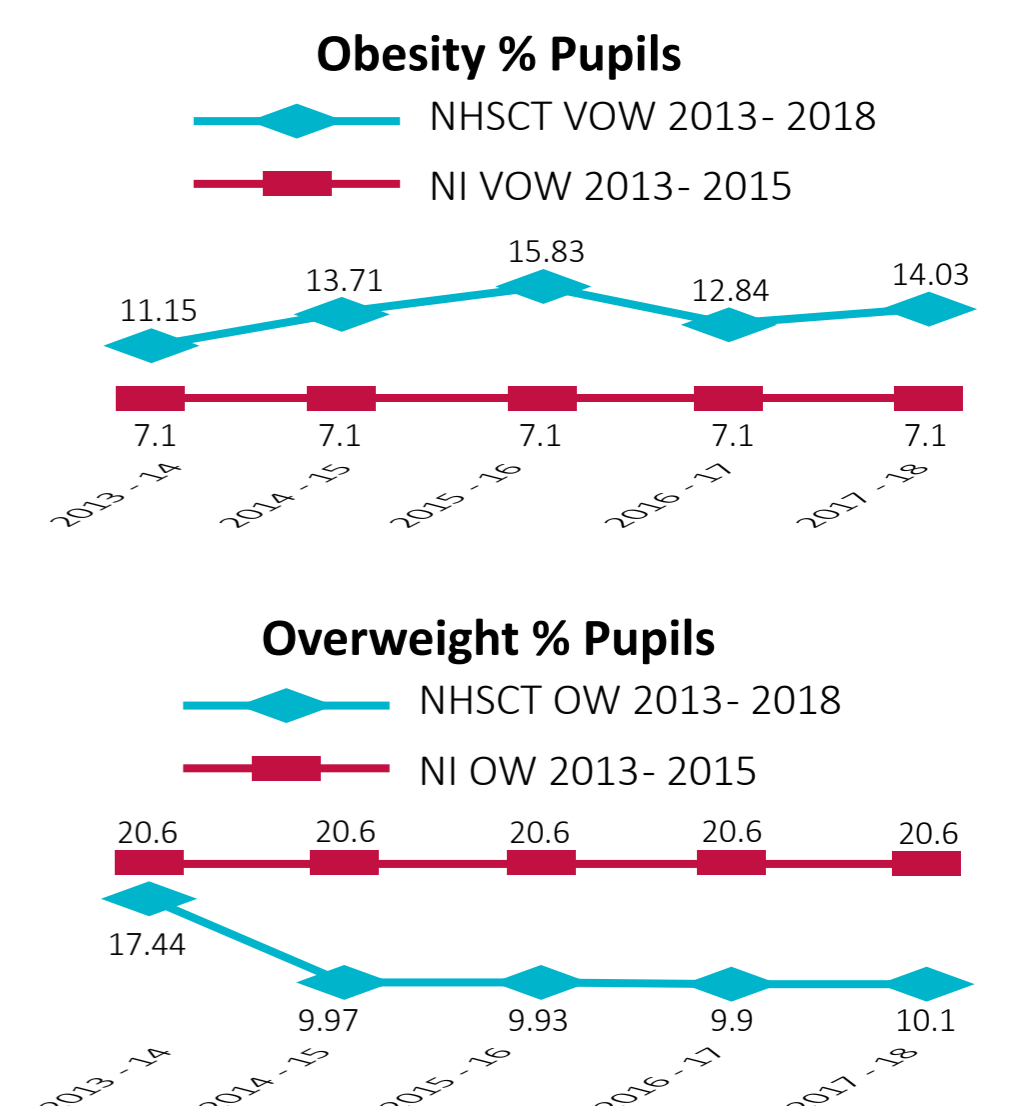
