

## Intersectoral working in schools between education staff and primary healthcare professionals



### Case study description

Title of the initiative / case study	HEALTH EDUCATION PROGRAM FOR SCHOOLS (PESEI) – Programa de Educación para la Salud en las Escuelas e Institutos
Country / Territory	Spain
Summary of the intersectoral initiative	<p>"The health education provided at school from early childhood to adolescence provides a powerful tool of knowledge to all children aimed at acquiring health culture in order to adopt a healthy lifestyle and healthy habits. It also has a positive influence on the rest of the school community and the environment in which the school is located, as today's students will become the future adults of our society.</p> <p>All countries should integrate health education in schools, in order to improve the health of citizens in a comprehensive, equitable and responsible way, as well as to contribute globally to improve health literacy around the world and advance our right to enjoy health culture for good health and well-being".</p>
Focus of the initiative	Both mental health and physical health
Goal and objectives Overall goals and specific objectives.	<p>The program's main objective is to increase health knowledge and improve students' health behaviors who are between 3 to 17 years old. Through the promotion of healthy habits, risk prevention and general health education awareness, the program seeks to guarantee self-knowledge helping students to be able to take control over their present and future health, as well as influencing the rest of the educational community, families and the social environment where the educational center is located.</p> <ul style="list-style-type: none"> <li>• Encourage the promotion and acquisition of healthy habits and behaviors.</li> <li>• Reduce negative health behaviors in adolescents and adults.</li> <li>• Provide students with general health knowledge since early childhood, improving and giving</li> </ul>

	<p>continuity throughout their school life.</p> <ul style="list-style-type: none"> <li>• Promote the participation and involvement of every member of the educational center (students, parents, teachers, etc.).</li> <li>• Motivate students to commit with health.</li> <li>• Coordinate and collaborate with the schoolboard in order to facilitate and integrate health education in every school, taking into account the needs, peculiarities, background and characteristics of every center.</li> </ul>
School setting	Ages 3 to 17
- Age group of students covered (0-18)	
- Number of students in the school	50 – 1200 (number of students depend on the school where the program is carried out)
- Public ( <i>no fees</i> ) or Private ( <i>pay fees</i> )?	Public
- Location	Urban
- Socioeconomic environment	All types
<p>Description of the initiative</p> <ul style="list-style-type: none"> <li>- What was the driver to start the initiative? <i>Was it the pandemic, or something else?</i></li> <li>- From when to when did the initiative take place? <i>Does it continue now?</i></li> <li>- Did it get funding? How was it funded?</li> <li>- What type of activities took place <i>e.g. health professionals seeing students or staff for consultations, health professionals training education staff, teachers training health professionals?</i></li> </ul>	<ul style="list-style-type: none"> <li>• The proposal of this program started in 2015. At the beginning the program was mainly focused on sharing ways to improve health and hygiene. Over the years, the contents have increased. It covers different aspects such as getting to know our body, risk prevention, sexual education and mental health. All topics take into account students' age, to make them easy to understand and appropriate for them.</li> <li>• To provide health education since an early age to give children and adolescents basic tools to acquire health knowledge and become aware of their own health.</li> <li>• The program is carried out by our entity which is a non-profit organization; we do not receive economic support to carry out the program.</li> <li>• This program consists on health professional consultations, workshops, talks and sessions with the entire school community (students, parents, guardians, teachers and other school staff).</li> </ul>
Partners	School nurses and other health professionals who develop their tasks in schools.
- Who are the partners involved?	
- Who are the education professionals involved in the initiative?	Nurses who are associate members of our entity, as well as, members of other national organizations (nursing, pediatrics, psychologists, etc.), take part on the revision
- Who are the health professionals	

<p>involved in the initiative?</p> <ul style="list-style-type: none"> <li>- Where are the health professionals located? (e.g. <i>In the school, in the community?</i>)</li> <li>- At what stage/s did intersectoral work happen (eg <i>conceptualization, co-design, implementation or evaluation</i>)?</li> </ul>	<p>of the program to keep its contents up to date and to verify it covers all the needs observed during its application.</p>
<p>Results of the initiative</p> <ul style="list-style-type: none"> <li>- What were the deliverables?</li> <li>- Can you give some examples of actions resulting from the initiative?</li> <li>- What do you think was the impact of the initiative, if any?</li> </ul>	<p>The application of this program has shown good results regarding the improvement of students' health in different schools all across Spain.</p> <p>In addition, the program had an important impact on the different school communities, they became more aware of their well-being, healthy habits and how to properly take care of their own health.</p>
<p>Evaluation of the initiative</p> <ul style="list-style-type: none"> <li>- Was the initiative evaluated? If Yes - <i>How, and by whom?</i></li> <li>- Name two things that went well.</li> <li>- Name two things that could be improved.</li> <li>- What were the main <u>barriers</u> to intersectoral working?</li> <li>- What were the main <u>facilitators</u> for intersectoral working?</li> <li>- What advice would you give to others who would like to do a similar initiative?</li> </ul>	<p>The program is revised and updated every two years by different health professionals (associate members, partners from other entities and associations, other health professionals with whom we collaborate regularly).</p> <p>Over the years, we have found new ways to collaborate with many new health professionals and entities across Spain and Latin-American countries. This has given the program a wider and bigger view on topics that concern the modern society: obesity, over use of devices and their consequences, etc.</p> <p>In most of the cases, the main barriers faced are related to time zones, especially to schedule meetings to discuss possible updates to the program.</p> <p>Nevertheless, technology nowadays has improved the way we can communicate and the joint network has been successful as years pass by, making it easier to collaborate with professionals in non-Spanish speaking countries.</p>
<p>Additional information if available:</p> <ul style="list-style-type: none"> <li>- Links to relevant websites</li> <li>- Link to / title of relevant articles</li> <li>- Other relevant resources</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">ISNA introduction</a></li> <li>• <a href="#">ISNA video intro</a></li> <li>• Our first event – <a href="#">I International Symposium on Nursing and School Health</a> (video)</li> <li>• <a href="#">PESEI Program</a> (this document is in Spanish, we are currently working on its translation to English)</li> </ul>

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|  | <ul style="list-style-type: none"><li>• More information and further inquiries:<br/><a href="mailto:isna.schoolnurses@gmail.com">isna.schoolnurses@gmail.com</a></li></ul> |
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