Healthy Living =Healthy Learners: Regional Nurse Specialist Training
ALGORTIHM FOR THE SCHOOL NURSE

OVERWEIGHT & OBESE

Assess
- BMI
- Blood Pressure
- Acanthosis nigricans

Psychosocial History
- ☐ Suicidal ideation
- ☐ Bullying
- ☐ Low self-esteem
- ☐ School avoidance
- ☐ Depression
- ☐ Family resources

Obstructive Sleep Apnea (OSA) Symptoms include snoring plus one or more of the following:
- ☐ Nighttime awakening
- ☐ Restless sleep
- ☐ Difficulty awaking in the morning – *not solely due to inadequate sleep duration*
- ☐ Daytime somnolence, napping - *not solely due to inadequate sleep duration*
- ☐ Decreased concentration
- ☐ Enuresis
- ☐ Poor school performance
- ☐ Witnessed apneic pauses

Slipped Capital Femoral Epiphysis (SCFE)
- ☐ Pain in groin, hip, thigh, knee, leg
- ☐ Limping without known injury

Severe Exercise Intolerance – *could be sign of heart failure or pulmonary hypertension secondary to OSA*
- ☐ Unable to walk down hall
- ☐ Participate in sports

Pseudotumor cerebri – *syndrome of increased intracranial pressure without a brain tumor*
- ☐ Persistent daily headache
- ☐ Headache worse when lying down
- ☐ Blurry vision

Triage

IMMEDIATE
- Obstructive Sleep Apnea
- Slipped Capital Femoral Epiphysis
- Severe exercise intolerance
- Pesudotumor cerebri

- Refer to parent/guardian to PCP for immediate for medical evaluation
- Assist with establishing medical home if needed
- Follow up

URGENT
- Elevated BP
- Elevated BMI *or increasing at alarming rate*
- Acanthosis nigricans
- Psychological impact of obesity – *non severe*
- Enuresis/encopresis

- Notify parent/guardian and refer to PCP for medical evaluation
- Assist with establishing medical home if needed
- Follow up

NONURGENT
- Normal vital signs

- Provide positive 5-2-1-0 message
- Advocate for physical activity in school environment and community
- Advocate for healthy school nutrition programs

Type II DM is uncommon, even amongst obese children. If concerned for type II DM, recommend PCP perform fasting blood sugar and hemoglobin A1C level

For assistance in referrals, call Renee Porter, RN, CPNP, Obesity Nurse Coordinator, The Children's Hospital, 720 777-3352, fax 720 777-7282, porter.renee@tchden.org .