

Navigating Health with the Nurses Office

(This document is also available on the Penta website)

1. **Chronic Health Conditions**>> Health Plan to nurses ASAP>> Students please come and introduce yourself to us, especially if you 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.**
 - a. Elevator passes are only for the person assigned the pass unless that person is in a wheelchair and requires the assistance of another person.
 - b. Students must be able to produce the pass if asked by a staff member
 - c. No Pass, No ride
3. **Visits to the Nurses Office**
 - a. Must have signed pass to come to the clinic
 - b. No visits in between classes>> Go to next class and then come back
 - c. Stay home if: NOTIFY YOUR PARENT WHEN YOU ARE ILL- If asleep, wake them up before coming to school.**
 - 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
 - d. We rarely send students home for:
 - i. Headaches>> Woke up with a headache>>take 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>> Get to bed in order to get no less than 7-8 hours of sleep.
- v. Cramps>>Treat symptoms before coming to school
 - 1. We have heating pads to help with this in the clinic

4. Reasons to come to the Nurse's Office

- i. Legitimate illnesses
- ii. Injury at school- ICE will only be given for significant injuries or injuries occurring within the past 48 hours. You are going to get bruises if you bump into something. It doesn't mean ice is needed...unless there is a bleeding/clotting problem
- iii. Chronic health conditions or nagging injuries
- iv. Unexpected occurrences

5. Procedure for GOING HOME

- a. If you are unwell and feel like you need to go home>>**COME TO THE NURSES BEFORE CALLING YOUR PARENTS**
 - i. Many times we can do little things that help you feel better enough to push through the rest of the day
 - ii. THE NURSES ALWAYS HAVE TO CALL YOUR PARENT/GUARDIAN regardless of whether you called them first

****We understand that YOU WON'T FEEL 100% EVERYDAY-neither do we...But, part of our job is to help you learn work ethic. Consider this before coming to the clinic determined to go home....IF THIS WAS YOUR JOB, WOULD YOU GO HOME OR CALL OFF? This should be your gauge. If you come to the clinic and need to go home, we expect that you are unwell enough to stay home from work also.**

6. 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 your 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 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.

7. How to mitigate/prevent many symptoms or problems throughout the day:

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

- b. **EAT BREAKFAST-** your body needs fuel
- c. **GET A GOOD NIGHT'S SLEEP-** no less than 7-8 hours.
- d. **TREAT SYMPTOMS APPROPRIATELY BEFORE COMING TO SCHOOL**
- e. **BE PREPARED FOR THE UNEXPECTED–LADIES....**

***** Students and Parents, don't let poor attendance come back to bite you. When you are out of excused parent absences, coming to school when ill in order to get the nurse to write an excused pass, is neither appropriate nor acceptable.**

8. HYGIENE

- a. **Students It is your responsibility to come to school/work ready to go with a professional appearance>>** That means clean face/ body/ teeth/ clothes
 - i. Don't forget fresh deodorant on freshly washed armpits in the morning
 - ii. Fresh socks on fresh feet
 - iii. Fresh underwear/pants/shirts
- b. Some of you have labs where you sweat profusely and get dirty- make sure you are putting clean clothes on a clean body EVERY DAY–your teachers and classmates will thank **you!**

Putting your best foot forward every day will not only enhance your professional appearance, but it will also help make the kind of impression you want people to remember!!!!

For any questions or concerns, please feel free to stop by the Nurse's Office or give us a call.

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