

## Section 3 – Healthy Families Programme : School Age5 – 19 years

Core Content	Core Requirements	Desired Outcomes / Supporting Information	If Action Required	Safeguarding
<p><b>School Entry Health Assessment</b></p> <p><i>In accordance with the Healthy Child Programme the health status of all children is reviewed on entry to school</i></p> <p><i>Copy of paper Health Needs Assessment to be added</i></p>	<p>During the first term first year of school, the parent/carer of each child will be sent a School Entry Health Review questionnaire - a paper based Health Needs Assessment</p> <p>Health development review will identify need for targeted support. To include assessment of needs, risks and choices including:</p> <ul style="list-style-type: none"> <li>• Review of immunisation status</li> <li>• Review of access to primary care and dental care</li> <li>• Review of appropriate interventions</li> <li>• Information on specific health issues</li> <li>• Promotion of routine vision testing via optician</li> </ul> <p>Joint working with the child's school to identify any issues / support for children with additional needs or any problems which may affect the child's ability to learn/access the national curriculum</p> <p>If concerns are raised by parent/ carer, school or previous health records, the parent/ carer will be contacted by a member of the Healthy Family Team</p> <p>Completed questionnaires will be reviewed by a qualified practitioner within the Healthy Family Teams as part of the Health review and care planned if there are unmet health needs.</p> <p>Parent/ carers identifying a concern or unmet health need will be contacted by a member of the Healthy Family Team giving opportunity for further discussion or</p>	<p>Identification of children requiring universal plus / partnership plus intervention.</p> <p>Early identification of need and appropriate interventions offered</p> <p>Any support given to the child contributes to achieving better outcomes in school and support their attainment</p>	<p>From assessment a targeted intervention is developed for children as needed.</p> <p>Pathways:</p> <p>Continence pathway:  <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Continence Mgmt Early Intervention - Final v1.3.pdf</a></p> <p>Behaviour pathway:  <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Behaviour Mgmt Early Intervention - Final v1.3.pdf</a></p> <p>Emotional wellbeing pathway:  <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Emotional Health Wellbeing Pathway - Final v1.0.pdf</a></p> <p>Vision hearing pathway:</p>	<p>The Specialist Public Health Practitioner identifies all children and young people in need of support and protection, acting in compliance with the NSCB standards and procedures and the Pathway to Provision</p>

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	<p>tier one intervention</p> <p>For children where there is an identified health problem/concern for follow-up then a referral to the Healthy Family Team for tier one intervention should be made / or brief intervention</p> <p>If parent/ carers highlight that their child has a continence issue The Healthy Family Team practitioner will initiate the Continence Pathway as per NICE guidance <a href="http://www.nice.org.uk/CG111">www.nice.org.uk/CG111</a></p> <p>If the parent/ carer indicates that the child is from a smoking household send information or encourage sign up to RECAP</p> <p>If a child has a long term health condition or asthma liaise with school to ensure they are aware and that they have a health plan in place for the child (it is not the responsibility of the HFT member to write the health care plan for the child)</p> <p>Health information from the school entry health review questionnaire will be entered into Sysmone.</p> <p>In addition, where children's health conditions are identified before school entry, the Healthy Family Team may provide advice and guidance to assist school staff in meeting those needs.</p> <p>Healthy Mouth pack will be given to every child.</p>		<p><a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Vision Hearing Mgmt Early Intervention - Final v1.2.pdf</a></p> <p>Steps to Go Smokefree <a href="http://www.smokefreenotts.co.uk">www.smokefreenotts.co.uk</a></p>	
<p><b>Health review at age 11 /12 years (year 7)</b></p> <p><i>Copy of paper Health Needs Assessment to be added</i> <i>Is there a School Needs Assessment Care Pathway??</i></p>	<p><b>To be carried out in Autumn Term Sept - Dec</b></p> <p>Health development review to identify need for targeted support. To include assessment of needs, risks and choices and dissemination of appropriate information and advice:</p> <p>Priorities at primary age include:</p> <ul style="list-style-type: none"> <li>• Emotional health and wellbeing</li> <li>• Healthy eating</li> <li>• Domestic violence and healthy relationships</li> </ul>	<p>Identification of children requiring Universal Plus/Partnership Plus intervention.</p> <p>Early identification of need and appropriate interventions offered</p> <p>Any support given to the child</p>	<p>Follow relevant pathways and offer tier one / brief interventions:</p> <p>Continence pathway: <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Continence Mgmt Early Intervention -</a></p>	<p>. The Specialist Public Health Practitioner identifies all children and young people in need of support and protection, acting in compliance with the NSCB standards and procedures and the Pathway to Provision</p>

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	<ul style="list-style-type: none"> <li>Physical activity</li> <li>Puberty</li> <li>Promotion of routine vision testing via optician. Maximising learning and achievement</li> </ul>	<p>contributes to achieving better outcomes in school and support their attainment</p>	<p><a href="#">Final v1.3.pdf</a></p> <p>School Age Smoking Cessation</p> <p><a href="#">\\NHS-SN-NA01\Departments1\C\CY P S1\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\School Age Smoking Cessation Pathway - Final v1.2.pdf</a></p> <p>Emotional wellbeing pathway:  <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Emotional Health Wellbeing Pathway - Final v1.0.pdf</a></p>	
<p><b>Health review at age 13/14 (year 9)</b></p> <p><b>QUESTIONNAIRE NEEDS TO BE DEVELOPED</b></p>	<p><b>To be carried out in Winter term Jan – March</b></p> <p>Health development review to identify need for targeted support. To include assessment of needs, risks and choices and dissemination of appropriate information and advice</p> <p>Priorities at secondary age include:</p> <ul style="list-style-type: none"> <li>Emotional health and wellbeing</li> <li>Domestic violence and healthy relationships</li> <li>Alcohol</li> <li>Sexual health</li> <li>Healthy eating</li> <li>Promotion of routine vision testing via optician</li> </ul> <p>Where a child or young person has additional health needs planning for transition will begin.</p>	<p>Identification of children requiring Universal Plus/Partnership Plus intervention.</p> <p>Early identification of need and appropriate interventions offered</p> <p>Any support given to the child / young person contributes to achieving better outcomes in school and support their attainment</p>	<p>Follow relevant pathways and offer tier one / brief interventions:</p> <p>Emotional wellbeing pathway:  <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Emotional Health Wellbeing Pathway - Final v1.0.pdf</a></p> <p>Continence pathway:  <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in</a></p>	<p>. The Specialist Public Health Practitioner identifies all children and young people in need of support and protection, acting in compliance with the NSCB standards and procedures and the Pathway to Provision</p>

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			<p><a href="#">PDFs &amp; JPEGs\Continence Mgmt Early Intervention - Final v1.3.pdf</a></p> <p>Sexual health pathway:  <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Sexual Health Pathway - Final v1.0.pdf</a></p> <p>School Age Smoking Cessation</p> <p><a href="#">\NHS-SN-NA01\Departments1\C\CY P S1\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\School Age Smoking Cessation Pathway - Final v1.2.pdf</a></p> <p>Behaviour management pathway:  <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Behaviour Mgmt Early Intervention - Final v1.3.pdf</a></p>	
<p><b>Health review at age 15/16 years (year 11) to be confirmed</b></p>	<p>Information will be shared with all young people regarding public health, healthy lifestyles and risky behaviour and links shared to information, advice and support to include services available pre and post-18 years of age (where these are different).</p> <p>Clear contacts for HFTs will be provided and young people will be made aware that they can access advice and support until they are 19 years of age regardless of their education status.</p>		<p>Follow relevant pathways and offer tier one / brief interventions:</p> <p>Continence pathway:  <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Continence Mgmt Early Intervention -</a></p>	<p>. The Specialist Public Health Practitioner identifies all children and young people in need of support and protection, acting in compliance with the NSCB standards and procedures and the Pathway to Provision</p>

