

School Health Service

Newsletter: Summer 2021

NHS
Croydon Health Services
NHS Trust

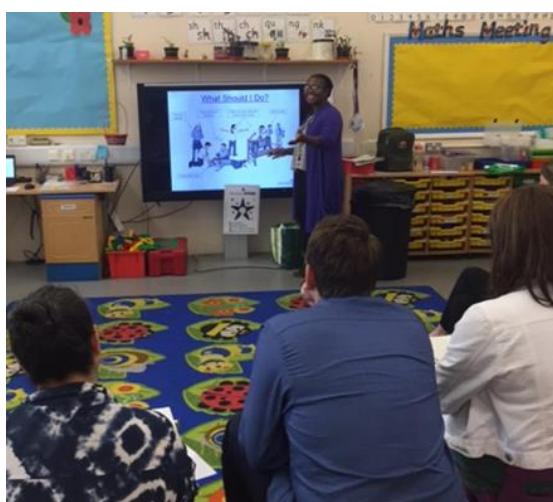


School Health Croydon
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This Summer the School Health Service are offering:

Health Assessments & Referrals: Nurses see children and young people who are referred to our service for health assessments, advice and support.

Health Care Plans & Advice: If you require advice regarding the health of your pupils or students, a nurse is able to visit your school, or offer telephone and online advice, so please feel free to contact us.



Medical Needs Awareness Training:

We are offering schools bespoke training sessions according to their needs. This can be done either in person, in a COVID secure way, or virtual.

For all other enquiries, please contact the School Health Team (details below).

Screening Services

Following guidance from Public Health England, **some** of the screening programmes are being re-introduced.

The National Child Measurement Programme will take place in a small cohort of schools who have been notified.

If you have concerns about a child's growth, please contact the School Nursing Service.

Vision Screening is not being offered this term but, if there are any concerns about a child's vision, an appointment can be made with an optician. These appointments are **FREE**.



School Nursing Team Contact Details:

Email: ch-tr.croydonschoolnurses@nhs.net

Telephone: 020 8274 6391

Clinical Service Lead for School Nursing: Julie Critcher

Croydon School Nursing & Immunisation Website:

<https://www.croydonhealthservices.nhs.uk/school-nursing>



Immunisations



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Croydon School Immunisation Service are holding clinics and school sessions in a COVID secure environment. If you have any concerns, we are happy to discuss the infection control measures taken to ensure safety for the school community.

This term the HPV and Leavers Booster Immunisations are being prioritized and nurses will visit individual schools, as scheduled.

If you have any queries regarding these sessions, please contact the Immunisation Team.

Immunisation Team Contact Details:

Email: ch-tr.immunisationteam@nhs.net
Telephone: 020 8274 6453

Clinical Service Lead for Immunisation: Sinead Hylton

World Asthma Day 5th May 2021

Asthma is the most common long term medical condition among children and young people in the UK and is the most common reason for urgent admissions to hospital in children and young people in England.

Around 12 children and young people die of this disease in the capital every year and poorly controlled asthma affects every aspect of children and young people's lives.

(Healthy London Partnership 2021)

Schools play an important part in supporting the health and wellbeing of children and young people with asthma.

If you need support in meeting the needs of children and young people with asthma, please contact the School Nursing Team. **Email:** ch-tr.croydonschoolnurses@nhs.net



Croydon Children's Asthma Team

Website: <https://www.croydonhealthservices.nhs.uk/childrens-asthma-service>

Email: mhn-tr.chahasthma@nhs.net

Telephone: 0208 274 6348/6422

What to do in an asthma attack

-  **1 Sit up straight** – try to keep calm.
-  **2 Take one puff of your reliever inhaler** (usually blue) every 30-60 seconds up to 10 puffs.
-  **3 If you feel worse at any point OR you don't feel better after 10 puffs call 999 for an ambulance.**
-  **4 Repeat step 2 after 15 minutes** while you're waiting for an ambulance.

