

HEALTH SERVICES PLAN

Nelson County School District

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Introduction

The goal of the Nelson County School District Health Service Plan is to provide each child thorough health services, prevention, education and counseling so that no child will be deprived of an effective education because of his/her physical condition; to develop in each child a sense of responsibility for his/her own health, as well as the health of others, and to teach the understanding of the principles upon which good health is based.

Communicable Disease Control Plan

Each student is required to have a valid immunization certificate in compliance with 902 KAR 2:060. The certificate must be issued by a licensed physician, an advanced registered nurse, a physician's assistant or a Kentucky health department. If a child transfers from another state or country his immunization status must be evaluated and a Kentucky certificate issued. Students are required to have a valid immunization certificate on file at all times.

Student tuberculin skin testing shall be carried out upon notification by the local health department.

If the school nurse feels that a child exhibits signs and symptoms of a communicable disease, the child's parent/legal guardian is notified and asked to have the child evaluated by a licensed physician. The child will be excluded from school until the physician issues a written statement releasing the child to return. All reportable diseases as stated in KAR 2:020 Sections 1 and 2 will be reported to the Nelson County Health Department.

If a communicable disease reaches dangerous proportions the board of education may order closure of the school.

The local board of education shall require a medical examination of each certified and classified employee, including each substitute teacher, prior to employment that shall include a tuberculin skin test. This medical examination requirement shall not apply to bus drivers who are covered by 702 KAR 5:080. The local board of education may require that a school employee's physical examination be conducted no earlier than a ninety (90) day period prior to initial employment.

Caring for an Ill Child at School

In the event that a child becomes ill at school every effort will be made to contact a parent/legal guardian or designated person to pick the child up. When the nurse notifies parent/guardian that a child needs to be picked up, it will be an excused absence. If no one can be reached and the child is exhibiting a fever, is vomiting or has diarrhea, the child will be kept in the designated sick area for observation and care. Parents are encouraged to keep children exhibiting these symptoms at home until they are symptom free or have received treatment for at least 24 hours.

Head Lice Control

Lice are parasites of the human host. They are not known to transmit communicable diseases in the United States. Studies conducted by the Center for Disease Control revealed that lice:

1. Occur in all socio-economic levels regardless of age, sex, or standards of personal hygiene
2. Are dependent on human blood for nourishment
3. Do not hop, jump, or fly
4. Are spread by direct or indirect contact
5. Are more commonly found in females than males
6. Are more commonly found on children than adults (younger elementary school children are at a greater risk than older elementary)
7. Are rare among the African-American population
8. Do not significantly differ between long and short hair

The following guidelines come from the American Academy of Pediatrics and National Association of School Nurses.

Identification

1. Head lice are small, light gray-brown insects that are difficult to see because of their size and coloring. They move quickly and shy away from light.
2. A live nit (egg) is usually located within ½ inch from the scalp. Nits may be mistaken for dandruff but cannot be brushed or blown away. The nit adheres to the hair shaft with a glue-like substance.
3. Symptoms include severe itching of the scalp, especially at the nape of the neck and behind the ears; scalp irritation; presence of light gray-brown insects and/or their eggs.

Transmission

Transmission usually occurs from direct person-to-person contact with an infected individual. Indirect contact may occur from the sharing of personal belongings, such as headgear, combs, brushes, hair accessories, and clothing.

Screening

1. Screenings will be performed during the school year when the student presents symptoms or there is documentation of infestation. Parental consent is not required prior to screening for head lice.
2. Any child being screened will be treated with respect and sensitivity.

3. Screening consists of direct inspection of the hair and scalp in order to detect the presence of crawling lice or nits. Close attention will be paid to the areas of the scalp, at the nape of the neck, and behind the ears.
4. A parent will be notified when a student is identified with live lice. The student with lice will be discreetly isolated until parents or designees can pick the child up from school. Written information concerning head lice treatment will be provided to the affected student's parent. In the event that lice are found on a high school student, the student will sign the form.

Students and parents will verify receipt of this document by their signature.

The child may be readmitted to school after treatment has been applied. The presence of dead nits will not be a determining factor.

Prevention

1. Students will be encouraged to not share personal items such as brushes, combs, hats, scarves, hair accessories, pillows or mats.
2. Coats, hats, gloves and towels should be kept in the student's personal space during the school day.
3. Schools will discourage the use of learning centers containing dress-up clothing and headgear. If it is unavoidable to use head phones, they should be wiped with disinfectant after each use.
4. Carpets should be vacuumed daily during an outbreak of head lice.

First Aid Protocol

First aid is defined as the immediate and temporary care given to the victim of an accident or sudden illness until the services of a physician can be obtained. A good first aid responder knows what to do, as well as, what not to do. He/she confines his/her procedures to what are necessary, remembering that the handling of injured parts should be kept to a minimum. First aid does not include medication, treatment, or the giving of anything internally to students.

