



Medical Needs Service Newsletter

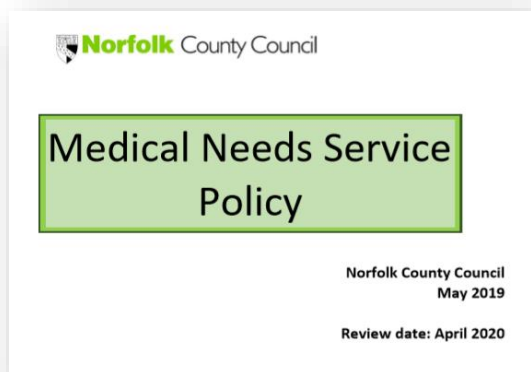
October 2019

Welcome to the new termly Medical Needs Service newsletter – providing information and updates about supporting young people with health conditions in education in Norfolk. In this newsletter we share information about our new service policy, an interview with the Jenny Lind Diabetes Team, and details of the Norfolk Healthy Child Programme and how it can support schools, and links to new resources about health conditions in young people.

News from the Medical Needs Team

2019 has been a busy year in the Medical Needs Team! We have welcomed a new Medical Needs Coordinator Anna Duckworth and launched a new medical needs policy and process. Anna joins Sonia Walker and Tanya Doy in the Medical Needs Team.

In 2018-2019 the Medical Needs Service supported **152** young people with referrals from **68** schools. Over **85%** of young people referred were in Key Stage **3 & 4** and more than **70%** had a mental health condition impacting on their ability to attend school.



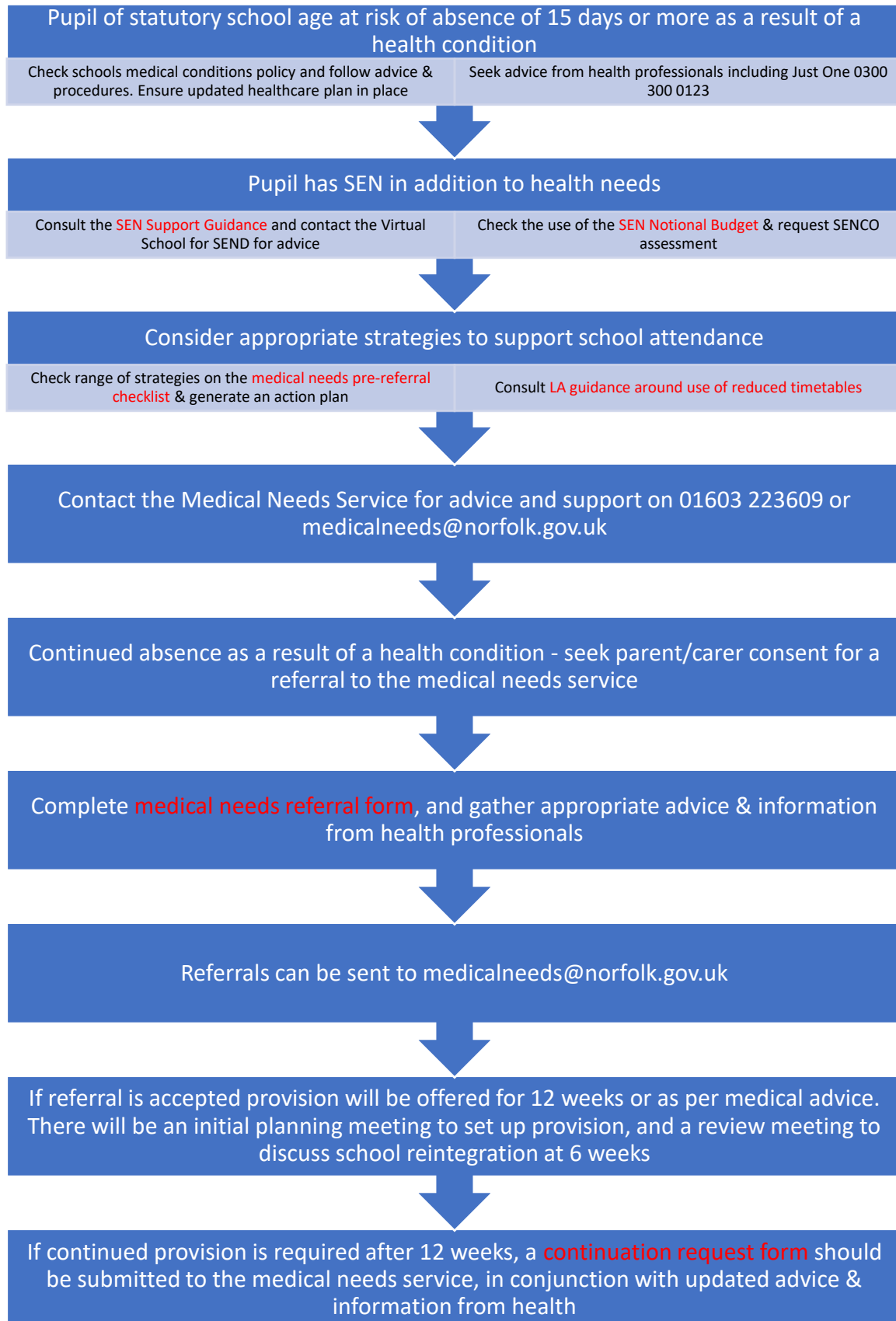
The new medical needs policy and forms were launched at our first Medical Needs Conference in June 2019. The conference included presentations from a range of health and educational professionals – including the Short Stay School for Norfolk, Just One Team, Forensic CAMHS, Dragonfly Education Team and Educational Psychology with a focus on diabetes and mental health. The conference was a great opportunity to network with colleagues from health and education and will be offered on an annual basis going forwards. The date for 2020 is Tuesday June 23rd.

