

*Lacey Township School District
Lacey Township, NJ
School Health Office Standing Orders
School Year 2020 / 2021*

- *All injuries must be referred to the school nurse immediately.*
- *All L.T.H.S. athletic injuries must be reported to the athletic trainer.*
- *No medications, only emergency care, are to be given at school unless an order is on file.*
- *Follow universal precautions, avoiding contact with blood/body fluids.*
- *No child is to be dismissed from school to an empty house.*
- *Report any blood/body secretion exposure to school nurse ASAP.*

Only medications with MD orders and written parental permission will be given in school.

ABC's

- 1. Airway Open*
- 2. Breathing restored*
- 3. Circulation maintained---CPR and AED*
- 4. Check for bleeding---Apply pressure, elevate*
- 5. Assess for shock and broken bones*
- 6. Call 911*
- 7. Do not move individual unless life-threatening*

Abscesses/Boils

Take temperature. Clean and cover area with DSD---Do not squeeze abscess. Call parent and refer for medical evaluation. Exclude if area is excessively draining. Back to school note required.

Abrasions, Scratches & Cuts

Apply pressure to stop bleeding. Cleanse with soap and water. Apply antibiotic ointment as needed and bandage. If serious, notify parent for medical follow up.

Anaphylaxis

Administer EpiPen immediately. Keep patient calm, loosen clothing. Call 911 and notify parent. Maintain airway. Oxygen as needed. Monitor VS and administer Benadryl as ordered. (Only nurse or parent may administer Benadryl).

Asthma

Assess respiratory status, maintain airway. Keep patient calm. Maintain high Fowler's position. Administer bronchodilators as ordered. Assess vital signs. Oxygen as needed. Call ambulance if severe. Notify parent. Pulse oximetry monitoring if available. If 95% or below, administer Oxygen. Practice controlled breathing exercises. (Nurse or parent only to administer bronchodilators).

Back/Neck Injury

Rest. Apply ice if minor injury. If injury appears serious, do not move and immobilize if possible. Call 911, notify parent. Assess vital signs and neuro status.

Bites

Animal & Human-Wash thoroughly with antibacterial soap and water. Notify parent. If skin is broken, seek medical care. Check tetanus status. For animal bites-Notify police, detain animal if possible.

Insect-Remove stinger if present. Wash with soap and water, apply sting relief pad & cold compress. Observe for signs of allergic reaction. (See Anaphylaxis.)

Blisters

Wash with soap and water. Apply ice pack and dressing. Do not break blister. If blister is broken, treat as open wound.

Bruises/Sprains

Assess injury. Check distal pulses. Rest, apply ice and elevate If possible. Ace bandage as needed. Notify parent if severe..

Burns

Apply cold water. If skin is only reddened or has small blisters, apply sterile dressing. Do not open blisters or apply creams or ointments. Severe burns are covered with non-stick sterile dressing. Notify parent and refer for medical follow up. Watch for shock.

Chemical Burns

Flood with water. Call poison control. Treat to prevent shock. Keep patient calm-Notify parent. First aid squad as necessary.

Choking

Perform Heimlich Maneuver. DO NOT perform maneuver on person who is coughing, talking or breathing. Call 911-Notify parent.

Communicable Disease

Isolate. Take temperature. Notify parent. Nurse should examine child before re-entry into school or have a physician's note according to Board policy.

Dermatitis

Cleanse with antibacterial soap and water-Apply Calamine or Caladryl lotion. If extensive, notify parent and refer.

Diabetes

Hypoglycemia

sis---Shaking, sweating, confusion, weakness, pallor, headache. If mild, give 15gms CHO, wait 15 minutes. Check BG, repeat food if BG remains under 60mg/dl. If severe (unconscious or seizing) give Glucagon IM as prescribed. Place patient on side, call 911 and parent.

Hyperglycemia

sis---Flushed skin, thirst, stomachache, sweet, fruity breath, fatigue. If mild, administer insulin as ordered. Free use of lav and plenty of water. Recheck BS in 2 hours. If still high, check ketones and notify parent. If severe, (vomiting, weak, confused, ketones) administer insulin as ordered---Call parent or physician---911 as needed.

Epistaxis/nose bleed

Place in sitting position-Apply nasal pressure. Place ice pack on forehead. If bleeding persists, seek medical attention.

Eyes

Foreign body-Instruct not to rub eye. If possible, rinse with clear water or saline. Cover with gauze dressing if pain persists or if unable to remove FB. DO NOT attempt to remove impaled object. Call parent, refer to PMD.

