

FUTURE OF NURSING™

Campaign for Action

AT THE CENTER TO CHAMPION NURSING IN AMERICA



Better Schools, Better Communities for a Healthier America Meeting Summary New Orleans, Louisiana October 2-3, 2019

This meeting was a follow up to the National Academy of Medicine's Future of Nursing 2020-2030 committee meeting held in Chicago in June with the theme of Education, Research and Practice. The objectives for this two-day meeting included:

- Discuss the role school nurses play in addressing the social determinants of health to improve the health of individuals, families, and communities.
- Identify system facilitators and barriers to achieving this goal.
- Encourage school nurses and the systems in which they work to serve as change agents in bridging the delivery of health care and social needs care.
- Inform participants about innovations, stakeholders, and data needed to address the health of our nation.
- Explore models and partnerships to maximize effectiveness of school-based health.

Introductions and Welcome

The meeting began with a “passing of the baton” exercise led by Patricia Polansky, RN, MS, director of program development and implementation at AARP’s Center to Champion Nursing in America as she introduced the school health nurse leaders who would be facilitating the meeting. These three leaders included:

- Rebecca King, MSN, RN, NCSN, director of nursing, Delaware Division of Public Health;
- Andrea Tanner, MSN, RN, coordinator of health services, New Albany-Floyd County (Indiana) Consolidated School Corporation; and
- Jessica Wagner, MPH, BSN, RN, associate director of prevention and health promotion, National Collegiate Athletic Association.

Susan Hassmiller, PhD, RN, FAAN, senior adviser for nursing at the Robert Wood Johnson Foundation (RWJF) and director of the Future of Nursing: *Campaign for Action*, then welcomed the twelve state Action Coalitions and the school health representatives that were included in the state participants. The meeting was structured with a series of moderated panels and armchair conversations.

Winston Wong, MD, MS, FAAFP, board member, School Based Health Alliance; medical director, community benefit, and director, disparities improvement and quality initiatives, Kaiser Permanente, provided opening remarks. He shared an overview of school-based health and the focus on increasing access to health care services to ensure health equity for all students. He described the rapidly growing technology of telehealth as the emerging vehicle for students to access health and how the role of nurses in telehealth needs to be more fully defined. Wong identified the changing issues facing all school nurses and school-based health center including bullying; sexual identification; opioid addiction and trauma. He concluded by depicting the future as the championing of school-based health; the collaboration of health educators, nutritionists, eye care professionals, dieticians, physicians and nurses and the development of an alternative payment system to ensure school-based health is to remains the quality access point for kids.

The majority of the two days was comprised of a series of rapid-fire panel discussions and armchair conversations focused on the role of school nurses and student health and wellness. The panels, moderated by school nurses leaders, included:

- **School Nursing Vision and Value**

The panel included four representatives currently engaged in school health activities. Representatives from the National Association of School Nurses, the San Diego Unified School District, the University of Washington, Seattle, and the Paramount Schools of Excellence. Panelists focused on the role of school nurses, the research framework utilized by school nurses, and how data is collected, and how data is used to address issues such as chronic absenteeism. The discussion also covered student health and where school nurses can influence policy. Key takeaways from the discussion was the statement that academic support helps with health and health support helps academics and with education and health care coming together, health for kids, teens, and their families is improved.

- **Wellness and Prevention Strategies Across the Lifespan**

This panel included representatives from the Institute to Promote Athlete Health & Wellness, the American College Health Association, the National Alliance on Mental Illness, Texas Tech University Health Sciences Center, and the American Public Health Association. The discussion focused on the etiology of problem behaviors and the development of predictors of problem behaviors, the biology of stress, the genetic disposition/environmental impacts on mental health and the new strategies to engage athletes to improve behavioral outcomes and student health. Key takeaways were:

1. the focus on the law of maximum expected potential that includes the relationship between mediators and behavioral outcomes directly affecting the maximum expected potential effect that can be achieved;
2. that effective prevention involves a comprehensive approach, and
3. that school nurses are the anchor for health of kids in the community.

