# Individual Health Plans (IHP's) for Students with Chronic Health Conditions



IHP, EAP, IEP, 504, NANDA, NIC, NOC

IHP'S:
How to Get Rid
of a School Nurse
in 24 Hours

### What is an IHP?

Individualized healthcare plans (IHP's) document the nursing process for students who have health-related issues. (Herrmann, 2005)

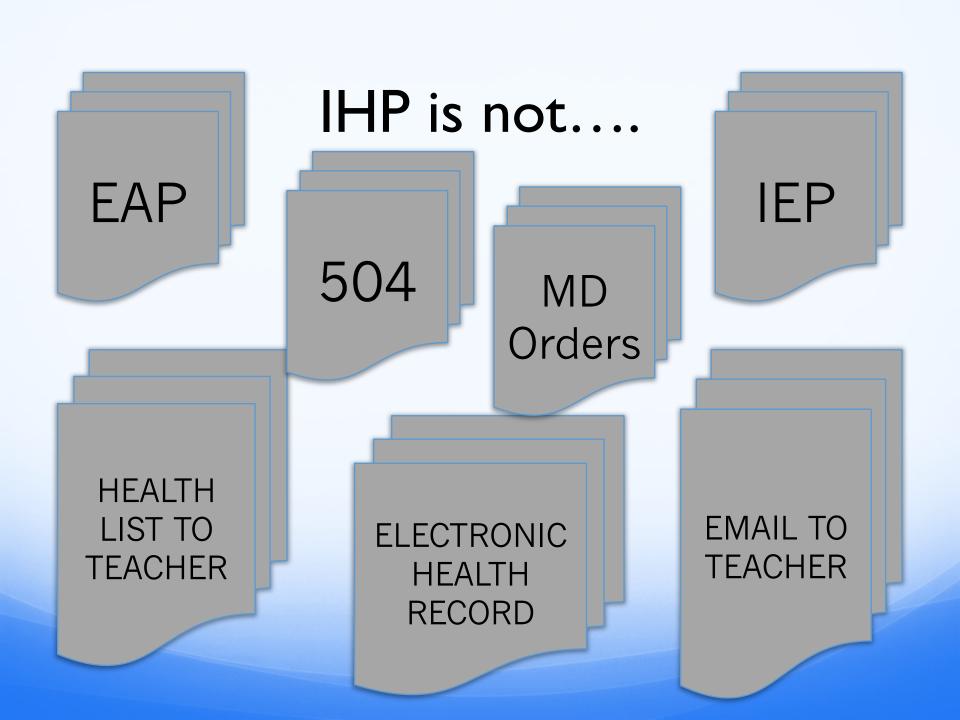
ASSESSMENT

DIAGNOSIS

S

EVALUATION

GOALS/OUTCOMES



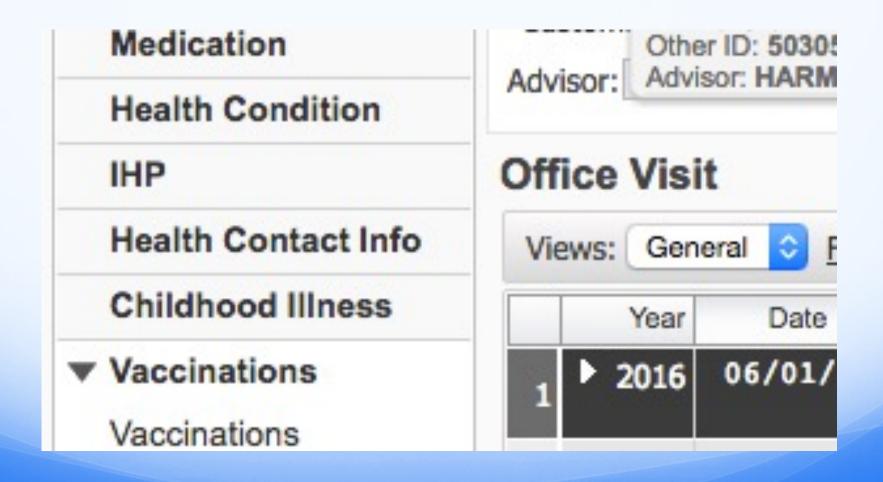
## Why an IHP? IHP's Improve:

- Documentation
- Communication & Continuity
- Implementation
- Evaluation

### Who needs an IHP?

- Disability...(Gibbons, Lehr, Selekman, 2013)
- Chronic health conditions (Zimmerman, 2013).
- Special healthcare needs (AAP, 2003).
- Healthcare needs affect or have the potential to affect safe and optimal school attendance and optimal performance." (NASN, 2015).

### Where is the IHP?



### IHP Identification

### Student health forms-paper/online

1. My child has a life threatening allergy to food, insects, other /Mi hijo tiene una alergia severa a la comida, insectos, otro.

