

## HEALTH SERVICES

(Long Version for Secondary Schools Handbook)

School nurses work to ensure that immunization requirements are met, as well as providing vision, hearing, spinal screening and acanthosis nigricans screening in accordance with State Law and Regulations. LISD is fortunate to have a full-time Registered Nurse at each campus. It is the aim of the school nurse to develop in each student a positive approach to healthful living in both attitude and practice. School nurses are here to help provide a safe and healthy environment for students to learn at their optimal capacity and provide professional care for those who become ill or injured at school. The school nurse is equipped to assist not only the students attending school, but the family as well. LISD Health Services has access to multiple resources to help with questions and concerns.

### HEALTH APPRAISALS AND SCREENINGS

Vision and Hearing screening is mandated for new students and grades PK, K, 1, 3, 5, and 7. Spinal Screening is done on students in grades 5 and 8. Acanthosis Nigricans screening will be in grades 1, 3, 5, and 7. Other screenings such as blood pressure and dental will be done on an as needed basis.

### MEDICATION ADMINISTRATION AT SCHOOL

Students in secondary schools, in LISD, are permitted to carry their prescription and over-the-counter medications with them as long as it is not a controlled substance. Examples of controlled substances would be Ritalin or Adderall. If you are not sure whether a medication that has been prescribed for your child is a controlled substance, consult your Pharmacist. Refrigeration will be available in the health room for any medication when necessary. In order for a student to carry his or her own medication the following conditions must be met:

- The medication must be in the **original** container and, in the case of prescription medication, the bottle must have the pharmacy label including the student's name and accurate dosing instructions. Note: Each medication must have its own container. Over-the-counter medications such as Advil or Tylenol must be in the bottle that you purchased it in. **Do not place several medications in one container.**
- The student **must** carry with them written permission from their parent or guardian to take the medication. Included, must be instructions on how and when to take the medication. For example: Mary Smith has permission to take two Tylenol every four hours as needed during school
- The student **must** register the note with the nurse on the day of the initial dose at school.
- **You must instruct your child that it is against the school district policy to share their medications with their classmates at school.**
- Any medication must be surrendered to a school official when requested.
- The school nurse does not dispense over-the-counter medications.
- In usual circumstances, sub-q, intramuscular, and intravenous medications will be given by the school nurse. Any exceptions will require written permission from the parent/guardian and physician. In order for the student to self-carry an inhaler

or epi-pen, the parent/guardian must complete a specific form. Please ask your nurse for details.

**If the medication must be kept in the health office the following requirements must be met:**

- The school nurse must receive a written request from a parent or legal guardian to administer medication. Parents must give written permission for the student to transport medication to and from school.
- The medication must be in the original container and properly labeled. The medications must be listed by the Food and Drug Administration as safe and effective for humans.
- Medications kept in the health office for more than 5 days must also have written authorization and dispensing orders from the prescribing physician.
- In general, medication administration should be scheduled during non-school hours. Only those doses prescribed during the school day will be given. Medications with once a day dosing should be administered at home.
- Employees authorized by the Superintendent or designee may administer medications to students.
- Medications left in the Health Room at the end of a school year will be destroyed if attempts to return them to the parent or guardian have been unsuccessful.

**HEALTH INFORMATION**

Students must have a pass from their teacher to come to the health room unless it is an emergency or their needs can be met within the time limits of the break (i.e. band-aide, ice pack). The nurse does not issue passes if students are late unless the visit was an emergency. If a student needs to go home due to illness, he/she must check out through the health office and call a parent through the health office. Communications outside of the health room, (i.e., calling from a cell phone), which result in a student going home ill, may be recorded as an unexcused absence. Minor discomforts such as headaches, cramps, and allergy symptoms are generally not considered reason to go home, so treatment should be planned ahead as needed.

**ILLNESS OR INJURY**

Students will be given temporary care in the event of illness or injury during the school hours. If your student has a medical problem, please make sure that the school is informed. It is important that correct telephone numbers (home, work, mobile, pager, and emergency) are on file in the office and health room.

The following guidelines should be used to help determine when your student should stay home from school due to illness. These guidelines will also help the nurse decide when to send the student home from school.

- Temperature of 100.4 or above (measured when no anti-fever medication given) (exclude until fever subsides; recommend that a student be fever-free for 24 hours before readmission)
- Undetermined rash ( recommend exclusion and readmit after rash is gone or with approval of physician)
- Ringworm of the scalp (exclude and readmit after treatment has begun)
- Diarrhea

- Vomiting two or more times in 24 hours (unless physician feels the cause of vomiting is not an infectious disease or child is in no danger of becoming dehydrated)
- Red eyes with discharge or crusting around eyes (may exclude and readmit after effective medical treatment and approval of physician)
- Live head lice (exclude and readmit after one effective treatment has been given)
- Jaundice
- Communicable diseases listed by the Department of State Health Services

Please make every attempt to schedule medical appointments before or after school hours. Transportation is not available other than that usually provided. Emergency Medical Services will be called if indicated. The LISD is NOT responsible for the cost of medical, dental, or emergency care.

### **IMMUNIZATION REQUIREMENTS**

ALL IMMUNIZATIONS SHOULD BE COMPLETED PRIOR TO ENROLLMENT. A list of required immunizations can be obtained from your school nurse or from the LISD website at [www.lisd.net](http://www.lisd.net). Click on Departments and then click on Student Health Services to find a link to the immunization website through the Department of State Health Services. Please refer specific questions to your campus nurse.

### **HEALTH EXAMINATION FOR UIL PARTICIPATION**

Students desiring to participate in the UIL athletic program shall submit a statement from an approved medical provider, licensed to practice in the State of Texas, indicating that the student has been examined and is physically able to participate in the athletic program. This examination is required annually starting with 7<sup>th</sup> grade athletic participation. The physical form should be given to the athletic trainer or coach.