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	<p>HFTs will work in partnership with those services involved in supporting young people, including but not limited to Further Education Colleges, Youth Service, CAMHS</p> <p><b>Transition:</b> Where a child or young person has additional needs planning for transition should begin from age 14 years in line with the Special Educational Needs and Disability (SEND) legislation.</p> <p><a href="https://www.gov.uk/government/publications/send-managing-changes-to-legislation-from-september-2014">https://www.gov.uk/government/publications/send-managing-changes-to-legislation-from-september-2014</a> .</p> <p>HFTs will be expected to work in partnership with those services involved in the care of young people with additional health needs to ensure seamless continuity of care during transition from children's to adults services.</p>		<p><a href="#">Final v1.3.pdf</a></p> <p>School Age Smoking Cessation</p> <p><a href="#">\\NHS-SN-NA01\Departments1\C\CY P S1\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\School Age Smoking Cessation Pathway - Final v1.2.pdf</a></p> <p>Emotional wellbeing pathway: <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Emotional Health Wellbeing Pathway - Final v1.0.pdf</a></p>	
<p><b>The Healthy Family Team will work to identify the emerging Emotional Health &amp; Wellbeing needs of children &amp; young people</b></p> <p><i>In accordance with Future in Mind: promoting, protecting and improving our children and young people's mental health and wellbeing (DH,</i></p>	<p>The Healthy Family Team will provide the core offer as part of the Healthy Families Programme:-</p> <ul style="list-style-type: none"> <li>➤ Child &amp; Family appointments for under 11's in a number of venues across the Districts with provision in school holidays for children &amp; parents requiring 1:1 advice and signposting.</li> <li>➤ Young people's health drop-in's targeted at secondary school age delivered in schools with provision in school holidays providing individual 1:1 support, signposting and advocacy.</li> <li>➤ Super Health Days which focus on promoting resilience and supporting emotional health and wellbeing. Tier 1 will need detailing for teams</li> </ul> <p>For children and young people who require targeted Tier 1 interventions the Healthy Family Team will provide</p>	<p>Reduced emotional distress and improved coping strategies</p> <p>Building resilience in parents, children and young people.</p> <p>Improved communication between professionals</p> <p>Easier navigation between service pathways</p> <p>Involvement of children, young people and parents in their care</p>	<p>Follow relevant pathways and offer tier one / brief interventions:</p> <p>Emotional wellbeing pathway: <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Emotional Health Wellbeing Pathway - Final v1.0.pdf</a></p> <p>Continence pathway: <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in</a></p>	<p>The Healthy Family Team will identify all children and young people in need of support and protection, working within the NSCB procedures.</p>

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<p>2015) which contains a number of key themes as follows:</p> <ul style="list-style-type: none"> <li>Promoting resilience, prevention and early intervention</li> <li>Improving access to effective support – a system without tiers</li> <li>Care for the most vulnerable</li> <li>Accountability and transparency</li> <li>Developing the workforce</li> </ul> <p><a href="https://www.gov.uk/government/publications/improving-mental-health-services-for-young-people">https://www.gov.uk/government/publications/improving-mental-health-services-for-young-people</a></p>	<p>specific time limited programmes:-</p> <p><b>Self- Harm – 5 week programme (seen in Drop In)</b></p> <ul style="list-style-type: none"> <li>Assessment of risk / Identification of issue/difficulties to be addressed (prior to commencement of 4 week programme) what is the assessment tool for this emotional health</li> <li>Goal setting for work to done during the sessions</li> <li>Listening</li> <li>Basic information to keep safe</li> <li>Exploring issues related to situation</li> <li>Identification of Stress triggers/how to deal with these positively</li> <li>Basic coping strategies</li> <li>Review- no improvement / Consultation with Primary Mental Health Worker / onward referral</li> </ul> <p><b>Self- Esteem - 5 week programme (seen in Drop In)</b></p> <ul style="list-style-type: none"> <li>Assessment of risk / Identification of issue/difficulties to be addressed (prior to commencement of 4 week programme)</li> <li>Goal setting for work to done during the sessions</li> <li>Listening Support young person to discover and share the positive's about themselves</li> <li>Affirm strengths, achievements, successes and personal qualities</li> <li>Strategies to look at put down's, how to avoid them and handle them in a way that avoids negative reinforcement of self</li> <li>Building Healthy relationships</li> </ul> <p><b>Depression / Low Mood – 2 weeks max as per NICE guidance (seen in Drop In)</b></p> <ul style="list-style-type: none"> <li>Assessment of suicidal ideation / basic risk assessment</li> <li>Mood scale</li> <li>Consultation with Primary Mental Health Worker</li> <li>Onward referral / programme of work with guidance of Primary Mental Health Worker</li> </ul>	<p>Reduction in risk taking behaviour</p> <p>Improvement in school attendance</p>	<p><a href="#">PDFs &amp; JPEGs\Continance Mgmt Early Intervention - Final v1.3.pdf</a></p> <p>Sexual health pathway:  <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Sexual Health Pathway - Final v1.0.pdf</a></p> <p>School Age Smoking Cessation</p> <p><a href="#">\NHS-SN-NA01\Departments1\C\CY P S1\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\School Age Smoking Cessation Pathway - Final v1.2.pdf</a></p> <p>Behaviour management pathway:  <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Behaviour Mgmt Early Intervention - Final v1.3.pdf</a></p>	

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	<p><b>Anxiety - 5 week programme (seen in Drop In)</b>  <b>Can all of these areas be covered in 5 weeks- is it 5 weeks or 5 sessions? Programme will need to be really prescriptive to enable this</b>  <b>Pathway</b></p> <ul style="list-style-type: none"> <li>• Assessment of risk / Identification of issue/difficulties to be addressed (prior to commencement of 4 week programme)</li> <li>• Consult secondary school regarding ARNA (Anxiety related non-attendance)</li> <li>• Goal setting for work to done during the sessions</li> <li>• Listening</li> <li>• Explore self -care &amp; healthy behaviours – sleep &amp; nutrition</li> <li>• Explore managing emotions/self - regulation/facing challenges</li> <li>• Explore friendships/ healthy relationships/ Interpersonal skills</li> <li>• Problem solving / decision making skills</li> <li>• Time Management skills</li> <li>• Keeping Safe – internet</li> <li>• Consultation with Primary Mental Health Worker if no improvement</li> </ul> <p><b>Eating Disorders – interim sessions delivered following referral (seen in Drop In)</b>  <b>What is a tier 1 eating disorder?</b></p> <p><b>Pathway</b></p> <ul style="list-style-type: none"> <li>• Assessment of risk / Identification of issue/difficulties to be addressed (prior to commencement of 4 week programme)/supporting YP to discuss with parents / basic advice to parents re: supporting Young Person to eat and limit activity.</li> <li>• Consultation with Primary Mental Health Worker before starting any sessions – onward referral to GP for weight, height, bloods, observations and ECG completed prior to assessment with Eating Disorders Team.</li> <li>• Alert Eating Disorders Team if YP deteriorates</li> </ul>			

