

Primary School Health Nurse Team

Newsletter Term 4 Spring 2019

This newsletter aims to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instil healthy habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential educationally.



Enuresis (Bed wetting)

Bedwetting in children is a common problem; it is estimated that it affects nearly half a million children in the UK. For initial help and support contact your SHN. Some children require referral to specialised services.

A common cause of bedwetting is insufficient drinks. If a child does not drink enough their urine may become concentrated, & their bladder may become irritated, the bladder may need to be emptied more often, it can be more difficult to control the bladder, and the bladder may be too small to hold all the urine made over night. Ensuring your child drinks the recommended amount for their age will help the bladder to stretch so it is big enough to hold all the urine overnight. Wetting may initially worsen after children start to increase their fluid intake as the bladder stretches.

Drinks

- 6 drinks everyday helps the bladder to stretch
- The drinks should be spaced evenly throughout the day.
- Ask school staff to encourage your child to have regular drinks
- Reward charts can be helpful to encourage drinks
- If your child can avoid 'dark' drinks, like blackcurrant and fruit juices which are more irritable to the bladder it may help. Milk too close to bedtime is also to be avoided if possible.
- Children should have drunk most of their fluid intake before they come home from school (4 of their 6 drinks)
- Children have most successes if they avoid drinks 2 hours before bedtime

Eric - The children's bladder and bowel charity and have excellent resources for children and their families



<https://www.eric.org.uk>

Spotting signs of sepsis.

Sepsis is a serious, life threatening condition caused by the body's response to an infection. It can lead to tissue damage, organ failure and death. It was previously known as septicaemia or blood poisoning. Sepsis can be triggered by an infection anywhere in the body. Including the lungs, urinary tract, tummy (abdomen) and pelvis. Around 44,000 people in the UK die every year because of sepsis. That's about 1 every 5 minutes. 25,000 children are affected by sepsis, in the UK annually. It's important to know what the signs of sepsis are, so you can seek help quickly.

How to spot sepsis in children – Guidance from The Sepsis Trust website at: <https://sepsistrust.org/about/about-sepsis/>

If your child is unwell with either a fever or very low temperature (or has had a fever in the last 24 hours), call 999 and just ask: could it be sepsis?

A child may have sepsis if he or she:

1. Is breathing very fast
2. Has a 'fit' or convulsion
3. Looks mottled, bluish, or pale
4. Has a rash that does not fade when you press it
5. Is very lethargic or difficult to wake
6. Feels abnormally cold to touch



Fever with spots or rashes that do not fade under pressure is a medical emergency

Nitty-gritty of head lice.

Head lice and nits are very common in young children. They don't have anything to do with dirty hair and are usually picked up from head-to-head contact. There is no need to keep your child off school if they have head lice and there is nothing you can do to prevent head lice. You can reduce the risk of lice spreading by avoiding head-to-head contact, and tying back long hair. If there is an outbreak of headlice at school it really helps to stop the spread if everyone checks their child's hair at the same time and treats any live lice appropriately if live lice are found. There's no need for children to stay off school, or to wash laundry on a hot wash.

Treat head lice as soon as you spot them, and check your child's hair. You should check everyone in the house and treat them on the same day if they have head lice.

Treatment options include **Wet combing** - this is a great method to try first, using a special fine-toothed detection comb. There will be instructions on the pack to follow, but typically you should use the comb on wet or dry hair (although it usually works best on wet hair with conditioner). Comb the whole head of hair, from the roots to the ends. Repeat every few days for 2 weeks. It takes approximately 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair. Other treatment options include - **Medicated lotions** and sprays- ask your pharmacist for advice on these or follow the manufacturer's instructions.

Don't use medicated lotions and sprays to prevent head lice, they should only be used if live lice are seen.



To contact the SHN Team in your locality Phone: 01993 867149 or Email: Carterton.shns@nhs.net

The School Health Nurse website <https://www.oxfordhealth.nhs.uk/school-health-nurses/>

School Nurse Facebook page <https://www.facebook.com/oxschoolnurses/>

SEND (Special Educational Needs/Disabilities) Information

<https://www.oxfordshire.gov.uk/residents/children-education-and-families/education-and-learning/special-educational-needs-and-disability-local-offer>

Time off school due to sickness <https://www.oxfordshire.gov.uk/residents/schools/school/absence-due-sickness>

Infection Control guidance on keeping children off school following a specific illness

http://www.publichealth.hscni.net/sites/default/files/Guidance_on_infection_control_in%20schools_poster.pdf

Oxfordshire CAMHS offers a single point of access for students and parents/carers, who have concerns around mental health. Single Point of Access (SPA): 01865 902515 www.oxfordhealth.nhs.uk/camhs/oxon

Dentist -For help with finding an NHS dentist please phone the Oxford Health Dental Helpline on: 08000 113 824 or 01865 337 267. For general enquiries email: dental@oxfordhealth.nhs.uk