

Public Health Nurses in Schools



Who are Public Health Nurses (PHNs)?

- Registered Nurses: licenced to practice with College of Nurses of Ontario who possess a Bachelor of Science degree in Nursing/Bachelor of Nursing Science (minimum) and who specialize in Community Nursing with a focus on population health.



Who are PHN clients?

- Communities, which can include individuals, families, and groups.
- School communities, which can include students, administration, staff, parents/guardians, community partners, and neighbourhoods.



What skills and expertise do PHNs bring to a school community?

- Use of research and evidence to inform practice
- Support all people to reach their full health potential, considering real or perceived barriers and conditions that people live, work, learn and play (social determinants of health)
- Health promotion and illness/injury prevention
- Experts in comprehensive school health to foster healthy school environments
- Use principles of youth engagement to build leadership skills and effectively promote health with and amongst students.
- Provide and support parent engagement opportunities
- Relationship building and collaboration
- Capacity building skills for individuals and school communities
- Knowledge of healthy public policy
- Public health and community resources
- Nursing and health science

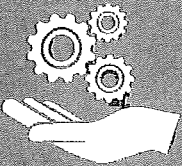


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What services can a PHN provide?

- Work with school communities, partners, and relevant providers in identifying, prioritizing, planning, delivering and evaluating interventions that promote health and address identified health needs of the school community;
- Support health goals identified on a School Improvement Plan;
- Support identified health goals through working with school groups such as Health Action Teams (HATs). HATs can consist of students, teachers, administration, parents and community partners.
- Help develop and promote healthy school policies;
- Support health curriculum;
- Facilitate peer support groups;
- Provide assessments, consultations, brief counselling and referrals for individual students.
- Link to community resources and other public health programs, services, and resources.



What health topics can PHNs address to support school communities?

- Mental health promotion
(positive school climate - includes violence and bullying)
- Healthy eating and food safety
- Physical activity and sedentary behaviour
- Concussions and injury prevention
- Alcohol, tobacco and other substance misuse
- Healthy sexuality
- Suicide risk and prevention
- Oral health
- Road and off-road safety
- UV exposure

