

Reminders from the School Health Clinic

Our school's registered nurse is Debbie Lattus. She works in the clinic each day from 8:00 AM until 3:00 PM. A health clinic assistant (HCA) works under the direction and supervision of a registered nurse (resource nurse). School staff can contact the school resource nurse at any time for advice or emergencies. HCAs are trained in first aid, cardiopulmonary resuscitation (CPR), use of an external automatic defibrillator (AED), and medication administration. The resource nurse visits the school regularly. Please check the website for the resource nurse for your school. Clinic personnel (HCAs and nurses) are not allowed to make a medical diagnosis. If you have an urgent medical concern, please take your child to their personal physician or a medical facility.

- If your child has any significant medical needs, please notify the HCA/RN even if the school has been notified in previous school years. If your child has asthma, diabetes, seizures, life-threatening allergies, or other medical conditions, you and the physician will need to complete a form so the school can understand and address your child's needs. These forms are available on the Loudoun County Public School (LCPS) website. These forms must be updated **each** school year.
- **School-Sponsored After-School Activities and Sports**
If your child has diabetes, an epinephrine auto-injector, an inhaler, or other emergency medication at school, please notify the teacher/sponsor that your child has the health concern. Also notify the health clinic assistant/nurse 1-2 weeks prior to the event. The clinic is closed after dismissal and the HCA/RN is not in the building. Arrangements need to be made to have medication available and to train staff. It is strongly suggested that middle and high school students carry their own inhaler and/or epinephrine auto-injector for quick access to medication. For students to carry an inhaler, the physician must complete and sign the "Asthma Action Plan" giving his/her permission for the student to carry the inhaler, and the parent and student must sign page 3, the "Parent/Student Agreement for Permission to Carry an Inhaler". For students with an epinephrine auto-injector, the physician will need to sign the bottom of "Allergy Action Plan" and the parent and student will need to sign page 2 under "Agreement for Permission to Self-Administer and/or Carry Epinephrine." For students with diabetes to carry any of their medical supplies, the diabetes form, Part 4: "Permission to Self-Carry and Self-Administer Diabetes Care," needs to be signed by the physician, parent, and student.
- **If your child is ill because of a contagious disease such as the flu, strep throat, chickenpox, etc., it would be helpful to note the reason for the absence when you call the absentee call-line. This will help the school take measures to know the extent of the disease and reduce its spread.**
- Students who have fevers should be kept at home until free of fever for 24 hours. Students who do not feel well should stay home. When students come to school ill, they not only are unable to participate fully in class, but they may also infect other students with their illness.
- A parent or guardian must deliver any medication (prescription or non-prescription) to the school office or clinic. **Students may not transport any medication to or from school.** Parents are responsible for picking up any unused medication. Medication remaining in the clinic at the end of the year will be destroyed according to state and LCPS guidelines.
- If your child takes a prescription medication and missing a dose would have serious health consequences (seizure medication, insulin, etc.), it is strongly suggested that a 24-hour supply of the medication be left in the school clinic in case of a prolonged school day. The medication must be in an original pharmacy-labeled bottle and have a physician's order on file in the clinic. The order must give the times during the 24-hour period that the medication is to be administered.
- The HCA/RN must have written instructions from the physician in order to administer **prescription medications**. The instructions should include:
 - student's name;
 - name and purpose of the medication;
 - dosage and time of administration;
 - possible side effects and measures to take if those occur;
 - end date for administering the medication;

- parent/guardian signature giving permission to administer medication and to contact physician, and physician's signature.
 - LCPS will not accept parent/guardian amendments to a physician's order, including any restriction of the principal's designee (HCA/RN) from contacting the physician to clarify the medical order.
 - The "Authorization for Medication Administration" form should be used for physician's orders. Copies of this form as well as other medical forms are available in the school office or at the LCPS website under Student Health Services.
- All prescription medication must be in the original pharmacy bottle with the proper label containing the student's name, medication, dosage, and instructions for administration. Upon request, most pharmacies will provide an extra labeled bottle with the proper amount of medication for school. **Please do not send more than a 60-day supply of medication.**
- If the HCA/RN needs to administer **non-prescription medication**:
 - it must be provided by the parent/guardian in an original package with the name of the medication and instructions;
 - she must have a note from the parent regarding when and how much medication to administer;
 - she will only give the amount listed on the package for your child's age and weight and for the recommended length of time the student should receive the medication unless she has doctor's orders on the "Authorization for Medication Administration" form to dispense differently; and
 - she cannot administer medication that is not in its original container.
- For the HCA/RN to give acetaminophen (generic Tylenol) to your child, you must have completed the section on the emergency card that gives permission and sign it. Parents/guardians of elementary students will be contacted before any acetaminophen is given in order to assure that it has not been given at home. Because acetaminophen taken in large amounts over a period of time can cause liver damage, middle and high school students may only receive four doses of acetaminophen in a four-week period. Before a fifth dose is given, the parent/guardian will be contacted.
- Be sure to keep the "Emergency Information" updated so we can reach you if your child is ill or injured. This can easily be done on-line through the Parent Information Management System (PIMS) on the LCPS website.
- All 3rd, 7th, and 10th grade students and students new to LCPS will be screened for vision and hearing during the first 60 days of school. Kindergarten students who did not have distance vision screening or hearing tests within two months of the beginning of school will also be screened.
- Virginia requires that school divisions provide information on scoliosis to parents of students in grades 5-10. The scoliosis flyer on the next page is provided by the school at the beginning of each school year.