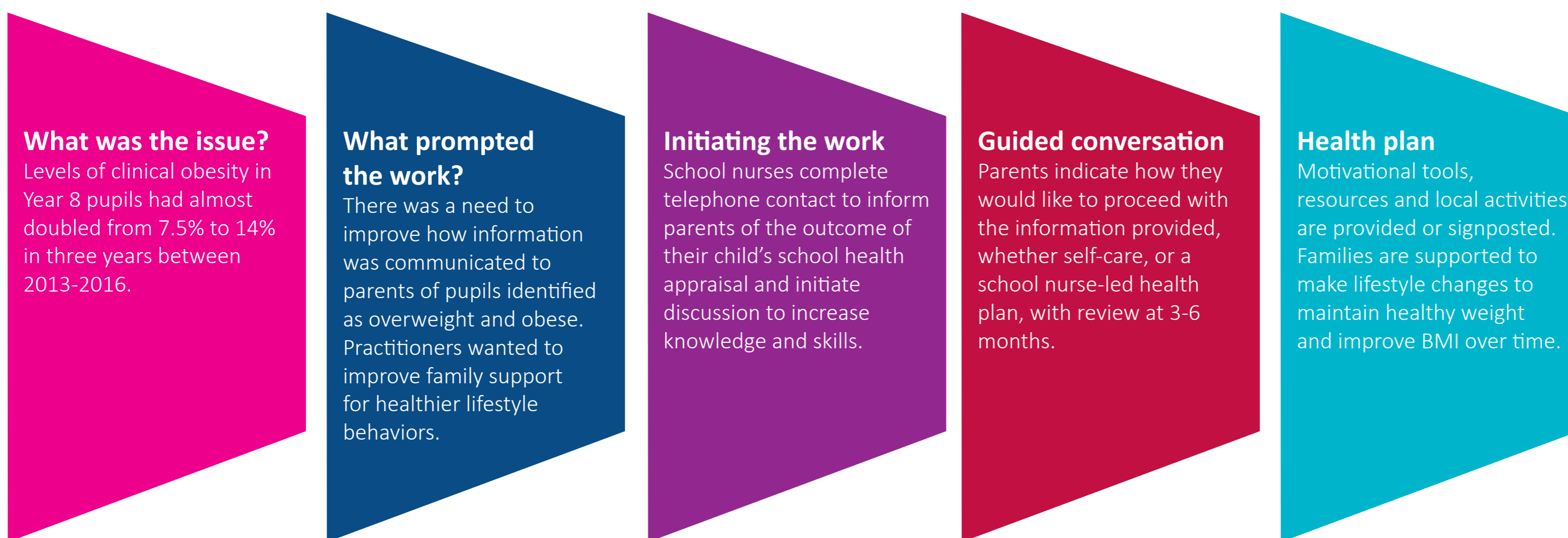


