

School Nursing Service

Referral Pathway for Children and Young People (CYP)

The School Nursing Service is a team of registered nurses who promote the health and wellbeing of school-aged children through prevention and early intervention of emerging health needs.

We offer a core programme of health promotion, advice and support for school-aged children encompassing a variety of health related issues including emotional wellbeing, low level mental health support, sexual health, hearing screening and healthy lifestyle advice; signposting and referring on to specialist services as necessary. We also support vulnerable children and young people to ensure their health needs are met.

Who can refer:

We accept referrals from parents/carers, school staff, self-referrals (students via school drop-in sessions), other professionals currently involved in care of child/young person.

Criteria for referral:

- Emotional wellbeing and low level mental health:
 - Anxiety.
 - Low mood.
 - Self-esteem.
- Healthy lifestyle advice (i.e. healthy eating, sleep, etc)
- Sexual Health - advice and signposting
- Bladder and Bowel conditions:
 - Constipation/soiling.

- Enuresis (Day-time and night-time wetting).
- Health Screening/Reviews:
 - Hearing.
 - Height/Weight.

Exclusion Criteria:

- **MENTAL ILL HEALTH:** Children and young people who are mentally unwell or with suicidal ideation or self-harming could be at **RISK** and require urgent specialist attention, assessment and/or place of safety and ongoing support at home. Schools are advised to contact parents/carers/social worker to take child to GP/A&E.
- **POSSIBLE EATING DISORDERS (IE ANOREXIA, BULIMIA/PURGING BEHAVIOUR, ETC):** must be referred for specialist input by CAMHS **via GP** due to the level of risk and additional requirements for referral (i.e. blood tests).
- **SAFEGUARDING:** Children and Young People at risk of harm. Please follow local safeguarding procedures and/or contact the Multi-agency Support Hub (MASH) on Tel No: 723182. Consider whether a safeguarding referral is appropriate where parents/carers refuse to take child/young person to GP for assessment when advised.
- **Children/young people who require urgent medical treatment or prescription for illness or injury.**
- **Children/young people who require or are currently receiving counselling for long term mental health support.**
- **VISION:** - Any concerns regarding children under 9 years old, parents and schools can refer direct by contacting Ophthalmology Department at The Princess Elizabeth Hospital (PEH) Tel No: 220000. It is recommended that pupils over the age of 9 should be seen by an Optician.

How to contact us:

- **Schools/professionals:** Via referral form sent via secure e-mail.
- **Parents/carers:** directly by telephone or use the online enquiry box on the website - Please include child's name, date of birth, school, presenting concern, other professionals involved and what help/support has been tried before or is currently in place and strategies used.

- E-mail - attach referral form: schoolnurses@gov.gg
- Website - via online enquiry form: <https://www.gov.gg/schoolnurses>
- Telephone/answerphone: 01481 222011
- Address - complete and post referral: Lukis House, Grange Road,
St Peter Port, GY1 2QG

Referral Process:

- Complete a referral form and include consent from parent/carer.
 - Pupils in secondary schools can self-refer through drop-in sessions.
 - Include as much detail regarding the presenting issue and what has been done to support this at school and home with details of professionals involved.
- Referrals are triaged and allocated weekly.
- Appointments may be given by telephone for initial consultation and/or to arrange subsequent appointments. We can arrange to meet parents/pupils in school or at Lukis House.
- Support consists of initial contact, assessment, basic strategies/interventions for up to a maximum of six sessions and/or signposting to a more appropriate service.
- Group work can be offered for a targeted group of pupils who would benefit from peer support.

...PTO for useful contacts list

Useful Contacts:

Youth Commission for Guernsey & Alderney:

Tel No: [01481 226099](tel:01481226099) / email: info@youthcommission.gg / Web page: youthcommission.gg

- Bounce.
- Indigo.
- 1 to 1 emotional support.
- 6 weekly sessions with a mentor.
- Bereavement.
- LGBT.

Kindred Centre: Tel No: [01481 253279](tel:01481253279) / Web page: <https://gov.gg/kindredfamilycentre>

- Stepping stones.
- Incredible Years - Early Years – Parenting.
- Triple P - Teen parenting.

Sexual Health services:

- Choices - Tel No: [01481 714954](tel:01481714954)
<https://choices.gg>
- The Orchard Centre (at PEH) - Tel No: [01481 227707](tel:01481227707)
<https://gov.gg/sexualhealth>
- GP/Primary Care.

Emotional & Mental Health and Wellbeing:

- GP.
- A&E – Tel No: [01481 220000](tel:01481220000)
- Child & Adolescent Mental Health (CAMHS) - Tel No: [01481 221441](tel:01481221441)
- Action for children
<https://parents.actionforchildren.org.uk/>
- Young minds
<https://youngminds.org.uk/>
- Health for Kids/Teens
<https://www.healthforteens.co.uk/>
<https://www.healthforkids.co.uk/>
- Child line
<https://www.childline.org.uk>

Substance Misuse:

- Quitline Guernsey (Guernsey stop smoking help) - Tel No: [01481 233170](tel:01481233170)
- Action for Children -Drug/alcohol - Tel No: [01481 700218](tel:01481700218)

Bladder and Bowel:

- ERIC (night/Day time wetting/soiling)
<https://www.eric.org.uk/>
<https://www.bbuk.org.uk/>
<https://www.bbuk.org.uk/blog/bedwetting-day-time-to-take-action/>