No

Yes - but NO EPIPEN-NO accommodation required/Si pero no requiere EPIPEN ni acomodaciones

Yes - Life-threatening-EPIPEN required/Si-Pone en riesgo la vida-Se requiere EPIPEN

Yes - Life-threatening-EPIPEN-student will self-carry/Si-Pone en riesgo la vida-Se requiere EPIPEN-estudiante va a cargar

|   | D  |                   |  |
|---|--|-------------------|--|
| ? | LIFE?  | EXPLAIN FOOD      |  |
|   | Yes - Life-threatening-EPIPEN-student will self-carry/Si-Pone en riesgo la vida-Se requiere EP | peanut Allergy    |  |
|   | Yes - Life-threatening-EPIPEN required/Si-Pone en riesgo la vida-Se requiere EPIPEN            | She is very alle  |  |
|   | Yes - but NO EPIPEN-NO accommodation required/Si pero no requiere EPIPEN ni acomodacio         | amoxicillin       |  |
|   | Yes - but NO EPIPEN-NO accommodation required/Si pero no requiere EPIPEN ni acomodacio         | She swells up i   |  |
|   | Yes - but NO EPIPEN-NO accommodation required/Si pero no requiere EPIPEN ni acomodaci          | nes               |  |
|   | Yes - but NO EPIPEN-NO accommodation required/Si pero no requiere EPIPEN ni acomodacio         | penicillin, Sulfa |  |
|   | Yes - but NO EPIPEN-NO accommodation required/Si pero no requiere EPIPEN ni acomodaci          | Ryan can't take   |  |
|   | Yes - but NO EPIPEN-NO accommodation required/Si pero no requiere EPIPEN ni acomodaci          | Pork              |  |
|   | Yes - but NO EPIPEN-NO accommodation required/Si pero no requiere EPIPEN ni acomodacio         | penicillin        |  |
|   | Yes - but NO EPIPEN-NO accommodation required/Si pero no requiere EPIPEN ni acomodaci          | cherries / has a  |  |
|   | No   |                   |  |
|   | No.  |                   |  |

### IHP Identification

- Parent information
- SPED/ARD invitations
- Teacher/staff information
- Student information
- Observations —frequent flyers, etc.

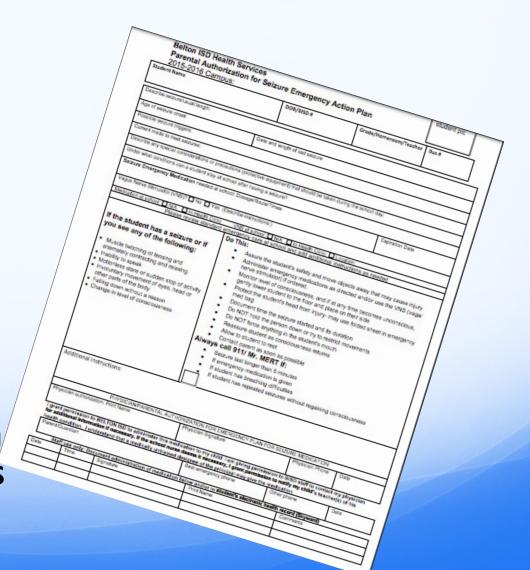


### IHP Priorities & EAP's

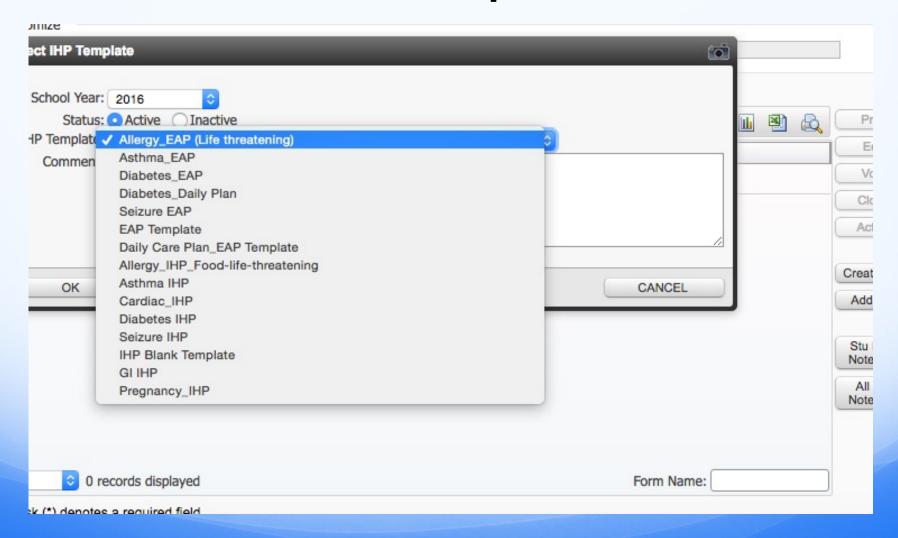
- Medically fragile-complex care-SPED /daily carecatherizations, g-feeds, trachs, etc.
- Diabetics-all Type 1
- Life-threatening allergies-with and without Epipen-
- Seizures-with and without Diastat, VNS
- Asthma-with inhalers @ school or recent episode
- Cardiac conditions-on meds/activity restrictions
- Bleeding Disorders, etc.

