

Medical Needs Inreach Project

Year 1 Report

Summary:

The Medical Needs Inreach Project is an initial two year collaboration between Oxfordshire Hospital School (OHS) and the Department of Children's Psychological Medicine (CPM) – Oxford University Hospitals NHS Foundation Trust. The project's principal aim is to provide support for Oxfordshire schools in the management of medical needs within the education environment, in compliance with statutory and best practice guidance. This will be achieved through:

- Training, consultation and practical support for Oxfordshire schools on the statutory and best practice guidance
- Improved links with and knowledge of local service pathways and resources
- To develop and provide excellent clinical support pathways for children with medical needs who are struggling with education in Oxfordshire through OHS, CPM and link with other appropriate services.
- To improve knowledge of the statutory and best practice guidance within wider networks who are stakeholders in supporting children with medical needs – the acute hospitals, local mental health services, local authority

Year 1 Summary of Activity:

- All Oxfordshire schools were invited to the MNIP launch and given the opportunity to sign up as a partnership school. 18 schools were confirmed as partnership schools, and 17 attended 3 training days. Feedback has been overwhelmingly positive with many schools reporting changes in practice as a result.
- Training and information on the statutory guidance for supporting children with medical needs and related topics has been provided to schools, OHS, and other important stakeholders (E.g. paediatricians)
- Increased network and liaison with key groups such as CAMHS, School Health Nursing, Inclusion teams – highlighting the presence of the MNIP team and the support that can be accessed
- Developing a direct pathway into CPM for children with medical needs who are having difficulties within education, to improve accessibility to psychology and to integrate psychology into the use of Individual Healthcare Plans
- Developing the support of clinical psychology to OHS directly, to aid with assessment processes, liaison with appropriate external agencies, and provision of training and consultation, within the remit of the psychologist's role

Service Report:

Background:

The Medical Needs Inreach Project is a collaboration between Oxfordshire Hospital School (OHS) and the Department of Children's Psychological Medicine (CPM) – Oxford University Hospitals NHS Foundation Trust. The project's principal aim is to provide support for Oxfordshire schools in the management of medical needs within the education environment, in compliance with statutory and best practice guidance.

In our pursuit of excellence, the work of the OHS is shaped by the knowledge and skill of a strong national and international movement whose purpose is to secure exceptional education for pupils with medical needs. The vision and values of the HOPE (Hospital Organisation of Pedagogues in Europe) International Charter frame our own mission and objectives. These include an unfaltering commitment to ensuring our pupils' education is based on the theory of keeping up, not catching up; the belief in the crucial significance of working in multi-disciplinary teams; the need to adapt curriculums to increase access and reduce isolation; and a faithfulness to protect our pupils' integrity by respecting medical confidentiality and personal conviction.

These guiding philosophies have now inspired us to create a partnership through the Medical Needs Inreach Project will aim to equip both OHS and every Oxfordshire school with valuable knowledge and practical support to make dynamic improvements in the way pupils with medical needs are taught, against a backdrop of diminishing budgets and evaporating services.

Statutory guidance from the DfE provides a clear context for our work with pupils who have medical needs and their entitlement to high quality teaching and support. By exploring this guidance and sharing our skills and experiences with our project partners, our aim is to build a framework to ensure every child and young person with a medical need in Oxfordshire's schools is given access to the most appropriate and highest quality teaching and support.

Managing the psychological and emotional health of children with medical needs in a way that maximises their educational integration can be a complicated task. Identifying barriers to providing excellent care Perhaps armed with limited information from the child's clinical care team, it can be difficult to make judgments about aspects of school life – How strongly do you encourage a child to participate? How can you identify when they have had enough? How do you manage them feeling different to their peers? From gathering information from clinical teams to form an effective plan, to considering the impact on teachers of managing complex and sometimes emotive situations, the psychology-focused arm of the project will prepare educators to develop robust pathways for supporting pupils with medical needs. Our project partners will be provided with the theoretical and best practice knowledge that will inform practical and creative suggestions for how to best implement the guidance available.