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	<p>noting fainting, excessive activity/exercise, further restriction, rapid weight loss.</p> <ul style="list-style-type: none"> <li>• Goal setting for work to done during the sessions</li> <li>• Listening</li> <li>• Explore media influence on the way we look</li> <li>• Support young person to discover and share the positive's about themselves</li> <li>• Affirm strengths, achievements, successes and personal qualities</li> <li>• Strategies to look at put down's, how to avoid them and handle them in a way that avoids negative reinforcement of self</li> </ul> <p><b>Risk taking behaviours - 4 week programme (seen in Drop In) or targeted group work</b></p> <ul style="list-style-type: none"> <li>• Listening &amp; assessment of risk</li> <li>• Keeping Safe – internet</li> <li>• Explore self -care &amp; healthy behaviours – sleep &amp; nutrition</li> <li>• Explore managing emotions/self - regulation/facing challenges</li> <li>• Explore friendships/ healthy relationships/ Interpersonal skills</li> <li>• Problem solving / decision making skills</li> </ul> <p><b>Anger Management – 5 week programme</b></p> <ul style="list-style-type: none"> <li>• Assessment of risk / Identification of issue/difficulties to be addressed (prior to commencement of 4 week programme)</li> <li>• Identification and Management of emotions</li> <li>• Identification of triggers</li> <li>• Learning what feeds and starves anger</li> </ul>			
<p><b>National Child Measurement Programme</b></p> <p>The NCMP has two key purposes: 1. <i>To provide child</i></p>	<p><b>Time Line and dates for measurement – please see link below</b></p> <p>NCMP pathway: <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\NCMP Pathway - Final v1.0.pdf</a></p>	<p>Reduction in obesity levels and underweight children.</p> <p>Increase physical activity and healthy eating.</p> <p>Early detection and support for children with eating disorders</p>	<p>Liaise with specialist services and refer as needs indicate.</p> <p>Link to Everyone Health information /guidance:</p>	<p>Healthy Family Team practitioners identify all children and young people in need of support and protection, acting in compliance with the NSCB standards</p>



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<p><i>population public health surveillance data in weight status (to understand obesity prevalence and trends and local and national levels, and to inform policy and practice on tackling obesity and its wider determinants</i></p> <p>2. <i>To provide parents with feedback on their child's weight status (to help them understand their child's current health status and support and encourage behaviour change)</i></p>	<p><b>NCMP Timelines</b>  <a href="#">Supporting Information\NCMP Timelines.pdf</a></p> <p><b>Please note:</b> that following the discussion with NCMP representatives at the operational group meeting we have allocated each locality specific months in which they should undertake the programme. This is so that we can ensure that the measurements are input and uploaded to the National Tool in preparation for the results letters to be sent out within the 6 week time scale.</p> <p>In line with the NCMP guidance it is expected that school nurse teams will input the NCMP Data into each child's record</p> <p>Please ensure that you inform Child Health of your planned measurement dates including any mop up dates as soon as possible and also inform Child Health immediately of any change of session dates.</p> <p><b>Guidance for Inputting Data</b></p> <p>Ideally this should be completed at the school session using SystemOne. Paper-based records not recommended and should only be used as a last resort:</p> <p>NCMP Operational Guidance: <a href="#">Supporting Information\NCMP Operational Guidance.pdf</a></p> <p><b>Prior to the session date</b>  Ensure you have internet access at the point of measurement. If you plan to use a school's wireless network connection or operate over a 3G or 4G network then you should check that the room in which you will carry out the exercise has adequate network coverage.</p> <p>Check each child's record to ensure correct school is recorded and there is a share on to Child Health (Child Health will not be able to send letters out unless the record has been shared)</p> <p>All children need to be on SystemOne</p>		<p><a href="http://www.everyonehealth.co.uk/nottinghamshire-county-council/">http://www.everyonehealth.co.uk/nottinghamshire-county-council/</a></p> <p>Integrated obesity prevention and weight management pathway:  <a href="#">Supporting Information\Integrated obesity prevention and weight management pathway.pdf</a></p> <p>Supporting Information\Prevention &amp; Weight Management ChangePoint referral form:  <a href="#">Supporting Information\Prevention &amp; Weight Management ChangePoint referral form.pdf</a></p> <p>Prevention and weight management ChangePoint Referral Information Sheet:  <a href="#">Supporting Information\Prevention and weight management ChangePoint Referral Information Sheet.pdf</a></p> <p>Emotional Health Pathway:  <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Emotional Health Wellbeing Pathway - Final v1.0.pdf</a></p> <p>Refer to One CAMHS as appropriate for concerns re</p>	<p>and procedures</p>

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	<p>Any child not on SystmOne must be registered with a share/ referral to Child Health.</p> <p><b>Ensure that you have the Session Sheet available as you will need to send this to Child Health once main and mop up session have been completed, please ensure they are attached together.</b></p> <p><b>Session Sheet</b> This should include the Correct Name, Date of Birth, Current Address, and Ethnicity of all children in the year group.</p> <p>Please ensure all details are completed on the session sheet</p> <p>Incomplete forms will be returned, as Child Health are unable to upload and print letters without the full information</p> <p>NCMP Session Sheet: <a href="#">Supporting Information\NCMP Session Sheet.pdf</a></p> <p><b>Using SystmOne to input the height and weight measurement</b></p> <ul style="list-style-type: none"> <li>• Access the child's record.</li> <li>• Check the address with the child- (This must be correct to ensure letters are not sent to the wrong address)(<b>This must be updated via the Clinical Tree not the Journal</b>)</li> </ul> <p>Via the clinical tree right click:</p> <ol style="list-style-type: none"> <li>1. Open school nursing within the template section.</li> <li>2. Right click NCMP Data Entry tool and choose this in the drop down box</li> <li>3. Click other details and complete, then click ok</li> <li>4. Complete the NCMP data entry template</li> <li>5. Choose Review type: School Child Health Examination</li> <li>6. Either click the CONSENT obtained Box unless refused</li> </ol>		<p>eating disorders <a href="http://www.nottinghamshirehealthcare.nhs.uk/camhs">http://www.nottinghamshirehealthcare.nhs.uk/camhs</a></p> <p>Nice Guidance: Social and emotional wellbeing for children and young people <a href="http://www.nice.org.uk/LGL12">www.nice.org.uk/LGL12</a></p> <p>NICE – Social and emotional wellbeing for children and young people: <a href="#">Supporting Information\NICE - Social and emotional wellbeing for children.pdf</a></p> <p><a href="http://www.nice.org.uk/PH47">www.nice.org.uk/PH47</a></p>	

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	<p>7. Follow the procedure below for recording measurements or click the CONSENT REFUSED drop down box and select the reason for refusal as per template example below.</p> <p>8. If inputting the Height and Weight measurements ensure the decimal point is in the correct place. (You do not need to input in to the BMI box this is done automatically).</p> <p><b>Check the BMI</b> – if very high check that it has been correctly entered, or if any other interventions are taking place and if appropriate task the School Nurse to consider Brief Interventions.)</p> <p><b>Check that the correct school is displayed</b> and click on this school. (If correct school is not displayed please add from the clinical tree and end all old schools)</p> <p>Click ok to save the entry. Click save to save the record EXAMPLE attached using the link:</p> <p>NCMP using Systmone to input the height and weight measurement: <a href="#">Supporting Information\NCMP using Systmone to input the height and weight measurement.pdf</a></p> <p>Double Check that the hard copy of the session sheet has the names and date of birth and addresses of all in the year group and that all non-measurement reasons are input on to the session sheet as per code guidelines</p> <p><b>CODE GUIDELINES:</b></p> <ul style="list-style-type: none"> <li>A. Parents opted out</li> <li>B. Absent from school</li> <li>C. Unable to participate</li> <li>D. Child declined</li> <li>E. Excluded from measurement.</li> </ul> <p>Child Health will then send parents a copy of the Change for Life leaflet 'Top Tips for Top Kids' with a</p>			

