



Mescalero Apache School
Health Services
Mescalero Apache School

HEALTH SERVICES

Goals of School

Health Services 2022-2023



SCHOOL NURSES

Helping Students Succeed

Professional Nursing Practice

Maintenance of student/staff health

Prevention of injury or illness

Optimizing educational opportunities

Provision of specialized nursing care

Wellness promotion and motivation

Health education

Community referrals accessing health care

Emergent care

Promoting safe environment

The Health Services department believes that there is a strong connection between students' academic achievement and their over all health and well being. The services that the Mescalero Apache School nurses provide, enables the students to feel safe, remain at school and ready to learn maximizing their educational experience and future success. Parents express their satisfaction and support for the health care services provided to their children. The nursing interventions summarized in this report impact the students' ability to learn, the School's ability to provide excellence in public education and the community's ability to secure successful and productive citizens



In addition to providing Health Services, a School Nurse may need to draw from sources of information related to the eight components of the CDC's national model of a [Coordinated School Health Program](#). The resources provided here are organized based on these eight areas of a school health program.

School Nurse References (Health Services)

Diseases (Health Services)

**Health Promotion (Staff Wellness,
Health Education, Physical Education, Nutrition)**

Safety/Crisis (Healthy School Environment)

Parent Involvement (Parent and Community Involvement)

Mental Health (Counseling & Mental Health)

Health Organizations

Grant Opportunities

Health Services 2022-2023 Report

Table of Contents

The Ways in Which School Nursing Enhances Educational Goals

Health Services Highlights

State Mandated Health Screenings

Additional Screenings

Acanthosis Nigricans

Immunization Protection Levels

Specialized Nursing Procedures

Health Education

Clinic Visits

Medications

Student and Staff Health Disorders

Audiologist

Pilot Programs

Special Partnerships and Community Involvement

Future of School Health Services

Mescalero Apache School Health Services Highlights for 2022-2023

A. Student and Staff Services:

2150 clinic visits (including school staff visits)

614 Quarantined

34 Positive Covid

186 Elementary Tested for Covid-19

156 Staff tested for Covid-19

98 Covid Vaccines given @ school

2500 Immunization records reviewed

667 Influenza consent forms

667 Covid-19 Consent forms

120 Athletic Physicals filed

78 Gastrostomy Tube Feedings

76 Students with Food and Drug Allergies

60 First Aid kits were distributed to staff @ Mescalero

134 Mescalero staff were trained on Blood Borne Pathogens

141 Straight Catheterizations for 1 male student

224 Finger Stick Blood Sugars for Students

224 Self-Administered Insulin injections supervised

155 Students sent home

1255 Parent contacts

25 Students with Asthma

10 Dr. Referrals

9 students issued Heartsaver CPR cards

10 student/related Fire & Rescue Calls

4 Mescalero staff were trained on gastrostomy tube feedings
4 Mescalero staff were trained on male catheterization
8 Mescalero staff were trained on administering Rectal Diastat
8 Mescalero staff were trained on seizure precautions
640 vision screenings
640 hearing screenings
82 spinal screenings
497 doses of medications administered
640 Hair Checks
28 cases of pediculosis referred
123y students were tested with corrective lenses
26 students referred for vision
37 students referred for dental
10 Individualized Health Plans for Medically Fragile Students
6 students were sent for immunizations
2 requests for elementary immunization records or shots
7 requests for middle school immunization records or shots
2 requests for high school immunization records or shots
10 Suicidal Ideations/EMS called
1 Self Injury/Cutting
8 Anxiety Attacks

Health Education and screenings provided to Mescalero staff and families at Adm. Bldg and through school-wide newsletters

Planned and implemented the protocol of 3 Automated External Defibrillators (AED) throughout the campus.

Developed and implemented the school-wide instruction and training of Mescalero staff to provide care and safety to students with diabetes at school and school sponsored events

State Mandated Health Screenings

Hearing, vision and spinal screenings are mandated by the State of New Mexico Health Department under the Health and Safety Code. Health Services is responsible for training and conducting these screenings during the school year. The nurse and health aide assist in this task. Utilizing the organized mass screening method at school allows for minimal out-of-class time for the students and provides the necessary time for the school nurse to complete referrals and assist families in locating eye care.

Students in grades Pre-K through 3rd grade can receive free professional eye exams and glasses through the "Lions Club". The school nurse is the contact person for scheduling appointments.

