

QUICK START FACT SHEET
KEY PRINCIPLE: CARE COORDINATION

TOPIC: Chronic Disease Management
IDEA: Improve Attendance in Students with Chronic Disease - Asthma

THE IDEA	GOALS	ACTION STEPS	RESOURCES	MEASURE OUTCOMES
<p>What areas do you want to focus on for improvement?</p> <ul style="list-style-type: none"> Data on students with asthma who are absent. Consistent school or district data on chronic disease impact on school attendance. Would like to gather information about students with asthma when they are absent to develop informed initiatives to improve student attendance. <p><i>SMART Goals - see Appendix B</i></p>	<p>What exactly is it that you want to achieve?</p> <ul style="list-style-type: none"> Collect data on all students who have asthma in [NJ School] to understand the reasons for absence during the school year 20XX-20XX. Develop a template to categorize reasons for absences from evidence-based resources. Report results monthly to address the need to check often and early to keep students in school when appropriate. Benchmark results for next school year. Develop initiatives that address major findings for next school year. Pilot study that can be expanded to other chronic diseases, or “regular” student population within school and district. 	<ul style="list-style-type: none"> Consider who will be affected and how? Get buy-in for your initiative. Who are the individuals who must be involved and engaged in your initiative? Who can lead the initiative? What partners/stakeholders should be involved? What resources will be needed? (i.e. types of staff and required time; supplies and materials, equipment, other resources; estimated costs). What are possible challenges and barriers? Reflect on these and think about possible solutions and strategies. What is your timeline? Do you have a short-term outcome to demonstrate early visible improvements? How will you share/communicate your proposed initiative and with whom? Have you thought about sustainability for your project? Will this be a project you can continue annually? 	<ul style="list-style-type: none"> What resources can guide this project using evidence-based, best-practices? Are there templates, information, guides already in place? What are others doing? Find out about other initiatives. What are other schools, districts, states doing? Do not limit yourself to nursing-related initiatives. Be sure to ask what were the lessons learned. Are there funding sources and grants that can help off set costs? 	<ul style="list-style-type: none"> How will you measure progress and success? What are your outcome measures? How often will you check and measure your progress? Who will be responsible for collecting and reporting the information/data? How will you evaluate your initiative to determine success?

SOCIAL MEDIA

@attendanceworks	@NJSSNA1	#EveryDayCounts
@Campaign4Kids	#attendance	#AttendanceMatters
@schoolnurses	#schooleveryday	#NJSchoolNurseLeadership

For more details on this project, see Chapter 2, Idea 1.

QUICK START FACT SHEET
KEY PRINCIPLE: CARE COORDINATION

TOPIC: Interdisciplinary Teams
IDEA: Mental/Behavioral Health - Calming Classroom

THE IDEA	GOALS	ACTION STEPS	RESOURCES	MEASURE OUTCOMES
<p>What areas do you want to focus on for improvement?</p> <p>Mental and behavioral health concerns are increasing. Students leave the classroom, missing instructional time due to symptoms of anxiety, distress, depression or other concern. Implement a safe space or “calming room” in the school building. Collaborate with other staff in school community to create a calming room. Research supports that the room successfully reduces suspensions, disciplinary issues, and improves instructional time in the classrooms.</p>	<p>What exactly is it that you want to achieve?</p> <ul style="list-style-type: none"> • Implement a safe space/classroom that facilitates student health and learning. • Provides opportunity for student to learn and manage behaviors through support staff and learning the use of self-management tools. • Promotes screening of mental/behavioral health and referral to appropriate resources when necessary. • Enhances collaboration between school/district student support services and community support. • For example: health, access to resources, addressing other issues that may be present. • Develop a needs assessment from information collected as students use the room to further understanding student mental/behavioral health needs and other issues. 	<ul style="list-style-type: none"> • Consider who will be affected and how? • Get buy-in for your initiative. Who are the individuals who must be involved and engaged in your initiative? • Who can lead the initiative? What partners/stakeholders should be involved? • What resources will be needed? (i.e. types of staff and required time; supplies and materials, equipment, other resources; estimated costs). • What are possible challenges and barriers? Reflect on these and think about possible solutions and strategies. • What is your timeline? • Do you have a short-term outcome to demonstrate early visible improvements? • How will you share/communicate your proposed initiative and with whom? • Have you thought about sustainability for your project? Will this be a project you can continue annually? 	<ul style="list-style-type: none"> • What resources can guide this project using evidence-based, best-practices? • Are there templates, information, guides already in place? • What are others doing? Find out about other initiatives. What are other schools, districts, states doing? Do not limit yourself to nursing-related initiatives. Be sure to ask what were the lessons learned. • Are there funding sources and grants that can help off set costs? 	<ul style="list-style-type: none"> • How will you measure progress and success? • What are your outcome measures? • How often will you check and measure your progress? • Who will be responsible for collecting and reporting the information/data? • How will you evaluate your initiative to determine success?