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	<p>covering letter.</p> <p>On completion of both the main and the mop up sessions, send to Child Health Department within 24 hours (Ensure that all school nurse team contact details, name and contact telephone number are included and includes the schools correct name otherwise Child Health will return to the School Nurse Teams for amendment).</p> <p>All Opt-out slips must be sent to Child Health for Audit purposes</p> <p><b>Promoting the NCMP in Schools</b> The NCMP programme is a mandatory function of the Local Authority.</p> <p>In order to increase the participation rate for the programme Healthy Family Teams can deliver short sessions (15-30 minutes) promoting the programme or promote at school events. Below is a link to the DH website where there is a short film that can be shown to reception and year 6 children. There are also other resources including a poster can be printed or ordered that promotes the programme to year 6's.</p> <p><a href="http://webarchive.nationalarchives.gov.uk/20081105143757/dh.gov.uk/en/publichealth/healthimprovement/healthyliving/dh_073787">http://webarchive.nationalarchives.gov.uk/20081105143757/dh.gov.uk/en/publichealth/healthimprovement/healthyliving/dh_073787</a></p> <p>A roller banner is available for use by Healthy Family Team in each locality along with posters.</p> <p>Also below is a link to the NHS change for life webpage which may also have some useful resources to support you to promote the programme.</p> <p><a href="http://www.nhs.uk/change4life/Pages/change-for-life.aspx">http://www.nhs.uk/change4life/Pages/change-for-life.aspx</a></p> <p>Feedback will be requested on on how sessions went and any good practice that can be shared.</p> <p><b>Promoting the NCMP in communities</b></p>			

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	<p>The local authority would also like to gather a collection of case studies where families have benefitted from their child being identified as over/underweight.</p> <p>If any suitable families are identified please talk to them as soon as possible and if they are willing to take part please contact Helen Firth. They would need to be comfortable with the following:</p> <ul style="list-style-type: none"> <li>○ Must be able to speak on radio, TV and be photographed</li> <li>○ Support the service and the key messages from Public Health Nottinghamshire</li> <li>○ Be willing to be in a short video for NCC website</li> <li>○ Be willing to go into some detail about their story (NCC will give a steer on this) <ul style="list-style-type: none"> <li>• Identifying some families will help in promoting the service as well as the NCMP so it would be really valuable.</li> </ul> </li> </ul>			
<p><b>Continence Care and Management of Constipation for Children and Young People</b></p> <p>To support parents and children to access support and information about management of continence, nocturnal enuresis constipation and toilet training problems</p>	<p>Healthy Family Practitioners will deliver advice, information and awareness raising in relation to nocturnal enuresis, constipation and toilet training problems. This includes</p> <ul style="list-style-type: none"> <li>• advice and support to help promote 'healthy' bladders and bowels, to reduce the risk of problems such as constipation, developing or once developed being missed</li> <li>• delivering toilet training problems, reviewing input and output charts (bladder/bowel/fluid diaries) and introducing first line treatments such as toileting and fluid/diet advice, treatments for bedwetting e.g. enuresis alarm, or medication and treatments for constipation or enuresis e.g. use of stimulant laxatives or macrogols (via GP or nurse prescriber) in line with NICE guidance (level one).</li> </ul> <p>Continence guidance &amp; template: <a href="#">Supporting Information\NICE Continence guidance and template.pdf</a></p>	<ul style="list-style-type: none"> <li>• Early identification of physical abnormalities</li> <li>• To empower parents/ carers, children and young people to utilise best practice in the management of continence</li> <li>• Minimise emotional impact of continence issues</li> <li>• Achieve continence or timely referral to specialist services as needs indicate.</li> </ul>	<p>A programme of support is provided and children are referred in line with the care pathway.</p> <p>Link to Continence Care Pathway: <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Continence Mgmt Early Intervention - Final v1.3.pdf</a></p> <p>Link to NICE Guidance 2014 <a href="http://www.nice.org.uk/CG111">www.nice.org.uk/CG111</a></p> <p>NICE constipation in children and young people: <a href="#">Supporting Information\NICE Constipation in children and young people.pdf</a></p>	<p>The Healthy Family Team will identify all children and young people in need of support and protection, working within the NSCB procedures.</p>
<p><b>School Health Drop-</b></p>	<p>Priorities at secondary age include emotional health and wellbeing and risk-taking behaviour:</p>	<p>All young people will have access to confidential sexual</p>	<p>Liaise with specialist services and refer as needs</p>	<p>All practitioners working with young people</p>

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<p><b>ins</b></p> <p><i>Young people's health clinics targeted at secondary school age children and young people.</i></p> <p><i>Countywide holistic health drop in sessions will be offered in or near every secondary school in Nottinghamshire including special schools.</i></p>	<ul style="list-style-type: none"> <li>- Emotional health and wellbeing</li> <li>- Domestic violence and healthy relationships</li> <li>- Sexual health</li> <li>- Healthy eating and healthy weight</li> <li>- Substance misuse / drug and alcohol concerns</li> <li>- Smoking cessation</li> <li>- Long term conditions</li> </ul> <p><b>Profile of the service to be promoted in school assemblies, on notice boards etc</b></p> <p><b>Confidentiality</b> Practitioners adhere to confidentiality and must inform the young person of its limitations</p> <p>Confidentiality policy advertised at the "Drop-in" and discussed at every contact with the child, young person or parent as appropriate</p> <p>Every child, young person and parent where appropriate is aware that their safety or that of others, overrides their right to confidentiality.</p> <p>Fraser Competency Guidelines <a href="#">Supporting Information\Fraser guidelines competency checklist.pdf</a></p> <p>. If under 16 or under 13 follow safeguarding children procedures</p> <p><b>School Health Drop-in Requirements:</b></p> <ul style="list-style-type: none"> <li>• The service delivered takes account of privacy, confidentiality, warmth and friendliness, competence and accessibility (Adheres to You're Welcome criteria)</li> <li>• Details of all contact with a young person, and regarding that young person, is documented on Systmone</li> <li>• Knowledge and understanding of local service providers, referral processes and an awareness of the interplay of multi-factorial risks is essential.</li> </ul>	<p>health services.</p> <p>Increasing access and information around sexual health in order to inform choice and reduce contraception rates</p> <p>Contribute to a reduction in the incidents of sexual transmitted infection and reinfection rates among young people Contribute to delayed onset of sexual activity</p> <p>Provide information to young people to support a reduction in health inequalities among young people</p> <p>Potential candidates for the Family Nurse Partnership are identified</p> <p>Young people's emotional health and well-being needs are addressed and supported</p> <p>Young people are supported with making healthy choices resulting in supporting :</p> <ul style="list-style-type: none"> <li>• a reduction in young people who are obese or who have eating disorders</li> <li>• a reduction in the numbers of young people smoking, or who have drug and alcohol issues</li> <li>• a reduction in risk taking behaviour</li> <li>• a greater understanding of healthy / unhealthy</li> </ul>	<p>indicate . This includes: <b>a) signposting to ISHS</b> to support rapid access to contraception, sexual health advice and sexually transmitted infection testing</p> <p>Sexual Health Pathway: <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Sexual Health Pathway - Final v1.0.pdf</a></p> <p>NICE Guidance : Contraceptive Services for Under 25a <a href="http://www.nice.org.uk/PH51">www.nice.org.uk/PH51</a></p> <p>NICE Guidance: Sexually transmitted infections and under-18 conceptions: prevention <a href="http://www.nice.org.uk/PH3">www.nice.org.uk/PH3</a></p> <p><b>b) referral to One CAMHS</b></p> <p>Emotional health pathway: <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Emotional Health Wellbeing Pathway - Final v1.0.pdf</a></p> <p><a href="http://www.nottinghamshirehealthcare.nhs.uk/camhs">http://www.nottinghamshirehealthcare.nhs.uk/camhs</a> Social and emotional wellbeing for children and</p>	<p>should be alert to risk factors and signs and symptoms of child abuse and follow safeguarding procedures where there is cause for concern</p> <p>Signs of sexual abuse/exploitation follow safeguarding children procedures as necessary</p> <p>All practitioners consider age of young person and safeguarding children implications <b>Aged under 16 yrs?</b> <b>Aged under 13 yrs?</b></p> <p>Signs of sexual abuse/exploitation follow safeguarding children procedures as necessary</p> <p><a href="http://www.nottinghamshire.gov.uk/nscb">www.nottinghamshire.gov.uk/nscb</a></p>

