



National Association of School Nurses

## School Nurse Childhood Obesity Prevention Education (S.C.O.P.E)

The dramatic rise of obesity in children and the associated physical, social and economic consequences in the U.S. impact children, their families and the community. NASN recognizes that school nurses are in key positions to impact this problem, to be the catalyst for better care. NASN has developed S.C.O.P.E. to address the assessment, treatment and prevention of childhood obesity and the assessment and management of obesity related comorbidities. The role of the school nurse must be part of the solution to affect a change in the direction and behavior for schools and students.

### GOAL

Provide strategies and resources for school nurses to assist students, families and the school community to address the challenge of overweight and obesity.

### CONTINUING EDUCATION

6 nursing contact hours The National Association of School Nurses is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. (Provider approved by the California Board of Registered Nursing, Provider Number #CEP 12292 for 6 contact hours)

### COURSE MATERIALS

Comprehensive course notes, BMI wheels for children and adolescents, introductory and BMI letters for parents, referral forms for primary health providers, blood pressure tables and numerous resources related to healthy lifestyles.



## Objectives

At the completion of this program the school nurse will be able to:

1. Identify the most current assessment techniques, causes and consequences, and the role of culture related to overweight and obesity in children.
2. Identify the school nurse role in the assessment of the overweight/obese child / adolescent.
  - a. Height/Weight/BMI
  - b. Assessing for hypertension
  - c. Acanthosis Nigricans
  - d. Nutrition and Physical Activity
  - e. Child and family assessment
3. Identify the role of the school nurse in the assessment and management of children with type 2 diabetes
4. Identify the school nurse role in the implementation of screenings and referrals.
5. Recognize the school nurse role advocating for policy change to promote healthy lifestyles.

NASN programs are written for registered nurses employed in the specialty of school nursing.

For more information about how to bring this educational offering to your area, contact NASN at 1-866-627-6767, email at [nasn@nasn.org](mailto:nasn@nasn.org), or visit the web site at [www.nasn.org](http://www.nasn.org).