

Referrals to Public Health Nursing Service

Guidance for Professionals

The Public Health Nursing (PHN) Team in Southampton delivers a service to children and young people from 5 – 19 years in a variety of settings. Our team is made up of the following professionals:

Public Health Nurses – Registered nurses with the additional specialist qualification in Public Health.

School Health Nurses – Registered Nurses often with additional skills relevant to public health and child development.

PHN Screeners – Practitioners with training and experience to work with children and undertake the health screening process.

Wellbeing Associate Practitioners – Practitioners with skills to work with young people to support them with emotional needs.

How can we help?

We can help support the health and wellbeing of children and young people with a range of concerns, some examples are below:

Primary school aged children	Secondary School and college aged young people
<ul style="list-style-type: none"> • Growth, including underweight and overweight concerns • Unmet health needs • Health Care plans for health conditions • Long term health conditions e.g. Diabetes, Asthma, eczema • Toileting concerns including bedwetting • Vision and hearing testing • Sleep problems 	<ul style="list-style-type: none"> • Growth including underweight and overweight concerns • Unmet Health needs • Health Care plans for health conditions • Support for Long Term Conditions e.g. Diabetes, Asthma, Eczema • Sleep problems • Toileting Concerns • Vision and hearing testing • Emotional worries e.g. anxieties, low self esteem • Relationships • Sexual Health advice • Support to address smoking, alcohol or drug use
Other services the Public Health Nursing Team are able to support with: <ul style="list-style-type: none"> • Immunisations (HPV, Flu, School Leavers) • Updating school/college staff on the treatment on conditions e.g. Asthma, Anaphylaxis • Parent/young person drop-ins • Prescribing for minor health conditions e.g. Head lice, eczema, threadworm • PSHE lessons inc. SRE and Puberty • Health Promotion Events • Support for children and young people not in mainstream education, home educated or NEET. 	
We are not able to support with the following: <ul style="list-style-type: none"> • ADHD / Autism Diagnosis (A CAMHS referral needs to be made) • Dyslexia / Dyspraxia Diagnosis (Education Psychologist can support with this) • First Aid • Administration of Medicines (Medicines which have not been prescribed by us) • Poor attendance not due to health conditions • Urgent / Crisis / Emergency treatments (999, A&E, Walk in Centres and CAMHS duty line should be used) 	

If you are unsure if we could offer the appropriate support please contact us before making a referral.

*Some health services / support can be directly be referred to by schools and colleges, such as CAMHS and Therapies and do not require a referral to the public health nursing service.

*Some health services / support can only be accessed through a doctors (GP) referral, we will be able to advise and support where appropriate for children/young people to access a doctor for this support.

Making a Referral

Our service is open to all children and young people aged between 5 – 19 years who attend a school / college in Southampton. Children and young people who live in the Southampton city area but do not attend a school or College may also be able to receive support from our service.

If you would like to refer someone please complete the appropriate referral form, completing all sections and discussing the referral with the child/young person or parent/carer before making the referral.

Forms are electronic and can be emailed into the service (or via other secure electronic communications).

Where do I send the referral forms?

Completed referral forms can be sent to us through the Anycomms message system or through the NHS.net secure email system. If you do not have access to either of these please contact us as we are able to set you up with a FREE NHS.net email account to use.

Anycomms: Upload to Service > Protection = Confidential > File Type = Sch Nurse – Referrals > Upload

NHS.net Email: PublicHealthNursingSouthampton@solent.nhs.uk

Parents may email us the referral forms directly but must be aware their personal email accounts may not be secure for the sending and receiving of personal information.

What happens after a referral is made?

After you have sent us the referral, you will receive a receipt that we have received the referral. The referral will then be allocated to the correct cluster team where it will be discussed and allocated to a suitable practitioner. We will then make arrangement to see the child / young person if needed. Once we have completed the work with the child / young person we will update the referrer that the work has been completed. If there are problems with the referral, such as missing information or we have been unable to contact the parent/carer or young person we will report this back to the referrer.

If you need to contact us for more information our details are below:

Telephone: 0300 123 6661

Email: PublicHealthNursingSouthampton@solent.nhs.uk

Postal Address: Adelaide Health Centre, 2nd Floor Child and Family Services, William Macleod Way, Millbrook, Southampton. SO16 4XE.

Website: www.what0-18.nhs.uk/Solent
<https://www.solent.nhs.uk/our-services/services-listings/public-health-nursing-5-19-years/>

Examples of Nurse Referrals

Accepted Referrals:

- Sleep Problems impacting on readiness for school
- General headaches / dizziness that have not been investigated by the GP / Doctors
- Problems with hearing and vision that require checking when not under ENT or Eye hospital/opticians
- Support to answer questions about ongoing medical condition.

Rejected Referrals

- Second medical opinion of GP diagnosis (this would need to be done by another doctor)
- Weekly ongoing support for over 4 sessions (this would need a referral to a specialist support service)
- Medication reviews when we have not prescribed the medication (this would be done by the prescriber/GP)
- Chasing of medical results when we have not requested them (the requester would need to follow up results)
- Diagnosing infections / medical conditions (this would need to be done by a GP/Practice Nurse)

Examples of WAP worker referrals

Accepted Referrals

- General low mood
- Low level self-harm (does not require first aid / medical treatment)
- Low self esteem
- Management of emotions
- Friendship Issues
- General anxiety / Panic attacks

Rejected Referral

- Requests for Counselling (This comes from No Limits)
- Trauma Counselling (This would need to be done by a specialist service such as Yellow Door)
- Threats to Kill self / Suicide (This would require support from CAMHS or A&E)
- Hearing voices / seeing visions (This would require support from CAMHS)
- Domestic Violence support (support would come from a specialist service such as Women's Aid)
- Support while waiting for CAMHS appointment (Contacting the CAMHS support line is best)
- Phobias (this support comes from CAMHS)
- Children open to, or under assessment from, Social care.