# The Healthy Weight Pathway for School Nursing in the NHSCT in Northern Ireland (NI)

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The Healthy Weight Pathway for School Nursing was developed in the Northern Health and Social Care Trust (NHSCT) in Northern Ireland (NI), as a service improvement initiative targeting childhood obesity and overweight. It is a school nurse-led care pathway which represents the route through the school nursing service which is offered following identification of overweight and obesity at school health appraisals in Year 8.

In Northern Ireland, height and weight measurement is carried out during school health appraisals which are undertaken with all Year 1 and Year 8 pupils as a requirement of the regional Healthy Child, Healthy Future universal child health promotion programme (DHSSPS, 2010). Around 5000 school health appraisals are carried out in pupils aged 11/12 years in NHSCT every year. School nurses are, therefore, uniquely placed to address childhood obesity given their skill in clinical overview and the scope for individually tailored family based interventions.



**Telephone contacts with parents/carers**

- 68% achieved
- 832 parents

**Was telephone discussion acceptable?**

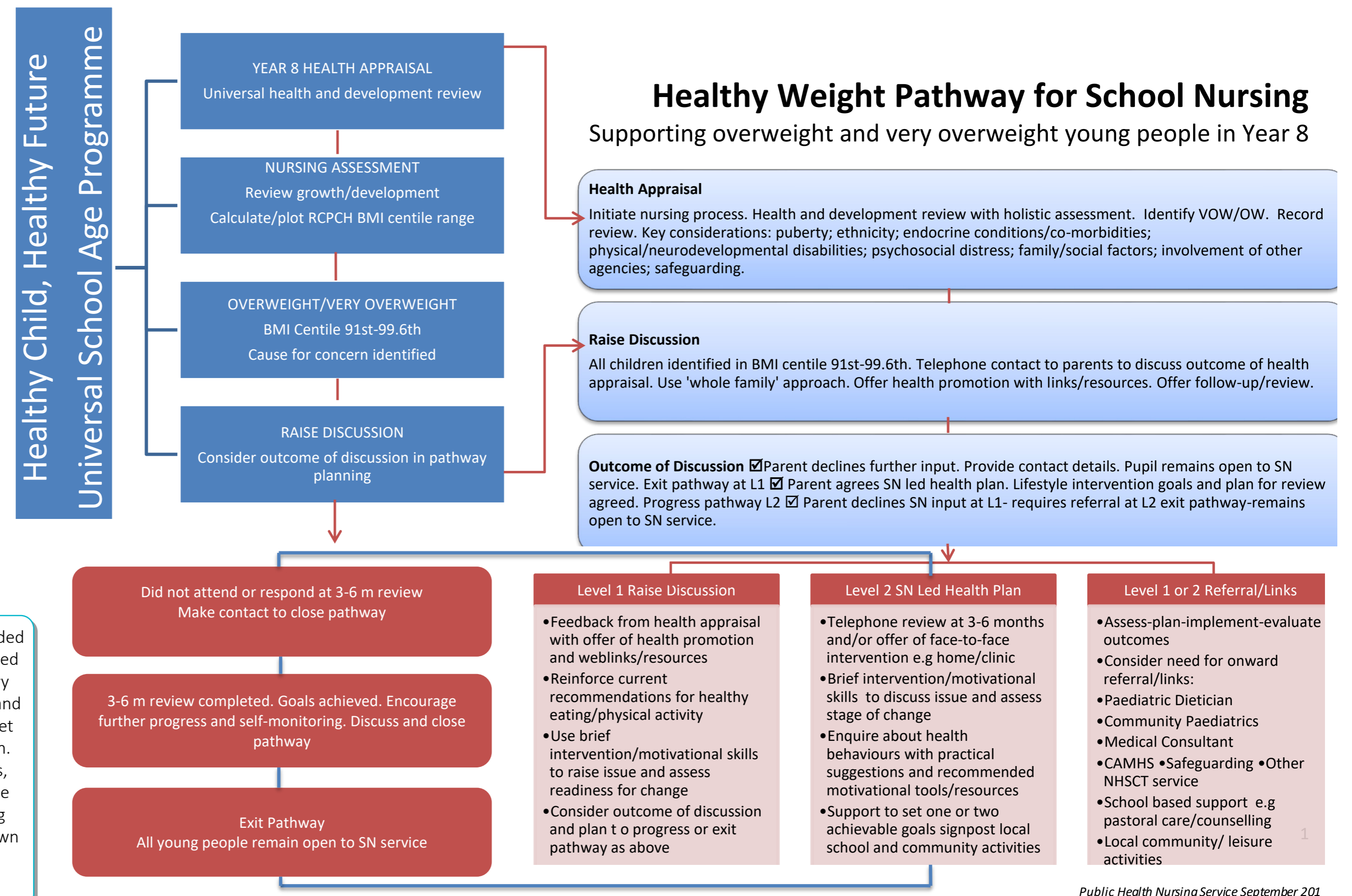
- 96.5% positive
- 3.5% not accepted

**Outcome of telephone discussion**

- 79% self-care (660)
- 18% SN-led health plan with review (153)

**Health plan reviews**

- 54% achieved
- 66 pupils



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## Outcomes

Outcomes focus on engagement, provision of information, supporting behaviour change and maintaining children's weight as they grow; as well as the role of qualified and skilled school nurses in supporting families to achieve this. This is in line with best practice UK guidelines for the development of lifestyle weight management services for children under 18 years (NICE, 2013; DoH, 2013).

The pathway's guided conversation has been pivotal in increasing the acceptability, awareness and engagement with families. The majority of parents had a positive attitude to the information and advice provided about their child's weight status.