

Eve Karumaa

*School nurse promoting
students` mental health*

Mental health

Mental health a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community (WHO 2005)

Mental health at school

For students good mental health means advancing at school performance, ability to create and keep meaningful relationships on which they develop to adulthood and become well functioning members of society (McDougall 2006:208)

Most common mental health diagnoses among children and youth

1 in 5 of person under 18 y.o experiences somekind of developemental, emotional or behavioural problem and 1 in 8 has diagnosed the problem (WHO 2005)

Posttraumatic and adjustment disorders (16%)

- Conduct disorders(10%)
- Mood disorders (10%)
- Anxiety disorders(10%);
- ADHD (7%)
- etc

The factors

The interplay of protective and risk factors play important role of developement of mental health.

Resilience is an ability to handle stressors and problems, to solve them and although risk factors have been very high.

Mental health at school

Mental health problems may prevail at school by communication disfunction or absence; no advancing at school work; concentration problems, impulsivity, lying, aggressive behaviour etc

Why school nurse?

- School nurse has important position promoting mental health, for she is trusted and accessible at school
- Mental health nursing is one part of school nurse work

School nurse profile

Competence which consists of knowledge of children mental health and besides clinical skills, the skills of communication

Characteristics: encouraging, supporting, initiative, co-operative, strong personality and resilient

School nurse role

- securing wellbeing, health promoting
- to be a confidant, consulting
- screen children wellbeing
- communicate and cooperate with families

Ways to promote

Promoting mental health at school has three spheres:

- first contains general principals of health promotion at whole school (100%)
- second is indicative in which help is given to pupils that have emotional and behaviour problems (15%)
- Third is treatment in cooperation with specialists and families (3-12%)

General intervention

All students are screened by measuring risk
and protective factors

Indicated interventions

Help is given to pupils who does not meet diagnosed criteria, but have higher risk due to certain indicated risk factor

Under treatment

- Students have psychiatric diagnose
- Active team work between school nurse and doctors, other specialists and family improves the treatment outcome

Mental health wellbeing and health guarding

Healthy lifestyle promoting (school environment etc)

- Attentiveness to factors (moods, lifechange)
- Make notes
- Screening (questionnaire)

Confidant

The medical ethics – confidentiality

- Creatibility, trust
- Different communication strategies
- To rise self-esteem

Supporting families

- Information from and to home
- (they need to know what is done, plans etc)
- Include families into programs; meetings; genogram
- feedback to the child

*It is an art to become and to be
good health care worker
(Barnes)*

Aitäh! Thank you!



**KEEP
CALM
AND
VISIT THE
SCHOOL NURSE**