

# Forestwood Middle School Healthroom

## 2009-2010

August 2009

To: Students, Parents, and Guardians  
From Jane DeGiulio, RN, BSN

Welcome back to Forestwood. I am here to assist our students with acute and chronic medical issues, health screenings, medication administration and anything related to promoting a healthy educational experience. Please feel free to contact me to discuss any concerns or questions you may have throughout the year at [degiulioj@lisd.net](mailto:degiulioj@lisd.net) or my direct dial at 972/350-2712.

Below is information on annual health screenings scheduled for this year, immunizations and district requirements regarding medication at school. I wish you all a fun and fulfilling year.

### Health Screenings

**7<sup>th</sup> Grade:** Vision, Hearing and AN\* (Acanthosis Nigricans) - Fall Semester

**8<sup>th</sup> Grade:** Spinal Screening - Spring Semester

\*AN or Acanthosis Nigricans - This state mandated screening requires all students in the 3<sup>rd</sup>, 5<sup>th</sup> and 7<sup>th</sup> grades be observed for a velvety brown, rough skin condition usually found at the back of the neck. These marks can indicate that a person has high levels of insulin in their body, which can put them at risk for several medical conditions. *If a student is identified as having a positive marker(s) for AN, the nurse is required to calculate the student's body mass index, (BMI) and to check the student's blood pressure on two separate occasions.*

### Immunizations

The Texas legislature passed new requirements for middle school students, effective August 2008. They can be found on the Forestwood website. After your child receives immunizations, please send us a copy of the shot record to update the school record. Drop it by, scan and email it to me at [degiulioj@lisd.net](mailto:degiulioj@lisd.net) or fax it in at 972/350-9184. Information on low-cost and free immunizations is available at the *Nurse's Corner* on the Forestwood website.

### Medications

Students in Middle School may carry over-the-counter medications (Tylenol, ibuprofen, Midol, etc), inhalers and epi-pens, and most prescription medications, **excluding** controlled substances (Ritalin, Adderall, Vicodin, etc.). All controlled substances must be kept in the nurse's office. Below are the requirements for these medications. **Forms are available** at school and the *Nurse's Corner* on the Forestwood school website at [www.lisd.net/schools/forest/index.html](http://www.lisd.net/schools/forest/index.html).

#### Over-The-Counter (OTC) Medications/Some Prescriptions

1. Keep the medication in the **original container**.
2. **Carry with the medication** a completed **FMS OTC/RX Medication Permission Form**, or **signed note** from the parents/guardians listing the medication, instructions for its use and a contact number.
3. **Do NOT SHARE Medication with anyone.**

#### Inhalers and Epi-Pens

1. Provide the School Nurse with a completed **Medication Self-Carry Agreement Form**
2. Have a **Prescription label** (from pharmacy) **attached** to, or with, the inhaler/epi-pen **with student's name and instructions for use.**
3. Bring inhaler/epi-pen to nurse to review use and instructions.

#### Controlled Substances and Treatments

1. Provide the School Nurse a **Medication Orders/Authorization/Consent Form** completed and signed by parents/guardian **and** doctor, **and any additional pertinent information from your child's doctor.**
2. Medication must have a prescription label with the student's name and instructions.

**The School Nurse does NOT give out over-the counter medications. Parents must provide all medications as directed above.** If you're not sure which form to use, please contact me at [degiulioj@lisd.net](mailto:degiulioj@lisd.net) or 972/350-2712.