



Welcome Back!

School Year 2016 - 2017

Hope you all had a great summer!!

General Information:

Gena Smith, BSN, RN
Liceth Rodriguez, SHA

Phone – x-4050, 4051

Hours of Health Office: 7:00 a.m. – 2:45 p.m.

Medications Given: Student Arrival – 2 p.m.



General Protocols:

- In keeping with school policy, **ALL** students **MUST** have a pass to come to the Health Office. Emergencies are exceptions.
- Please **DO NOT** call parents for sick or injured students; this is the responsibility of the Health Office.
- Please do not call us to the classroom, unless it is a true emergency. Be sure to give the student's name, nature of the emergency, and location. This helps us to respond quickly and with any necessary equipment (wheel chair, inhalers, etc).
- Please review and follow the current Field Trip Policy, so that we can check on any medication or special requirements the student may need.
- If you, personally, have a serious medical condition (ex, severe asthma, diabetes, allergic reactions, heart condition, etc), please notify us.



Medical Concerns:

- ✓ Please review the PowerSchool system to view students on Medi-Alert. Remember, this list is Confidential. Please see us if you have concerns about any of your students.

Welcome Back!

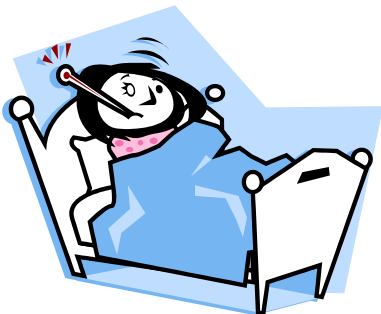


- ✓ We will provide you with Emergency Care Plans for any students with severe medical problems. In turn, please notify us if you receive any medical information about a student.
- ✓ Students experiencing difficulty breathing (Asthma), or feeling faint (Diabetic) **must be accompanied** to the Health Office with an adult. Please call for an SSO, if needed.
- ✓ If a student has a bloody nose, please keep them in the classroom sitting quietly with pressure to the bridge of the nose for 5 minutes. Most resolve in this time. If the bleeding does not stop in that time frame, then send to Health Office.
- ✓ Please keep bandaids and rubber gloves in your classroom for minor cuts and scrapes.

Attached is a copy of **Signs and Symptoms of Common Health Concerns**.

Thank you for adhering to these guidelines so we can better serve you and our students. Please don't hesitate to contact us if you have any suggestions, questions or concerns. We look forward to working together and having a GREAT year.

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**Signs and Symptoms of Common Health Concerns
New York Statewide
School Health Services Center
www.schoolhealthservicesny.com
Phone: 585.349.7630 ☐ Fax: 585.352.9131**

The pages in this chart list common symptoms of health issues and should only be used for identification purposes and not as a substitute for nursing or medical care. Please use in consultation with a school nurse.

Students with emergent health concerns should always be escorted to the Health Office, or supervised until the School Nurse or emergency care arrives.

ALLERGIC REACTIONS

For Allergic Reactions: THINK F. A. S. T.

Face: **itchiness, redness, swelling of face and tongue**

Airway: **trouble breathing, swallowing or talking**

Stomach: **pain, vomiting, diarrhea**

Total Body: **rash, itchiness, swelling, paleness, loss of consciousness**

ASTHMA

Some Signs and Symptoms of Asthma:

- Wheezing
- Coughing
- Difficulty Breathing and/or shortness of breath

A Serious Asthma Episode may include:

- Breathlessness that may cause the student to speak in one-to-two word sentences or be unable to speak.
- The student may stop an activity and be unable to start again.
- The student's neck muscles may tighten with each breath.
- Lips and nail beds may have a grayish or bluish color.

Many students need to use their inhalers 15 – 30 minutes before physical education class to prevent asthma difficulties during periods of exercise. Do not deny a student's request to come to the Health Office to use their inhaler.

HEAD INJURY

Following an injury to the head, the student should be observed for the following symptoms:

- Severe headache
- Excessive drowsiness
- Nausea and/or vomiting
- Double vision, blurred vision pupils of different sizes
- Loss of muscle coordination such as falling down, walking strangely, or staggering
- Convulsions or seizures
- Unusual behavior: confusion, irregular breathing, dizziness, etc.
- Bleeding or discharge from the ear

Contact the student's healthcare provider or take child to the Emergency Room if any of the above symptoms are present.

HEAT EXHAUSTION

Symptoms:

- Dehydration, Fatigue, Clammy skin, Headache, Nausea and/or vomiting

Treatment:

- Bring indoors or into shade, Loosen or remove clothing, Rub arms and legs down with cool water, Call physician or healthcare provider if student can't eat or drink

If left untreated, may escalate to Heat Stroke

HEAT STROKE

Symptoms:

- Flushed, dry skin – **no sweating seen**, Temperature of 105° or higher, Severe, throbbing headache, weakness, dizziness or confusion, sluggishness or fatigue, seizure, decreased responsiveness, loss of consciousness

THIS IS A MEDICAL EMERGENCY!

Call 911

Treatment: Get child indoors or into shade, Sponge or douse the student with cool water, Do **NOT** give fluids!

HYPERGLYCEMIA (HIGH BLOOD SUGAR)

Onset: Gradual

Signs:

- Drowsiness
- Extreme Thirst, Very frequent urination
- Flushed skin
- Vomiting, fruity or wine-like odor to breath
- Heavy breathing
- Eventual stupor or unconsciousness
- *Causes:* Undiagnosed diabetes
- Insulin not taken
- Stress, injury or illness
- Too much food and/or drink

Treatment: Pursue Emergency Care and take this person to the hospital

HYPOGLYCEMIA (LOW BLOOD SUGAR)

Onset: Sudden

Signs:

- Staggering, poor coordination
- Anger, bad temper
- Pale color
- Confusion, disorientation
- Sudden hunger
- Sweating
- Eventual stupor or unconsciousness

Causes:

- Failure to eat before strenuous exercise
- Delayed or missed meals or snacks

Treatment: Provide sugar. If the person can swallow without choking, offer any food or drink containing sugar (no diet drinks!).

**IF THE STUDENT DOESN'T FEEL BETTER IN 10-15 MINUTES,
INITIATE EMERGENCY CARE**

SEIZURES

Tonic-Clonic Seizure: Entire body stiffens, jerking movements
May cry out, turn bluish, be tired afterwards

Absence Seizure: Staring spell, may blink eyes

Seizure Care:

- Clear the area around the student to avoid injury
- Do not put anything in the child's mouth
- Place the student on his/her side if possible
- Speak to the student in a reassuring tone
- Reassure the other students in the room
- Stay with the student until help arrives