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#behavioralhealth @samhsagov @NJSSNA1
 @CDCgov @reachnj #NJSchoolNurseLeadership
 @NIMHgov @schoolnurses

For more details on this project, see Chapter 2, Idea 2.

QUICK START FACT SHEET
KEY PRINCIPLE: LEADERSHIP

TOPIC: Policy Development and Implementation
IDEA: Opioid/Naloxone Policy and Procedures

THE IDEA	GOALS	ACTION STEPS	RESOURCES	MEASURE OUTCOMES
<p>What areas do you want to focus on for improvement?</p> <p>Increasing numbers of individuals are using opioids and heroin-type substances. Naloxone is a life-saving medication that temporarily reverses the action of the opioid substance. Making the medication available at school by developing and implementing a school policy will save lives. The students and school community will benefit from targeted interventions that increase knowledge, awareness and prevention regarding substance abuse.</p>	<p>What exactly is it that you want to achieve?</p> <ul style="list-style-type: none"> • Implement a policy for naloxone administration in school. • Implement targeted interventions and learning opportunities for students and the school community. • Promote awareness and screening for substance abuse and referral to appropriate resources when necessary. • Enhance collaboration between school/district student support services and community support. For example: health, access to resources, addressing other issues that may be present. • Contribute to needs assessment of school community regarding resources required in the school and community 	<ul style="list-style-type: none"> • Consider who will be affected and how? • Get buy-in for your initiative. Who are the individuals who must be involved and engaged in your initiative? • Who can lead the initiative? What partners/stakeholders should be involved? • What resources will be needed? (i.e. types of staff and required time; supplies and materials, equipment, other resources; estimated costs). • What are possible challenges and barriers? Reflect on these and think about possible solutions and strategies. • What is your timeline? • Do you have a short-term outcome to demonstrate early visible improvements? • How will you share/communicate your proposed initiative and with whom? • Have you thought about sustainability for your project? Will this be a project you can continue annually? 	<ul style="list-style-type: none"> • What resources can guide this project using evidence-based, best-practices? • Are there templates, information, guides already in place? • What are others doing? Find out about other initiatives. What are other schools, districts, states doing? Do not limit yourself to nursing-related initiatives. Be sure to ask what were the lessons learned. • Are there funding sources and grants that can help offset costs? 	<ul style="list-style-type: none"> • How will you measure progress and success? • What are your outcome measures? • How often will you check and measure your progress? • Who will be responsible for collecting and reporting the information/data? • How will you evaluate your initiative to determine success?

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#behavioralhealth	@reachnj	@schoolnurses
@CDCgov	@drugfreeNJ	@NJSSNA1
@NIMHgov	@drugFreeAmerica	#NJSchoolNurseLeadership
@samhsagov	#substanceabuse	

For more details on this project, see Chapter 3, Idea 1.