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	<ul style="list-style-type: none"> <li>A member of the Healthy Family Team will respond to a range of concerns raised by the young person (as detailed in the first paragraph above)</li> </ul> <p><b>Partnership working with schools:</b></p> <ul style="list-style-type: none"> <li>Joint assessment of need for the “drop-in” carried out with colleagues in schools and other agencies</li> <li>Schools have supplied a room suitable for the “drop-in” that is private but accessible to children and young people where possible.</li> <li>School Staff are encouraged to support and advertise the “drop-in” and encourage students to attend.</li> <li>Establish open liaison and mutual respect between all partners to ensure that the drop-in can run successfully, without compromising the confidentiality of the “drop-in” or of individual users.</li> <li>Appropriate liaison with GPs and other Professionals with the consent of the service user.</li> </ul>	relationships	<p>young people: <a href="#">Supporting Information\NICE - Social and emotional wellbeing for children.pdf</a></p> <p>Social and emotional wellbeing for children and young people  <a href="http://www.nice.org.uk/LGL12">www.nice.org.uk/LGL12</a>  <a href="http://www.nice.org.uk/PH12">www.nice.org.uk/PH12</a>  <a href="http://www.nice.org.uk/PH20">www.nice.org.uk/PH20</a></p> <p>+ chlamydia</p> <p>c) <b>referral to Everyone Health for weight management</b> / healthy lifestyles  <a href="http://www.everyonehealth.co.uk/nottinghamshire-county-council/">http://www.everyonehealth.co.uk/nottinghamshire-county-council/</a></p> <p>Weight management: lifestyle services for overweight or obese children and young people  <a href="http://www.nice.org.uk/PH47">www.nice.org.uk/PH47</a></p> <p>d) <b>referral to smoking cessation</b> services:  <a href="http://www.solutions4health.co.uk">www.solutions4health.co.uk</a></p> <p>Smoking: preventing uptake in children and young people  <a href="http://www.nice.org.uk/PH14">www.nice.org.uk/PH14</a></p> <p>School Age Smoking Cessation Pathway  <a href="#">\NHS-SN-</a></p>	

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			<p><a href="#">NA01\Departments1\C\CY P_S1\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\School Age Smoking Cessation Pathway - Final v1.2.pdf</a></p> <p>e) <b>Substance misuse services :</b></p> <p><a href="http://www.nice.org.uk/PH7">www.nice.org.uk/PH7</a></p> <p>f) <b>healthy relationships and domestic abuse advice:</b></p> <p><a href="http://www.equation.org.uk">www.equation.org.uk</a></p> <p><a href="http://www.wais.org.uk">www.wais.org.uk</a> 24 hr phone line 0808 800 0340</p> <p><a href="http://www.nidas.org.uk/">www.nidas.org.uk/</a> (Mansfield : Advice Line: 01623 683 250</p> <p>Signpost to RECAP</p>	
<p><b>Healthy relationships and sexual health</b></p> <p><i>Enhancing the sexual health and wellbeing of young people, parents and carers and contributing to a reduction in sexual health inequalities is a key public health priority for the service.</i></p>	<p>The Healthy Family Team sexual health offer combines delivery of a health promotion package on sexual health to young people aged 13-19 in conjunction with provision of support, diagnosis and treatment</p> <p>Sexual health pathway: <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Sexual Health Pathway - Final v1.0.pdf</a></p> <p><b>Confidentiality</b> Practitioners adhere to confidentiality within sexual health services and must inform the young person of its limitations</p>	<p>Increasing access and information around sexual health in order to inform choice, reduce contraception rates and support the reduction of sexually transmitted infection and reinfection rates among young people</p> <p>All young people will have access to confidential sexual health services.</p> <p>Informed decision re onset of</p>	<p>Liaise with specialist services and refer as needs indicate . This includes:</p> <p><b>a) signposting to ISHS</b> to support rapid access to contraception, sexual health advice and sexually transmitted infection testing</p> <p>NICE Guidance : Contraceptive Services for Under 25a <a href="http://www.nice.org.uk/PH51">www.nice.org.uk/PH51</a></p>	<p>All practitioners working with young people should be alert to risk factors and signs and symptoms of child abuse and follow safeguarding procedures where there is cause for concern</p> <p>Signs of sexual abuse/exploitation follow safeguarding children procedures as</p>



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<p><i>Targeted group work to be developed/clarified</i></p>	<p>Fraser Competency Guidelines If under 16 follow safeguarding children procedures</p> <p>Fraser guidelines: <a href="#">Supporting Information\Fraser guidelines competency checklist.pdf</a></p> <p><b>Interventions in relation to sexual health include:</b></p> <ul style="list-style-type: none"> <li>• Signposting to sexual health services (e.g. ISHS and primary care services),</li> <li>• C-Card registration and distribution</li> <li>• pregnancy testing</li> <li>• chlamydia screening</li> <li>• signposting where indicated to specialist services</li> <li>• advice and signposting to support rapid access to locally available emergency hormonal contraception (including support to secure an appointment)</li> <li>• Referral to specialist services e.g. social care, Mash, Police, refuge crisis, women’s aid, Integrated Sexual Health Services (ISHS) where there are concerns in relation to safeguarding, child sexual exploitation, female genital mutilation</li> </ul> <p>Through contacts with young people and parents/carers we will ensure that sexual health and wellbeing, informed decision making and choice are promoted using strengths based approaches. Healthy sexual relationships will be promoted, and for young people this will include advice regarding</p> <ul style="list-style-type: none"> <li>• safe online digital transactions</li> <li>• teen sexting</li> <li>• impact of exposure to pornography</li> <li>• the benefits of delaying sex.</li> </ul> <p><b>Targeted Group Work</b></p> <p>Group work will be delivered in the ten most persistent and emerging teenage pregnancy hotspot wards using a range of different approaches to engage the most vulnerable of young women and/or men.</p> <p>Through targeted group work we will also include a specific programme of sexual health promotion and</p>	<p>sexual activity</p> <p>Young people have raised awareness for e.g., Sexual Exploitation &amp; prostitution, forced marriages and female genital mutilation</p> <p>Young people will have an awareness of legal implications.</p> <p>Potential candidates for the Family Nurse Partnership are identified</p>	<p>NICE Guidance: Sexually transmitted infections and under-18 conceptions: prevention <a href="http://www.nice.org.uk/PH3">www.nice.org.uk/PH3</a></p> <p>For Information:</p> <p>Framework for sexual health improvement: <a href="#">Supporting Information\A Framework for Sexual Health Improvement in England.pdf</a></p> <p>Developing strong relationships and supporting positive sexual health: <a href="#">Supporting Information\Developing strong relationships and supporting positive sexual health.pdf</a></p>	<p>necessary All practitioners consider age of young person and safeguarding children implications</p> <p><b>Aged under 16 yrs?</b></p> <p><b>Aged under 13 yrs?</b></p> <p><a href="http://www.nottinghamshire.gov.uk/nscb">www.nottinghamshire.gov.uk/nscb</a></p>