Eye injury---Close eye and cover with patch. Notify parent and advise medical treatment.

Chemical Burn---Wash immediately with large amounts of tap water. Notify parent. Immediate medical treatment is necessary.

Conjunctivitis---Exclude from school. Follow up with MD. Needs clearance to return to school.

Dirt-Rinse with water or saline.

Earache

Examine outer ear for redness, drainage. Use otoscope to examine canal. Refer as needed if inflammation or redness noted. Check temperature. Place warm pack on ear for temporary relief. Call parent.

Foreign body--Do not attempt to remove-call parent

Fainting

Place on back in Trendelenberg position. Keep warm-Monitor VS. Rest and observe-Call parent.

Fever

Any child with a temperature of 100 degrees or higher must be sent home.

Fractures

If other than upper extremity, avoid movement. Immobilize area. If compound, keep area clean, do not splint-Check distal pulses. Apply ice and splint as needed. Call parent and 911 as needed. Observe for shock.

Gastrointestinal Disturbance

(Nausea, vomiting, stomachache)

Allow child to rest. Check temperature. Ginger ale and/or saltines as needed for minor stomachache. For abdominal pain, vomiting, diarrhea, call parent. Advise follow up if pain persists.

Head Injury

Keep patient flat, depending on degree of injury. Check neuro status and VS. If no apparent injury, allow to rest. Check on student at intervals throughout the day. Notify parent-Give head injury instructions. Seek medical attention

for headache, dizziness, vomiting, double vision. Watch for bleeding/discharge from ear or nose. Refer to licensed medical professional for concussion evaluation.

Head wound

Apply pressure with care to bleeding wounds. If fracture is suspected, keep child flat and warm. Apply DSD when bleeding is under control. Watch for bleeding or other drainage from nose, mouth or ears. Observe for nausea, dizziness, headache. Monitor VS and neuro status. Seek medical attention as needed.

Headaches

Rest. Check temperature. If temp 100 degrees or above, exclude and refer to PMD. If no fever, have child rest with cold compress to head. For dizziness, have child lie down with feet elevated. If headache is persistent or severe-needs medical attention. Check VS.

Heat Exhaustion

Place individual in a cool, well ventilated room and have them rest on cot with feet elevated. Apply cool, wet cloths. Notify parent. Take temp.

Hyperventilation

Encourage student to take deep, slow breaths. Keep calm.

Lacerations

Small—Clean with antibacterial soap and water. May apply triple antibiotic cream and Bandaid.

Large—Clean as above. Apply pressure to stop bleeding. Apply DSD. Call parent if sutures are necessary. Seek medical attention.

Lips, Chapped

Apply petroleum jelly. Blistex for severely dry, cracked lips.

Menstrual Pain

Rest on cot with warm compress to abdomen. Use caution with heating pads.

Nose

Epistaxis—Apply firm pressure to bridge of nose. Ice pack to forehead. Avoid blowing nose, do not swallow blood. If bleeding persists, notify parent.

Foreign body—Do not attempt to remove object—Call parent and refer for medical attention.

Pediculosis (Lice)

Exclude until treated. Child must be re-examined by the school nurse or have physician's authorization to return to school.

Poison

Call Poison Control immediately. (1-800-222-1222). Notify parent. Call first aid squad if needed.

Seizures (Epilepsy)

Keep quiet and warm. DO NOT restrain. Keep area clear. Turn patient on side to prevent choking. Maintain airway. Monitor duration of seizure activity. If seizure lasts longer than 5 minutes, call 911. Help re-orient student after seizure. Check vital signs. Call parent. Give oxygen and meds PRN.

Severed limb

Apply direct pressure to stop bleeding. Call 911 and parent. Limb should be covered with same soaked gauze and place in plastic bag. Monitor vs watch for shock. Send to hospital ASAP.

Shock

sis—Pallor, cool, clammy skin, Rapid, weak pulse, decreased LOC.

Keep individual in Trendelenberg except if there is a respiratory problem.

Monitor VS. Keep warm. Call 911 and parent. Needs immediate medical attention.

Skin Infections (Scabies, Impetigo, Ringworm)

Exclude and refer to MD. Needs written permission to return to school. Exclude any rash that is weeping.

Splinters

If superficial-remove with tweezers. Wash area with antibacterial soap and water. Bandage. Deep or glass splinters should be referred to PMD.