- **Schools Nurses' Role to Improve the Health of Individuals, Families and Communities**

The participants in this panel were representatives of the Trevor Project and the Association of Recovery in Higher Education. The discussion revolved around the context of suicide prevention, the lifeguard project, the isolation that may be present in LGBTQ individuals and an overview of current data and key points related to addiction recovery in college. Key takeaways in this conversation were the need to make mental health an explicit priority in our schools; education of students on how to talk to trusted adult; the need to create safe environments for young people; and nurses serving as recovery buddies as young people move through the screening, intervention and recovery process.

In addition to these panels there were two armchair conversations including:

- **Armchair Conversation with Rush University Faculty**

This conversation was moderated by a professor in the Department of Community, Systems and Mental Health Nursing at Rush University and involved faculty from the Department of Community, Systems and Mental Health Nursing and Community Based Practices. The discussion focused on the role of students and nurses working with communities to improve population health outcomes. The content of the discussion

included nurses practicing at the top of their licenses, the role of the APRN, health equity and the nurse's contribution to health in schools.

- **Community Health Center View**

This brief conversation was led by Patricia Polansky, director of Program Development and Implementation at the Center to Champion Nursing in America, and the Regional Vice President for Community Health Center, Inc. The conversation revolved around the services that community health centers provide and their connection to school nurses and school-based health. The national prevention strategies in the Affordable Care Act were discussed. The takeaways from the personal stories that were shared revolved around the need for school-based health and community health centers partnering to increase screening, early identification, early connection to care and removing barriers to care for all families.

Question and Answer Periods

Following each panel presentation and armchair conversations, participants engaged in an interactive dialogue with the presenters. They identified key concepts that emerged over the two days. Themes of these comments included:

- The need to utilize the film *Resilience: The Biology of Stress and the Science of Hope* in all school systems.
- Involving law enforcement in the development of solutions to school-based health issues.
- Partnering with parents to improve school health.
- Advocating for one nurse in every school in the country as a national policy.
- The interconnectedness of all the concepts that were discussed.
- They shared their individual state and local efforts to address health equity in schools.
- The continued need for data collection and the use of evidence-based practice in school health.
- The continued need to bridge health and education.
- School nurses need to make sure they are speaking the language of the people with whom they are working.

The Challenge

In the concluding remarks for the meeting, Hassmiller challenged all the participants to send her any data they have on their activities and outcome related to school health. She asked how the energy, ideas, and data that were brought forward in the meeting could be best shared with a broader audience. Hassmiller then asked each participant to write down what they were going to share and put into action when they returned home and to identify any ideas how the *Campaign* might better partner with the participants to move these ideas forward.

The commitments were collected and will be summarized as part of the follow-up to the meeting. She used the example of one speaker from the **National Alliance of Mental Illness** who shared her commitment to return to her organization to promote partnerships with school nurses in their organization's programmatic work, policy advocacy and their state level work. Participants were invited to come to the microphone to share their commitments. The comments shared included:

- To ensure that school nurses are integrated into their state Action Coalition - **Louisiana**.
- To ensure that school nurses are members of all Department of Education workgroups - **Ohio**.

- To seek out information around a tool kit on school health - **U.S. Army Medical Department**.
- To work with the NCAA to incorporate more nurses into their committees- **Institute to Promote Athlete Health and Wellness**.
- To encourage all school systems in their state to use ACES (Adverse Childhood Experiences) to assess each student in the system - **National Association of School Nurses**.
- To have our state Action Coalition partner with the state Association of School Boards to share information on the value and needs of our school nurses -**Texas**.
- To share with my doctoral student group what occurred in this meeting to consider research around school health and the role of school nurses - **North Carolina**.
- To develop an article for our state Nursing Association and the Black Nurses Association newsletter about the conversations and ideas which were shared in this meeting - **National Black Nurses Association**.
- To connect with the superintendents' organization in our state and volunteer to speak at one of their meetings - **Louisiana**.
- Have invited Dr. Wong to my state to speak with our Superintendents Association - **Alabama**.
- Work with APHA to add to the strategic operation plan to consider student health from a population standpoint - **American Public Health Association**.
- To connect with our college health association to develop an orientation for out 11 and 12 graders to help better prepare them for higher education - **American College Heath Association**.
- To reach out to my community college nurses to identify what support they may need - **San Diego Unified School District**.
- To continue to mentor the younger nurses we have hired to share what school nursing is and how to bridge with other faculty not in the health professions - **San Diego Unified School District**.
- To work to develop school nurse consultants in all 50 states - **National Association of School Nurse Consultants**.