Navigating Health with the Nurses Office

(This document is also available on the Penta website and we hope sharing it up front will be helpful to parent/guardian understanding of how the Nurses Office is run for the safety and benefit of students at Penta Career Center)

1. **Chronic Health Conditions**>> Health Plan to nurses ASAP>> Students should come and introduce themselves to us, especially if they have:
    i. Diabetes
        1. MUST have Diabetes Care Plan on file **(State law)**
            a. It is a good idea to have back up insulin +/or pump supplies in the clinic
    ii. Seizures
        1. MUST have Seizure Action Plan on file **(State law)**
            a. Emergency medication should be given to the Nurse's Office
    iii. Dysautonomias such as:
        1. Neurocardiogenic Syncope, POTS, Orthostatic Hypotension, Inappropriate Sinus Tachycardia
            a. MUST have note on file for fluids/snacks/extra bathroom breaks/use of elevator
    iv. Asthma
        1. Should have a plan on file for moderate to severe cases.
            a. Medication permission form required to carry rescue inhaler.
2. **Elevator Passes for Injury and Medical Conditions**>> Must have a note from the doctor, CNP, PA, or Physical Therapist/Athletic Trainer indicating necessity and length of time it will need to be used.

3. **Visits to the Nurses Office**
    a. Students must have a pass to come to the clinic
    b. No visits in between classes>> Students should go to their next class and then come back
    c. Students should STAY HOME if ill and notify sleeping or working parents BEFORE coming to school.
    d. Please keep students home in the following situations:
        i. Fever over 100.4
        ii. Vomiting during the night or morning before school
            ** Note: We do not send every student home for vomiting. It is dependent on the information we collect during our assessment.
        iii. Diarrhea 3x's or more in 4 hours
        iv. Constant Cough

e. We rarely send students home for the following and hope students would be treated at home before coming to school:
    i. Headaches>> Did they wake up with a headache>>administer Tylenol or Ibuprofen before coming to school
    ii. Allergies/Simple Cold symptoms>>Treat symptoms before coming to school
    iii. Sore throats that do not look like strep (bright red with/without white spots on tonsils)>>Treat symptoms before coming to school
    iv. Fatigue>> Ideally, students should get no less than 7-8 hours of sleep per night. Students staying up all night playing games/watching YouTube aren't reasons to stay home or leave school.
    v. Cramps>>Treat symptoms before coming to school
        1. Heating pads are available to help with this in the clinic

4. Procedure for GOING HOME

a. If your student is unwell and feels like they need to go home>>they should first, **COME TO THE NURSES BEFORE CALLING PARENTS**
    i. Many times we can do little things that help students feel better enough to push through the rest of the day
    ii. THE NURSES ALWAYS HAVE TO CALL A PARENT/GUARDIAN regardless of whether your student contacted you first

We understand that students won't feel 100% everyday. Part of our job is to help them learn work ethic. Ask your student to consider this before coming to the clinic determined to go home…..IF THIS WAS THEIR JOB, WOULD THEY GO HOME OR CALL OFF?** This should be their gauge. If students come to the clinic and need to go home, we expect that they are unwell enough to stay home from work also.

5. Medications

a. **The Nurse's Office does NOT have any stock supply medication:** Tylenol, Ibuprofen, Tums, Midol, Allergy medication, etc
b. **ALL medications MUST be sent in for individual students and kept in the clinic**>>it is against school policy to keep any kind of medication in pockets/purse/backpack/etc. Even COUGH DROPS need to be checked in with the nurses
c. All medications must be accompanied by a Medication permission form (found on-line/Final Forms or in the Nurse's Office)
d. All medication MUST come in the ORIGINAL container>>If medication arrives in a baggie, we will neither administer it, nor give it back.

6. How to prevent many symptoms or problems throughout the day:

a. **WATER**- BRING A WATER BOTTLE TO REFILL THROUGHOUT THE DAY

b. **EAT BREAKFAST-** A body needs fuel to function at top performance
c. GET A GOOD NIGHT'S **SLEEP- no less than 7-8 hours.**
d. TREAT SYMPTOMS APPROPRIATELY BEFORE COMING TO SCHOOL

****** Parents, please don't let poor attendance come back to bite your student. If your student is out of excused parent absences, sending them to school when ill in order to get the nurse to write an excused pass, is neither appropriate nor acceptable.***

7. **HYGIENE and Professional Readiness**
    a. **It is a student's responsibility to come to school/work ready to go with a professional appearance**>> That means clean face/ body/ teeth/ clothes
        i. Fresh deodorant on freshly washed armpits in the morning
        ii. Fresh socks on fresh feet
        iii. Fresh underwear/pants/shirts
    b. Some students have labs where they sweat profusely and get dirty- Please make sure your student is putting clean clothes and deodorant on a clean body EVERY DAY and/or have them carry extra deodorant and/or a clean uniform if needed–their teachers and classmates will thank you!

Students putting their best foot forward every day will not only enhance their professional appearance, but it will also help them make the kind of impression they want people to remember!!!!

For any questions or concerns, please feel free to call the Nurse's Office.

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