QUICK START FACT SHEET
KEY PRINCIPLE: LEADERSHIP

TOPIC: Change Agents
IDEA: Safe Routes to School

THE IDEA	GOALS	ACTION STEPS	RESOURCES	MEASURE OUTCOMES
<p>What areas do you want to focus on for improvement?</p> <ul style="list-style-type: none"> • Areas around the school are safe for biking and walking. • Regulations for cars and speed are enforced. • Increase the number of students who walk or ride bikes to school. • Understand community safety awareness and find partners to address issues. 	<p>What exactly is it that you want to achieve?</p> <ul style="list-style-type: none"> • Implement the Safe Routes to School (SR2S) program in one elementary school as pilot project. • Community assessment to understand why children are not walking or biking to school. This defines the problem to allow for prioritizing and targeting initial interventions through the SR2S program. • Increase the number of students who walk and/or ride bikes to school. Parents and students learn and understand how to walk and bike to school safely. • Improve safety issues (physical, environmental, traffic) around the school in collaboration with local municipal, community partners, and police assistance. • Encourage healthy lifestyle behaviors. 	<ul style="list-style-type: none"> • Consider who will be affected and how? • Get buy-in for your initiative. Who are the individuals who must be involved and engaged in your initiative? • Who can lead the initiative? What partners/stakeholders should be involved? • What resources will be needed? (i.e. types of staff and required time; supplies and materials, equipment, other resources; estimated costs). • What are possible challenges and barriers? Reflect on these and think about possible solutions and strategies. • What is your timeline? • Do you have a short-term outcome to demonstrate early visible improvements? • How will you share/communicate your proposed initiative and with whom? • Have you thought about sustainability for your project? Will this be a project you can continue annually? 	<ul style="list-style-type: none"> • What resources can guide this project using evidence-based, best-practices? • Are there templates, information, guides already in place? • What are others doing? Find out about other initiatives. What are other schools, districts, states doing? Do not limit yourself to nursing-related initiatives. Be sure to ask what were the lessons learned. • Are there funding sources and grants that can help offset costs? 	<ul style="list-style-type: none"> • How will you measure progress and success? • What are your outcome measures? • How often will you check and measure your progress? • Who will be responsible for collecting and reporting the information/data? • How will you evaluate your initiative to determine success?

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#srts
 #NJSRTS
 @SafeRoutesNJ
 @SafeRoutesNow

#MoveEquity
 @schoolnurses
 @NJSSNA1
 #NJSchoolNurseLeadership

For more details on this project, see Chapter 3, Idea 2.

QUICK START FACT SHEET
KEY PRINCIPLE: QUALITY IMPROVEMENT

TOPIC: Performance Appraisal
IDEA: Develop Uniform Job Description and Performance Appraisal

THE IDEA	GOALS	ACTION STEPS	RESOURCES	MEASURE OUTCOMES
<p>What areas do you want to focus on for improvement?</p> <p>Incorporate Framework for 21st Century School Nursing Practice and School Nursing: Scope and Standards of Practice into meaningful, evidence-based job description and performance appraisal.</p>	<p>What exactly is it that you want to achieve?</p> <ul style="list-style-type: none"> • Job description reviewed and updated if necessary to be reflective of scope and standards of school nursing practice and Framework for 21st Century School Nursing Practice. • Evaluation is based on the standards of school nurse practice and Framework for 21st Century School Nursing Practice. • Tool is useful for meaningful evaluations with motivations for opportunities to improve practice. • Standards for evaluation clarify and/or are linked to the standard for school nursing practice. • School nurses are accountable for meeting the evaluation tool metrics. • Tool may be used by nursing administrator (preferred) and non-nursing administrators. • Tool evaluated present level of practice and helps to develop goals and plans for the future. 	<ul style="list-style-type: none"> • Consider who will be affected and how? • Get buy-in for your initiative. Who are the individuals who must be involved and engaged in your initiative? • Who can lead the initiative? What partners/stakeholders should be involved? • What resources will be needed? (i.e. types of staff and required time; supplies and materials, equipment, other resources; estimated costs). • What are possible challenges and barriers? Reflect on these and think about possible solutions and strategies. • What is your timeline? • Do you have a short-term outcome to demonstrate early visible improvements? • How will you share/communicate your proposed initiative and with whom? • Have you thought about sustainability for your project? Will this be a project you can continue annually? 	<ul style="list-style-type: none"> • What resources can guide this project using evidence-based, best-practices? • Are there templates, information, guides already in place? • What are others doing? Find out about other initiatives. What are other schools, districts, states doing? Do not limit yourself to nursing-related initiatives. Be sure to ask what were the lessons learned. • Are there funding sources and grants that can help off set costs? 	<ul style="list-style-type: none"> • How will you measure progress and success? • What are your outcome measures? • How often will you check and measure your progress? • Who will be responsible for collecting and reporting the information/data? • How will you evaluate your initiative to determine success?

