

Building School Nurse Competencies in Singapore

Lee Margaret
July 2011

Outline

- **Health and Health Care in Singapore**
- **Current State of School Nursing**
- **Future Direction for School Nursing**





Singapore

- **City state – 5.08 million within 710 sq. km.**
- **Regional Medical Centre of Excellence**
- **WHO Coordinating Centre for Health Promotion and Disease Prevention**



Singapore

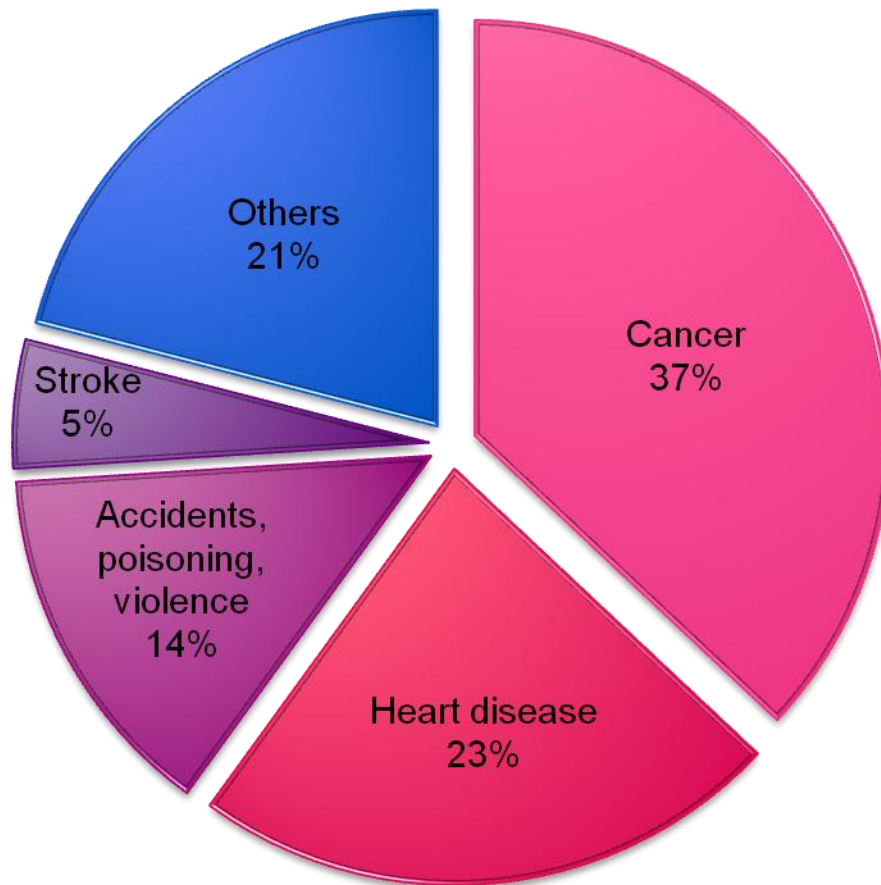
- **Consumers of health care**
 - **Knowledgeable**
 - **Value for money**
 - **High expectations**



Singapore

- **Aging population**
- **Health and lifestyle surveys**
 - **Greater attention**
 - **Prevention**
 - **Early diagnosis**
 - **Treatment of diseases**

Top Causes of Early Deaths (Adults 15-59years) in 2009



MOE Study 2009

(Obesity rate for school children and youths)

Educational Institution	%
Primary school	10
Secondary school	10
Junior college	6
ITE	23 (18% in 2005)

National Health Survey 2010

- **Adult 18- 69 years**
- **Obesity rate 10.8% (6.9% in 2004)**
- **54.1% Singaporeans do not exercise**

Life Style Diseases

➤ HPB

Health education/ Health promotion initiatives:

■ **To combat**

- Smoking
- Obesity
- Physical inactivity



■ **To prevent and detect potentials for**

- High blood pressure
- Diabetes
- High cholesterol

Current State of School Nursing

➤ Nurses

- In the past - Apprenticeship system
- From 1990s - Educational system
- Focus on health screening, health education and health promotion
 - K1 to Sec 4

School Nurse Competencies

➤ Orientation programme

■ Overview

- Organisation- Vision, Mission, Core Values
- Standards
- Policies

■ Core skills Training

- Ht/Wt measurements
- Vision screening
- FBT for scoliosis
- Audiometry screening
- Health interview
- Immunisation



School Nurse Competencies

- **Attachment to preceptor**
 - **Guided on different tasks and processes**
- **Assessment**
 - **Nurse Manager**

This orientation is

ONLY

a foundation

Building Competencies

- **In-service education**
- **Team sharing**
- **Discussion at departmental meetings**
- **Continual professional education**
 - **Attachment**
 - **Participation**

School Nursing in Singapore

is

at a TRANSITION phase

Future Direction in School Nursing

- **More nurses with higher academic qualifications at degree and advance diploma levels**
- **Existing nurses trained under the Apprenticeship system are also advancing towards tertiary qualifications**

Future Direction in School Nursing

➤ **New Challenges**

- **Higher levels in collaboration & partnership**
 - **Implement evidence-based practices**
 - **Formulate strategies**
 - **Develop policies**
 - **Take on greater responsibilities**
 - **Make decisions**

- **New capabilities**
 - **Diverse and complex skills**

Future Direction in School Nursing

Pilot Project 2010

Student Health Advisor (SHA) Programme

- **8 selected secondary schools**
- **Positive results**

Future Direction in School Nursing

➤ Plans

- **Continue health screening and immunisation**
- **Develop Student Health Advisors**
- **Develop Clinical Leads**
 - **Schools**
 - **Community groups**
 - **Government agencies**
 - **VWOs**

Future Direction in School Nursing

➤ Steps taken:

- Revised competency framework
- 3 day in-house training programme “Health Education & Health Promotion” – all staff
- Specialist Diploma Programme – selected staff

Future Direction in School Nursing

➤ Steps taken:

- **Training workshops**
 - **Communication & counseling**
 - **Leadership**
 - **Advanced health assessment**

- **Sponsorships for graduate diploma & masters programmes**

Conclusion

- **Basic caring does not change**
- **New challenges in health arena, technology, demographic & socio-economic landscapes require new capabilities**
- **Individual responsibility to build competencies**

References

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4. **Core Skills – Registered Nurse, Health Promotion Board (with Training Road Map)**
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Thank You

