# 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

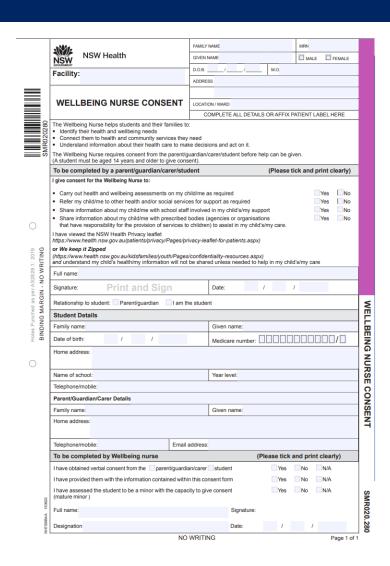
### Permission or Consent to See Me

### **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.



# **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/whincoordinator-program.aspx