

## INDIVIDUAL HEALTH PLANS/SCHOOL NURSE SERVICES

*School health services and school nurse services* means health services that are designed to enable a child with a disability to receive FAPE as described in the child's IEP. School nurse services are services provided by a qualified school nurse. School health services are services that may be provided by either a qualified school nurse or other qualified person (see *CDE Program Advisory on Medication Administration*, p. 7, [www.cde.ca.gov/ls/he/hn/documents/medadvisory.pdf](http://www.cde.ca.gov/ls/he/hn/documents/medadvisory.pdf)). School health services and school nurse services are considered related services under IDEA.

An "individual health plan" or "individualized health plan" generally focuses exclusively on addressing a student's medical needs and may be appropriate for a general education student through a 504 Plan as well as a student receiving special education services. "School health services" and "school nurse services" are services designed to enable a child with a disability to receive FAPE as described in the child's IEP.

An Individual Health Plan (IHP) is a formal written agreement developed in collaboration with the school staff (School Nurse), the student, the student's health care provider(s) and the student's family. An IHP is written for students whose healthcare needs affect or have the potential to affect safe and optimal school attendance and academic performance. Per the National Association of School Nurses (NASN) the IHP should include:

- **Assessment:** The data collection phase helps determine the student's current health status and any actual or potential health concerns.
- **Diagnosis:** The school nurse uses the assessment data to formulate a nursing diagnosis, including a diagnostic label, etiology, and presenting signs and symptoms.
- **Outcome Identification:** The school nurse identifies the desired results of nursing intervention and states these in measurable terms.
- **Planning:** Interventions are selected to achieve desired results.
- **Implementation:** The written IHP is put into practice and care provided is documented.
- **Evaluation:** The professional school nurse measures the effectiveness of nursing interventions in meeting the identified outcome. Changes are made to the plan as needed.

"School nurses strengthen and facilitate the educational process by improving and protecting the health status of children and by identification and assistance in the removal or modification of health-related barriers to learning in individual children. The major focus of school health services is the prevention of illness and disability, and the early detection and correction of health problems. The school nurse is especially prepared and uniquely qualified in preventive health, health assessment, and referral procedures." *CA Education Code 49426*

"It is the intent of the Legislature that the governing board of each school district and each county superintendent of schools maintain fundamental school health services at a level that is adequate to accomplish all of the following:

- Preserve pupils' ability to learn
- Fulfill existing state requirements and policies regarding pupils' health
- Contain health care costs through preventive programs and education" *CA Education Code 49427*

Holders of the School Nurse Services Credential shall be authorized to perform the following services:

- Conduct immunization programs
- Assess and evaluate the health & developmental status of pupils
- Interpret health and developmental assessments
- Design and implement individual student health maintenance plans



- Refer the pupil, parent, & guardian to community resources
- Maintain communication to promote needed treatments
- Interpret medical and nursing findings
- Consult with, conduct in-service training for, and serve as a resource person
- Develop and implement the health education curriculum
- Participate in implementing health instruction curriculum
- Counsel & assist pupils & parents in health-related adjustments
- Teach health-related subjects under the supervision of a classroom teacher

The California Department of Education has a page of comprehensive medical guidelines for LEAs/districts to use when developing individualized health plans.

<http://www.cde.ca.gov/ls/he/hn/>

