

THANK YOU FOR YOUR PARTICIPATION!

Once you have thoroughly read through this booklet, please sign the “proof of completion” form and *hand in to your building’s administrative assistant*. Please keep the booklet for a quick reference guide should you need to review these topics throughout the year!

HAVE A SAFE AND HEALTHY YEAR!

NURSE CONTACT INFORMATION

Brayden Byrne – Office is located in building 1

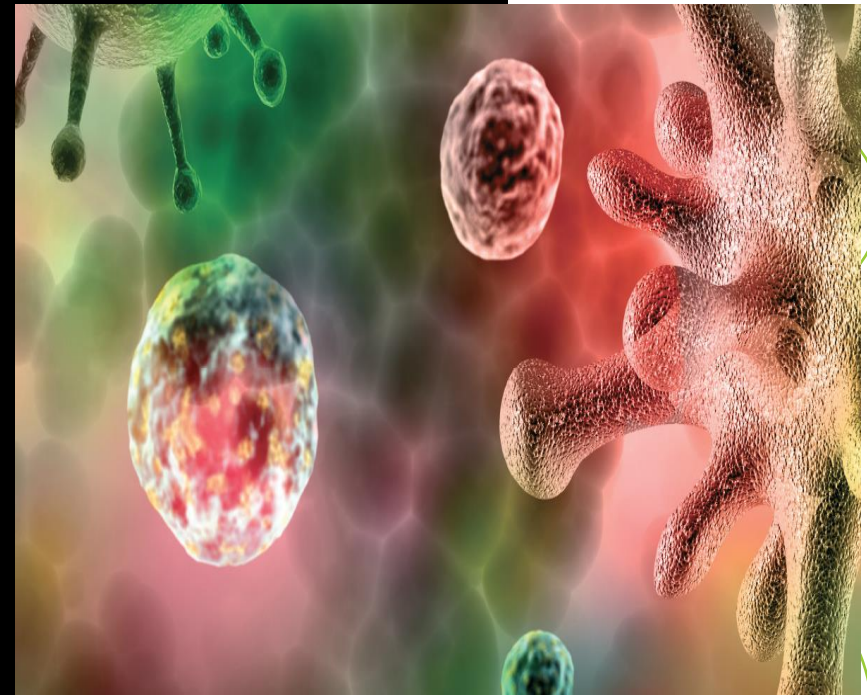
Office: 406-532-4030

Cell: 406-240-8032 (please only use during school hours)

Email: bbyrne@hellgate.k12.mt.us



Health and Safety Manual



Hellgate Elementary

Brayden Byrne, BSN, RN

OPIOIDS AND NARCAN

Opioid abuse is a growing epidemic in the United States. Opioids are a diverse class of potent painkillers that, at high doses, can have deadly side effects.

Common opioids:

- Oxycodone (OxyContin, Percocet)
- Hydrocodone (Vicodin, Norco)
- Fentanyl
- Morphine

Opioids affect the respiratory center of the medulla oblongata and at high doses can cause respiratory depression, respiratory failure and death.

Signs of Opioid overdose:

- Pin point pupils
- Slowed or stopped breathing
- Unconsciousness/ non-responsive
- Cool, clammy and pale skin
- Blue lips and fingertips
- Vomiting

Emergency treatment for overdose:

- Ensure the scene is safe
- Call 911
- Administer Narcan (Naloxone) – **located in building 4 nurse office.**
- If remains unresponsive and not breathing start CPR.

Narcan (Naloxone) is used for emergency treatment of opioid overdose by blocking or reversing the effects of opioid medications. It is administered as a nasal spray and has little side effects. After administration patient may be aggressive and angry.

MEDICATIONS AT SCHOOL

It is generally discouraged for student's to receive medications of any kind at school, but when it is needed a nurse or specially trained staff may administer prescription and non-prescription medications at school.

Prescription Medications



All prescription medications must have:

1. A **"Medication permission form"** filled out and signed by prescribing provider and guardian.
2. If medication is for treatment of asthma a **"Asthma action plan"** form must be filled out and signed by prescribing provider and parent/guardian. Take place of form in #1.
3. If medication is an EpiPen an **"Anaphylaxis emergency Care Plan"** must be filled out and signed by prescribing provider and parent/guardian.
4. If older students plan to carry their medication at school for quick access a **"Permission to self-carry"** form needs to be filled out and signed by provider and parent/guardian.

*All forms can be found on the district website under the "nursing" tab.

*All medications given at school must be in original packaging and stored in locked safe with copy of order with medication.

OTC Medications



All OTC medications that need to be given at school must have a **"Non-prescription medication form"** filled out and signed by parent/guardian.

SEIZURES

There are 2 main categories of seizures:

Generalized seizures: affects both sides of the brain. Most serious.

1. **Absent seizures:** can cause rapid eye blinking or staring off into space for a few minutes.
2. **Tonic-clonic:** can cause convulsions, muscle jerks or spasms, crying out, falls, loss of consciousness, breathing difficulties, holding of breath, death.

Focal seizures: affects only one side of the brain. Less serious.

1. **Simple focal seizure:**
2. **Complex focal seizure:**
3. **Secondary generalized seizure:** Starts as simple and progresses into a generalized seizure.

First Aid for Seizures:

- Assist student to safety
- Roll onto side
- Time duration of seizure
- Call Nurse
- If seizure lasts longer than 5 minutes administer Diastat (emergency medication) and call 911.

***note: Provide as much privacy as possible to student having seizure.**

Seizure report MUST be filled out after every seizure and given to a nurse for student file.