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	<p>group work in schools and colleges targeted at those who are most at risk of</p> <ul style="list-style-type: none"> <li>sexual ill health; including sexually transmitted infections</li> <li>child sexual exploitation</li> <li>social disadvantage</li> <li>and/or multiple health inequalities</li> </ul>			
<p><b>Healthy relationships and sexual health</b></p> <p><b>C-Card Registration and Distribution</b></p> <p><i>C Card registration and distribution (14 to 24 year olds) (in secondary-school based drop-ins)</i></p>	<p><b>See C-Card Registration and Distribution Pathway</b></p> <ul style="list-style-type: none"> <li>An opportunity for the HFT practitioner to share messages about delaying first sex or not to continue to have sex that they are not happy with</li> </ul> <p><b>C-Card Registration Pathway:</b>  <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\C Card Registration Pathway - Final v1.0.pdf</a></p> <p><b>C-Card Resources from ISHS:</b></p> <ul style="list-style-type: none"> <li>Condoms</li> <li>Oral dams</li> <li>Lube</li> <li>Information Leaflets</li> </ul> <p><b>C-Card Registration Discussion</b>  When a young person registers for C card they have a confidential discussion with a trained HFT practitioner . The discussion should include</p> <ul style="list-style-type: none"> <li>Confidentiality statement</li> <li>Fraser Competency check (13 – 15 years) using Fraser Competency Guidelines and checklist. If under 16 follow safeguarding children procedures</li> </ul> <p>Fraser guidelines checklist: <a href="#">Supporting Information\Fraser guidelines competency checklist.pdf</a></p> <ul style="list-style-type: none"> <li>Information about the correct usage of condoms (written instructions available through C card handbook)</li> <li>How to use a condom – using a demonstrator</li> <li>An opportunity for the young person to identify issues of concern</li> </ul>	<p>Increasing access and information around sexual health in order to inform choice, reduce contraception rates and support the reduction of sexually transmitted infection and reinfection rates among young people</p> <p>All young people will have access to confidential sexual health services.</p> <p>Informed decision re onset of sexual activity</p> <p>Young people have raised awareness for e.g., Sexual Exploitation &amp; prostitution, forced marriages and female genital mutilation</p> <p>Young people will have an awareness of legal implications.</p> <p>Potential candidates for the Family Nurse Partnership are identified</p>	<p>Liaise with specialist services and refer as needs indicate . This includes:  <b>a) signposting to ISHS</b> to support rapid access to contraception, sexual health advice and sexually transmitted infection testing</p> <p>Sexual health pathway:  <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Sexual Health Pathway - Final v1.0.pdf</a></p> <p>NICE Guidance :  Contraceptive Services for Under 25a  <a href="http://www.nice.org.uk/PH51">www.nice.org.uk/PH51</a></p> <p>NICE Guidance:  Sexually transmitted infections and under-18 conceptions: prevention  <a href="http://www.nice.org.uk/PH3">www.nice.org.uk/PH3</a></p> <p>C-card: <a href="#">Supporting Information\Department of health - Pregnancy Testing.pdf</a></p>	<p>All practitioners working with young people should be alert to risk factors and signs and symptoms of child abuse and follow safeguarding procedures where there is cause for concern</p> <p>Signs of sexual abuse/exploitation follow safeguarding children procedures as necessary All practitioners consider age of young person and safeguarding children implications  <b>Aged under 16 yrs?</b>  <b>Aged under 13 yrs?</b></p> <p><a href="http://www.nottinghamshire.gov.uk/nscb">www.nottinghamshire.gov.uk/nscb</a></p>

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	<ul style="list-style-type: none"> <li>Offering a choice of condoms so they can choose which they prefer. This should be noted on the registration card so they can collect them easily at repeat visits.</li> <li>The need for lubrication and the importance of using the correct lubrication should be explained. Lube is supplied with condoms through C card scheme.</li> <li>Oral Dams</li> </ul> <p><b>Discussions about STIs</b> Young people should be strongly advised to use protection in order to reduce the risk of STIs</p> <p>For female to male oral sex a condom is the best way to avoid the transmission of sexually transmitted infections.</p> <p>For male to female oral sex or for male to male and female to female oral sex, an oral dam can be used. This is a thin sheet of latex or non-latex material which is placed over the vagina or anus prior to oral sex taking place.</p> <p>Tips for use of oral dams are available via C card Handbook.</p> <p>Oral dams can be used for health promotion purposes to demonstrate their use during a C-Card registration interview or issued to young people who request them.</p> <p><b>Record keeping for registration and repeat visits</b> Young people are issued with a credit sized C-Card when they are registered. This can be presented at any venue displaying the C-Card Sign to collect free condoms, lube or oral dams.</p> <p>Requests for lubricants or oral dams should also be noted on the card at the registration interview by the trained HFT Practitioner or by the young person prior to a repeat visit.</p> <ul style="list-style-type: none"> <li>(Fraser Guidelines Checklist for young people aged 13 – 15 years</li> </ul>			

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	<p>Fraser guidelines checklist: <a href="#">Supporting Information\Fraser guidelines competency checklist.pdf</a></p> <p>HFT Practitioners are required to record the client contact in the SystemOne electronic record</p>			
<p><b>Healthy relationships and sexual health</b></p> <p><b>Pregnancy Testing</b> Pregnancy testing (in secondary-school based drop-ins) and signposting to pregnancy testing (we are not required to fund the pregnancy tests)</p>	<p><b>See Pregnancy Testing Pathway</b></p> <p>Pregnancy testing pathway: <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Pregnancy Testing Pathway - Final v1.2.pdf</a></p> <p>A pregnancy test is offered by health practitioners in secondary school based health drop-ins</p> <p><b>Confidentiality</b> Practitioners adhere to confidentiality within sexual health services and must inform the young person of its limitations</p> <p>Informed consent must be obtained to perform pregnancy testing utilising a pregnancy testing kit</p> <p>The young person's competence to consent is assessed (Fraser). Consent must be recorded on and Fraser Competency Guidelines. If under 16 follow safeguarding children procedures</p> <p>Fraser Guidelines checklist: <a href="#">Supporting Information\Fraser guidelines competency checklist.pdf</a></p> <p><b>Resources from ISHS:</b> Urine Pregnancy Testing Kits Disposable gloves Urine specimen sample bottle Clinical waste facilities Hand washing facilities</p> <p><b>Storage:</b> Equipment to be kept in storage box in locked cupboard Test strips to be kept at room temperature, aware from</p>	<p>Increased access and information around sexual health in order to inform choice, reduce contraception rates and support the reduction of sexually transmitted infection and reinfection rates among young people</p> <p>All young people will have access to confidential sexual health services.</p> <p>Informed decision re onset of sexual activity</p> <p>Young people have raised awareness for e.g., Sexual Exploitation &amp; prostitution, forced marriages and female genital mutilation</p> <p>Young people will have an awareness of legal implications.</p> <p>Potential candidates for the Family Nurse Partnership are identified</p> <p>Quick access to confidential sexual health services and pregnancy testing</p>	<p>Liaise with specialist services and refer as needs indicate. This includes: <b>signposting to ISHS</b> to support rapid access to contraception, sexual health advice and sexually transmitted infection testing</p> <p>Sexual Health Pathway: <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Sexual Health Pathway - Final v1.0.pdf</a></p> <p>NICE Guidance : Contraceptive Services for Under 25a <a href="http://www.nice.org.uk/PH51">www.nice.org.uk/PH51</a></p>	<p>All practitioners working with young people should be alert to risk factors and signs and symptoms of child abuse and follow safeguarding procedures where there is cause for concern</p> <p>Signs of sexual abuse/exploitation follow safeguarding children procedures as necessary</p> <p>All practitioners consider age of young person and safeguarding children implications <b>Aged under 16 yrs?</b> <b>Aged under 13 yrs?</b></p> <p><a href="http://www.nottinghamshire.gov.uk/nscb">www.nottinghamshire.gov.uk/nscb</a></p>

