

Health Education and Health Promotion Interventions at Schools Led by Nurses



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Introduction

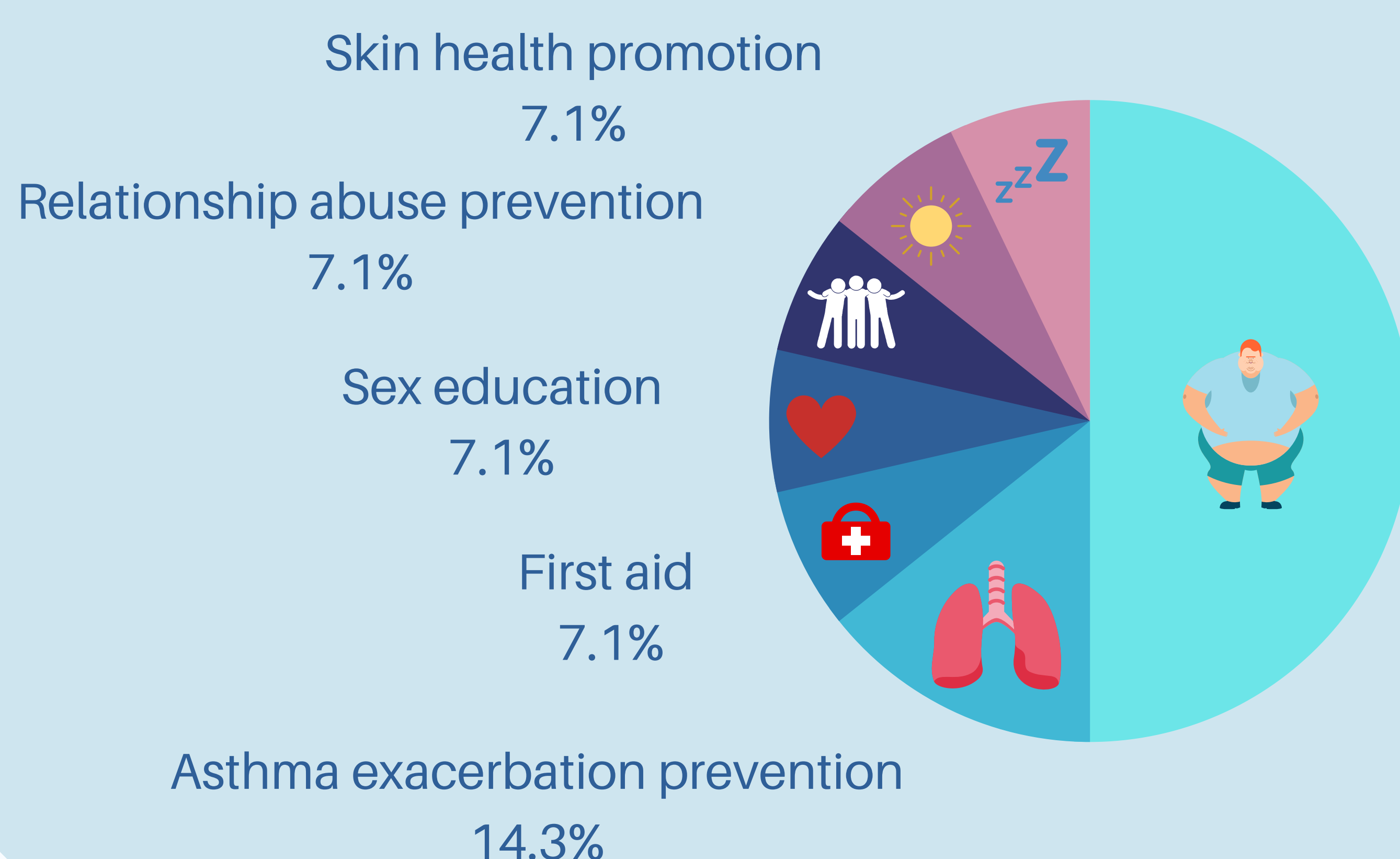
The National Association of School Nurses (NASN) defined one of the goals of school nurses is to promote health and educate students and their families in healthy habits (1). We examined what interventions of health education and health promotion in schools are led by nurses.

Aim of the study

This review gathers information about what health education and promotion interventions in schools are led by nurses, to examine how nurses promote health and prevent illnesses at schools.

Results

After applying the inclusion and exclusion criteria, and reading the full text articles. 14 of them were included in the review. The following interventions were found:



Conclusion

This review found that most of the interventions that take place at schools have positive outcomes, but further training should be taken by nurses in order to achieve better results. Parent involvement is necessary for children to engage in healthy habits and longer studies are needed to evaluate the real impact or effectiveness of these interventions.

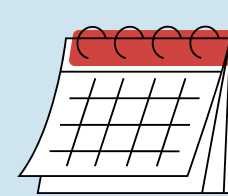
Methodology



PubMed, CINAHL and Web of Science



Literature review



2012-2022

$$X = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$



(("Health Education") OR ("Health Promotion"))
AND ("School Health Services") AND ("nursing")
AND ("interventions")

The most common found barriers in the interventions were:



Short follow-up interventions



Need for more nurse training



Lack of awareness



Limited communication with the school and parents



Some topics are not talked about enough

Obesity and overweight prevention
50%

Bibliography

