5.35- Student Health

The District promotes healthy schools by supporting wellness, good nutrition and physical activity as part of the total learning environment. The District follows state and federal guidelines while supporting a healthy environment where children learn and participate in positive dietary and lifestyle practices as this optimizes student performance potential.

Revised: 6-22-06

FAYETTEVILLE PUBLIC SCHOOLS

ANAPHYLAXIS

Anaphylaxis is a life threatening emergency that requires specific and immediate action. Causes can be, but not limited to, sensitivity to food, medication, insect sting, latex or chemicals.

Immediate intervention is necessary, if within 15 minutes of exposure to the inciting agent a student develops one of the following:

- Feeling of apprehension, sweating, weakness
- Feeling of fullness in throat; swelling of lips, tongue, eyelids or nose
- Respiratory difficulty
- Change in quality of voice
- Tingling sensation around mouth or face, nasal congestion, itching, wheezing
- Low blood pressure with weak, rapid pulse
- Loss of consciousness, shock, coma
- May be accompanied by hives

Closure of the vocal cords blocking air intake can occur as part of anaphylaxis or by itself without any of the above symptoms. It requires immediate establishment of an airway. CALL 911

PROTOCOL

1. All students who are known to have a severe allergic reaction that may result in anaphylaxis must have an emergency action plan and emergency adrenalin (eg. Epi Pen) at school.
2. All teachers and school staff who come in contact with these students must be notified in writing (within 24 hours of the time that the nurse is notified of the allergy) of the student’s allergy and the action to be taken if a severe reaction occurs.
3. Epi Pens and other emergency medication must be taken on field trips. It will be the responsibility of the school nurse to meet with the building principal to determine who shall be responsible for administering the Epi Pen on the field trip.
4. All school personnel who may have to administer an Epi Pen will be trained annually by the school nurse. This training will be recorded on a Personnel
Training form and given to the school principal and a copy will be sent to the Director of Nursing.

5. In the event that a student has an allergic reaction, do the following:
   - Administer Epi Pen and have someone call 911
   - If only one person is available, administer Epi Pen and then call 911
   - Have someone call parent
   - Monitor blood pressure
   - Cover with a blanket
   - Stay with student until EMS arrives

Written: November, 2006     Approved: January, 2007

ASTHMA RATIONALE FOR PROTOCOL

PROBLEM
Asthma is on the rise in the schools. This is a disease that can be fatal within a matter of minutes. Prevention of symptoms requires adequate medical care and appropriate medications both at home and at school. The school nurse is responsible for the administration of medications in the school. In the elementary schools the nurses know which students have asthma, but they do not always have the students’ rescue medication. As students get older and are more in tune to their condition they often times carry their rescue inhalers with them and use them without nursing supervision. In many cases the nurse is not even aware that the student has asthma. In all of the schools there are students whose parents indicate that the student has asthma, but has not provided the school with the students’ rescue medications.

RECOMMENDATION
- All students will have a Student Health Information Sheet filled out each year by the parent.
- A rescue inhaler and an Asthma Action Plan will be required for all students whose parent has indicated that their child has asthma.
- The rescue inhaler will be kept in the nurse’s office unless other arrangements have been made.
- Some students will be allowed to carry their rescue inhalers with them only after they have been educated by the nurse and are able to give a correct return demonstration on when and how to use their inhaler.
- Students who are allowed to carry their inhaler must notify the nurse that he/she has used his/her inhaler immediately after using the inhaler in order for the nurse to document use.
- All students who have a rescue inhaler at school, either in the nurse’s office or who are carrying the inhaler, must have a Medication Administration Release Form, signed by a parent or guardian, on file in the nurses office. A new form must be signed every year.
PROTOCOL FOR FEVER, VOMITING AND DIARRHEA

Rationale
Fever, vomiting and diarrhea are common symptoms of school children and may indicate the presence of an infectious disease. Fayetteville District Policy 5.34 (School Health Policy) states that it follows the guidelines established in the Arkansas School Infectious Disease Guidelines and that acute infectious diseases are managed by the school nurse and the school principal. These guidelines state that a student “may return to school if free of fever for 24 hours and no further diarrhea (vomiting).” The guidelines further state that a student with a “fever of > 101 degrees may (be) excluded from school”.

Best practices indicates that students who are experiencing a fever > 100 degrees and/or vomiting and/or diarrhea may be in the early stages of an infectious disease and may be at the most contagious stage. They also may not be able to concentrate on learning because of not feeling well. It is for these reasons that the following protocol is recommended.

Protocol

- Students with a fever of 100 degrees or greater will be excluded from school.
- Students who are experiencing vomiting and/or diarrhea of unknown cause will be excluded from school.
- Students may return to school if free of fever (< 100 degrees) and without having fever reducing medication for a period of 24 hours.
- Students may return to school if vomiting and diarrhea free and without having antidiarrheal and antiemetic medication for a period of 24 hours.

Drafted: December 21, 2006
Approved: January, 2007
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NARCOTIC MEDICATION AT SCHOOL

It is generally recognized that some students may require medication for chronic or short-term illness during the school day to enable them to remain in school and participate in their education. However, Fayetteville School District will not give prescribed narcotic medication to students while in attendance or while participating in school activities. Since narcotic medications can have an adverse affect on a student’s ability to participate in school functions, it is suggested that the student remain at home while taking such prescribed medication.

Developed: October 16, 2007
FAYETTEVILLE PUBLIC SCHOOLS

TWO OR THREE TIMES A DAY MEDICATIONS

Medications ordered two or three times a day do not have to be given at school 
unless specified by the physician. Most of these medications can and should be given 
at home. Antibiotics should be given at evenly spaced intervals which means every 12 
hours for those ordered two times a day and every eight hours for those ordered three 
times a day.

When a child is on a medication for a short time only (10 days), the medicine is 
usually transported to and from school on a daily basis. This means that if it is a 
refrigerated medicine, it is out of the refrigerator for part of the day, this may lessen the 
effectiveness of the medicine. Oftentimes the child forgets to bring the medicine either to 
school or home from school which means that he or she may miss one or more doses. If 
the nurse is not in the office, the teacher and/or secretary must remember to give the child 
the medication at the appointed time and remind the child to come to the office to get the 
medicine at the end of the day. Although they have every intention of doing so, teachers 
and secretaries do not always remember to do this. Therefore, in order for your child to 
get his/her ordered medication properly, please give it at home. Please feel free to 
contact your child’s school nurse to discuss this issue.

Revised August, 2005
Emergency Management Institute

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ICS-100 for School

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Multihazard Emergency Planning for Schools

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