

# Collabrative interventions between Primary Health Care and Social Services of Breidholt for the children and teenagers of Breidholt Reykjavik



Reykjavíkurborg  
Þjónustumiðstöð Breiðholts

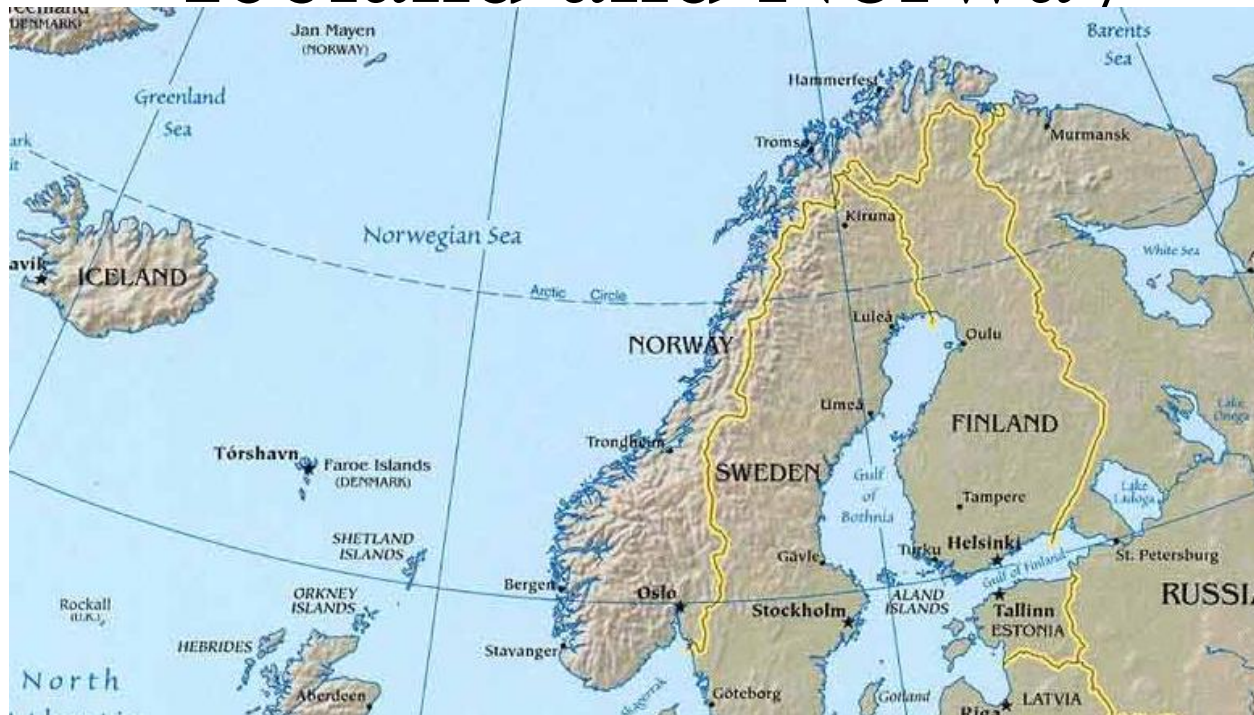


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MENNTAMÁLASTOFNUN

# Iceland and Norway



## Iceland:

103.000 km<sup>2</sup>

335.000 inhabitants

≈ 44.000 students (6-16 years)

≈ 170 primary schools

≈ 120 school nurses.

## Norway:

385.000 km<sup>2</sup>

5.200.000 inhabitants

≈ 600.000 students (6-16 years)??

≈ ?? primary schools

≈ ?? School nurses??

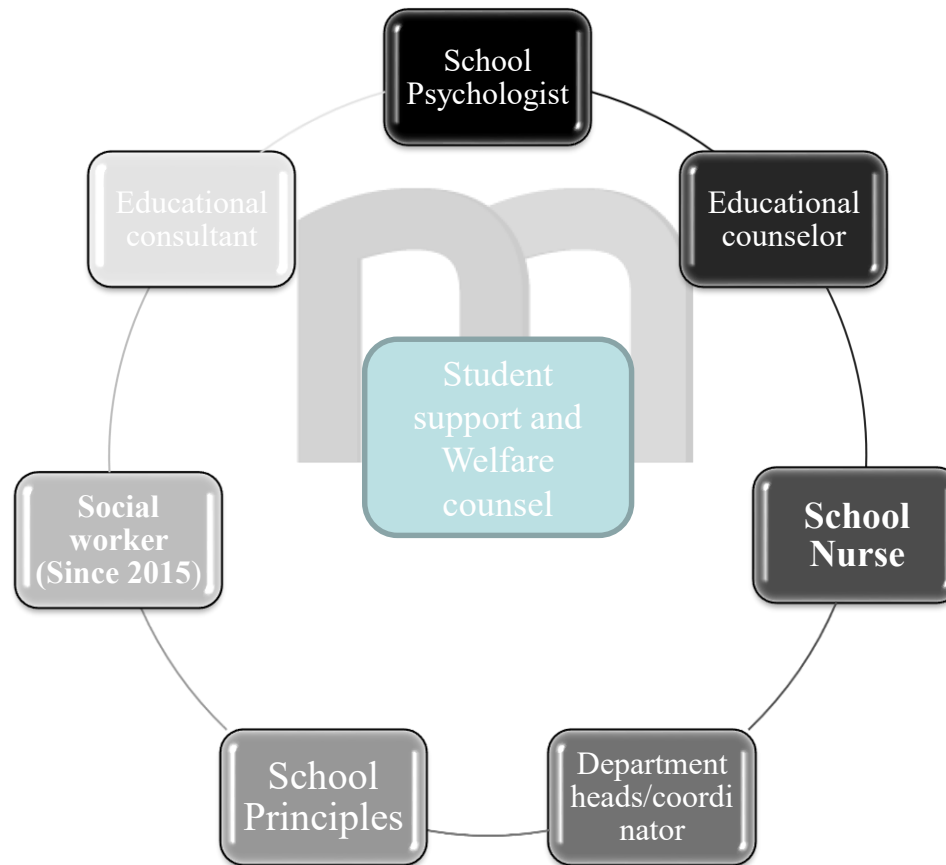
# Statistical information about Breidholt

- 125,630 residents live in Reykjavík. 21,340 residents live in Breidholt or approx. 17%
- 1,600 children 0-5 yrs. 2,340 school age 6-16
- 12 preschools and 5 (elementary/middleschools).
- 16 % of Breidholts population are foreign born immigrants with Icelandic as second language.
- 2 elementary schools with up to 50-70% of children with Icelandic as second language.