### **EAP** Authorizations

- Condition specific questions
- If you see this: Do this
- Med & other instruction spaces
- Signatures
- Med administration boxes for field trips



### **EAP Templates**



### **IHP Tools**

### **IHP** Templates

- Resource Books- samples to help you create using word processing or their CD
- Electronic Health Records-Some programs allow for template creation that include student data, pics, parent info, nurse name, etc.

### Skyward IHP Templates



### IHP = Nursing Process

- Assessment
- 2. Diagnosis
- 3. Outcomes Identification/Goals
- 4. Interventions
- 5. Evaluation

### Assessment

- Health history
- Current health status/management
- Self-care skills/needs
- Psychosocial status
- Health issues related to learning

### Assessment

- Health Hx: Age @ diagnosis
- Current: What current meds or treatments are being used and are they helping?
- Self-care skills/needs: Is the student able to anticipate signs& symptoms?
- Psychosocial status: Hoave migraines caused disruption of school activities?
- Health issues related to learning: What accomodations can we do at school to help?

### Assessment Methods

### Parent letters/packets

- Authorizations-with condition specific questions
- Releases to communicate with PCP

### Assessment Methods

Interviews

Review of Records-SPED

Schedule/ teacher assignmens

Observations- physical assessment

### Diagnosis- NANDA

### North American Nursing Diagnosis (NANDA) Examples:

- Risk for injury related to deficiency in clotting factor
- Activity intolerance related to decrease cardiac output
- Risk for infection related to chronic condition

## Goals/Outcomes Nursing Outcomes Classification (NOC)

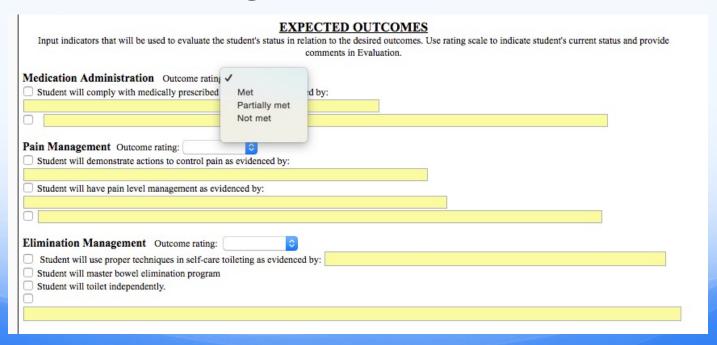
- Student will be able to perform activities of daily living within his/her physical limits without excessive fatigue
- Student will have no signs & symptoms of infection
  - Student recognizes onset of asthma

## Interventions-NIC Nursing Interventions Classification

- Develop emergency action plan (EAP) for administration of prescribed seizure emergency medication
- Provide training on the application of the VNS magnet to assigned caregivers

### **Evaluation**

- Evaluate at least annually
- Modify plan when significant changes occur -making additions or deletions



### Emergency Action Plan's (EAP's)

- Written in "lay" language
- Directions for specific potential medical emergency
- Share with all appropriate staff
- Lists caregivers & equipment/meds needed/location
- Include specifics for transportation or field trips

## Individualized Education Program (IEP's)

- Students eligible to receive special academic and related services
- Federal and state laws mandate them
- Requires parent participation/due process
- An IHP can be incorporated into or added to the IEP
- Not all students with IEP's need IHP's

### Section 504 Plans

- Federal and state laws mandate accommodations in instruction or environment due to documented medical condition/disability
- Can attach the IHP, EAP to the 504 plan or use them to help write that section that includes the nursing services/accommodations provided
- Schools should have a process for referral

### Legal: Sharing the Plan

- Share the plan- not a list
- Paper or electronic?
- Email or in person?

### Legal Considerations: Training

- Nurses vs unlicensed assistive personnel
- District vs private-duty nurses
- In person vs in writing

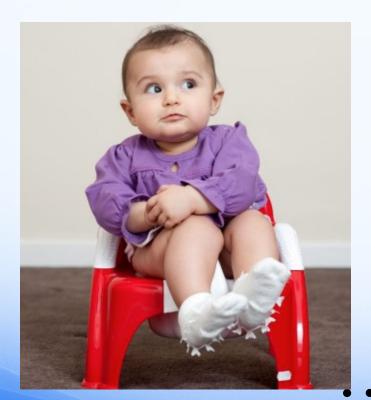
## Legal Considerations: Documentation

Health condition & office visit notes can include:

- Assessment: physical data/current treatment/relevant history
- Diagnosis: the "problem"
- Interventions: education, staff training, EAP
- Response to interventions- evaluation

### **IHP Success Story**

If you write the Plan ...





.. The Pee Will Stop!

Skyward IHP templates retrieved from <a href="http://www.bisd.net/Domain/44">http://www.bisd.net/Domain/44</a>

Tab: IHP Resources

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