Aims

In order to achieve the primary aim of providing support for Oxfordshire schools in the management of medical needs within the education environment, in compliance with statutory and best practice guidance, secondary aims are as follows:

- To provide a robust training programme for Oxfordshire schools on the statutory and best practice guidance
- To provide support on implementing the guidance, through consultation, further training, and improved knowledge of local service pathways
- To develop and provide excellent clinical support pathways for children with medical needs who are struggling with education in Oxfordshire
- To improve knowledge of the statutory and best practice guidance within wider networks who are stakeholders in supporting children with medical needs – the acute hospitals, local mental health services, local authority
- To robustly evaluate and disseminate the learning from project activity, to inform educators, decision and policy makers at a local and national level

Year 1 Activity

Profile, awareness and networking:

- A focus group was conducted prior to activity beginning, to understand what schools would like support with and to identify key priorities for the project
- All partnership schools received regular communication about opportunities available to them through the MNIP
- Promotion of MNIP to GPs through piece in GP bulletin August 2018
- Increased awareness of OHS Physical Education Outreach through links created during the training programme
- Improvements to the OHS website – this aims to provide information and resources on supporting children with medical needs
- Attendance at the Association of Young People's Health – 10th Anniversary Conference, London
- Facilitated a half-day training module on Learning Disabilities and Mental Health at the John Radcliffe Hospital for local special educational needs schools with Dr James Stacey and Dr Amanda Muir (Oxford Health NHS Foundation Trust).
- Improved links with local CAMHS, in particular the CAMHS Schools Inreach Project
- Improved schools' understanding of local mental health provision, such as the Highfield Unit
- Links created with school health nursing through their operational manager; attendance of SHN at the training days
- Increased links with paediatricians at the Children's Hospital regarding the statutory frameworks and how their role may be impacted

Provision of Training:

Schools:

- All schools in Oxfordshire contacted through SENCO and advertisement in Schools News re opportunity to become a Partnership School
- Launch event in November 2017 to promote the project to Oxfordshire schools
- 18 schools confirmed as Partnership Schools
- 3 training days offered to Partnership Schools (See Appendix A for content of training days). 17 schools attended all 3 training days. Schools offered reimbursement of supply teaching cover in order to improve engagement.
- Workshops – a series of workshops were offered on topics identified by Partnership Schools. Logistical issues for schools attending meant that these workshops were not well attended and so key topics were included in the Day 3 training programme

Other:

- Teaching provided to general paediatricians through the Grand Round Forum
- Teaching provided to community paediatricians through their team meeting
- Teaching provided to the oncology multidisciplinary team through their journal club meeting
- Teaching provided to Children's Psychological Medicine through formal teaching and training sessions
- Teaching provided to the Highfield Unit (inpatient psychiatric unit) on the supporting children with medical needs in schools guidance, and the use of individual healthcare plans
- Teaching provided to Oxfordshire school nursing team on Adolescent Sleep and Implications for Education

Provision of Consultation:

Schools:

- Partnership schools were able to access the MNIP team through email or phone. A total of 20 consultation requests were received between January and July 2018. These resulted in 4 direct school visits, 20 telephone consultations and 7 direct contacts with children and families themselves.

Other:

- Staff within Oxfordshire University Hospitals have directly approached the MNIP team to ask for guidance and support with supporting children with medical needs who are having difficulty in school. This has led to consultation and support with asking the right questions and developing an IHP.
- Teaching provided to the multidisciplinary team at the Highfield Adolescent Unit about the statutory requirements that schools have to meet for children with medical conditions, including the use of IHPs and the support that this needs from clinicians

Additional Supports for Education Professionals:

- Creating and dissemination of sample IHPs for different conditions
- Provision of exemplar Individual Healthcare Plans to schools
- Provision of exemplar Medical Needs policies
- Dissemination of condition-specific IHPs
- Beginning to create and make available quality assured Provision Maps for mental health conditions which include information about the condition itself, its impact on learning, the reasonable adjustments that schools might consider and how these may be expressed in an IHP. Quality assurance is being provided by clinicians at OUH, HAU and CAMHS and the resources will be shared with the CAMHS Inreach Project for feedback.
- Identifying and sharing good resources for further information to schools (helpful websites, books [e.g. Supporting Children with Medical Conditions, Nasen 2015])

Direct Input into OHS:

- Teaching provided to the Oxfordshire Hospital School staff on Adolescent Sleep and Implications for Education and on Medically Unexplained Symptoms
- Weekly clinical psychology representation and input at the weekly OHS referrals meeting: e.g. sharing and developing preliminary biopsychosocial formulations for children referred to OHS, thinking through planning process with OHS staff, sharing symptom and condition specific information that pertains to the care and education of children referred to OHS
- Direct clinical support for children referred into OHS who are eligible for CPM through identification at referrals
- 3x1hr training sessions for all members of OHS staff (Statutory requirements for schools supporting pupils with medical needs and IHPs, Sleep, and Medically Unexplained Symptoms)

Research:

- The training and consultation arms of the MNIP are currently being written up in preparation for submission to a peer-reviewed journal to outline the development and implementation of the training package, along with the impact it has had
- The MNIP team are developing a proposal to set up an intensive psychological support package for a small number (10-15) of children with medical needs who are experiencing significant difficulties with accessing education. Additional funding opportunities are being sought to take this forward.