Additional Screenings

	Appraisal	Screened	Referred	
The school nurse strives to provide comprehensive health assessment student population. Dental and lice screenings as well as blood pressure monitoring for students and staff are reflected below:	Hearing	640	0	strives to provide health assessment student population. screenings as well monitoring for
	Spinal	82	0	
	Vision	640	27	

	Appraisal	Screened	Referred
Blood Pressure		109	0
Lice		640	28
Dental		640	6
Covid Tests		186	34

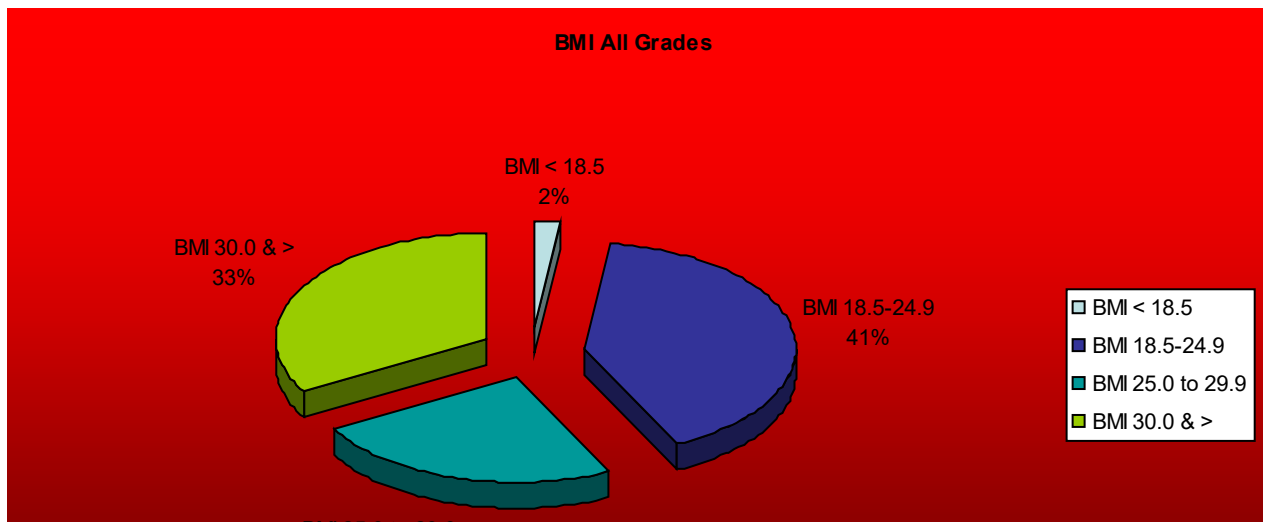
New State Mandated Screening Implemented

What is Acanthosis Nigricans? `` Why Is This So Important?

Acanthosis Nigricans (known as AN) is a hyperkeratinization of the skin. It is a cutaneous (skin) marker associated with systemic (inside the body) disorders such as:

- Hyperinsulinemia (high insulin levels)
- Insulin-resistance
- Indicator of risk for Type 2 Diabetes and other chronic health problems
- Increase in obesity among children
- Alarming rates of children developing Type 2 Diabetes
- Early detection can help identify those at risk
- Once identified, changes in nutrition and physical activity can be made to prevent Diabetes and other illness

The nursing staff is providing information and developing new instructional materials to continue to address the crisis of obesity in students and staff. Participating in regular exercise and walking programs are encouraged as well. BMI was calculated for all students by grade level. See the following chart.



Immunization Protection Levels

Monitoring immunization records and having high compliance rates reduces the potential for loss of instructional time due to illness from preventable communicable diseases.

Diphtheria/Tetanus	99.95%
Polio	99.99%
Measles #1	99.99%
Measles #2	99.98%
Rubella	99.98%
Mumps	99.99%
Hib	99.99%
Hepatitis B	99.82%
Varicella	99.93%

The New Mexico State Immunization report was completed in October. 156 students were sent for immunizations or were given referrals to students referred to bring updated immunization records to school this school year.

Special Education and Specialized Nursing Procedures

Some students throughout the district require the services of the school nurse for the student to remain in the school setting. Specialized nursing care has afforded these students and their families the ability to participate as fully as possible in the enrichment of the school environment.

In addition to the specialized nursing procedures that are an integral part of the special education-school nurse relationship. Admission Review and Dismal (ARD) meetings required the expertise, planning and implementation of the school nurses. The areas addressed ranged from the provision of medications and special procedures to health education and referrals for health care as part of the students Individualized Health Care Plan.

