



Student Health
Information for
Teachers &
Staff

September 2017

Meet The School Nurses

- **Christine Proctor RN**
- SOTA for the past 12 years. Prior 18 years was spent primarily in hospital nursing, management, and then subsequently several years in Home care.
- **Jonelle Piatt - School health Aide**
- SOTA for the past 9 years
- BA in Health Administration

The School Nurses Role

- Provide Emergency Care as needed
- Plan for health related emergencies
- Provide nursing assessment of health concerns
- Establish care and medication regimens in order to keep children in the classroom – promotes student achievement and success



The School Nurses Role

- Triage student health concerns
- Assess physical and emotional issues
- Provide Nursing Diagnosis – relates to the student's response to a medical condition
- Provide primary healthcare to students-
-first aid and chronic condition care
- Counsel students on health and emotional issues

School Nurses Role

- Administer medication on a daily and as needed basis per healthcare providers orders.
- Refer health issues to healthcare providers for further care and treatment as needed
- Provide health screenings – vision, hearing and scoliosis per state regulations
- Monitor health appraisals for mandates and sports participation

Signs and Symptoms of Common Health Issues at School

The information in this presentation discusses 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 the school nurse.

Important to all student health issues!

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

Symptoms typical of anaphylaxis

- Swelling of throat, lips, tongue
- Difficulty swallowing or breathing
- Metallic taste or itching in the mouth
- Generalized flushing, itching, or redness of the skin (hives)
- Nausea
- Increased heart rate
- Paleness
- Decreased BP
- Feeling of weakness
- Anxiety, sense of doom
- Collapse
- Loss of consciousness

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

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.

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:* **Contact Nurse** if Available if not 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**

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:* **Contact School Nurse if not present Pursue Emergency Care**

What to Do

- Know when and how to call the school nurse!
- Access medical emergency care as needed
- Discuss questions or concerns with the school nurse
- Respect student's private health information
- Relax and enjoy your students!

Influenza Viruses (aka Flu)

- Children, elderly, immuno-compromised individuals and pregnant women are at the most risk from flu
- Schools are large group settings that can spread the flu quickly
- District Clinics are available to staff (see bulletin for dates/locations/times)
- We encourage all Staff and Students to get a flu shot

Can We Prevent Flu?

The best prevention is for staff/students to:

- wash hands often with soap and water, especially after coughing or sneezing
- Use alcohol based hand sanitizers to clean hands if soap and water are not available
- Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue in the trash after use (if no tissue is available, cough or sneeze into your arm or sleeve—not your hand)

Field Trips

- Per District Policy Field Trip Forms must be handed in to the nurse 7 days prior to the field trip. No exceptions!!!
- Student Emergency Care Plans need to be taken on the trip.
- The School Nurse will pack meds as needed

With your help

We can keep our students safe and healthy and ready for learning each and every day.

I look forward to a safe and healthy school year!