**Referral Pathway for School Nursing Assessment**

BDCFT School Nursing Service, can offer limited, non-urgent interventions to children, young people and/or families please see below the criteria for those interventions. The School Nurse Service offers advice and support to children and young people aged 5-19 years, attending Bradford and Airedale schools, their parents/carers and professionals in the schools.

Support can be accessed in various ways including telephone, video or face-to-face contact.

**Referral criteria to access the School Nursing Service**

The following areas are all relevant and suitable topics which the School Nursing Service can help with:

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| * Advice, information, and signposting for general health issues
 | Part of the School Nurse role is to connect professionals, children, young people, and families more directly with the most appropriate source of help or advice. They can help to navigate care and identify local and national services available both in person and/ or digitally.General health issues may include physical activity and nutrition, obesity, sexuality/ identity, tobacco/ vapes and substance abuse |
| * Initial advice and assessment for mild or low level emotional and mental health issues including basic strategies and interventions for issues such as:

- Self esteem- Anxiety - Low mood- Self harm- Difficulties in managing emotions/anger | Identifiable behavioursLow mood:* + Sadness or low mood
	+ Loss of interest or pleasure
	+ Fatigue or low energy
	+ Disturbed sleep (increased or decreased)
	+ Lack of concentration
	+ Low self confidence
	+ Changes in appetite
	+ Suicidal ideation (thoughts of but no active plans to attempt this)
	+ Self-injury
	+ Guilt or self-blame

Anxiety:* + Avoidance
	+ Defiance
	+ Seeking constant reassurance
	+ Excessive worries
	+ Physical symptoms (such as sweating, heart palpitations or feeling shaky)
	+ Panic attacks or feeling dizzy/ sick
	+ Change in social interaction

Self harm:* + Cutting
	+ Over or under eating
	+ Excessive exercise
	+ Self-biting, punching or head banging
	+ Picking or scratching skin excessively
	+ Burning skin deliberately
	+ Hair pulling

Difficulties in managing emotions/anger:* + Problems verbally expressing emotions in a calm and healthy way
	+ Outward aggression may include physical behaviour towards self, others or objects
	+ Inward aggression may include isolation or self-harm.
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| * Basic sexual health advice
 | Part of the School Nurse role is to connect professionals, children, young people and families more directly with the most appropriate source of help or advice. They can help to navigate care and identify local and national services available both in person and/ or digitally.Basic sexual health advice may include, how to access sexual health services, consent, contraception and how to access it, open and honest myth busting. |
| * Sleep issues (not related to a medical condition or lack of parental boundaries/ routine)
 | The School Nurse Team can help the child, young person and parent to understand signs of sleep problems, possible causes of sleep problems and discuss tips to get to sleep and to sleep better |
| * Healthy lifestyle
 | The School Nurse Team can help the child, young person and parent to explore goal setting, self-management skills, discuss emotional health and the relation with healthy habits. |
| * Development or co-ordination concerns
 | Identifiable behaviours that affect a child's ability to perform everyday tasks:* + Frequently described as clumsy or awkward
	+ Difficulty mastering simple motor activities, such as tying shoes or co-ordinating movements smoothly
	+ Inability to perform age appropriate academic or self-care tasks
	+ Delayed motor skills
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| * Primary Nocturnal Enuresis (known as bedwetting)
 | The involuntary discharge of urine during sleep, which is common in young children. Children are generally expected to be dry by a developmental age of 5 years. Someone with primary enuresis has wet the bed since they were a baby and/ or were toilet trained. |

This list is not exhaustive and if you are unsure, please contact a member of the School Nurse Team to discuss the referral further. Contactthe team via the admin hub on **01274 221203** and ask for School Nursing.

