

# Northwest Area School District Health Services

TREATMENT OF INJURIES/ILLNESSES (REVISED 5/24)

**All student situations should be reviewed with the District CSN for additional guidance/recommendations when necessary.**

Per district protocols--MERT team members are permitted to assist with the following (if their training and American Heart Association (AHA) certifications are current):

- CPR/First Aid/AED (Automated External Defibrillator)
- Assist with inhaler use (per physician orders)
- Epinephrine administration (per school physician standing orders)
- Narcan administration (per school physician standing orders)
- Awareness of medical/emergency equipment location in nurses' offices (oxygen, epi-pens, inhalers, wheelchair, etc.)
- Note-taking for event
- Scene safety
- Assist with any EMS needs (e.g. escorting to scene)
- Notifying parent under guidance of nurse/administration

## **Abrasions (brush burns):**

Cleanse area using universal precautions. Apply bandage as needed. May apply ice for comfort. Notify parent as necessary.

## **Allergic Reaction/Rash/ Hives, etc.:**

1. Mild local reaction- Wash area. May apply cool compress/ice for comfort.
2. Moderate reaction (swelling, hives, etc)- Call parent and give Benadryl by mouth (age appropriate dose), if necessary, with parent permission.
3. Severe reaction (e.g. Anaphylaxis-- shock, difficulty breathing, nausea, abdominal cramps, etc.). Call 911 and parent. The nurse and/or trained personnel may administer EpiPen auto-injector (dose appropriate) per standing physician orders. (*Refer to additional NASD Protocol for Treatment of Symptoms of Anaphylaxis and/or updated policies*). Summon building MERT team as necessary.

## **Assessment of Possible Impaired Student:**

Assess ABCs, assess for signs of impairment, nausea/vomiting, etc. Assess vital signs. Complete "Emergency Assessment" form for documentation. Call 911 if deemed necessary. If suspected opioid overdose, follow standing orders for administration of Naloxone (Narcan). Summon building MERT team as necessary. Contact guidance and principal. Contact parent.

## **Bee Sting/Insect Bites:**

Apply ice. For moderate to severe allergic reactions, refer to steps for allergy/ hives listed above. Check student allergies, if epipen and/or IHP on file in the nurse's office.

## **Bleeding:**

Apply compression (if needed), cleanse area using universal precautions, and bandage as necessary. May apply ice and/or tourniquet as necessary. Notify parent as warranted. If needed, summon the building MERT team and utilize "Stop the Bleed" kits.

**Burns (chemical):**

Flood area with cool running water for 10-15 minutes, protect unaffected area from runoff.  
Cover with a dry sterile dressing. Obtain MSDS data sheet for first aid instruction and direction.  
Contact parent.

**Burns (heat):**

Immediately apply cold compress or cool water (may immerse) if skin is not blistered or broken. Apply sterile dressing as necessary. Contact parent.

**Conjunctivitis (possible Pink Eye):**

Irrigate with eye wash solution or apply cool compresses for comfort if needed. Contact parent.  
May exclude per PA School Code regulations for evaluation. Refer to eye doctor/physician for and treatment as warranted. Return to school note is required if deemed contagious in nature.  
Encourage frequent hand washing.

**Cuts/Lacerations:**

Cleanse area and apply sterile dressing as needed. Contact parent for severe lacerations, facial area, or if possible sutures are needed.

**Dental Injury:**

Parent contact for injury resulting in a cracked, broken, dislodged tooth, or any other severe dental incident.  
A secondary tooth which has been totally dislodged should be placed in milk or EMT system without rinsing tooth. Contact parent immediately.

**Dysmenorrhea (menstrual cramps):**

May rest as necessary. Encourage normal activity. Heating pad on low-medium setting to lower abdominal area ( nurse's discretion) if available. Parent may come to school and dispense single dose of pain med to student if needed.

**Dyspnea:**

Assess, auscultate lung sounds, and obtain pulse oximetry reading. Administer oxygen (stored in nurse's office) beginning at 2LPM via nasal cannula or face mask PRN in emergency situations such as: difficulty breathing, shortness of breath, cardiac distress, or the presence of cyanosis, or pulse oximetry <90%. BLS protocol will be followed. May titrate O2. Call 911 if warranted. Contact parent.

**Earache:**

Take temperature. Examine ear canal with otoscope if available. Notify parent as necessary.  
Parent may come to school and dispense single dose of pain med to student, if needed.

**Eye Injury:**

Assess eye and sclera area. Contact parent. Recommend physician evaluation if necessary. Eyewash if needed.

**Fainting:**

Place person on cot or floor with feet elevated or have individual sit down, lower head between legs, and breathe deeply. Contact parent. Obtain vital signs.

**Fever:**

May exclude if temperature is 100.4°F or above (or nurse's discretion per assessment).  
Contact parent as necessary. Ice pack/cool compress may be used. Student should remain fever free for 24hrs. without the use of fever-reducing medication prior to returning to school.