# Student support and welfare counsel

- In each elementary school are weekly student welfare counsel meetings.
- Icelandic law mandates that counsels be active in all schools and follow set regulations and policies.
- art.5. states „Student support and welfare counsels review resources concerning individual students once they receive a written application. The council assesses what additional information is needed and communicates with supervisors and guardians as well as other persons related to the student's case if necessary. "

# Student support and Welfare counsel



# Breidholts Community Service Center

- Social Counseling
  - Social workers
  - Social educators
  - Developmental educators
  - Associate certified coach (ACC)
- School support
  - Psychologists
  - Educational counselor
  - Social workers (from 2015)

# Social work within the school team- since 2015

- Response to the need for further collaboration between teams
- Easier access to social services within the school team
- Better link between staff of elementary school / preschool and social worker in the neighborhood.
- Division of work within social welfare. More than one consultant with each family.
- More expertise on issues concerning children and adolescents.

# The role of the social worker in the school team

Seat on the Student support and welfare counsel

Crisis management team meetings - reserved times weekly

- Attendance trouble
- Violence
- Substance abuse

Team meetings

Individual counseling

Central meetings

- The police
- Community centers
- Child protective Services

Education to parents

Advice to other employees within the school team

Other incidental tasks



# Means of access

Appointment request

Referrals

Crisis management



# Success

- Social worker at weekly SSWC meeting in elementary school and regular meetings in preschools.
- Bridge between social counselors and school teams
- More conversations between professionals within and outside agencies in the community.
- Generally everyone is pleased with the changes.



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# Primary Health Care of the Capital Area- school health care innovations