Health Education

One of the major goals of the Health Services department is the provision of health education and disease prevention to the students and staff through:

1.) Classroom instruction by school nurses to all 8th grade health students in:

- ☐ First Aid/ CPR

Other classes available at the teachers request include, but are not limited to:

- ☐ Nutrition

- ☐ Hygiene

- ☐ Human growth and development

- ☐ HIV/AIDS

- ☐ Dental Maintenance

- ☐ Substance Abuse/Personal Injury

- ☐ Heart Health

2.) Daily clinic interactions with students that teach self care

3.) Monthly notification to parents discussing immunizations needed

4.) Staff wellness

5.) Staff instruction on Bloodborne pathogens and disease prevention.

6.) Training of staff on EpiPens, Narcan and Diabetes to ensure safety of students.

Clinic Visits

The type and purpose of visits to the school clinics has evolved and changed along with societal changes, changes in student population needs and changes in the provision of health care. School Nurse clinical assessments, treatments, referrals and follow-up care have become more comprehensive and encompassing. Severe abrasions, lacerations, dental emergencies, drug/alcohol problems, fractures, child abuse, eye injuries, undiagnosed diseases and medical conditions in need of immediate attention are more prevalent. The school families often utilize the expertise of the school nurse as a primary care provider who assesses, treats, offers guidance, and gains access to community resources, contacts and medical referrals to outside agencies and health care providers. Early interventions by the school nurse can reduce absenteeism and drop outs from the educational setting.

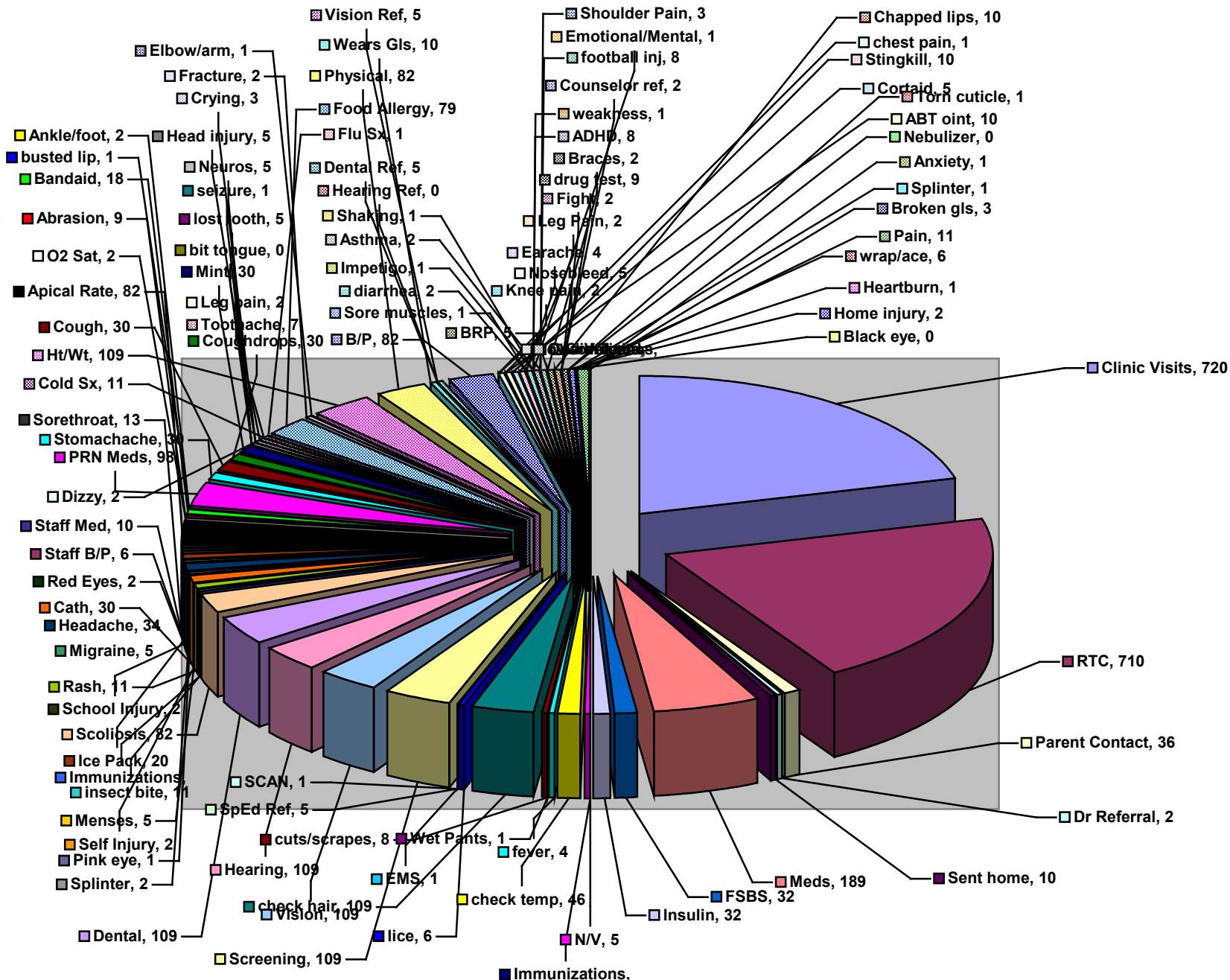
Teachers and staff also contact the school nurse for medical advice, first-aid consultation as well as monitoring of chronic health conditions. Major medical crises/traumas are always unexpected. The Health Services department becomes instantly involved in these critical situations. It may be a riser collapse, a school fire, a major communicable disease, a toxic exposure to a substance such as asbestos or mold, a death of a student or faculty or the trauma associated with an incident such as the tragedy on September 11, 2001.