Sore Throat

Check temp. If 100 degrees or above, exclude and refer to PMD. Check throat with otoscope. Refer for redness, exudate. For mild sore throat without fever, student may gargle with warm salt water. Cepacol lozenges may be used as needed.

Shortness of Breath

Maintain high fowler's position. Monitor respiratory status, listen to chest. Monitor VS. Check skin color. Practice controlled breathing exercises. Supplemental O₂ as needed. Call 911 and parent if no improvement. (See Asthma).

Stomachache

If nausea, vomiting, diarrhea, temp 100 or over and/or tenderness or rebound to abdomen, call parent and exclude. Needs MD evaluation ASAP. If mild stomachache, have student rest, use lavatory and give gingerale. Check to see if student has recently eaten or is hungry.

Teeth

Dislodged tooth-(Secondary) If tooth is dirty, rinse gently in warm water. Gently insert and hold tooth in socket. If this is not possible, place tooth in container of milk or saline. Notify parent. Child should see dentist within 30 min.

Toothache-Anbesol may be applied with cotton applicator. Cold compress to face if swollen. Refer for dental care.

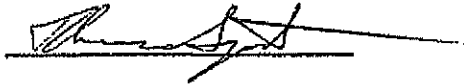
Braces-If wire breaks-apply dental wax and call parent.

Possible jaw fracture---Immobilize jaw with any means possible (i.e. Hankerchief, towel) Cold compresses should be applied-Call parent and send to ER.

Ticks

Removal---Using fine point tweezers, grasp tick's mouth parts and pull straight out with steady pressure. Place tick in sealed vial. Disinfect the bite with antibacterial soap and water. Apply antiseptic. Notify parent and advise MD follow up. Save tick.

I hereby designate the Lacey Township School Nurses, all Board approved substitute RN's, and the certified athletic trainer to administer first aid, emergency care and medications according to the rules and regulations of the NJ State Board of Education, local school district policy and established protocol for 2020-2021 school year.



Dr. Thomas G. Sargent, DO

9/16/2020

Date

APPROVED MEDICATIONS

The following medications are approved for use or treatment for students in the Lacey Township School District:

Lower elementary schools

Anbesol Antiseptic

spray Antiseptic

Ointment Bacitracin

ointment Bactine

Benadryl cream

Caladryl Calamine

Lotion

Cepacolozenges

Dacriose eye irrigating solution

Glucose tablets

Hydrocortisone cream

Ipecac syrup

Isopropyl alcohol

Neosporin

Oragel

Saline

Solarcalne

Sting or bite swabs

Triple antibiotic ointment

Vaseline

Upper Elementary Schools

Anbesol Antiseptic

spray Antiseptic

ointment Aquaphor

ointment Bacitracin

Bactine Benadryl

cream Blistex

Caladryl Calamine

lotion

Cepacolozenges

Dacriose eye irrigating solution

Glucose tablets

Hand Lotion

Hydrocortisone cream

Ipecac

Isopropyl alcohol

Neosporin ointment

Oragel

Pepto Bismol

Saline solution Salt

water gargle

Solarcaine

Sting or bite swabs

Upper Elementary

Triple antibiotic ointment

Vaseline

Middle School

Anbesol Antiseptic

spray

Antiseptic towelettes

Aquaphor ointment

Bacitracin

Bactine Benadryl

cream Blistex

Caladryl Calamine

lotion

Cepacolozenges

Dacryose eye irrigating solution

Glucose tabs

Hydrocortisone cream

Ipecac syrup

Isopropyl alcohol

Listerine

Neosporin

Oragel

Middle School

Pepto Bismol

Saline solution Salt

water gargle

Solarcaine

Sting/Bite swabs

Triple antibiotic ointment

Vaseline

Visine eye drops

High School

Anbesol

Antiseptic spray

Antiseptic Towlettes

Aquaphor ointment

Bactine

Benadryl cream

Blistex Caladryl

Calamine lotion

Cepacolozenges

Dacriose Eye irrigation

Glucose tabs

Hydrocortisone cream

Ipecac syrup

High School

Isopropyl alcohol

Listerine

Mineral Ice

Neosporin ointment

New skin liquid bandage

Oragel

Pepto Bismol

Saline

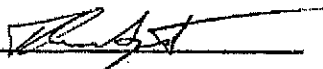
Salt water gargle Solarcaine Sting/bite wipes