Nordic 0-24 project Seminar

9. and 10. november 2017

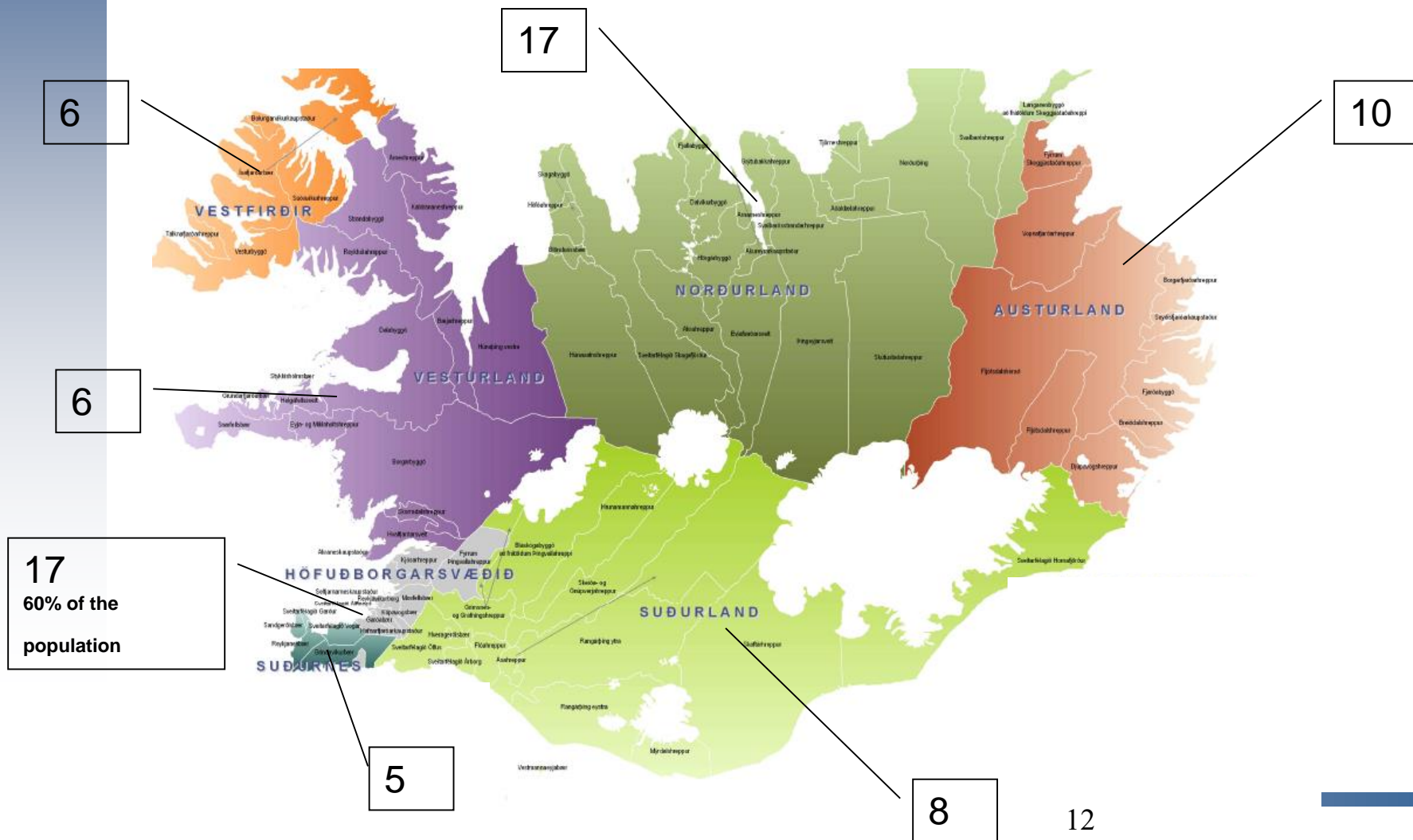
Hrafnhildur R. Halldórsdóttir

Regional Manager Mjodd Health Care Clinic

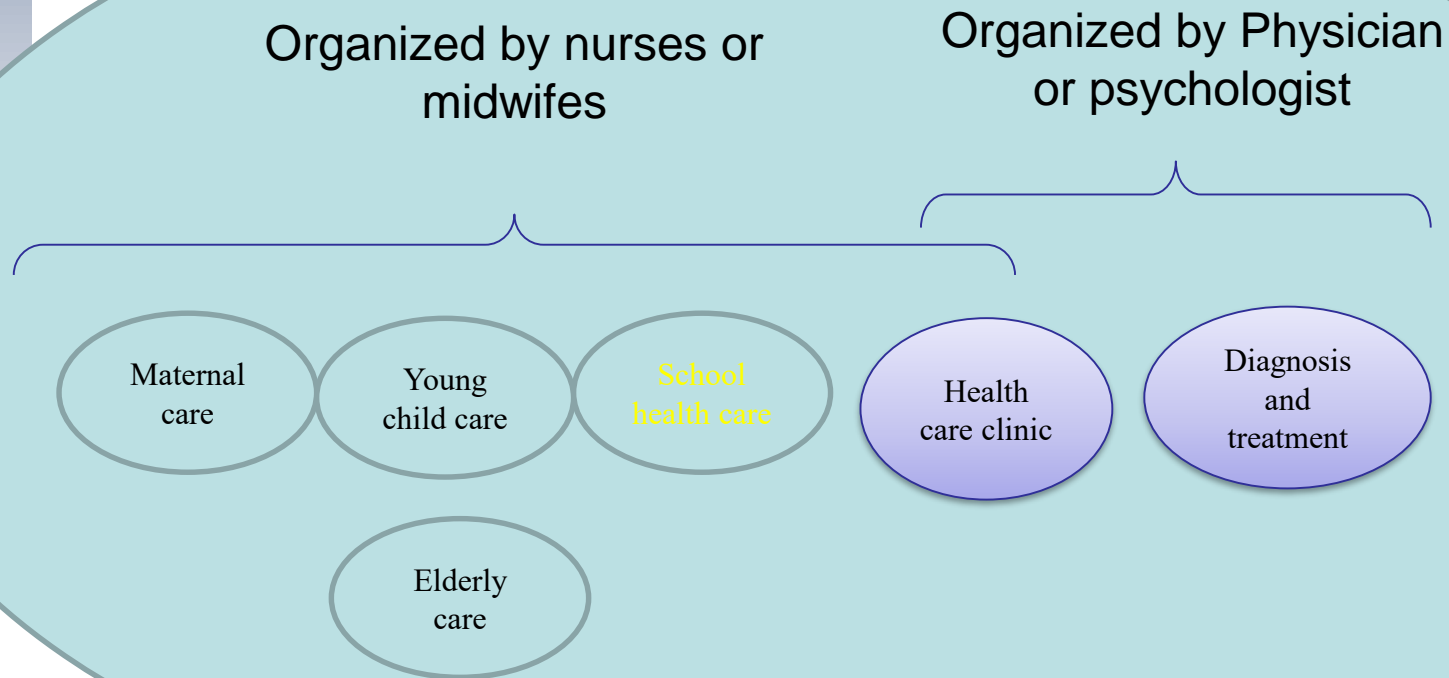


ÁBYRGÐ – FAGMENNSKA – TRAUST – ÞJÓNUSTA – FRAMÞRÓUN

# Primary Health Care Clinics in Iceland



# Primary health care clinic in Iceland



# School health care



# Why school health care?

We emphasise the strong existence:



To be able to be in contact with:  
**all children** at school age (and their parents)  
**in their own environment** and take care of,  
for instance: consultation, health promotion and  
healthcare

# The role of school health care



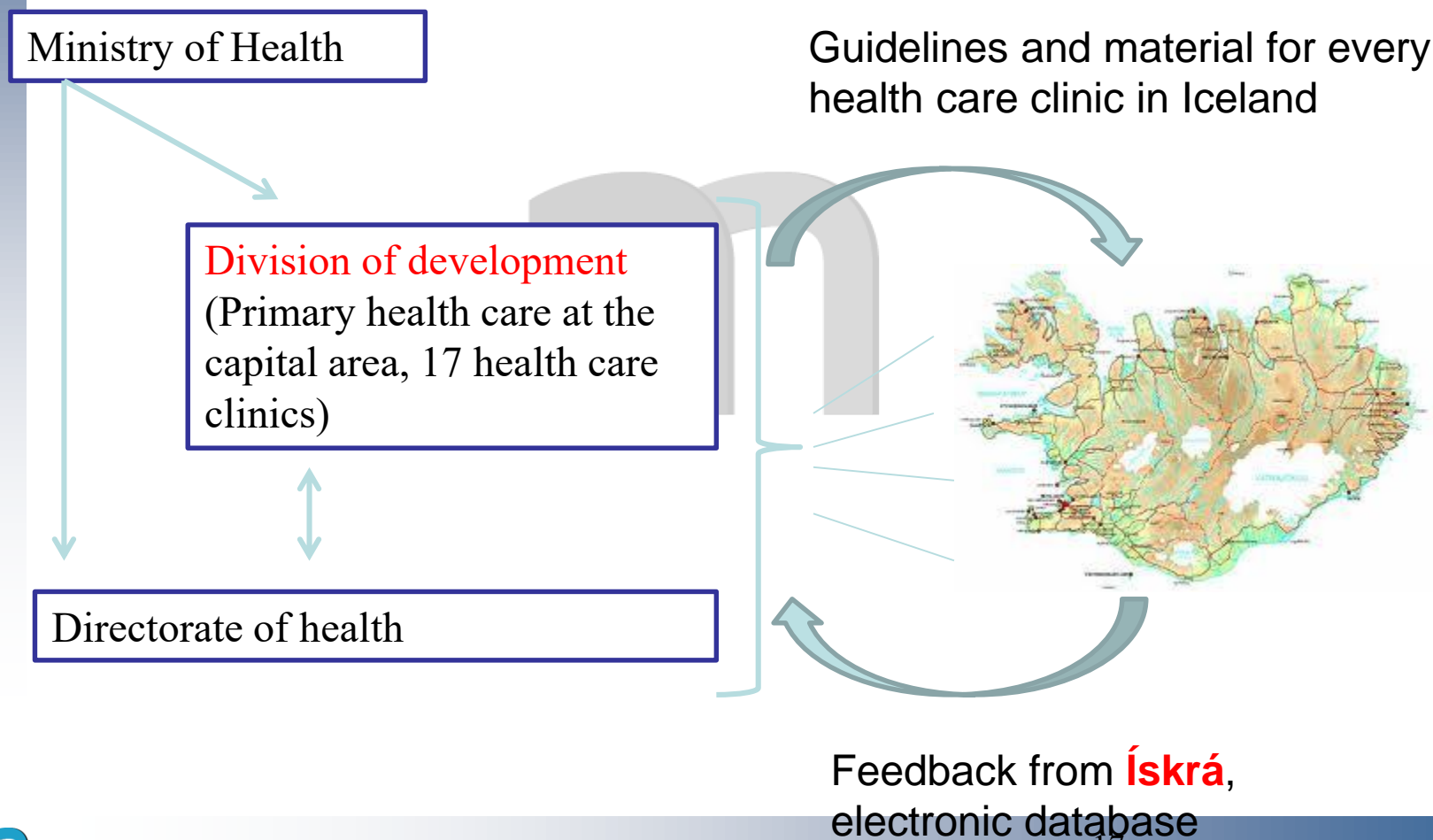
To strengthen the schoolchild's **health** and contribute to their **wellbeing**.

