Healthy Living = Healthy Learners: Regional Nurse Specialist Training

ALGORITHM FOR THE SCHOOL NURSE

Assess
- BMI
- Blood Pressure
- Acanthosis nigricans

Psychosocial History
- Suicidal ideation
- Bullying
- Low self-esteem
- School avoidance
- Depression
- Family resources

Obstructive Sleep Apnea (OSA) Symptoms include snoring plus one or more of the following:
- Nighttime awakening
- Restless sleep
- Difficulty awaking in the morning – not solely due to inadequate sleep duration
- Daytime somnolence, napping – not solely due to inadequate sleep duration
- Decreased concentration
- Enuresis
- Poor school performance
- Witnessed apneic pauses

Slipped Capital Femoral Epiphysis (SCFE)
- Pain in groin, hip, thigh, knee, leg
- Limping without known injury

Severe Exercise Intolerance – could be sign of heart failure or pulmonary hypertension secondary to OSA
- Unable to walk down hall
- Participate in sports

Pseudotumor cerebri – syndrome of increased intracranial pressure without a brain tumor
- Persistent daily headache
- Headache worse when lying down
- Blurry vision

IMMEDIATE
- Obstructive Sleep Apnea
- Slipped Capital Femoral Epiphysis
- Severe exercise intolerance
- Pesudotumor cerebri

URGENT
- Elevated BP
- Elevated BMI or increasing at alarming rate
- Acanthosis nigricans
- Psychological impact of obesity – non severe
- Enuresis/encopresis

NONURGENT
- Normal vital signs
- Provide positive 5-2-1-0 message
- Advocate for physical activity in school environment and community
- Advocate for healthy school nutrition programs

IMMEDIATE
- Refer to parent/guardian to PCP for immediate for medical evaluation
- Assist with establishing medical home if needed
- Follow up

URGENT
- Notify parent/guardian and refer to PCP for medical evaluation
- Assist with establishing medical home if needed
- Follow up

NONURGENT
- Normal vital signs
- Provide positive 5-2-1-0 message
- Advocate for physical activity in school environment and community
- Advocate for healthy school nutrition programs

For assistance in referrals, call Renee Porter, RN, CPNP, Obesity Nurse Coordinator, The Children’s Hospital, 720 777-3352, fax 720 777-7282, porter.renee@tchden.org.