Scoliosis

Curvature of the Spine

Scoliosis is an abnormal curving of the spine from side to side often described as an “S” curve. It affects 2% of Americans, mostly adolescents.

Cause

- The cause is unknown in most cases.
- Girls are affected more often than boys.
- Untreated, severe scoliosis can lead to lung and heart damage, back problems, and distressing cosmetic changes.

Normal Spine

Has a slight outward curve in the upper back and an inward curve at the waist.

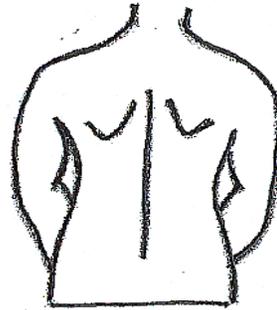
If scoliosis is detected early, then treatment can be started before it becomes a physical or emotional disability.

Signs

- One shoulder higher than the other
- Scapula (shoulder blade) on one side of the body is higher or more prominent
- One-sided fullness at the waist
- One hip higher than the other
- Unequal rib prominence

Normal View from Back

Shoulder blades and spine appear straight



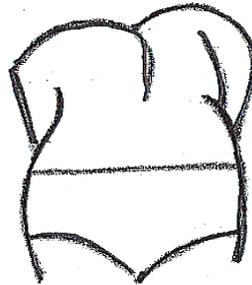
Abnormal View from Back

The spine curves abnormally to the side



Abnormal View Bending Forward

Shoulders and/or hips appear uneven



Symptoms

- Backache or low back pain
- Fatigue
- Maybe none

How to Check Your Child's Spine

- Stand behind the child.
- Ask child to stand with feet together and bend forward to touch the toes.
- Check that the shoulders and the top of the hips are at the same height, the head is centered, and the rib cage is symmetrical. Note that the waist is even and that the body does not lean to one side.
- It may be helpful to run your hands along the spine to detect any abnormalities.
- Ask the child to stand up, turn around to face you, and to bend down again.
- Repeat the assessment.
- If any lateral curvature is noted, your child needs further evaluation.

What should be done if any of the signs and symptoms are present?

Contact your primary care physician for an appointment to have your child's back evaluated.

Escoliosis Curvatura Vertebral

Escoliosis es una curvatura anormal de la espina dorsal que parece la forma "S" y se extiende de lado a lado. Afecta 2% de Americanos, mayormente adolescentes.

Causa

- La causa no es conocida en la gran mayoría de casos.
- Niñas más que niños son afectadas.
- Si no se trata, escoliosis severa puede provocar daño a los pulmones y el corazón, puede causar problemas de la espalda, y cambios drásticos a la postura.

Espinal dorsal normal

Tiene una leve curvatura hacia afuera en la parte de arriba de la espalda y otra hacia adentro en la cintura.

Si la escoliosis es detectada lo antes posible, se puede comenzar tratamiento así evitando que se convierta en una discapacidad física o emocional.

Señal

- Un hombro más alto que el otro
- Escápula(omóplato) en un lado del cuerpo es más alto o más prominente
- El área de la cintura se ve más redondo/lleño
- Una cadera más alta que la otra.
- Desproporción de costilla (sobresalida)

Ilustración Normal de la Espalda

Omóplatos y espina parecen rectos

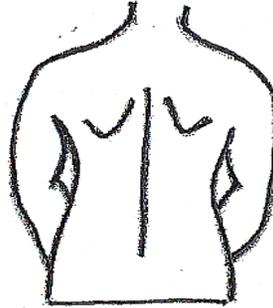


Ilustración Anormal de la Espina

Curva anormal hacia un lado

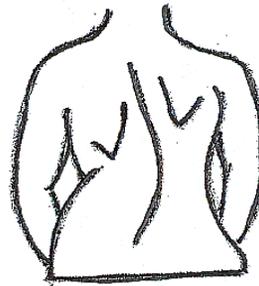
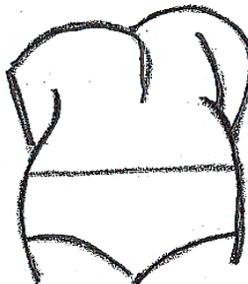


Ilustración Anormal Doblado hacia adelante

Desigualdad de hombros y/o caderas



Síntomas

- Dolor de espalda/baja
- Fatiga
- Quizás ninguno

Como chequear la Espalda de su hijo/a

- Parece detrás de su hijo/a.
- Pídale que se pare con pies juntos y se doble hacia adelante tocando sus pies.
- Verifique que ambos hombros y caderas estén al mismo nivel/altura, la cabeza en el centro, y las costillas se vean simétricas. Verifique que la cintura parezca simétrica y el cuerpo no se incline hacia un lado.
- El palpar la espina de arriba hacia abajo quizás puede detectar anomalías.
- Pídale que se pare recto frente a frente a usted y nuevamente se doble.
- Repita los pasos arriba.
- Si nota curvatura lateral su hijo/a necesita una evaluación médica.

¿Que debo hacer si encuentro algún síntoma o señal?

Comuníquese con su pediatra o médico para acertar una cita para la evaluación de la espalda de su hijo/a.