The structure of school health care in Iceland:

- Mainly nurses
- Nurses from the next Primary health care centre
- 650 students/per 100% nurse, 40h/week in schools
- School nurses have a seat on the student support and welfare counsel.



# Structure of guidelines



# Ískrá – Our electronic database

## Class overview

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[illegible]

# Data collection from Ískrá

## First degree prevention

- Vaccination
- Health education
- Health interviews

## Second degree prevention

- Screenings
- Visits – accidents

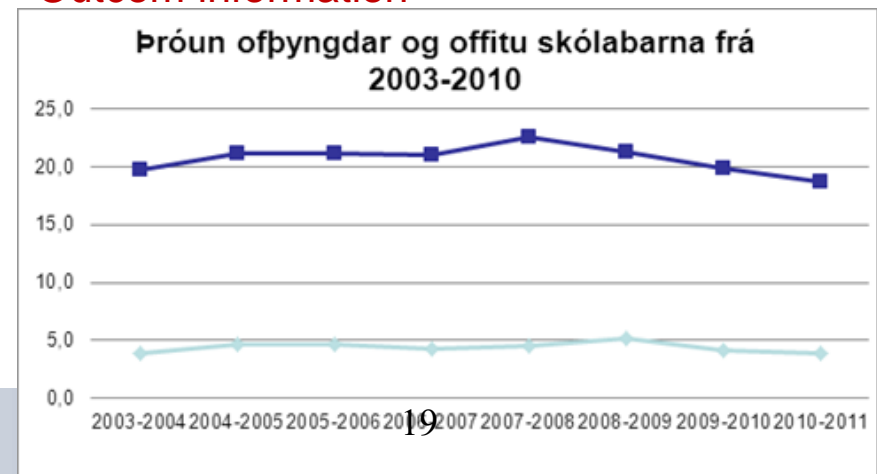
## Third degree prevention

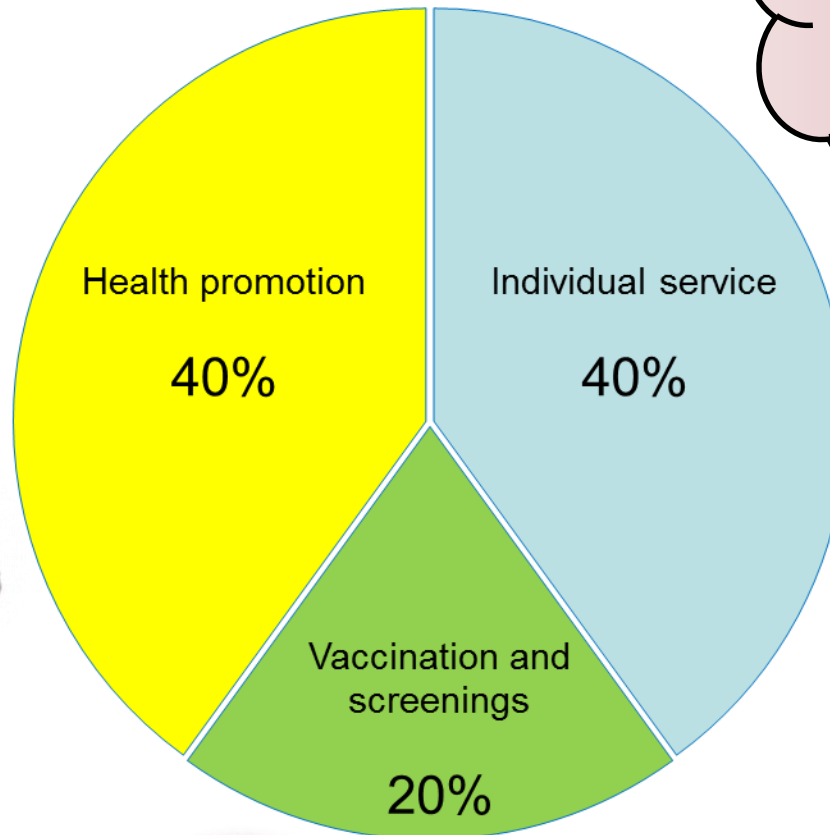
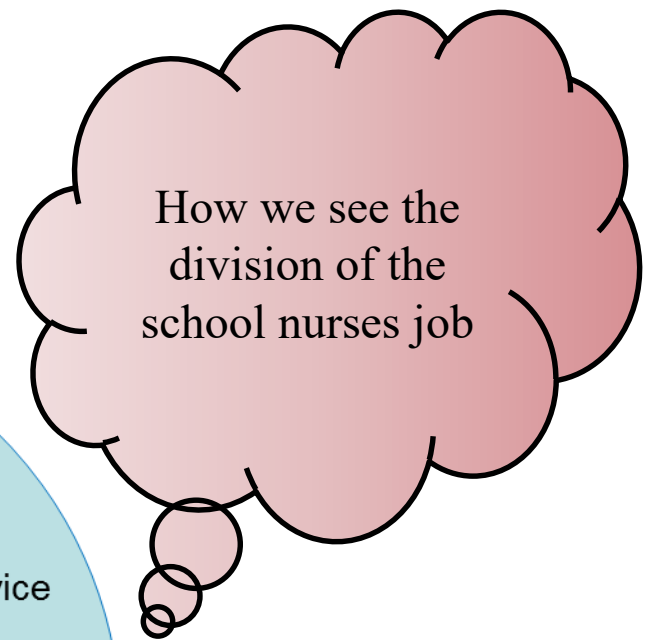
- Chronic health problems

## Process information

Hæð og þyngd	Samtals allir skólar	
	Fjöldi barna mæld	Hlutfall %
Vöxtur 1. bekkur	2.692	100
Vöxtur 4. bekkur	2.449	97
Vöxtur 7. bekkur	2.513	99
Vöxtur 9. bekkur	2.512	95
Vöxtur í öðrum bekkjum	1.015	
<b>Samtals</b>	<b>11.181</b>	

## Outcom information







WHO ...

There is a shift in School health services (SHS) from a medical paradigm, based on clinical screenings and infection control, to a social paradigm, **with the health promotion at the heart of the service.**

# Objects/goals in school health care

## First degree prevention:

- Strengthen the children's lifestyle skills by organized health **education** and individualized health **interviews**. 6H
- Minimize communicable diseases by **vaccination**.
- Promote children's welfare by **collaborate** with the principals and teachers,

## Second degree prevention:

- **Find** children having impaired vision, hearing or weight problems and refer them to further health care services.
- Offer health care service, where the child has open **access** to the nurse.

