

ILLNESS



PROCEDURE FOR ILLNESS

ASTHMA

An allergic disease of the lungs that causes constriction of the small air passages.

SIGNS

Changes in breathing which may include:

Coughing
Wheezing
Breathing through the mouth
Shortness of breath
Rapid breathing

Verbal complaints of:

Chest tightness
Chest pain
He/she cannot catch a breath
Dry mouth

PROCESS CRITERIA

The Health Staff will:

1. Have student sit down.
2. Medicate as indicated on signed parent consent.
3. Encourage child to relax.
4. Instruct the student to take deep, slow, easy breaths:
 - a. Breath in through the nose and out through mouth.
 - b. Breath with student to exemplify.
5. BE ALERT for signs of:
 - a. Severe respiration distress (gasping for air).
 - b. Blue discoloration
 - c. Nasal flaring.
 - d. Poor chest expansion.
6. Give sips of warm water.
7. Advise parent.
8. Monitor student for at least 15 minutes.
9. Call 911 if child does not get better after using his/her medicine, breathing gets worse or the child stops responding.

PROCEDURE FOR ILLNESS

ATTENTION DEFICIT DISORDER

Developmentally inappropriate inattention and impulsivity with or without hyperactivity.

SIGNS

Fidgets or squirms.

Has difficulty remaining seated.

Is easily distracted.

Has difficulty following through on instructions.

Often shifts from one uncompleted activity to another.

Talks excessively.

Interrupts conversations.

Does not seem to listen.

Often loses things.

PROCESS CRITERIA

The Health Staff will:

1. Maintain frequent contact with parents, physicians, teachers and other necessary staff.
2. Administer medication as designated by parent and physician or medication consent form.
3. Maintain reward system for the student remembering to come to the health office without prompting.
4. Notify parent one week in advance when more medication will be needed.

PROCEDURES FOR ILLNESS

DIABETES

An illness that results from failure of the Pancreas to make enough Insulin.
Insulin is a hormone which is essential for body cells to utilize food normally

SIGNS

HYPOGLYCEMIC

Anxiety
Sweating
Hunger
Headache
Blurred Vision
Pale moist skin
Full rapid pulse
Dilated pupils
Rising blood pressure

DIABETIC ACIDOSIS

Increased thirst
Increased urination
Loss of appetite
Nausea
Vomiting
Red dry skin
Deep rapid breathing
Falling blood pressure

PROCESS CRITERIA

The Health Staff will:

1. Allow student to test blood sugar if proper testing equipment is available and with parent permission.
2. If Hypoglycemic reaction give:
 - a. Fruit juice, milk, sugar cubes or mint candy. Follow with protein source such as cheese.
3. If Diabetic Acidosis reaction give:
 - a. Fluid without sugar.
4. Keep student warm.
5. Contact the parent.
6. Call 911 for signs of a Diabetic Coma
 - a. Increased thirst and urination
 - b. Weakness; abdominal pains; centralized aches.
 - c. Loss of appetite; nausea and vomiting
 - d. Large amount of sugar and ketones in urine.
 - e. Sweet-smelling breath.

PROCEDURE FOR ILLNESS

UPPER RESPIRATORY INFECTION (COMMON COLD)

The common cold is an infection of the upper respiratory tract, nose and throat, usually lasting 5 to 7 days.

SIGNS

Fever

Malaise

Runny Nose

Chills

Sneezing

Red and Watery Eyes

Cough (unproductive)

PROCESS CRITERIA

1. Management is symptomatic
2. Determine temperature, vital signs, and behaviors. Exclude for temperature over 100 degrees and/or with green productive cough.
3. Note consistency and color of nasal discharge.
4. If cough is present, note frequency and whether it is productive. For dry cough, cough suppressants may be prescribed for older children. Do not give OTC cough drops to children 6 or under.
5. Emphasize good general hygiene.
6. Call parent/guardian.

PROCEDURE FOR ILLNESS

SEIZURE DISORDER/EPILEPSY

A disorder of the nervous system caused by an abnormal electrical discharge in the brain.

SIGNS

GRAND MAL

Muscles tense.

Body becomes rigid.

Eyes roll upward.

