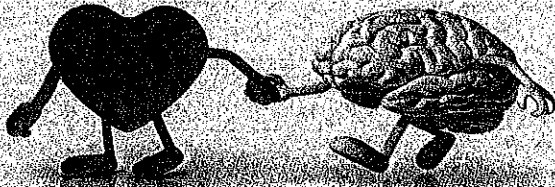
Extension
University of Missouri

THE Counseling CONNECTION

KNOX COUNTY Elementary School

Employee Wellness Wisdom - February 2024

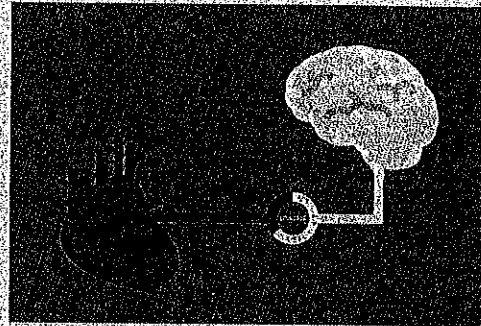
Mrs. Amy Miller - Elementary School Counselor



Please don't ignore stress, anxiety, depression, excessive worry, or extended bouts of anger or grief that completely overwhelm your life. Do your heart and brain a big favor and seek professional help. A great starting place for getting help with these things is by talking with your primary care physician to help you put a plan in place. I am also happy to help in any way I can. Always remember it is okay to not be okay but it is not okay to not be okay and not do something about it.

February is Heart Health Month

Did you know that managing your emotions can help save your heart?



I know your brain and heart are in completely separate regions of your body and perform very different functions. However, the two organs are intimately connected because when your brain is adversely affected by your emotions, your heart is affected as well. Stress, anxiety, and depression are all conditions of the brain but can also create very unhealthy conditions of the heart, such as heart disease, high blood pressure and even cardiac arrest. Your heart and mind work best when both are in good shape. Doing things to keep this dynamic duo in harmony will help you live a more balanced life. Some healthy ways that you can help both your brain and your heart include: Getting moving, taking breaks, eating good stuff and making connections with friends and family.



**"Love is
a great
beautifier."**

- LOUISA MAY ALCOTT

RS

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THIS MONTH'S FOCUS:

Mind-Heart Connection

Middle School/High School Health Advisory Council

2023-2024 School Board Report

There were 7 staff, including myself, that made up the School Health Advisory Council.

The members of the MS/HS School Health Advisory Council reviewed the School Health Index, which includes 11 modules. If a weakness was found in a module then an action was created and prioritized by importance, cost, time, commitment, and feasibility to complete the action.

From the modules and actions completed; an Overall Score Card was created to prioritize which module needed to be addressed 1st. From there we completed the School Health Improvement Plan. The next step is for the board to implement the recommendations.

As the School Health Index states: we all share the same goal: to develop healthy children who come to school ready and able to learn.

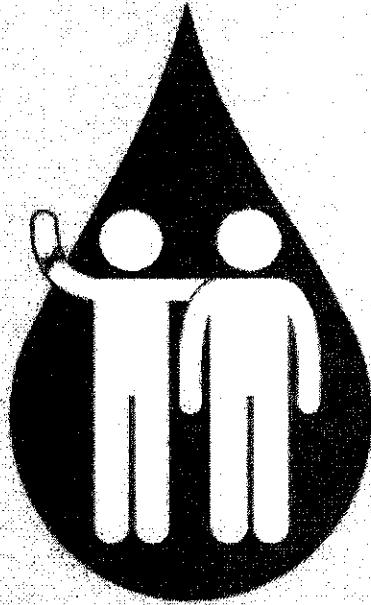
This was the 1st year for most of the members to participate in the School Health Advisory Council, with lots of construction and upgrades happening, hence we only came up with 1 main goal to keep it simple this year.

Recommendation: hang up blood drive sign/excuse before the drive and give to the students as they donate.

I thought it was fantastic that we hosted a blood drive. Unfortunately, the 2nd drive was canceled due to weather. The fact is that each donation can save up to 3 lives! With that being said; students that donate blood should be excused from PE, sports practices, and/or anything physically taxing during the rest of their day (especially if they completed a Power Red Donation). I reviewed the recommendations from the Red Cross regarding the rest periods recommended after giving blood including those for students and athletes. I noticed that several that gave blood turned around and participated in PE, weight lifting, and/or were stated that they felt required by coaches to complete sports practice. This can cause the student to feel weak, dizzy, and potentially start bleeding again. This could put the student at risk for injury and potentially cause that student to not want to donate again. I think some type of excuse from these activities would be valuable therefore I created a sign/excuse for the students that donate. I would like these to be hung up with the donation information for students and staff to read before donating. This sign/excuse also states to NOT give blood on the same day of a competition or strenuous practice that can't be missed; therefore, also placing responsibility on the student to make the best choice for them.

Attached: Knox County blood drive information; blood drive sign/excuse to be hung and given to each student donor.

Report prepared by Sarah Rimer RN



**American
Red Cross**

Thank you!

Knox County R1 School

Sponsor Group

9/27/2023

Date of Drive

30

Units Collected

37

Total Donors

5

Power Red Units

17

First Time Donors

**One single blood donation can help save more than one life.
Thank you for supporting our lifesaving mission!**

Blood Donation Information

Every 2 seconds, someone in the US needs lifesaving blood.

BEFORE DONATING

Signed parental consent if needed. Bring your ID

Sleep at least 8 hours. Eat a healthy breakfast and/or lunch. Drink extra water or fluids.

DURING DONATING

Distract yourself. Practice relaxation techniques. Tell staff if experiencing any discomfort or other symptoms.

AFTER DONATING

Get up slowly. Sit and relax for 15 mins or more. Eat and drink. Tell staff if experiencing any discomfort or other symptoms.

Drink more fluids. Rest and give your body time to recover. Avoid overheating. Avoid alcohol. Eat healthy balanced meals. Avoid exercise.

STUDENT ATHLETES-take this letter to your coaches. It is encouraged that you sit out and just watch during practice and/or PE for the rest of the day.

Student athletes should NOT do any heavy lifting or vigorous exercise for the REST of the day. You temporarily lose fluids after donation, which your body replaces within 24 hours or sooner if you drink extra fluids. As a precaution, DO NOT donate blood on the same day of a competition or strenuous practice that can't be missed.

Plan ahead to best schedule your donation with sports and other activities.

We hope that a positive donation experience encourages your teen to become a lifelong donor!

Resources:

https://cdnsm5-ss6.sharpschool.com/UserFiles/Servers/Server_57305/File/Blood%20Donation%20Student%20Guide.pdf

<https://www.redcrossblood.org/donate-blood/blood-donation-process/before-during-after.html>

<https://www.redcrossblood.org/content/dam/redcrossblood/controlled-documents/Parental-Consent-Blood-Donation-EN.pdf>