## Third degree prevention:

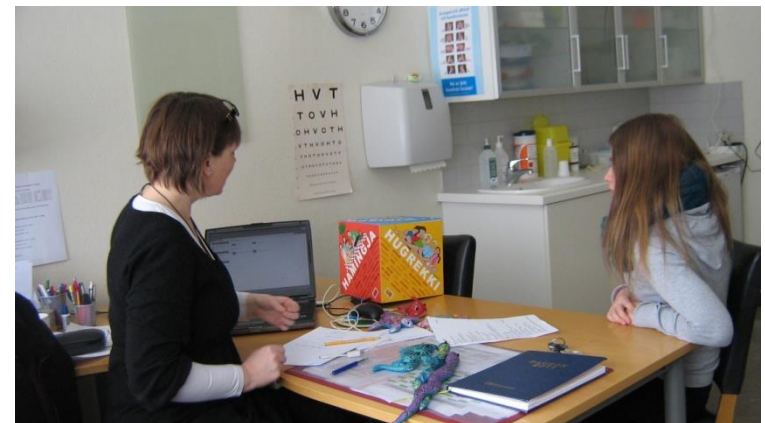
- Make sure that **chronically** ill and disabled children receive the appropriate environment and care at the school. By effective **teamwork** with parents, teachers other school staff and professional members of the community.

# Health interviews

- Semistructured motivational interviews
- Individual interviews
- Performed in 1.,4.,7. and 9. grade
- Anxiety screening interviews when needed from 2016
- **Goals:**
  - To motivate the child to improve its lifestyle behavior.
  - To analyse similar health problems and react with health education or other activities.
  - To empower nurses to screen for anxiety

# Semistructured questions:

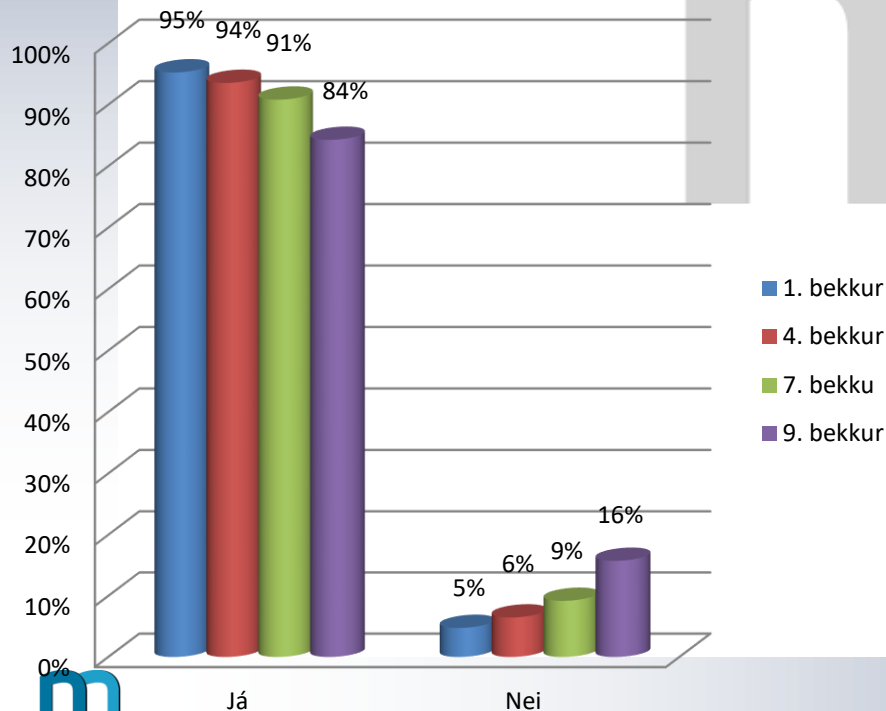
- Did you eat breakfast this morning?
- Did you take codfishoil this morning?
- How many fruits and vegetable did you eat yesterday
- How did you arrive to school this morning?
- Do you practise any sports?
- How often do you brush you teeth?
- Are you often tierd in the day?
- When did you go to sleep last night?
- How do you feel in the school?
- Do you have a good friend that you can trust?
- How self satisfaid are you?
- How would you describe your health?
- Do you worry about something?
- Can any of your actions harm your health?
- Do you often get headache or stomach pain?
- Would you like to ask me about something ?



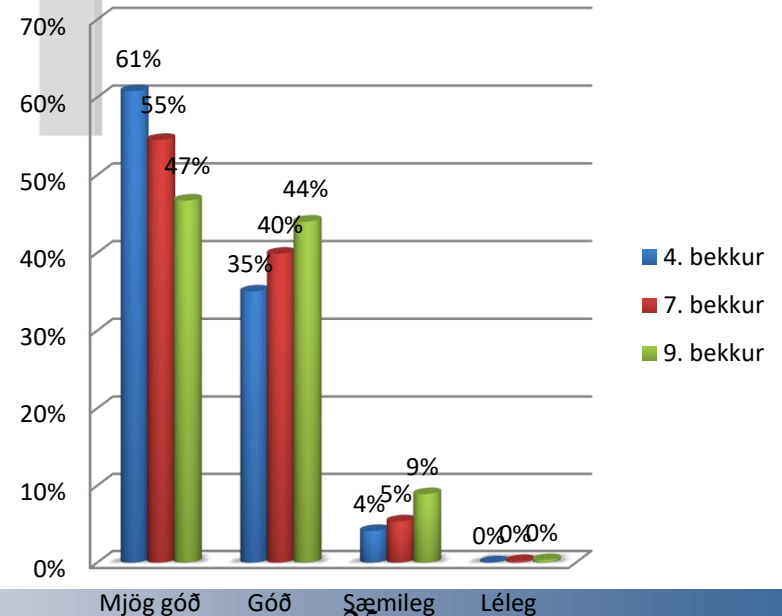


# Examples from the lifestyle- and wellbeing interview

Did you eat breakfast this morning?