**Exclusion criteria**

A different service to school nursing may be needed if:

* A child or young person has an urgent medical condition that needs treatment, this includes any identified evidence of eating disorders
* Secondary enuresis which has developed at least six months, or even several years, after the child or young person has learned to control their bladder Daytime wetting and/ or soiling and constipation
* A child has low school attendance with no clear or appropriate identified health needs or health needs that are being met by a specialist health service
* A child or young person has already recently received support for the same issue
* A child or young person needs counselling, a more specialist service or requires more long-term mental health support (we may be able to help signpost to the correct service to access this support)
* A child or young person’s health needs are already being met by another service, for example specialist nurses, hospital services, Mental Health Support Team (MHST), Educational Based Emotional Wellbeing Practitioners (EEWP) Team, Youth in Min (YIM), Step2 or Child and Adolescent Mental Health Services (CAMHS)
* A Social Worker should seek a consultation with their linked CAMHS practitioner regarding an allocated child and associated mental health concern in the first instance and before completing any referrals
* If there are any concerns regarding neurological impairment such as Autism Spectrum Disorder (ASD) or Attention Deficit Hyperactivity Disorder (ADHD), the most suitable referral route is via CAMHS or Bradford or Airedale Child Development Service (CDS). This information is available via Bradford Schools Online (BSO) or by contacting the teams directly.
* Any concerns with parenting or behaviour that that is displayed in only one setting i.e., home or school but not both, should be directed to Early Help 01274 435600 for further support.
* Please note that we cannot accept duplicate requests for support and if a referral has also been requested to another appropriate service, we cannot accept your referral. We cannot also provide support if a referral has been accepted by another service which have long waiting lists. Please liaise with this service directly.

**Timescales**

* An acknowledgement will be sent to the referrer within 2 working days of receiving the referral
* All referrals will be assessed on receipt and if appears urgent, the referrer will be advised to signpost parent/ carer to a more appropriate service. They may be contacted directly by the team if concerns appear acute.
* All referrals that meet our criteria will be allocated to an appropriate member of the school nursing team within 12 weeks of receipt who will then contact the parent/ carer; referrer and (if appropriate) the young person to discuss any required intervention and/ or offer an appointment. The referrer will be updated when the child or young person has been discharged.
* If the referral does not meet the service criteria, advice and signposting information will be provided if applicable. The referrer and parents will be notified of this decision.

**School Nursing Service provision**

If your child or young person is offered one-to-one support, this will consist of an initial assessment, basic strategies and interventions, up to a maximum of three sessions. The child or young person will then be discharged if a positive outcome has been achieved; discharged with on-going self-management advise or referred onto a more appropriate service to meet their needs.

* We have many ways in which we offer appointments with children and young people. This is currently virtually, via video or telephone contact, however, we will assess the need for a face-to-face appointment at an appropriate venue including schools on a needs led basis.
* Support can be with the child or young person on a one-to-one basis, with their parent or carer depending on the child’s age, or together with their families or teachers based on the needs of the child or young person
* Telephone advice, signposting and support to children and young people, parents/carers and schools is also available Monday to Friday 8.30-5pm. The number to call is 01274 221203

**How to contact us**

Please complete a referral form which can be accessed below or on Bradford School online.

Please email a copy of all necessary forms (plus any additional templates) to secure email address admin.services@bdct.nhs.uk ensuring subject field on e/mail says School Nursing referral.

Please include any additional comments from other professionals such as a class teacher and any relevant reports if available stating how the child or young person would benefit from school nursing support and any known risk to the child or young person. It is not advisable that the referral is completed solely based on information from a third-party source.

Please include the views of the child or young person.

Parents/carers should provide details including emotional, mental and physical health history, family history and previous professional involvement.

**Please note: We are not an emergency service.**

If you have immediate concerns about a child’s emotional or physical wellbeing, please refer directly to the local A&E department, First Response (0800 952 1181), CAMHS Duty (Fieldhead in Bradford -01274 723 241 or Hillbrook in Keighley. 01535 661 531). You can also refer to the GP, call NHS 111 for advice or follow the local safeguarding children procedures

**School Nurse referral form:**