**Foreign Body in Ear:**

Examine ear canal with otoscope if available. Notify parent. Do not attempt to remove foreign object unless it is present in outer canal and easily accessible for removal.

**Foreign Body in Eye/Irritations:**

Irrigate with eye wash solution or apply cool compresses. Contact parent as necessary. Refer student for eye exam evaluation, if warranted.

**Foreign Body Obstruction:**

Assess student for signs of foreign body obstruction/choking. Perform heimlich maneuver, first aid measures. Nurse only may use the LifeVac airway clearance device if obstruction unrelieved with routine AHA first aid measures. If student becomes unconscious, follow American Heart Association First Aid/CPR guidelines. Call 911 if warranted. Notify parent.

**Groin Injury:**

Ask student to examine self in restroom for visual inspection. Contact parent. Ice, rest as needed. Refer to Health Care Provider, if warranted.

**Headache:**

May apply ice pack to forehead and offer rest. Take temperature as needed. Contact parent as necessary. Parent may come to school and dispense single dose of pain med to child if warranted. Recurring headaches should be reported to parent and/or family physician.

**Head Injury:**

Assess student for symptoms of concussion such as headache, nausea, vomiting, change in mental status, recollection of events, etc. Perform PERRLA (Pupils Equal Round & Reactive to Light & Accommodation) check and complete CDC concussion checklist if warranted. Contact parent as necessary. May apply ice pack/cool compress as needed. Call 911 if symptoms and assessment warrant and/or if there is a loss of consciousness. Follow school procedure for referral to district **Concussion Management Team** if concussion is diagnosed.

**Ingestion of Possible Harmful Foods/Substances:**

Assess ABCs, signs of impairment, nausea/vomiting, etc. Assess vital signs. Call the Poison Control Center as warranted. (800-222-1222) and follow their directions. Notify parent. If possible impaired student, follow protocol for "Assessment of Possible Impaired Student"

**Nosebleeds:**

Neutral or slightly forward head position, pinch nostrils for full five to fifteen minutes as needed. May apply cold compress. Notify parent as needed.

**Pediculosis (Head Lice): (UPDATED PER RECOMMENDATIONS PER THE PENNSYLVANIA DEPARTMENT OF HEALTH AND AMERICAN ACADEMY OF PEDIATRICS)**

PA School Code: *The person shall be allowed to return to school immediately after the first treatment. The person shall be reexamined for infestation by the school nurse 7 days post treatment.* Possible pediculosis issues that arise during the school year will be dealt with on an individual basis at the discretion of the building nurses in consultation with the CSN. Contact parent for nit/live infestations. Student is excluded from school for live infestations. Nurse will evaluate prior to re-entry into school, in one week, and at nurse's discretion during the school year. Nurse will contact other nurses in the district if student has siblings. Pediculosis education sheet will be provided to parent/guardian. It may be suggested that the parent/guardian contact their health care provider for recommendations.

**Rash (of unknown origin), Possible Impetigo, Ringworm, etc:**

May exclude per PA School Code regulations for evaluation. Refer to physician for diagnosis and treatment as warranted. Re-evaluate prior to re-entry into school if needed. Return to school note is required if deemed contagious in nature. Encourage frequent hand washing. Wash and cover skin areas with dressing.

**Seizures: (If known history of seizures--refer to Seizure Action Plan)**

- During seizure activity--Stay with child
  - If falling or generalized jerking occurs, place child on the floor
  - Gently support head
  - DO NOT restrain child
  - DO NOT try to place anything in the child's mouth or between the child's teeth
  - Protect the child by moving items away that may cause injury (desks & chairs)
  - Loosen clothing at neck, remove eyeglasses if applicable
  - Have another classroom adult remove/direct students from the area
  - **TIME THE SEIZURE**, observe pattern of the seizure in order to describe observations

**Slivers:**

Wash area(s) with soap and water. Attempt to remove sliver with Splinter out or tweezers. If unsuccessful or if the splinter is too deep or too irritated, cover with band-aid and contact parent to make them aware.

**Sore Throat or Cough:**

Assess throat--visual inspection. Take temperature. Contact parent as necessary. Encourage fluids. Parent may come to school and dispense single dose of pain med to student if warranted.

**Stomach Ache/Nausea:**

Take temperature. Student may rest 15-20 minutes. Contact parent as necessary. Nurse may offer crackers/juice if no breakfast or send to the cafeteria for snack.

**Ticks (embedded in skin):**

Contact parent. Refer to primary care provider for follow-up.

**Toothache:**

Assess oral cavity. Ice pack may be used externally. Contact parent as necessary and refer to dentist if needed. Parent may come to school and dispense single dose of pain med to student if warranted.

**Vomiting:**

Take temperature. May offer crackers. At the nurse's discretion (if vomiting unwitnessed), Student may rest 15-20 min. Contact parent as necessary.

**School Physician** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Superintendent** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Certified School Nurse** \_\_\_\_\_

**Date:** \_\_\_\_\_