

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 an important role in the development 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 dysfunction 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**