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#evaluations @healthyschools #NJSchoolNurseLeadership
 @ASCD @schoolnurses
 @njhealthykids @NJSSNA1

For more details on this project, see Chapter 4, Idea 1.

QUICK START FACT SHEET
KEY PRINCIPLE: QUALITY IMPROVEMENT

TOPIC: Collecting Community Health Data
IDEA: Using the School Health Index

THE IDEA	GOALS	ACTION STEPS	RESOURCES	MEASURE OUTCOMES
<p>What areas do you want to focus on for improvement?</p> <ul style="list-style-type: none"> Evaluate current school health and safety policies and programs. Assemble a team of school community partners focused on school community wellness. Change and implement based upon SHI assessment. 	<p>What exactly is it that you want to achieve?</p> <ul style="list-style-type: none"> Identify the strengths and weaknesses of school/district policies and programs for promoting health and safety. Develop an action plan for improving student health and safety. Involve teachers, parents, students, and the community in improving school policies, programs, and services. 	<ul style="list-style-type: none"> Consider who will be affected and how? Get buy-in for your initiative. Who are the individuals who must be involved and engaged in your initiative? Who can lead the initiative? What partners/stakeholders should be involved? What resources will be needed? (i.e. types of staff and required time; supplies and materials, equipment, other resources; estimated costs). What are possible challenges and barriers? Reflect on these and think about possible solutions and strategies. What is your timeline? Do you have a short-term outcome to demonstrate early visible improvements? How will you share/communicate your proposed initiative and with whom? Have you thought about sustainability for your project? Will this be a project you can continue annually? 	<ul style="list-style-type: none"> What resources can guide this project using evidence-based, best-practices? Are there templates, information, guides already in place? What are others doing? Find out about other initiatives. What are other schools, districts, states doing? Do not limit yourself to nursing-related initiatives. Be sure to ask what were the lessons learned. Are there funding sources and grants that can help off set costs? 	<ul style="list-style-type: none"> How will you measure progress and success? What are your outcome measures? How often will you check and measure your progress? Who will be responsible for collecting and reporting the information/data? How will you evaluate your initiative to determine success?

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For more details on this project, see Chapter 4, Idea 2.