The aim of the health assessments conducted by the nurse is to:

- Reduce the number of students sent home unnecessarily
- Provide follow-up care in school to reduce absences
- Reduce the spread of contagious illnesses, resulting in fewer sick days for students and staff
- Provide appropriate nursing referrals and interventions to maximize time in instruction

The following table reflects student and staff clinic visits

Total Student Population	677
Total Clinic Visits	2150
Student Clinic Visits	2100
Staff Clinic Visits	50
Child Abuse	2
EMS Calls	10
Temp checks	62836
Masks Provided	2586



- Clinic Visits
- Parent Contact
- Sent home
- FSBS
- Immunizations
- check temp
- Wet Pants
- check hair
- EMS
- SpEd Ref
- Vision
- Dental
- Immunizations
- Rash
- Self Injury
- Pink eye
- Headache
- Red Eyes
- Ice Pack
- Staff Med
- Apical Rate
- Abrasion
- busted lip
- PRN Meds
- Cough
- Mint
- lost tooth
- Neuro
- Crying
- Leg pain
- Cold Sx
- Food Allergy
- Elbow/arm
- Physical
- Vision Ref
- Dental Ref
- Knee pain
- chest pain

Medications

The administration of medications at school allows students to remain at school and continue with their instructional day. The responsibility for the administration of medications is taken very seriously. The Health Services Medication Guidelines are strictly reinforced and are governed by The Board of Nurse Examiners, the New Mexico Department of Health, and The Pharmacy Board, and School Board policies. The Health Services staff provides training for school staff responsible for administering medications as assigned by the Principal in the nurse's absence. The nurse's medication knowledge extends to signs and symptoms of overdoses, allergic reactions, conflicts with other medications, contraindications, and side effects. The school nurses often contact the student's physicians, parents, and pharmacies regarding the effects and problems with the medications.

Total Population	677
Total Medications Given	497
Medications Given to Students	447
Medications Given to Staff	50

Student Health Disorders

Although not all student health problems are dealt with on a daily basis, during the course of the school year the school nurse usually addresses or is confronted with them.

Disorder	#Student	# Staff	Disorder	#Student	# Staff
Allergies	89	5	Hypertension	0	1
ADHD	13		Urinary /Catherization	1	
Asthma	46		Suppressed Immunity	1	
Autism	3		Gastrostomy Feeding	1	
Anemia	1		Migraines	2	
Acid Reflux	2		Traumatic Brain Injury	2	
Quarantined	614		Nosebleeds	5	
Cardiac	2	1	Orthoped	2	
Diabetes	3	1	Covid-19 Vaccines	257	
Covid +	33		Seizure	4	
Emotional	10		Sch Phobia	1	
Endocrine	3		Thyroid	1	
Genetic	1		Cerebral Palsy	1	
Hearing	1		Eating disorder	1	
Lung	2		Vision	1	
New Glasses			Covid Tests	185	

Audiometer Screening

Under the Health Services department, the school nurses coordinate the vision and hearing screenings at the campus. The school nurse and health aide participate in the scheduled screenings as assigned. Within 55 days, all of the students are screened in the fall semester. This endeavor results in the early identification of hearing and vision problems. Last year, our screening resulted in students receiving pressure equalizing tubes, initial identification of hearing loss, hearing aides, and surgical treatment of cholesteatoma, perforated ear drums, tonsillitis and adenoid hyperplasia. These complete audiological evaluations assist with referrals for medical examinations, the placement of students in appropriate programs and annual monitoring of hearing impaired students. **109** students were screened, **2** were referred during this 1st 9 week period.

