

## **Lancashire Healthy Young People and Families Service**

### **School nurse referrals and what does this mean?**

School nurses are among the many health professionals providing services to young people in accordance with the Government's Healthy Child 5-19 programme, which covers six key areas: resilience and emotional wellbeing, improving lifestyles, reducing risky behaviours, maximising learning and achievement, supporting complex needs, and seamless transition to adulthood.

**They support children with a wide range of physical and mental health issues.** The problems that they can help with include:

- Bullying
- Chronic fatigue
- Divorce and separation
- Eating disorders
- Bereavement
- Mental health problems including anxiety, depression, self-harm and post-traumatic stress disorder (PTSD)
- School phobia and school refusal
- Sleep problems
- Behavioural issues including ADHD
- Wetting and soiling

As well as helping children with specific issues, school nurses see all children at certain points of their school journey to carry out routine checks. In Reception, for example, they screen children for hearing problems and weigh them as part of the NHS Healthy Weight programme.

In some cases, school nurses carry out immunisations that are done in schools, such as the flu vaccination.