ALLERGIES AND ANAPHYLAXIS

Anaphylaxis is a severe, potentially life threatening allergic reaction that rapidly progresses to cause airways constriction, skin and intestinal irritation, and altered heart rhythms. In severe cases it can result in complete airways obstruction, shock and death.

Most common allergens:

- Peanuts/nuts
- Bee venom
- Dairy
- Shellfish
- Eggs

Signs and symptoms of anaphylaxis:

- Hives
- Generalized swelling
- Swelling and irritation of the tongue or mouth
- Swelling of the sinuses
- Difficulty breathing
- Wheezing
- Cramping, vomiting, diarrhea
- Heart palpitations
- Loss of consciousness
- Death

EpiPen vs. Benadryl

- Use **Benadryl** if symptoms are mild and *don't involve the respiratory system*, ie: Hives, localized swelling, gastrointestinal disturbances, itching...
- Use **EpiPen** if symptoms are more severe and involve the respiratory system, ie: swelling of tongue or mouth, wheezing, difficulty breathing, decreased level of consciousness, confusion, feeling of impending doom, loss of consciousness, rapidly progressing symptoms.

***If EpiPen is administered 911 MUST be contacted and student MUST be transported to emergency room via ambulance (not by parent).**

DIABETES

There are 2 types of diabetes:

1. Type 1 – pancreas produces little to no insulin. Diagnosed as child or young adult.
2. Type 2 – Chronic condition where the body is no longer able to utilize insulin that pancreas makes (decreased insulin sensitivity). Typically a result of a poor diet high in sugar and processed foods. Usually diagnosed in adulthood, but we are seeing an increased rate in children.

Hyperglycemia (high blood sugar) signs and symptoms:

- Increased thirst
- Increased urination
- Blurred vision
- Fatigue
- Headache

*Treated with insulin administration and frequent blood sugar checks.

Hypoglycemia (low blood sugar) signs and symptoms:

- Confusion/mood changes/irritability
- Sweating/pale skin
- Shaky
- Dizziness
- Decreased level of consciousness
- Unconsciousness/death

*Treated with glucose by mouth or via injection. **This is an emergency!**

Students with diabetes at school may wear a device that frequently checks their blood sugar and administers insulin without the need for injections. These devices require the student to have a cellphone to see and track the glucose readings. They must ALWAYS have access to their cell phones. Students must have a glucose reading of >80 to remain in class. Student may need to see the nurse several times throughout the day.

ASTHMA

Asthma is a lung disorder characterized by narrowing of the airways, the tubes which carry air into the lungs that are inflamed and constricted, causing shortness of breath, wheezing and cough.

Causes:

- Infection or illness
- Allergies
- Smoke
- Stress
- Weather
- Exercise
- Genetics

Treatment:

- Send to nurse
- Administer Inhaler

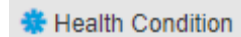
Not all students diagnosed with asthma will have a health care plan or 504.

Most inhaler are kept and stored at the office for students to use as needed. Older students sometimes have a physician fill out a permission to self-carry form which allows responsible students to keep an inhaler on their person during the school day.

All student's with an inhaler at school MUST have an "asthma action plan" filled out and signed by their provider and parent/guardian.

HEALTH CONDITIONS AT SCHOOL

Any student with a documented health condition will be indicated in Infinite Campus with a [blue star](#) near their name at the top of the screen.



You can hover over the icon for a brief description of the medical condition, or you can click on the icon for more detailed information.

If a health condition requires special accommodations at school that student will also have a 504 health care plan (HCP). The HCP is located in Infinite Campus under the **Health > General** tabs on left side of screen, then under the **Documents** tab at the top of the screen.

*not all health conditions warrant a HCP.

Common conditions you may see:

- Diabetes
- Asthma
- Allergies (bees, peanut, gluten...)
- Cancer
- ADHD/ADD
- Other diseases or abnormalities (hydrocephalus, head injury, downs syndrome, heart condition...)

If you have a student with a health condition the nursing staff will inform you personally and ensure you have the knowledge and support you need to feel comfortable and confident.

BLOOD BORNE PATHOGENS

Communicable vs. Non-communicable disease

Communicable: disease/illness that can be spread from person to person via blood or other body secretions. Examples include COVID-19, flu, hepatitis A and C, HIV/AIDS, common cold.

Non-Communicable: diseases/illness that cannot be spread from person to person. Examples include cancer, diabetes, stroke, allergies...

The best defenses for preventing communicable diseases include:

1. Washing your hands!
2. Using appropriate personal protective equipment (PPE)
3. Vaccinations
4. Avoid sharing personal items (toothbrush, water bottles, razors, needles.
5. Practice food safety and water safety

“If it is wet and not yours, don’t touch!”

PPE at school: Most commonly you will use gloves and masks in the school setting. It is ESSENTIAL that all staff keep a clean pair of rubber gloves in their recess duty first aid kits. Touching blood or other body secretions is dangerous and can be means for disciplinary action.

Other types of medical PPE:

- Face shield/eye protection
- Gowns
- Shoe covers
- Hair covers

PROPER HAND WASHING

Proper hand washing is the single best way to stop the spread of blood borne pathogens.

Steps to proper hand washing:

1. Turn on warm water
2. Wet hands
3. Apply soap
4. Scrub all hand surfaces for a minimum of 20 seconds (sing Happy Birthday song 2 times!).
5. Rinse hands in warm water from wrists to finger tips holding hands at a downward angle.
6. Dry hands with paper towel
7. Turn off water using paper towel.
8. Discard paper towel in trash.