IMPORTANT! Not applicable to SMART or MART medicine regimes. Speak to your GP or asthma nurse for further information.

www.asthma.org.uk



Mental Health Support For Young People



It has been recognized that the Covid-19 pandemic has had a significant impact on children and young people. Here are some organisations and websites that will help in supporting them.

LOCAL SERVICES

Off The Record <https://www.talkofftherecord.org/need-help-now/croydon-young-peoples-service/>

Croydon Drop-In: Tel: 020 8680 0404 Email: enquiries@croydondropin.org.uk

Talkbus helpline: 07592 037823

CAMHS Crisis Line 0203 228 5980 Monday - Friday 5pm - 10pm, Saturday, Sunday & Bank Holidays 9am - 9pm
 For advice out of hours: **SLAM Mental Health Crisis Line** on 0800 731 2864 or NHS 111



Is a confidential text messaging service that enables young people, aged 11-19 years old, to send questions to our School Health Team.

Students can text the Croydon School Nurses on **07520 615205**



NATIONAL SERVICES

Young Minds <https://youngminds.org.uk>

Place2Be <https://www.place2be.org.uk>

Kooth <https://www.kooth.com/index.html%20>

The Mix (Website, Telephone/Texting service, Apps for Teens) <https://www.themix.org.uk>

Barnardo's <https://www.barnardos.org.uk>

Childline.org.uk (Telephone: 0800 1111) <https://www.childline.org.uk>

NHS website: Depression in children and teenagers <https://www.nhs.uk/conditions/stress-anxiety-depression/children-depressed-signs/>

Child Bereavement UK <https://www.childbereavementuk.org>

Health For Teens <https://www.healthforteens.co.uk>

Health For Kids <https://www.healthforkids.co.uk>



Medical Training Resources

Anaphylaxis

Anaphylaxis Campaign <https://www.anaphylaxis.org.uk>

FREE online anaphylaxis training course <https://www.anaphylaxis.org.uk/schools/schools-help>

Anaphylaxis UK has this helpful film clip <https://www.anaphylaxis.org.uk/what-to-do-in-an-emergency>

Epipen <http://www.epipen.co.uk/demonstrationvideo>

Jext <https://www.youtube.com/watch?v=CjgbwmQy2r8> and <https://kids.jext.co.uk/about-jext/how-to-use>

Allergy UK <https://www.allergyuk.org/information-and-advice/for-schools>

The British Society for Allergy & Clinical Immunology <https://www.bsaci.org>

Asthma

Asthma UK <https://www.asthma.org.uk>

Advice for Asthma Attacks: <https://www.asthma.org.uk/advice/asthma-attacks>

Device Demonstrations:

<https://www.asthma.org.uk/advice/inhaler-videos> and <https://www.asthma.org.uk/advice/inhaler-videos/child-no-facemask>

Guidance on the use of emergency salbutamol inhalers in schools (Department of Health, 2015)

Croydon Children's Asthma Team <https://www.croydonhealthservices.nhs.uk/childrens-asthma-service>

Epilepsy

Epilepsy Action UK <https://www.epilepsy.org.uk>

Resources for schools: <https://www.epilepsy.org.uk/info/children/schoolstuff>

Dealing with tonic clonic seizure: <https://www.youtube.com/watch?v=olArThAgUd8>

Dealing with absence seizure: <https://www.youtube.com/watch?v=JpPQbkMEYW8>

Dealing with focal seizure: https://www.youtube.com/watch?v=8vISHhKCw_Q

Epilepsy Society <https://www.epilepsysociety.org.uk>

Young Epilepsy <https://www.youngepilepsy.org.uk>

Administration of Buccal Midazolam <https://www.youtube.com/watch?v=B08WEXzXVo4>

Sickle Cell

Sickle Cell Society <https://www.sicklecellsociety.org>

Croydon Sickle Cell & Thalassaemia Centre

316-320 Whitehorse Road

Croydon CR0 2LE <https://www.croydonhealthservices.nhs.uk/sickle-cell-thalassaemia-centre>

NHS Choices - Sickle Cell <https://www.nhs.uk/conditions/sickle-cell-disease>