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	<p>direct sunlight, moisture and heat  Test kit must be in date  Test device must not be re-used</p> <p><b>Pregnancy testing includes:</b></p> <ul style="list-style-type: none"> <li>• Assessment and pre-testing procedure</li> <li>• Age (if under 16 they must be assessed using Fraser Competency Guidelines. If under 16 follow safeguarding children procedures)</li> <li>• General health</li> <li>• Contact details</li> <li>• An understanding of the young person's menstrual cycle and assessment of all episodes of unprotected sexual intercourse since the last menstrual period</li> <li>• Understanding of the young person's contraception history and any missed doses of oral contraception</li> <li>• Determine whether pregnancy test is needed by following the pregnancy testing pathway (see pathway)</li> <li>• Determine what result the young person is hoping for – emphasise she has a choice if positive based on her own needs . Discuss support available if needed</li> <li>• Explain how the test is done, how long it takes and how they are interpreted</li> <li>• Explain the test will only be accurate if done on or after the first day of missed period or 21 days following unprotected sexual intercourse</li> <li>• Advise the young person on the risk of STIs and offer chlamydia test</li> </ul> <p><b>Procedure</b></p> <ul style="list-style-type: none"> <li>• Wash hands, apply gloves, prepare working area</li> <li>• Label the container with the young person's identification details</li> <li>• Collect urine sample (ensure produced that day ) and test in an appropriate area for testing</li> <li>• Comply with the manufacturer's instruction for use of test strip. Ensure the test strip is in date</li> <li>• Wait for coloured bands to appear and read results</li> <li>• Use the device immediately</li> </ul> <p><b>Reading and giving results</b></p>	<p>Support with informed decision making</p> <p>Improved mental health</p>		

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	<ul style="list-style-type: none"> <li>• Interpret the result in line with manufacturer’s instructions and timeframes (a positive result can be read as soon as it appear; negative results may be confirmed in 5 – 10 minutes; do not interpret the results after 30 mins).</li> <li>• Inform young person of result and refer to specialist GP/ Integrated Sexual Health Services service if appropriate</li> <li>• Encourage young person to engage with parents/carers</li> <li>• Appropriately manage unclear/indeterminate results</li> <li>• Identify the need to repeat testing following a negative or unclear result if required</li> <li>• Discard urine in toilet/slucice</li> <li>• Discard container and protective equipment in appropriate place</li> </ul> <p><b>Documentation</b> Update records on S1 and enter results and any actions taken under secure tool</p> <p><b>Referral on to other services</b> The practitioners will escalate as necessary</p> <p><b>Infection Control</b> Practitioners must comply with the Trust’s <a href="#">Infection Control Policy POLICY /PROCEDURE: 18.05</a></p> <p><b>In accordance with NICE Guidance, the opportunity is taken to provide advice on:</b> how to prevent STIs and unintended pregnancies how and where to get tested for other STIs how and where to seek contraception advice on all methods of contraception including LARC (Long-Acting Reversible Contraception)</p>			
<p><b>Healthy relationships and sexual health</b></p> <p><b>Chlamydia screening</b></p>	<p>Chlamydia Testing Pathway <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Chlamydia Screening Pathway - Final v1.4.pdf</a></p> <p>A chlamydia test is offered to sexually active 14 – 19</p>	<p>Increased access and information around sexual health in order to inform choice, reduce contraception rates and support the reduction of sexually</p>	<p>Liaise with specialist services and refer as needs indicate . This includes: <b>a) signposting to ISHS</b> to support rapid access to contraception, sexual</p>	<p>All practitioners working with young people should be alert to risk factors and signs and symptoms of child abuse and follow</p>

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<p><i>Chlamydia screening (in secondary-school based drop-ins) will be offered, the provider will gain consent for the Integrated Sexual Health Service (ISHS) to follow up positive results with the young person via text message alert. We will offer the test and collect the specimen in line with the Chlamydia Screening Pathway(Service Spec)</i></p>	<p>year olds by health practitioners in secondary school based health drop-ins.</p> <p>Testing will provide opportunities to identify infection in young people and their partners, reducing the spread of infection within the community and minimising the long term health risks of untreated infections</p> <p>Routine offer is supported by advertising and promoting chlamydia screening and other sexual health services in school/super health days.</p> <p>Screening sessions should take place in an environment where it is possible for young people to speak with health practitioners confidentially if necessary. It needs to be close to toilets so that young people can produce samples.</p> <p><b>A chlamydia test includes:</b></p> <p><b>Resource from ISHS</b></p> <ul style="list-style-type: none"> <li>• Universal sample bottles</li> <li>• Individual screening kits for those preferring swab.</li> <li>• Forms</li> <li>• Sample collection bag</li> <li>• Instruction leaflets for urine/vaginal samples</li> </ul> <p><b>Assessment</b></p> <ul style="list-style-type: none"> <li>• Assessment of individual's infection risks</li> <li>• Identification of episodes of unprotected sexual intercourse / split condom</li> <li>• Referral for full sexual health screening if needed</li> </ul> <p>Fraser competency  <a href="#">Supporting Information\Fraser guidelines competency checklist.pdf</a></p> <p><b>Documentation</b></p> <ul style="list-style-type: none"> <li>• Completing the laboratory request form and sending samples</li> <li>• Record keeping on Systmone 1</li> </ul> <p><b>Confidentiality</b></p>	<p>transmitted infection and reinfection rates among young people</p> <p>All young people will have access to confidential sexual health services.</p> <p>Informed decision re onset of sexual activity</p> <p>Young people have raised awareness for e.g., Sexual Exploitation &amp; prostitution, forced marriages and female genital mutilation</p> <p>Young people will have an awareness of legal implications.</p> <p>Potential candidates for the Family Nurse Partnership are identified</p> <p>Quick access to confidential sexual health services and pregnancy testing</p> <p>Support with informed decision making</p> <p>Improved mental health</p>	<p>health advice and sexually transmitted infection testing</p> <p>Sexual health pathway:  <a href="#">..\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Sexual Health Pathway - Final v1.0.pdf</a>  NICE Guidance :  Contraceptive Services for Under 25a  <a href="http://www.nice.org.uk/PH51">www.nice.org.uk/PH51</a></p> <p>NICE Guidance:  Sexually transmitted infections and under-18 conceptions: prevention  <a href="http://www.nice.org.uk/PH3">www.nice.org.uk/PH3</a></p> <p>Signpost to RECAP</p>	<p>safeguarding procedures where there is cause for concern</p> <p>All practitioners consider age of young person and safeguarding children implications  <b>Aged under 16 yrs?</b>  <b>Aged under 13 yrs?</b></p> <p>Signs of sexual abuse/exploitation follow safeguarding children procedures as necessary</p> <p><a href="http://www.nottinghamshire.gov.uk/nscb">www.nottinghamshire.gov.uk/nscb</a></p>

