

Wellbeing & Health In-Reach Nurse Coordinator program

The Wellbeing & Health In-Reach Nurse Coordinator program is a partnership between NSW Health and the NSW Department of Education



Wellbeing Nurse Eliza-Jane Potter

Acknowledgement of Country

I would like to begin by acknowledging the Traditional Custodians the land that we are presenting from today. We are on the lands of the _____ people.

I also acknowledge any Aboriginal and Torres Strait Islander people who may be joining us today.

I pay my respects to Elders past, present and emerging and celebrate the diversity of Aboriginal peoples and their ongoing cultures and connections to the lands and waters of NSW.

Your Wellbeing Nurse

Eliza-Jane Potter

Clinical Nurse Specialist 2

South Eastern Sydney Local
Health District

I work across 4 schools:

- Hurstville Public School
- Bexley Public School
- Athelstane Public School
- Georges River College –
Hurstville Boys Campus

About the Role

- Experienced and specialised nurse
- Employed by NSW Health to work in schools
- I work closely with:
 - school wellbeing and learning and support teams
 - school counsellors
 - health and community services
 - mental health services
 - family support services
 - GPs

What wellbeing nurses do

Responsibilities

Service coordination

- Identify and review students health needs
- Referrals
- Case management
Access for students and families, to health and social services

Relationship building

Between students, schools, parents and support community.



Early intervention

Access and connection to prevention and specialised supports

Strengthen networks

Strengthen and influence health and support networks.

I do not ...

- ✘ Hand out medications or provide immunisations
- ✘ Provide first aid
- ✘ Provide direct health or personal care procedures such as tube feeding, diabetic management or toileting
- ✘ Provide counselling
- ✘ Provide an emergency response or crisis service

Examples of what the Wellbeing Nurse can assist with:

Physical health

Sexual health

Women's health

Men's health

Mental health

Social health

Vision and hearing concerns

Dental health

Finding affordable health care

Developmental health

Aboriginal health

Who Can Get My Help?

- **Any student** at the school
- The student's **immediate family**
- Children **prior to attending** the school attending the school, e.g. starting Kindergarten or Year 7 the following year.

How To Get My Help

- **Parents or carers** can contact the school and ask to speak to or make an appointment with the Wellbeing Nurse
- **Students** can let a teacher, principal or the school's learning and support and wellbeing team know they would like to see the Wellbeing Nurse
- **Students aged 14 years** and older can approach the Wellbeing Nurse directly to speak about health concerns

Permission or Consent to See Me

Primary school students

- I will get permission from a parent/carer if their child is referred to see me about the health and wellbeing concerns of their child

High school students

- Students 14 years or older and mature enough to understand and make decisions about their care can speak confidentially to the wellbeing nurse
- I will encourage the student to talk to their parents/carers about their health concerns or give permission for me to do so on their behalf.

NSW Health

FAMILY NAME: _____ MRN: _____
GIVEN NAME: _____ MALE FEMALE

Facility: _____ D.O.B: ____/____/____ M.O: _____
ADDRESS: _____
LOCATION / WARD: _____
COMPLETE ALL DETAILS OR AFFIX PATIENT LABEL HERE

The Wellbeing Nurse helps students and their families to:

- Identify their health and wellbeing needs
- Connect them to health and community services they need
- Understand information about their health care to make decisions and act on it.

The Wellbeing Nurse requires consent from the parent/guardian/carer/student before help can be given.
(A student must be aged 14 years and older to give consent).

To be completed by a parent/guardian/carer/student (Please tick and print clearly)

I give consent for the Wellbeing Nurse to:

- Carry out health and wellbeing assessments on my child/me as required Yes No
- Refer my child/me to other health and/or social services for support as required Yes No
- Share information about my child/me with school staff involved in my child's/my support Yes No
- Share information about my child/me with prescribed bodies (agencies or organisations that have responsibility for the provision of services to children) to assist in my child's/my care. Yes No

I have viewed the NSW Health Privacy leaflet
<https://www.health.nsw.gov.au/patients/privacy/Pages/privacy-leaflet-for-patients.aspx>
or **We keep it Zipped**
<https://www.health.nsw.gov.au/kidsfamilies/youth/Pages/confidentiality-resources.aspx>
and understand my child's health/my information will not be shared unless needed to help in my child's/my care

Full name: _____
Signature: _____ **Print and Sign** Date: ____/____/____
Relationship to student: Parent/guardian I am the student

Student Details

Family name: _____ Given name: _____
Date of birth: ____/____/____ Medicare number: □□□□□□□□□□/□
Home address: _____
Name of school: _____ Year level: _____
Telephone/mobile: _____

Parent/Guardian/Carer Details

Family name: _____ Given name: _____
Home address: _____
Telephone/mobile: _____ Email address: _____

To be completed by Wellbeing nurse (Please tick and print clearly)

I have obtained verbal consent from the parent/guardian/carer student Yes No N/A
I have provided them with the information contained within this consent form Yes No N/A
I have assessed the student to be a minor with the capacity to give consent (mature minor) Yes No N/A

Full name: _____ Signature: _____
Designation: _____ Date: ____/____/____

NO WRITING

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Privacy

- I will **get permission from the parent/carers or student** before sharing the child's information with others
- I will only **share information without permission** if I'm concerned about the **safety of a student or someone else** and give the information to the NSW Child Protection Helpline and Child Wellbeing Units

How To Contact Me

I am available at school:

Hurstville Public School: Monday (even weeks), Tuesday (odd weeks)

Athelstane Public School: Monday (odd weeks), Tuesday (even weeks)

Bexley Public School: Wednesday

Georges River College – Hurstville Boys Campus: Thursday

I can be contacted on:

Phone: 0476 046 195

Email: elizajane.potter@health.nsw.gov.au

Questions?

More information can be found on the NSW Health website at:

<https://www.health.nsw.gov.au/kidsfamilies/youth/Pages/whin-coordinator-program.aspx>