

School Nurse Interview Questions

Overview of the project

- Adolescence and young adulthood (ages 10-25) are crucial periods of the life course.
- Major developmental changes occur and unique opportunities exist for preventing risky behaviors and onset of common chronic conditions of adulthood.
- Habits and behaviors related to lifelong health are established, and mental health disorders and other chronic conditions may emerge.
- High-quality preventive services can play an important role in providing the support youth need to enter adulthood on a healthy footing.
- As part of the national Adolescent and Young Adult Health Collaborative Innovative and Improvement Network (AYAHCIIIN), NHPIP and NH MCH are collaborating to improve NH adolescent and young adult access to and quality of preventive health care visits.
- Project activities include: examining how school district policies address adolescent well-visits and conducting a pilot with two clinics to assess and identify strategies to enhance “youth centeredness.”
- As part of the school district policies work, we reviewed the available information online about your school district policies and based on our findings wanted a chance to discuss potential opportunities in your school district to address adolescent health.

Background

- The American Academy of Pediatrics recommends an annual comprehensive preventive visit. This visit includes a typical physical, but also includes screening and guidance for psychosocial and behavioral health concerns, mental health, substance use and sexual and reproductive health.
 - Completed by primary care physician
- A sports physical typically only receive a family and personal medical history, review current medications, and obtain vitals and physical health information such as height, weight, blood pressure, vision, joints, strength and flexibility.
 - Can be completed by any clinician (at a minute-clinic, etc.)

Verify information: Student athletes

- a. Nashua: Only one physical is required for the entire high school career
 - i. For any new student-athlete, the physical must be dated on or after July 1.
- b. Portsmouth: For Portsmouth, a physical exam must be completed every two years (this policy also applies to marching band)
 - i. Sports physicals offered at the schools

- 2) Do you think there would be benefits to expanding the current sports physical policy? For example, including all students or promoting annual preventive medical visits for all students?
 - a. What would be some of the barriers?
- 3) How do we get youth and their parents to see the value of an annual preventive medical visit?
 - a. How do you typically message health information to students and families? Is this an effective strategy? Is there another mechanism that you think would work better?
 - b. Does the school have a school wellness council? What is their role?
 - c. Does the school have other student organizations that promote health? What is their role?
- 4) In class, do youth learn about personal health and how to access services?
 - a. What health services are provided at the school?
- 5) Do you have any examples of a student that experienced poor health outcomes that could have been prevented by a wellness visit? Or do you have an example of a student that experienced a better health outcome as a result of their wellness visit?
- 6) Is there anything else you think we need to know?