Triple antibiotic ointment

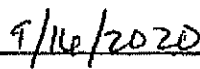
Turns

Vaseline

Visine



Dr. Thomas G. Sargent



Date

2020/2021

School Year

*Lacey Township School District
All School Health Offices*

<i>Alicia Crandall, RN</i>	<i>Lanoka Harbor School</i>
<i>Kelly Valardi, RN</i>	<i>Forked River School</i>
<i>Amy Clancy, RN</i>	<i>Cedar Creek School</i>
<i>Terri DiGaetano, RN</i>	<i>Mill Pond School</i>
<i>Debra Kroupa, RN</i>	<i>Mill Pond School</i>
<i>Kristen Patterson, RN</i>	<i>Lacey Middle School</i>
<i>Shannon Morganti, RN</i>	<i>Lacey High School</i>
<i>Lee Emery, ATC</i>	<i>Athletic Trainer</i>

**All Board approved Substitute RN's, certified athletic trainer and trained delegates*

I hereby designate the above nurses and designees to administer Glucagon IM in the event of a severe hypoglycemic reaction in which the diabetic patient cannot swallow, is unconscious or having seizures. Dosages are as follows:

0.5 mg IM for students 44 lbs or under

1.0 mg IM for students 44/lbs and over


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<i>Shannon Morganti, RN</i>	<i>Lacey High School</i>
<i>Lee Emery, ATC</i>	<i>Athletic Trainer</i>

**All Board approved Substitute RN's and the athletic trainer.*

I hereby designate the above nurses and the certified athletic trainer to administer oxygen PRN for respiratory distress and/or hypoxia. (Mild distress-Oxygen via nasal cannula@

2-4lpm. Moderate to severe distress-Oxygen via non-rebreather @12-15 l pm).


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<i>Kelly Valardi, RN</i>	<i>Forked River School</i>
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<i>Shannon Morganti, RN</i>	<i>Lacey High School</i>
<i>Lee Emery, ATC</i>	<i>Athletic Trainer</i>

**All Board approved Substitute RN's, trained delegates and the athletic trainer.*

I hereby designate the above nurses to administer Epinephrine (Epi-pen) for the emergency treatment of anaphylactic shock. Dosages will be based on body weight calculation.

EpiPen Jr. (0.15mg)-Under 66 lbs.

EpiPen (0.3mg)-Over 66 lbs..


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***Lacey Township School District
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<i>Kelly Valardi, RN</i>	<i>Forked River School</i>
<i>Amy Clancy, RN</i>	<i>Cedar Creek School</i>
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<i>Kristen Patterson, RN</i>	<i>Lacey Middle School</i>
<i>Shannon Morganti, RN</i>	<i>Lacey High School</i>
<i>Lee Emery, ATC</i>	<i>Athletic Trainer</i>

**All Board approved Substitute RN's.*

Have my permission to administer prescribed medication if said medication is in the original container and is accompanied by written permission from the private physician and the parent/guardian.

Non-prescription medication must also have a physician's order and written parental consent.


Dr. Thomas G. Sargent, DO

9/15/2020
Date

2020/2021
School Year

***Lacey Township School District
All School Health Offices***

Alicia Crandall, RN

Lanoka Harbor School

Kelly Valardi, RN

Forked River School

Amy Clancy, RN

Cedar Creek School

Terri DiGaetano, RN

Mill Pond School

Debra Kroupa, RN

Mill Pond School

Kristen Patterson, RN

Lacey Middle School

Shannon Morganti, RN

Lacey High School

Lee Emery, ATC

Athletic Trainer

**All Board approved Substitute RN's.*

I hereby designate the above nurses to administer and read Mantoux tuberculin skin test sign the Lacey Schools to anyone designated in the N.J. Administrative Code, Title 6.


Dr. Thomas G. Sargent, DO

9/16/2020
Date

2020/2021
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***Lacey Township School District
All School Health Offices***

In the event a student has an asthma attack that is uncontrollable by usual measures, and the parent can not be reached, the school nurse or school athletic trainer will call for an ambulance to take the child to the emergency room (911).

The school nurses and the athletic trainer being:

Alicia Crandall, RN

Lanoka Harbor School

Kelly Valardi, RN

Forked River School

Amy Clancy, RN

Cedar Creek School

Terri DiGaetano, RN

Mill Pond School

Debra Kroupa, RN

Mill Pond School

Kristen Patterson, RN

Lacey Middle School

Shannon Morganti, RN

Lacey High School

Lee Emery, ATC

Athletic Trainer

**All Board approved Substitute RN's.*


Dr. Thomas G. Sargent, DO

9/16/2020
Date

2020/2021
School Year