Emergency Care Providers

The Nelson County School District has registered nurses who are primarily in charge of providing first aid care. Each school has a minimum of two (2) designated first aid providers who have been trained in first aid for adult and infant/child cardio-pulmonary resuscitation (CPR). First aid certification is valid for a three (3) year period and CPR certification is valid for a one (1) year period.

If a major accident or serious illness occurs when the nurse is not in the building, the student's parent is notified and the school nurse may also be called. If the school nurse is present, she/he will be notified immediately. Medical help and transportation are secured, if needed. If a parent or other family member cannot be notified, medical help is secured, and the parent is notified as soon as possible. Some examples of first aid priorities are listed below, but are not limited to the examples.

1. Absence of or difficulty in breathing
2. Absence of pulse
3. Unconsciousness
4. Severe bleeding
5. Head or neck injury
6. Poisoning or ingestion of chemicals
7. Broken or dislocated bones
8. Diabetic emergencies
9. Seizure control
10. Allergic reaction

When first aid measures are required and there is the presence or potential for contact with blood or other body fluids that may be potentially infectious, universal precaution shall be utilized. Latex or vinyl gloves are required when hand contact with blood or other potentially infectious materials is likely to occur.

No seriously ill or injured student shall be allowed to go home without being accompanied by a responsible adult with parent/legal guardian consent.

First aid supplies and equipment are purchased by each school. Each school's supplies are locked in the health services office. Each school has a designated area for sick or injured students.

Emergency Care Plans

An up-to date emergency care plan for those students with emergency health issues is kept on file in the health services office. The school nurse, designated first aid providers, and the principal have access to these files. In addition, those teachers of students with emergency health issues are also aware of the condition.

Emergency information plans contain the following information:

1. Student's name, address, phone number and teacher
2. Name of parent/legal guardian, address and contact phone numbers
3. Name and phone number of at least two (2) persons who could be contacted in case of an emergency or sudden illness.
4. Any allergies or special problems
5. Name and phone number of student's physician

Medication Distribution to Students

Medication should be given at home when possible. Only those medicines necessary for a student's medical care will be administered at school. Most medications, even those to be given three times a day, can be given safely at home.

Training for School Personnel

The school nurse will assign, train, and monitor designated non-medically licensed school personnel in the safe distribution of medication. Training will be updated yearly. All designated employees must agree to accept the responsibility of the distribution of medication and complete all necessary training. The designated personnel will also be trained in first aid and CPR.

Written Consent

No medication will be dispensed at school unless the following criteria are met.

1. Medication is in its original labeled container with the following information clearly included on the label. (This includes both prescription and non-prescription medication).
 - a. Student's name
 - b. Name of medication
 - c. Directions
 - i. Dose or amount to be given
 - ii. Time(s) medication is to be given
 - iii. Route medication is to be given
 - iv. Current date

2. Prescribed medications must be in the most current original container accompanied by *Authorization to give Prescription Medication form*. While the prescription bottle will suffice as authorization from the physician, the form must be completed by the parent/legal guardian. The written authorization shall include:
 - a. Student's name
 - b. Type of medication
 - c. Dosage
 - d. Time dose is to be given
 - e. Reason medication is to be given
 - f. Parent's phone number at home, work, and an emergency number.

3. Written request and directions for the distribution of an over-the counter product must be completed by the parent/legal guardian. Over-the-Counter medications must be in the original container accompanied by *Authorization to give Over-the-Counter Medication form*. This form must be completed and signed by both the physician and parent/legal guardian. If the school nurse is in the building, an assessment can be made and over-the counter medication can be distributed. The written request and authorization shall include:
 - a. Student's name
 - b. Type of medication
 - c. Dosage
 - d. Time dose is to be given
 - e. Reason medication is to be given
 - f. Parent's phone number at home, work and an emergency number.

Authorization forms are available at each school.

4. No medication will be dispensed without a signed authorization. In order for a medication to be given, the parent request, physician's order and the medication label must match. If there is any discrepancy in any of these three areas, the medication will be withheld until the instructions have been clarified and corrected.

Transportation of Medication

All medications must be brought to school and returned home by a parent/guardian or their designee. Unless it is an emergency medication (epipens, diastat, glucagon or inhalers), medications must never be carried by the student.

It is the responsibility of the parent to provide medication for the schools when needed.

Storage of Medication

All medication will be stored in a secure, locked, clean container or cabinet accessible only to those persons authorized to give medication.

Record Keeping

Persons distributing medication will keep an ongoing Dosage Chart with record of doses and times given. This document will be filed with the student's health record at the end of the year.

Self Medication

In elementary and middle schools, self-medication will be allowed when approved by the student's doctor and parent/guardian.

Emergency Medication

The Nelson County School District recognizes Epipen, Diastat, Glucagon and Rescue Inhalers as emergency medications. Individual emergency plans of action are needed to address those students with a physician's order for emergency medication.