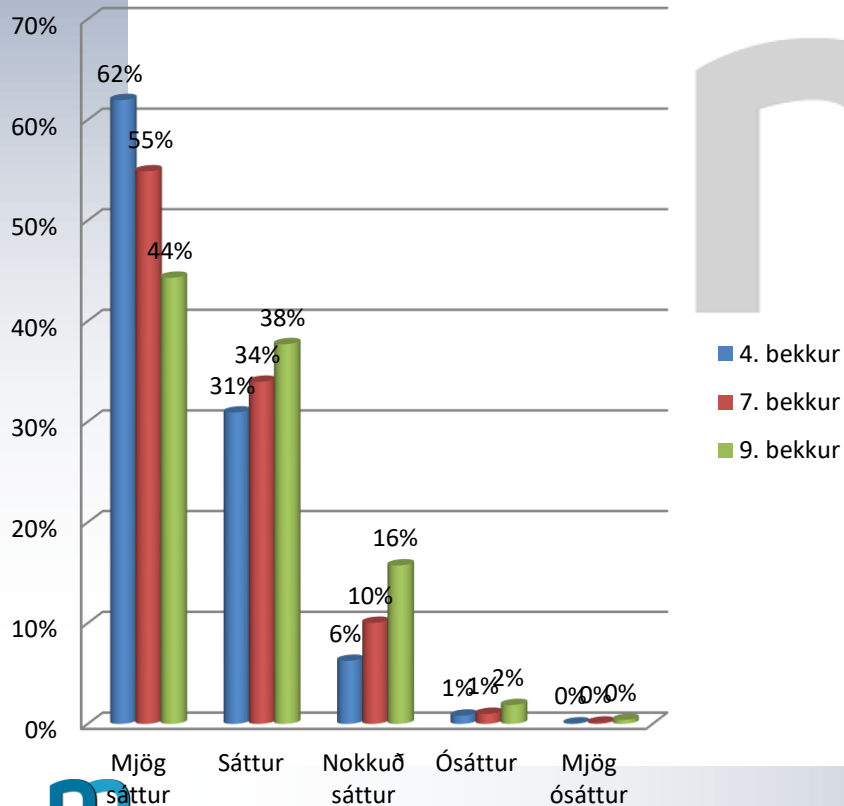


How would you describe your health?

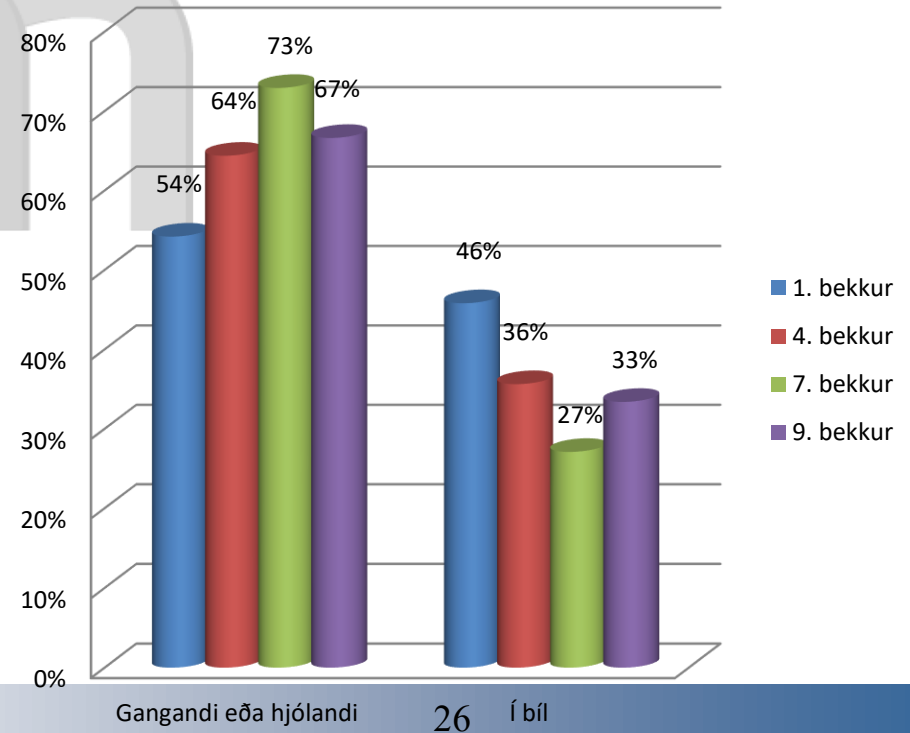


# Examples from the lifestyle- and wellbeing interview

## How self satisfied are you?



## How did you come to school this morning?

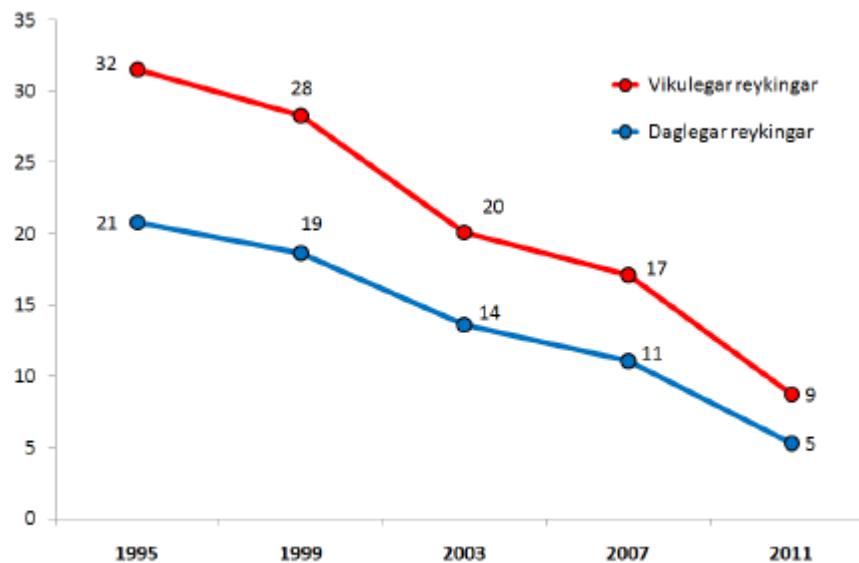


# We believe the main ingredient to better childrens health lies with...

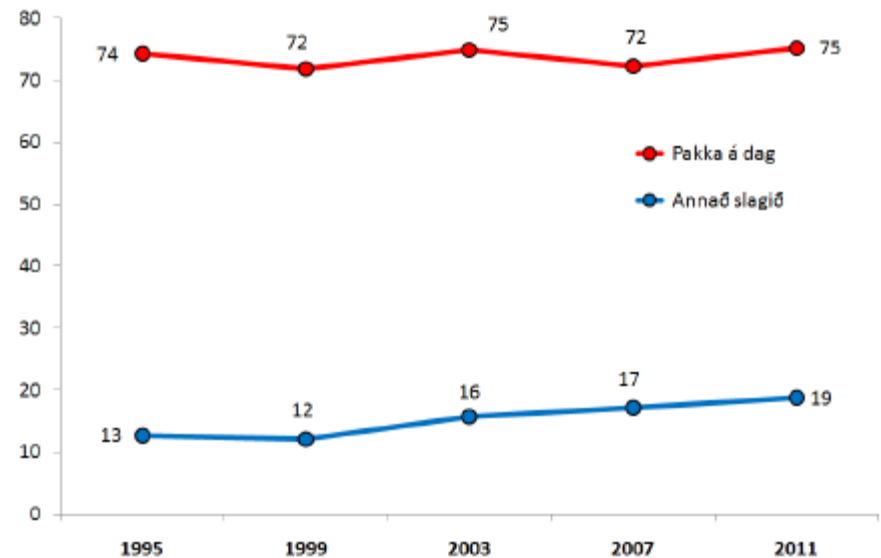


Collaborative team work between Primary health Care, Community service centers, schools and parents...everyone rowing in the same direction