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	<p>Practitioners adhere to confidentiality with sexual health services and must inform the young person of its limitation</p> <p><b>Informed consent</b> Consent must be obtained prior to testing to share information with ISHS and <b>to record any discussions on Systmone</b> The test is voluntary and young people must be given information to assist them in making an informed choice.</p> <p>Consent is implied if:</p> <ul style="list-style-type: none"> <li>• the young person has been informed about chlamydia testing and what test results will mean for them and has had the opportunity to ask questions about the test and the implications of infection, plus</li> <li>• a sample has been provided, plus</li> <li>• the young person has competence to consent</li> </ul> <p><b>Infection Control</b> Practitioners must comply with the Trust's <a href="#">Infection Control Policy POLICY /PROCEDURE: 18.05</a></p> <p>Staff should avoid direct contact with sample bottles. Instead, they should ask young people to put the sticky label onto their own sample bottles before producing the sample and then put the bottle into the plastic bag attached to the form.</p> <p>Procedures must be in place to ensure that all test kits issued are within their expiry date.</p> <p><b>Sending samples</b> Samples will be taken to the nearest Health Centre which has a collection point:</p> <ul style="list-style-type: none"> <li>• <b>SFH</b> : Health / Primary Care Centres include: Balderton Primary Care Centre; Rainworth Primary Care Centre</li> <li>• <b>TriHealth</b>: Health / Primary Care Centres include:</li> <li>• <b>NUH</b> : Health / Primary Care Centres include; Park House; Stapleford Care Centre, Keyworth Health Centre</li> </ul>			



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	<p>Samples will be collected and taken to the relevant lab</p> <p>HFT practitioners ensure their named link person emails their named link ISHS practitioners to advise them a test has been undertaken  nhs net accounts to be added once available</p> <p><b>In accordance with NICE Guidance, the opportunity is taken to provide advice on:</b></p> <ul style="list-style-type: none"> <li>• how to prevent STIs and unintended pregnancies</li> <li>• how and where to get tested for other STIs</li> <li>• how and where to seek contraception advice on all methods of contraception including LARC (Long-Acting Reversible Contraception)</li> </ul>			
<p><b>Drugs &amp; Alcohol</b></p> <p>We will work to prevent issues in relation to alcohol and drugs, and the workforce will be trained to respond to drug and alcohol issues at a level that is right for the child, young person, parent or carer and setting.</p> <p>We will be expected to work with the substance misuse service in order to develop clear pathways of provision supported by robust referral processes</p>	<p>There will be a focus in early identification and prevention and HFT practitioners will :</p> <ul style="list-style-type: none"> <li>• Make referrals to substance misuse services wherever appropriate</li> <li>• Access brief and very brief intervention training</li> <li>• Deliver brief and very brief interventions (see definition under ‘smoking’)</li> <li>• Actively promote ant national or local campaigns targeted at young people, parents or carers</li> </ul> <p>To be developed (HF)</p>	<ul style="list-style-type: none"> <li>• Reduction of alcohol consumption and drug usage in children and young people</li> <li>• Children &amp; young people feel empowered to make safe &amp; informed choices and reduce risk.</li> </ul>	<p>Liaise with specialist services and refer as needs indicate.</p> <p>Links</p>	<p>The Healthy Family Team will identify all children and young people in need of support and protection, working within the NSCB procedures.</p>
<p><b>Smoking Cessation</b></p> <p><i>Reducing smoking prevalence will be a key public health priority for Healthy Family Team via smoking cessation and prevention.</i></p>	<p>To be developed (HF)</p>	<ul style="list-style-type: none"> <li>• Reduction of smoking in children and young people</li> <li>• Children &amp; young people feel empowered to make safe &amp; informed choices and reduce risk</li> </ul>	<p>Liaise with specialist services and refer as needs indicate.</p> <p>Link to Smoking Cessation Pathway:</p> <p><a href="#">\NHS-SN-</a></p>	<p>The Healthy Family Team will identify all children and young people in need of support and protection, working within the NSCB procedures.</p>

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<p><i>There will be a culture across the workforce that maximises any opportunity to reduce smoking prevalence via a 'Think Family' approach.</i></p>			<p><a href="#">NA01\Departments1\C\CY P S1\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\School Age Smoking Cessation Pathway - Final v1.2.pdf</a></p>	
<p><b>Support for Parents and Carers</b></p> <p>The service supports the development of parenting skills where additional needs are identified.</p>	<p>TO be developed (ET/SW)</p>	<ul style="list-style-type: none"> <li>• Early intervention to improve family outcomes</li> <li>• Parents/carers will have improved knowledge and skills.</li> <li>• Timely referral to specialist and voluntary services</li> <li>• Improved emotional wellbeing</li> <li>• To increase/improve the likelihood of the child/young person reaching their full potential.</li> </ul>	<p>Refer to School Nurse led Activities.</p> <p>Multi-agency working as Appropriate.</p> <p>Signpost to other agencies including voluntary sector.</p> <p>Link to Concerning Behaviour Pathway:</p> <p><b>Link to SEND Local Offer</b>  <a href="http://www.nottinghamshire.sendlocaloffer.org.uk">www.nottinghamshire.sendlocaloffer.org.uk</a></p> <p>Concerning Behaviours Pathway:<a href="#">Supporting Information\Nottinghamshire county Multiagency concerning behaviours pathway.pdf</a></p>	<p>The Healthy Family Team will identify all children and young people in need of support and protection, working within the NSCB procedures.</p>
<p><b>Long Term Conditions</b></p> <p><i>The Service supports children and young people living with a long-term condition such as asthma, epilepsy, diabetes or disabilities, to help manage the physical and emotional effects of these</i></p>	<p>To be confirmed</p>	<ul style="list-style-type: none"> <li>• School communities feel confident to support ongoing and specific needs.</li> <li>• Promotion of self-care, supporting children, young people, parents and carers.</li> <li>• The child or young person is enabled to reach their full potential through inclusion to</li> </ul>	<p>Liaise with specialist services and refer as needs indicate.</p> <p><b>Link to Long Term Conditions Pathway:</b></p> <p><b>Link</b></p>	<p>The Healthy Family Team will identify all children and young people in need of support and protection, working within the NSCB procedures.</p>

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<i>conditions and achieve the child/young person to reach their full potential.</i>		education.		
<b>Transfer in and out</b>			<p>Records Management Transfer In</p> <p><a href="#">\\NHS-SN-NA01\Departments1\C\CY P S1\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Records Management Transfer In Process - Final v1.0.pdf</a></p> <p>Records Management Transfer Out</p> <p><a href="#">\\NHS-SN-NA01\Departments1\C\CY P S1\Operational Flow Charts\Healthy Family Team\Final Pathways in PDFs &amp; JPEGs\Records Management Transfer Out Process - Final v1.0.pdf</a></p>	The Healthy Family Team will identify all children and young people in need of support and protection, working within the NSCB procedures.