QUICK START FACT SHEET
KEY PRINCIPLE: COMMUNITY/PUBLIC HEALTH

TOPIC: Outreach
IDEA: Community Cafés:
 Healthy Living and Healthy Lifestyles

THE IDEA	GOALS	ACTION STEPS	RESOURCES	MEASURE OUTCOMES
<p>What areas do you want to focus on for improvement?</p> <ul style="list-style-type: none"> • Desire to understand barriers and facilitators to healthy living and healthy lifestyles in the school community. • Incorporate principles of Whole School, Whole Community, Whole Child to create an active, collaborative space that provides a springboard for multiple perspectives and meaningful discussions. Group discussions often provide insights that might not emerge in interviews. 	<p>What exactly is it that you want to achieve?</p> <ul style="list-style-type: none"> • Discover the restraining forces that act to keep the problem from changing, and forces that may drive change. • Make emergent knowledge and insight visible and actionable. Use understanding of these forces in devising solutions to the problem and identifying targets and agents of change. • Develop a team of community partners committed to building a culture of health in the community. 	<ul style="list-style-type: none"> • Consider who will be affected and how? • Get buy-in for your initiative. Who are the individuals who must be involved and engaged in your initiative? • Who can lead the initiative? What partners/stakeholders should be involved? • What resources will be needed? (i.e. types of staff and required time; supplies and materials, equipment, other resources; estimated costs). • What are possible challenges and barriers? Reflect on these and think about possible solutions and strategies. • What is your timeline? • Do you have a short-term outcome to demonstrate early visible improvements? • How will you share/communicate your proposed initiative and with whom? • Have you thought about sustainability for your project? Will this be a project you can continue annually? 	<ul style="list-style-type: none"> • What resources can guide this project using evidence-based, best-practices? • Are there templates, information, guides already in place? • What are others doing? Find out about other initiatives. What are other schools, districts, states doing? Do not limit yourself to nursing-related initiatives. Be sure to ask what were the lessons learned. • Are there funding sources and grants that can help off set costs? 	<ul style="list-style-type: none"> • How will you measure progress and success? • What are your outcome measures? • How often will you check and measure your progress? • Who will be responsible for collecting and reporting the information/data? • How will you evaluate your initiative to determine success?


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- @CDCObesity
- #cultureofhealth
- @WHO
- @MyPlate
- @healthyschools
- @schoolnurses
- @NJSSNA1
- #NJSchoolNurseLeadership

For more details on this project, see chapter 5, idea 1.

QUICK START FACT SHEET
KEY PRINCIPLE: COMMUNITY/PUBLIC HEALTH

TOPIC: Screenings/Referrals/Follow-up
IDEA: Vision Screening Referrals and Follow-up

THE IDEA	GOALS	ACTION STEPS	RESOURCES	MEASURE OUTCOMES
<p>What areas do you want to focus on for improvement?</p> <ul style="list-style-type: none"> • Screenings, referrals, and follow-up activities are secondary prevention strategies that detect and treat health concerns in their early stages often before signs and symptoms appear — and modify, remove, or treat them before the health concerns become serious. • Follow-up opportunities are missed once the initial referral is sent home. • Aim to follow-up on 100% of referrals, and set benchmark for medical follow through to get the services the child needs. 	<p>What exactly is it that you want to achieve?</p> <ul style="list-style-type: none"> • Implement school nurse comprehensive referral follow up for grade 4 and grade 6 students based upon suggestions from (Neville, Raddi, & Velmer, 2015). • Implement use of Commission for the Blind and Visually Impaired (CBVI) for grade 4 and grade 6 vision screening. http://www.state.nj.us/humanservices/cbvi/services/prevention  <p><i>Scan QR code to CBVI screening services</i></p> <ul style="list-style-type: none"> • Implement use of parent volunteers to assist with escorting students. 	<ul style="list-style-type: none"> • Consider who will be affected and how? • Get buy-in for your initiative. Who are the individuals who must be involved and engaged in your initiative? • Who can lead the initiative? What partners/stakeholders should be involved? • What resources will be needed? (i.e. types of staff and required time; supplies and materials, equipment, other resources; estimated costs). • What are possible challenges and barriers? Reflect on these and think about possible solutions and strategies. • What is your timeline? • Do you have a short-term outcome to demonstrate early visible improvements? • How will you share/communicate your proposed initiative and with whom? • Have you thought about sustainability for your project? Will this be a project you can continue annually? 	<ul style="list-style-type: none"> • What resources can guide this project using evidence-based, best-practices? • Are there templates, information, guides already in place? • What are others doing? Find out about other initiatives. What are other schools, districts, states doing? Do not limit yourself to nursing-related initiatives. Be sure to ask what were the lessons learned. • Are there funding sources and grants that can help offset costs? 	<ul style="list-style-type: none"> • How will you measure progress and success? • What are your outcome measures? • How often will you check and measure your progress? • Who will be responsible for collecting and reporting the information/data? • How will you evaluate your initiative to determine success?

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For more details on this project, see Chapter 5, Idea 2.