Temporary loss of consciousness and violent shaking of part or all of the body.

Jerking movements from trunk and extremities.

Saliva from the mouth (drooling).

Abnormal breathing.

Loss of bladder and/or bowel control.

May last from 2-5 minutes.

PETIT MAL

Blinking and staring spells.

Lasts less than one minute.

Student will not be able to hear commands during these periods.

Attack often mistaken for inattentiveness or daydreaming.

PROCESS CRITERIA

The Health Staff will:

GRAND MAL

1. Keep student calm.
2. Do not restrain.
3. Move student as to lie on their side if possible.
4. Remove all hard or sharp objects near student.
5. Loosen clothing and remove glasses if possible.
6. Do not force anything into the student's mouth.
7. CALL 911 for seizures lasting longer than two minutes, trouble breathing, seizure is followed immediately by more seizures, or for no known previous seizure activity.
8. Remain with student at all times until conscious and no longer confused.
9. When seizure is over, allow student to remain down and resting.
10. Once back in control, re-orient the student to the environment.
11. Do a neuro check and take vitals
12. Contact parent.
13. Contact physician when student has continual or frequent seizure episodes.

14. Follow up if student has blue discoloration, trouble breathing, has injured themselves or if this is the student's first known seizure.

PROCEDURE FOR ILLNESS

STOMACHACHE

An illness or injury causing irritation and discomfort in the abdominal region. The following are frequent causes of abdominal pain:

GASTROENTERITIS – caused by viral or bacterial agent.

CONSTIPATION - difficult or infrequent passage of bowel

URINARY TRACT INFECTION – bacterial infection of the urinary tract.

APPENDICITIS – bacterial infection of the appendix.

ASTHMA – and allergic disease of the lungs that causes constriction of the small air passages.

STRESS – any situation causing student distress.

SIGNS

Gastroenteritis – low grade fever, vomiting, nausea, diarrhea.

Constipation – infrequent stools, hard pellet like stool that is difficult to pass.

Urinary Tract Infection – Abdominal pain that may include fever, chills, frequency of painful urination.

Appendicitis – Usually begins with migrating lower abdominal pain, followed by nausea, vomiting, and localization of pain to the right lower quadrant of the abdomen, fever and difficulty standing or walking.

Asthma – Following an asthma attack muscle fatigue and increased use of the chest and abdominal muscles result in pain.

Stress – Emotional causes may vary, the most common are: School academic failure, school phobia, child abuse or other home problems and social acceptance in the school setting.

PROCESS CRITERIA

The Health Staff will:

1. Measure student's temperature. If fever is present student is to be sent home.
2. If vomiting and diarrhea are present this usually represents an illness that is contagious and the child should be sent home.
3. Determine any alteration in gait, guarding, or changes in posture that may indicate the student is favoring a specific area or side of the body.
4. Palpate (press) the abdomen for tenderness.
5. Observe facial expression.
6. Obtain a history of the abdominal pain as to determine the cause. (Refer to history questions on the following page).
7. Allow student to rest in the health office.
8. If pain is severe or persistent, do not give student anything to eat or drink and notify parent and urge parent to seek medical care.

HISTORY QUESTIONS FOR DETERMINING CAUSES OF ABDOMINAL PAIN

- When did the pain begin?
- Did the pain begin gradually or suddenly?
- What were you doing when the pain began, or what had you just been doing?
- How often does the pain occur?
- How hard is the pain, how sharp?
- Is the pain the same all the time or does the pain get worse and then better and then - worse again?
- Where is the pain located? Point to the spot with one finger. Does the pain start at one spot and then move to another?
- What makes the pain worse?
- What makes it better?
- Has this happened before?
- Does it happen every day? When in the day does it happen?
- Are you treating it?
- What kind of medicine if any are you taking for it?
- What have you eaten?
- When did you have your last bowel movement?
- What is happening at your house?
- What is happening at school?

FOR FEMALES AGED 10 OR OLDER:

- Are you menstruating?
- When was your last period?
- Has there been a change in the pattern of the menstrual cycle?
- Have you had any bleeding between your periods?
- Have you had cramps or abdominal pain during your period before?

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