Screening Programs

Screening programs are an integral part of school health services. The purpose is to detect health problems that may negatively affect a child's learning ability.

Vision

Students entering a Kentucky school for the first time are required by law to present an eye examination performed by an optometrist or ophthalmologist, to the school. Students in 3rd & 5th grades and those with teacher or parent referrals are targeted to be screened. The Snellen chart will be the screening tool of choice.

Hearing Screening

Hearing screening will be targeted to students in K-3rd grades and those with teacher or parent referrals. An audiometer will be used for screening.

Weight & Height Screening

Weight and height screening is based on the comparison of each student's personal growth record. Students in K-5th grades and students in 9th grade are targeted for screening.

Scoliosis Screening

The goal of spinal screening is to detect abnormalities early and to place the child under medical care before disability and deformity occur. Parental consent will be obtained before screening. Students involved in the screening program will receive educational material on scoliosis. Scoliosis screening will be performed on students in 6th & 8th grades. Rescreening will be performed in one year on any student who has a referral.

Preventative Health Care Examinations

All students shall have a preventative health care examination within one (1) year prior to the child's initial admission to school. A second examination shall be required within one (1) year of entry into 6th grade or initial entry into school. An out-of-state transfer student shall be required to have documentation of a preventative health care examination. A preventative health care examination may be performed and signed by a physician, an advanced registered nurse practitioner, a physician's assistant, or by a health care provider in the early periodic screening diagnosis and treatment programs.

A preventive health care examination shall be reported on the form, "Preventative Health Care Examination Form", dated December 1999.

Athletic Physical Examination

Each student who is trying to compete on an athletic team or cheerleading squad is required to have a physical examination. The physician must state that the student is physically fit to participate in the activity without undue risks. **Athletic physicals must be given and signed by a M.D. or Doctor of Osteopathy. This examination is valid for one (1) year from date given.**

Pupil's Cumulative Health Record

The purpose of this record is to give the health professional a concise summary of the student's school health history. The record is not intended for daily documentation. The record will be maintained by the school nurse or designated school personnel.

Physical Environment

The Nelson County Board of Education shall provide and maintain a physical environment that is conducive to the health and safety of children in each school under its jurisdiction. The local board of education shall comply with current laws and administrative regulations applicable to all public buildings.

School District Health Coordinator

The superintendent shall designate a person to serve as school district health coordinator. The person designated shall meet the minimum qualifications required of this position as determined by the Educational Professional Standards Board in 704KAR Chapter 20 or by the Kentucky Department of Education in the "Kentucky Local District Classification Plan for Classified Employees," Class Code: 727-1 Class Title: School District Coordinator, dated December 1999. The district health coordinator shall work in cooperation with all school personnel, the local board of education, the State Department of Education, the Kentucky School Nurses Association (KSNA), the local health department, family resource and youth service centers and parents in planning, promoting, and implementing a school health service program.

Psychological Service Plan

The psychological services for Nelson County Schools include:

1. Prevention
2. Intervention
3. Diagnosis
4. Consultation

Prevention services include:

1. Counseling
2. Early childhood screening

3. Screening for special programs
4. Parent conferences
5. Appropriate activities

Intervention services include:

1. Counseling
2. Special programs
3. Preschool programs
4. Modified curriculum
5. Other appropriate activities

Diagnostic services include:

1. Appropriate testing
2. Observation of student in school setting

Consultation services include:

1. Confering with parents, teachers, administrators and other appropriate agencies
2. Placement conferences for special programs
3. Referral to appropriate community agencies

In order to maximize the use of community resources and to assist in providing psychological services to the students of Nelson County Schools, the following personnel may be contacted:

1. Counselors
2. School nurse
3. Mental health therapist
4. Psychologist
5. Division of Protection and Permanency
6. Impact
7. Teachers
8. Speech therapist
9. Director of special services and education
10. Coordinator of gifted and talented
11. School administrators
12. Kentucky Department of Education
13. Nelson County Health Department
14. Other appropriate personnel

Social Service Plan

In order to assist students in the development of social skills, Nelson County Schools is an important link between home, school, and community resources. Family Resource/Youth Service Centers have also been set up to investigate and provide community resources. Problems that they assist with may include, but are not limited to the following:

1. Relationships
2. Values
3. Goals
4. Adjustments
5. Attitudes
6. Self esteem
7. Home conditions
8. Marriage/divorce
9. Group interaction
10. Law enforcement
11. Attendance
12. Patient assistance program
13. Hygiene products/clothing

Below are the contacts for the Nelson County Family Resource/Youth Service Centers:

Christy Vandeventer	Boston	502-249-2020
	New Haven	502-249-2020
Doris Lewis	Bloomfield Middle	502-249-2320
	Bloomfield Elementary	502-249-2320
Lynn Potter	Old KY Home Middle	502-349-7006
	Foster Heights Elementary	502-349-7006
	Cox's Creek	502-249-2318
Virginia White	NCHS	502-349-7025