

TXT UR School Nurse

A text messaging service to improve access to health information and the school nurse

Adolescence can be a difficult time for young people with often increased risk-taking especially in relation to their health. Confidentiality is an important factor; young people stress that they like the idea of direct contact with their school nurse through texting or emailing as it would remove the barrier of having to tell someone else and puts the young person more in control of their health.

Project leader:

Jo France, school nurse and practice teacher, Shropshire

Project aim

A school nurse text messaging service to provide health information to young people

Outputs:

- YouTube video made to promote the service
- Promotional materials developed by young people to promote the service (right)

Outcomes:

- **202** total texts were received from May 2012 – Dec 2012
- **81%** of these related to sexual or emotional health concerns
- **45** texts led to face-to-face appointments
- **93%** of young people reported that they were aware of the school nurse text service
- **63%** were aware they could access the school nurse via the lunch-time drop-in
(In comparison the British Youth Council (BYC 2011) reported that 69% of young people didn't know how to contact their school nurse)
- Very effective use of school nurse time – text appointment reminders reduced incidents of non attendance.