Programs:

1. AED Program

Two Automated External Defibrillators (AED) have been installed to provide additional security and safety to the staff and students (over 8 years of age). The AED is a device that is available in an emergency to detect specific abnormal heart rhythm and provide an electrical shock if indicated. The nurses, coaches, trainers and UIL staff have been trained on the use of an AED. More staff is expected to be trained next year.

2. Diabetes Program

Over 17 million Americans have diabetes. Diabetes which is a serious chronic disease that impairs the way the body uses food, is one of the most common chronic diseases in school-aged children. Different levels of training are taught depending upon the actual contact the staff and administration are likely to have with the student with diabetes. All employees receive basic information, but specialized training is provided on specific tests to determine blood sugar and ketone levels as well as emergency care in the form of a glucagons injection. This additional program will continue to grow with retraining and capturing the staff of new students with diabetes who enroll at Mescalero.

Special Partnerships and Community Involvement

- The Nurses are Instructor/Trainers and work collaboratively with the American Heart Association to provide CPR and AED training to the nurses and health aides and to the Mescalero staff and students.
- The “Kid’s Sight” partnership with the Lion’s Club provides opportunities for the nurses to obtain professional eye examinations and glasses free of charge for students who qualify.
- Mescalero Apache School nurses coordinate with Indian Health Services IHS for immunizations, vaccines, health referrals, dental services, mental health services.
- Mescalero Apache School nurses coordinate with New Mexico Department of State Health Services for various resources and referrals including Covid-19 testing and reporting and participation in Child Find
- Mescalero Apache School nurses coordinate with Dr. Kate FROM Indian Health Services IHS each Thursday to identify and refer students for Mental Health Services
- Mescalero Apache School nurses coordinate with Dr. Felicia Fontenot DDS and Damien Lawhorn RDH from Indian Health Services to bring a mobile unit to the school to screen students for cavities, fluoride treatment and sealants.
- Mescalero Apache School nurses coordinate with Indian Health Services IHS to bring a mobile unit each year to provide students and staff with Flu Shots
- Mescalero Apache School nurses coordinate with Mental Health and Counseling services to do Random Internal Drug Testing on students and staff
- Mescalero Apache School Nurses coordinate with Indian Health Services for Environmental Safety
- Mescalero Apache School nurses coordinate with Mescalero Fire and Rescue to assist and identify student who have suicidal ideations or other injuries that may require transport
- Mescalero Apache School has a CLIA License to do Test to Stay for students identifying Covid-19, Drug testing, Diabetes monitoring.

The Mescalero school nurse is:

- A past Certified School Nurse by the National Board Certification for School Nurses with 30 years experience as a school nurse and 45 years in Nursing
- A past Program Director for Texas Department of Disability & Aging (DADS)
- A past DADS Instructor for CNA students High School & College
- A Past CNA Instructor for Amarillo College
- A member of the National School Nurse Association
- A member of the Sigma Theta Tau International Honor Society of Nursing;
- A member of Gamma Beta Phi;
- A member of the American Diabetes Association;
- A contact person for the American Cancer Society;
- A past president of the Board of a local chapter of the American Heart Association;
- An instructor/trainer in CPR for the American Heart Association;
- An American Red Cross Nurse;
- She has served on the peer review committee for TSNO in Region 16;
- Received the TDH Awards for Excellence in School Health.
- A Highly Qualified Certified Health Science Teacher Grade 9-12

Nurses assigned to the nurses office at Mescalero include Registered Nurse and one Certified Nurse Aide;

Management of students with chronic health problems such as diabetes, asthma and ADHD, current treatment modalities of students with psychiatric disorders, and management of communicable diseases are some of the professional Staff Development programs provided to the nurses. Presentations on the care and management of Bio-hazardous materials were presented to the staff. Emergency management and Lockdown drills are scheduled randomly for the coming year.