The new medical needs policy has been shared with schools via an MI sheet and email, and can be accessed online at www.schools.norfolk.gov.uk/Pupil-needs/Health/MedicalNeeds/index.htm

A flowsheet outlining key stages in the process is included below – if you would like further information, advice or support please contact the Medical Needs Service on medicalneeds@norfolk.gov.uk or 01603 223609



Medical Needs Service Flowchart





Spotlight on Diabetes

An interview with Louisa Fear, Paediatric Diabetes Specialist Nurse and Lucy Findlay, Paediatric Diabetes Specialist Dietitian

How many children and young people of school age in Norfolk will have a new diagnosis of diabetes each year?

In 2018 we had 22 new diagnoses; of these 21 were school age. By the end of this school year on 24th July we had 14 new diagnoses and 13 were of school age.

What are the signs and symptoms of diabetes in young people?

Diabetes UK promotes the “4 T’s” to get people thinking about signs and symptoms of diabetes:

T = Tiredness

T = going to the Toilet a lot

T = Thirsty – drinking a lot

T = Thinner – losing weight

DUK provide posters and considering the majority of children diagnosed are of school age it’s probably a good idea to make staff and children aware of the symptoms of diabetes. The sooner a diagnosis of Type 1 diabetes is picked up, the better the outcome and this can prevent a longer stay in hospital.

How can schools support young people and families who have a new diagnosis of diabetes?

Firstly, stay calm, the Jenny Lind Diabetes team are here to help you! Be willing to listen and learn from the family, young person themselves and the specialist diabetes team. You will receive all the education and support you need, you just have to ask – remember it’s not a one-off training session, it’s about continual learning (think Growth Mindset!)

The support you provide can be in various ways depending on the young person’s needs. Some young people are fully dependant on your care, whilst others only need you to observe and help check they’ve done their calculations right.

Be understanding; if you are feeling overwhelmed and are nervous about finger pricks and injections, just bear in mind that the young person with Type 1 Diabetes has to do about 7 blood checks and at least 4 injections a day, every day! Think about the emotions the young person is going through sometimes this is more of a burden than the medical treatment.





Is there any training or support that school staff can access from health staff?

For a child or young person who is newly diagnosed with diabetes the specialist team and family will arrange a care planning meeting with the school, which involves signing an agreed plan to follow alongside training in diabetes. There are monthly diabetes awareness training sessions at the Bob Champion Research Centre, next door to the Norfolk and Norwich Hospital – all staff from any education or institute setting (e.g. Brownies, Scouts etc) are welcome to attend and it is free of charge. When a young person changes their diabetes treatment, for example starts on an insulin pump, the specialist team will go into school to do another care plan and training session. We will also provide additional training, especially in carbohydrate training, for residential trips, but please give us at least 6 weeks' notice!

How can schools continue to support young people with a diagnosis of diabetes as they transition into secondary school?