# Smoking in 10. grade - ESPAD

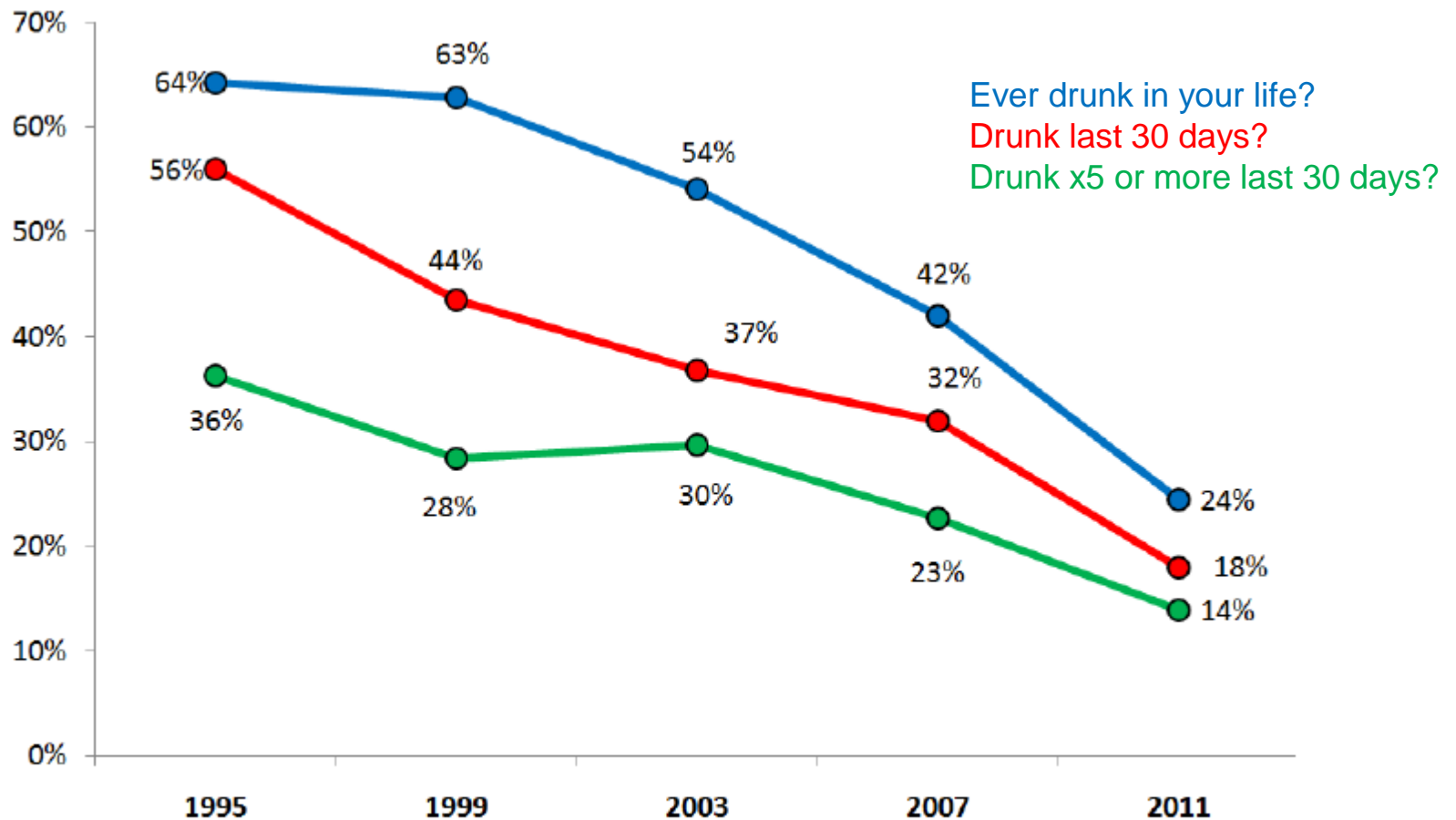


Ratio of **daily** (blue) and **weekly** (red) smoking



Ratio of how they think **one pack/day** (red) or **occasionally** (blue) smoking is harmful