Conference:

- The MNIP conference will take place on 29th November 2018. This will be an opportunity for all interested stakeholders to attend a high quality event entitled: Integration and Inclusion for Children with Medical Conditions in School: A Conference for Professionals working with Children with Physical and Mental Health Needs. Key aims of the conference will be to further raise the profile of key guidance on supporting children with medical needs in

schools, showcase local examples of good practice, outline the evidence base and theory behind key concepts and interventions, and provide an opportunity for networking.

Impact Assessment

To date, the MNIP has had a number of key impacts, as assessed by informal verbal feedback, structured evaluation and outcome measures:

- Overwhelmingly positive feedback from partnership schools on the utility of the training days, leading to a change in practice at many schools. All partnership schools now have a medical needs policy and are using Individual Healthcare Plans. Some schools have made concrete changes to support children with medical needs and other vulnerable children, and reported that having access to direct supports from the MNIP was helpful.
- In particular, schools reported that condition specific information on mental health and psychological formulations of this, teaching on gender identity, individual case studies, discussions with colleagues, communication skills training and the opportunities to share best practice have been of most help.
- Highlighting areas of need that schools would like additional support with, which will help to shape Year 2 priorities and also allows feedback to other relevant organisations
- Increased awareness and use of the statutory and best practice guidance within non-partnership schools who have come in contact with the MNIP through other mechanisms (e.g. word of mouth, OHS referrals)
- Increased awareness among hospital staff of the challenges facing professionals supporting children with medical needs in schools, and the input that is needed from health professionals to ensure appropriate plans and supports are in place. This includes the initiation of IHPs from health professionals and the contribution to IHPs by health professionals
- Increased awareness from schools of local services that can support them, including developing links with the CAMHS Inreach Project.
- Increased and more timely direct support for children with medical needs with school related difficulties. Through the project, Children's Psychological Medicine opened 6 children to either the team or the Clinical Psychologist attached to the MNIP.
- Direct psychology input into the OHS referrals, assessment and professional pathway arms of OHS provision
- Strengthened networks with key stakeholders – school health nursing, CAMHS, inclusion leads, SENCOs etc

Looking Ahead: Year 2 Action Plan

- The 3 day training package will be condensed into a one day training workshop, based on feedback from schools. This will be offered to a second round of Partnership Schools. The training day will be piloted at other hospital schools around the country, in partnership with local Paediatric Psychology teams.

- The evaluation and outcomes from the training day are currently being written up for publication in a peer-reviewed journal
- Consultation and training requests from Phase 1 partnership schools will be offered throughout the duration of Year 2 from the MNIP team
- A mental health training day will be facilitated by the MNIP in partnership with CAMHS. This will utilise the links made within MNIP to enhance knowledge of and access to CAMHS Inreach project
- Direct psychology input into OHS referrals process, assessment process and professional support pathway will be piloted for 6 months. This will involve the psychologist being part of the referral discussion, undertaking appropriate liaison work with other services as needed, and providing direct support and training to schools in conjunction with OHS staff if falling within the remit of children whom the MNIP applies to. This input will be evaluated, and ongoing funding may be sought if it is seen to be beneficial to OHS and the young people.
- Pathways into the clinical psychologist as part of the MNIP and CPM in general will be streamlined, so that OHS staff can refer any children eligible for a service directly into the team. Referrals from assessments undertaken in CPM will also be directed to the psychologist within MNIP where the difficulties pertain primarily to school-related problems. This will improve accessibility to psychological support for children with medical needs and educational issues.
- Development of the MNIP section of the OHS website is ongoing. This will be a resource area for schools to access information and guidance on supporting children with medical needs in school.
- Ongoing preparation of a research study testing out a gold standard provision of care for children with medical needs – it is hoped that this will be submitted in Year 2. Clinical work is currently provided through the newly developed pathways whilst this is in progress.
- Survey of provision of hospital school services nationally – this will be undertaken to benchmark the kinds of services and provision provided, with a view to developing a sense of what aspects of the service are required to provide a gold standard service.

Enquiries relating to the MNIP should be sent to medicalinreach@ouh.nhs.uk

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Appendix A

Training Day One: Setting the scene

Introduction to the programme

Statutory guidance

Common mental and physical health conditions

The Fight or Flight Response and Persistent Physical Symptoms (also known as Medically Unexplained Symptoms)

The impact of medical needs on a child in education

Training Day Two:

Barriers to inclusion and effective support

Beliefs and attitudes towards effective support

Effective communication between agencies

Writing an Individual Healthcare Plan (IHP)

Training Day Three:

Exploring wider issues: Gender Identity, Sleep in Children and Young People

Establishing cross-agency links: Presentations from local School Nursing, Psychiatry, Child and Adolescent Mental Health Services