Special School Nursing Requirements:

- Maintain 20 extra hours of skilled nursing continuing education for nursing licensure in addition to MAS staff development requirements.
- American Heart Association certification as Healthcare Provider, Instructor or Instructor Trainer
- Adherence to the National Association of School Nurses criteria for school nurses to have a Bachelor of Science and/or Master of Science in Nursing.
- Vision, Hearing and Spinal screening

The Future of School Health Services

Future school health issues that will impact the services provided to our students and their families are:

1. Increase in the number of infectious diseases such as TB, pertussis and other communicable diseases.
2. A greater emphasis on bio-terrorism planning and emergency preparedness
3. An awareness and response to environmental toxins (molds, ozone levels)
4. Increasing Mental Health issues
5. New communicable diseases and reoccurrence of old diseases, more resistant to treatments
6. Partnerships with State and community health initiatives to reduce the risk of heart disease, diabetes, asthma
7. Continuing need to educate parents regarding health care needs and resources
8. Increasing number of specialized health services that need to be provided by school health specialists, such as school nurses, school psychologists, clinical nurse specialists
9. Increased use of technological aides to assist students to remain at school during instruction (insulin pumps, pump tube feedings, nebulizer treatments, and telemedicine).
10. A public that continues to assume that every school has a school nurse and has changing expectations about the provision of school health services
11. Educational achievement that will be tied to the provision of comprehensive and quality health services.
12. The current debate over the HPV vaccine to be offered to all sixth grade girls.
13. The Current Pandemic of Covid-19 has had challenges for all of our students and staff as well as parents. We are working diligently to keep our students safe and follow all of the guidelines possible. Supplies have been ordered to keep our students safe.

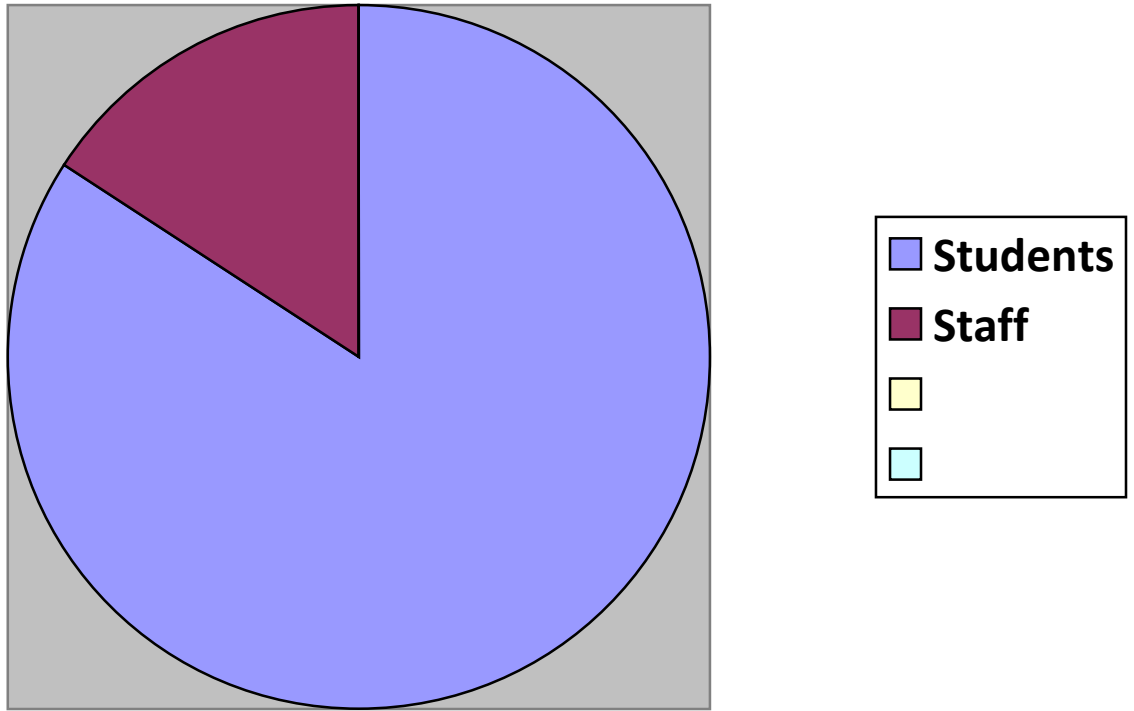


Figure 1 Temperature Check for Mescalero Apache School 2021-2022