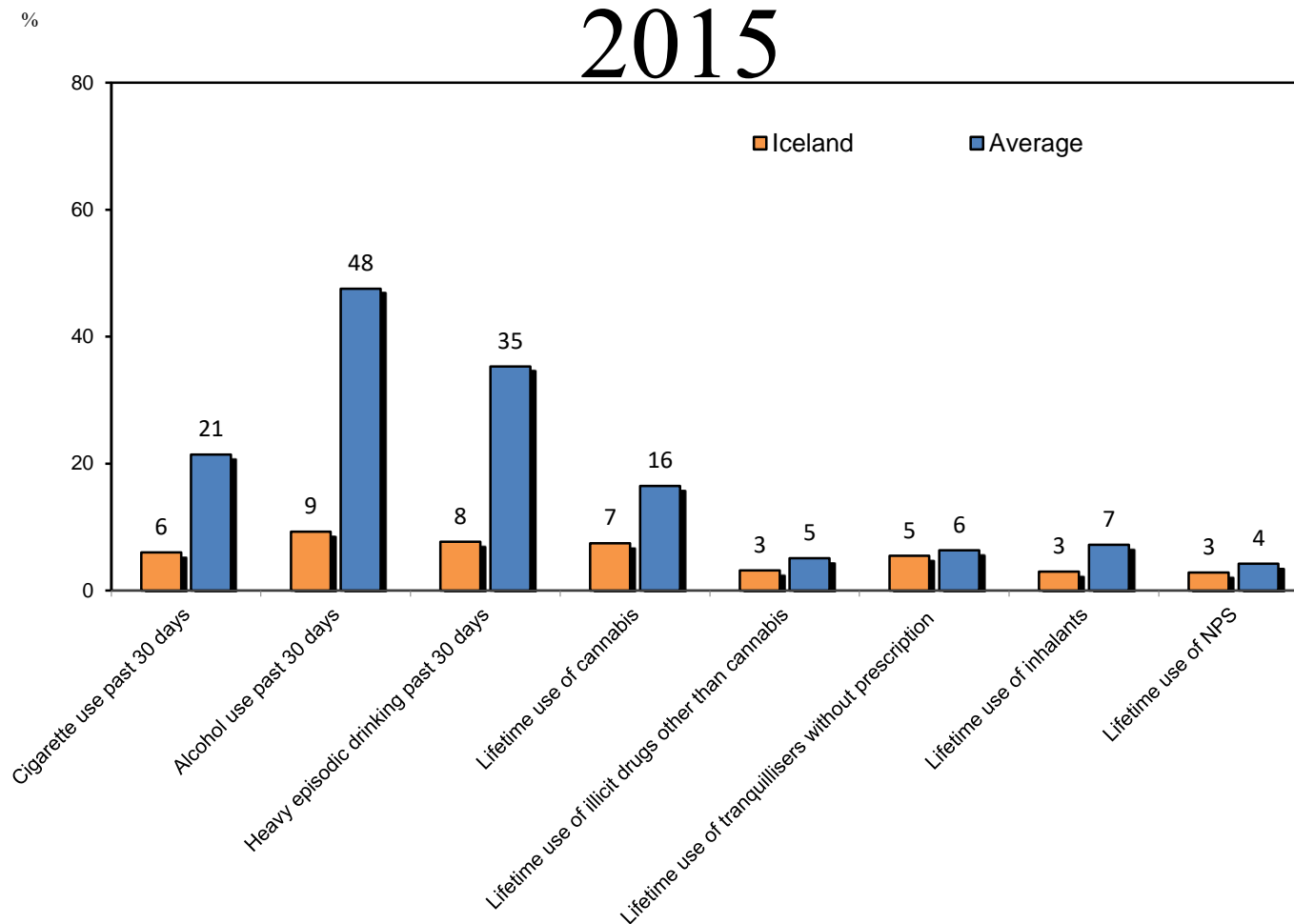
# Alcohol in 10. grade - ESPAD



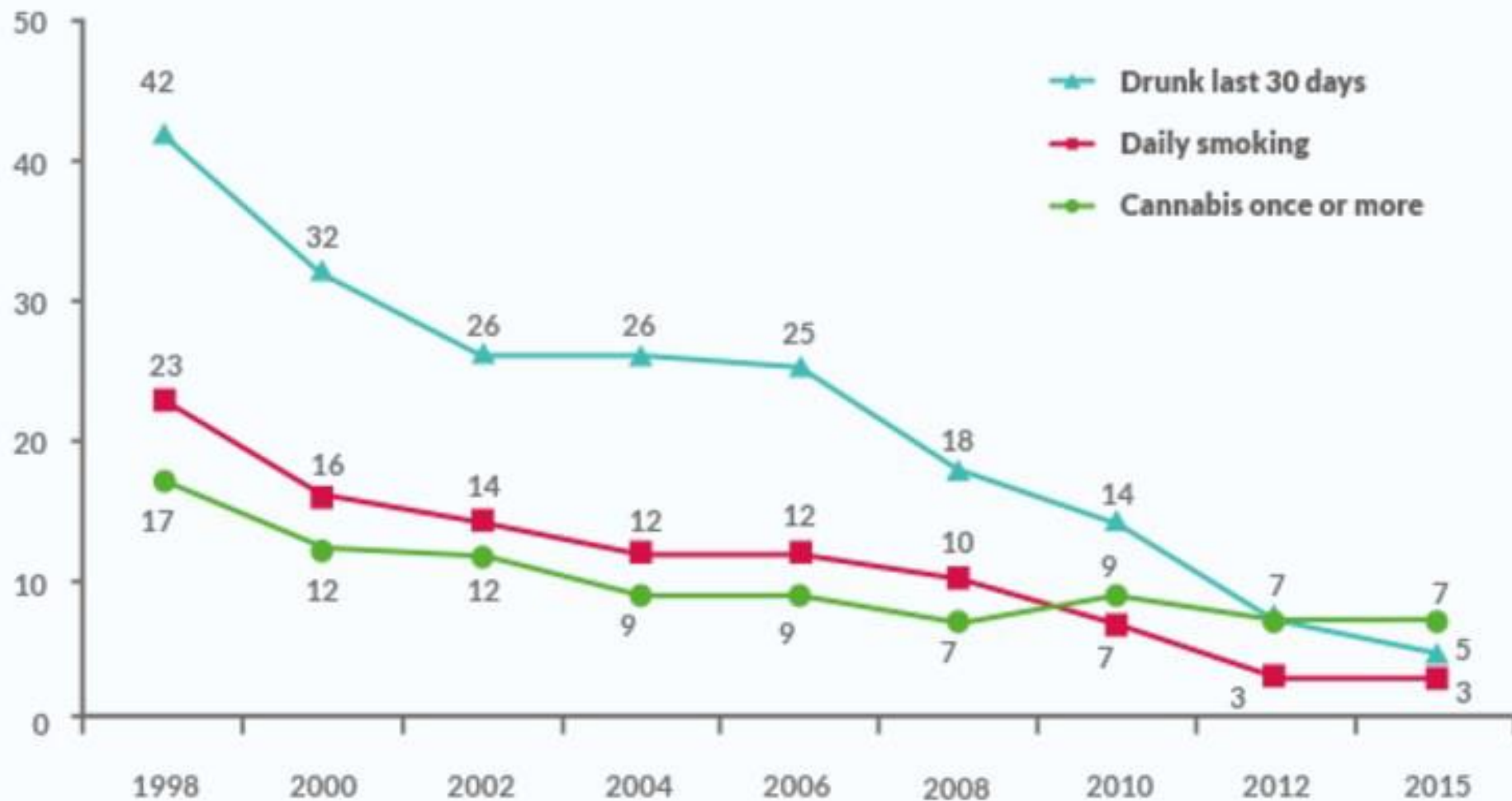
Ratio of alcohol use among 15-16 years old children

# EPSAD 8 variables under average

## 2015



## SUBSTANCE USE IN ICELAND AMONGST 15-16 YEAR OLD



# Takk fyrir okkur