Don't wait until Year 6 to put a plan in place for transitioning to high school for their diabetes care; consider what small parts of the diabetes jobs the young person can start to do from key stage 2 onwards. You need to be guided by the young person and let them decide what they would like to take on, working gradually towards independence so that it's not a big rush in Year 6. By Year 6 you would aim for your young person to be able to do their own blood glucose checks and give their insulin injections (or bolus on a pump). However, there will be exceptions, if it doesn't feel right don't push it as it could be more harmful in the longer term. Once they are in Year 7, they will still need support and guidance, allocate someone that they know they can go to, to ask for help.

To contact the Jenny Lind Diabetes Team email:

lucy.findlay@nnuh.nhs.uk

louisa.fear@nnuh.nhs.uk

Diabetes UK has a range of resources for schools at:

www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes/schools



JustOneNorfolk.nhs.uk

Working with Norfolk Healthy Child Programme (HCP) / Just One Norfolk

The Norfolk HCP offers health advice and support to children, young people and their families from 0-19 years. The programme targets its support to improve outcomes for those at greatest risk.



What kinds of services does the Healthy Child Programme offer families of school aged children?

Just One Number (JON) 0300 300 0123 is our single point of access to get in touch with the Norfolk HCP. Through JON you can access clinical advice, support and information. Our team can also signpost you to other services if they are more appropriate.

We can offer specific support for emotional health, sexual health, healthy lifestyles and health literacy, health promotion and transitions. We offer an annual contact to children and young people with diagnosed additional health needs/disability.

We have a range of services which are linked to our digital platform Just One Norfolk website.

These include Chat Health 07480 635060, a confidential text messaging service for 11-19 year olds and Parentline, a confidential text messaging service for parents 07520 631590.

Solihull online learning is an interactive programme, to help parents feel more confident in understanding and looking after their children and young people.

For 16-19 year olds the Health Passport Just 1 Norfolk app can be downloaded on to mobile devices and can support their transition to adulthood.

Are any of the Norfolk HCP services particularly helpful for school staff?

Just One Number (JON) 0300 300 0123 is our single point of access to get in touch with the Norfolk HCP. Through JON schools can access clinical advice, support and information and discuss referrals. Our team can also signpost you to other services if they are more appropriate.

When children/young people are missing school for health reasons we can work with schools at an early stage to promote their attendance. Guidance is available on the LSCB Joint Protocol between Health Services & Schools in respect of the management of pupil absence from school when medical reasons are cited.

Are the Norfolk HCP team able to attend school meetings or help with health care planning for children?

An individual health care plan can help schools to identify the necessary safety measures required to support pupils with medical needs and ensure others are not put at risk. This plan may also help identify training needs for staff. A health care plan is a written agreement between school and the parents/carers which clarifies the Childs/young person's needs in school.

Schools can contact our Just One number for advice on writing care plans or for help in accessing the appropriate health care professional to guide the process.

In some cases, it may be helpful for a member of the HCP team to attend a meeting with school and parents to support the process where further clarity is required in establishing the child's health needs and how they should be managed.



Training of Education Staff

We recommend that for specific needs appropriate training is accessed from the specialist organisations. Taking advantage of these training packages mean the school can access the training when they require it knowing it is being provided by experts, so the information will be current and credible. Training links:

Epilepsy <http://learn.epilepsy.org.uk/>

Diabetes <http://www.jdrf.org.uk/school-pack/schools-e-learning-module/>

Asthma <https://www.supportingchildrenshealth.org/account/asthma-modules/>

Anaphylaxis <https://www.allergywise.org.uk/>

Are there Norfolk HCP services that young people can access that it would be helpful for schools to signpost to?

Signposting young people to Chat Health enables them to access our service directly. We encourage High Schools to promote Chat Health and to talk to us about setting up the Chat Health ambassador scheme.

For 16-19 year olds the Health Passport Just 1 Norfolk app can be downloaded on to mobile devices and can support their transition to adulthood.

New resources for young people with health conditions



BBC Teach have launched a new collection of short films where children explain what it is like to live with different illnesses and allergies. Relevant to PSHE at KS2, KS3 & KS4 and including films about Epilepsy, HIV, Leukaemia, Anaphylactic allergies & Cystic Fibrosis.

They can be found at [I Can't Go To School Today](#)

Medical Needs Service – coming next!

Our Medical Needs Coordinator Anna Duckworth will be attending a number of the [SEND Forums](#) in November 2019 and will look forward to meeting school colleagues.

If you have any queries about the content of this Medical Needs Newsletter, or suggestions for our Spring edition – please get in touch via medicalneeds@norfolk.gov.uk or 01603 223609