

School Health

OLGA JEANNE DOLLY MS, FNP-C, SNT

Objectives

- ▶ List the seven grade levels that require a health appraisal
 - ▶ Identify the new required health appraisal form
- ▶ Identify three other instances in which health examinations are required
- ▶ Describe three required components for sports clearance
- ▶ Describe the laws governing concussion management in schools
- ▶ Describe why the PCP needs to provide detailed reports to school nurses
- ▶ List ways the school nurses can enhance the health of students

Required health examinations & screening

- ▶ New regulations July 2018
- ▶ Physicals & Screenings
- ▶ All ask for Dental Certificates
 - ▶ **New Entrants**- Color-Near & Distance Vision-Hearing
 - ▶ **PreK/K**-Color-Near & Distance Vision-Hearing
 - ▶ **1st** -Near & Distance Vision-Hearing
 - ▶ **3rd** -Near & Distance Vision-Hearing
 - ▶ **5th** -Near & Distance Vision-Hearing- Girls' Scoliosis
 - ▶ **7th** Distance Vision-Hearing- Girls' Scoliosis
 - ▶ **9th** Distance Vision-Hearing- Boys' Scoliosis
 - ▶ **11th** -Distance Vision-Hearing

Screening

- ▶ Near vision- document 20/20-R, 20/20-L
- ▶ Distance Vision- document 20/20-R, 20/20-L
- ▶ Hearing-document 20s-R 20s-L (sweep the tones at 20 decibels)
- ▶ Scoliosis – Negative
- ▶ School Nurses can not except-pass

Health Appraisal Form Required

- ▶ Not Published yet
- ▶ Standard form used by all
- ▶ www.schoolhealthny.com

Screening Overview

Student Information		Vision Screening				Hearing Screening				Scoliosis Screening			
Name	DOB	Right Eye	Left Eye	Both Eyes	Right Ear	Left Ear	Both Ears	Screened	Result	Screened	Result	Screened	Result

Health Examinations Required

- ▶ Pre-K/K
- ▶ 1st
- ▶ 3rd
- ▶ 5th
- ▶ 7th
- ▶ 9th
- ▶ 11th

Student Receiving Special Education

- ▶ All Committee on Special Education (CSE)- Required to have a physical every three years or more often if necessary
- ▶ All students needing tutoring will need an order to receive tutoring.
- ▶ Any diagnosis that will need special services ie: health, OT, PT etc... will need annual orders from a provider to continue services
- ▶ Think about the clients you have with ADHD will they need extra educational services? If yes then they will need a diagnosis to receive these services
- ▶ If your client has Epilepsy and they need an aid to monitor them or a nurse to give Dilantin then they will need a diagnosis and orders for these services to be provided at school.

Do you need a 504 Plan?

- ▶ Think it through-Does it impact them cognitively?
- ▶ Do they need accommodations?
- ▶ T1DM- yes probably for regents exams (if BG is low may need to have extra time to take exam)
- ▶ Asthmatics-No probably not unless excessive absences which we would all want to get in better control
- ▶ ADHD- yes probably because they often need extra accommodations to provide better resources, but not always
- ▶ Chron's or IBS- No Probably not -all school can provide extra bathroom use without a 504 plan.

Do you need an IEP?

- ▶ Does the client have significant medical or cognitive needs?
- ▶ Is this a chronic condition?
- ▶ Do they require accommodations Special teaching staff, aid to assist them? Long term health needs? Ie: Autism, Dyslexia, Cancer etc...
- ▶ Usually requiring a long term plan of care to educate student, may or may not need additional personnel.
- ▶ Detailed educational plan, health care plan, emergency health care plan

Sports Exams

- ▶ Need a physical every year while playing sports
- ▶ Has to be a comprehensive physical with detailed medical history
 - ▶ Surgeries, Injuries, any medical Hx, medication usage, concussions
- ▶ Ask for a interval health history between sports is required
- ▶ All injuries need to be documented and clearance provided
- ▶ Please provide a diagnosis on your note for restrictions Ie: Fracture Tibia-R, Mononucleosis, etc.
- ▶ Ask questions: Have you ever had chest pain? Ever fainted/passed out? Have you ever had palpitations? Have you ever had shortness of breath? Does anyone in your family have a Hx of cardiac disease?

Sports Exam

- ▶ If a student wants to advance to play JV or Varsity sports and they are in Middle School
- ▶ Wrestling Clearance- Need all compromised skin cleared- own regulations
- ▶ Need to have completed a Physical Maturity Form
 - ▶ Provider has to be aware of recommended Tanner stages for each sport
 - ▶ Fill out a Physical Maturity Form, decide if student is able to play sport safely
- ▶ Need to sign off on Mixed Competition Forms
 - ▶ Fill out Mixed Competition Form
 - ▶ Aware of body typing (Mesomorph-Endomorph-Ectomorph)

Working Papers

- ▶ Need a physical examination to sign off on working papers
- ▶ Then parents sign off
- ▶ Then submit to HS to issue these working papers

Concussion Management

- ▶ Requires a Diagnosis of Concussion on medical orders
- ▶ Symptom free before may initiate return to play
- ▶ Mild symptoms- Headache, fatigue, dizziness, Nausea/vomiting, dazed, blurred vision, glassy eyed, sensitivity to light or sound, poor balance, coordination, loss of orientation, memory problems
- ▶ LOC, amnesia, confusion, seizure
- ▶ School nurses are mandated to monitor progress and notify teachers
- ▶ Remove from play until a return to play medical order is received after initial event.

Concussion Plans

- ▶ Make the plans detailed
- ▶ Return to Learn Plans
- ▶ Return to Play Plans
- ▶ Does the school use Impact Assessments?
- ▶ If S & S go on longer than 2-3 weeks-concussion center



New York State Center for School Health
Supporting Student Success Through Health and Education



NYS and NYC Screening Guideline Overview														
	New Entrant	Pre K or K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
HEARING SCREENING:														
Pure Tone	X	X	X		X		X		X				X	
SCOLIOSIS SCREENING														
Boys											X			
Girls							X		X					
VISION SCREENING														
Color Perception	X													
	X													
Fusion		X	X											
Near Vision	X	X	X		X		X		X				X	
	X	X	X		X		X							
Distance Acuity	X	X	X		X		X		X				X	
	X	X	X		X		X							
Hyperopia	X													

*Determine if your Kindergarten or Pre K students are your district's new entrants..

Health Examination Overview														
	New Entrant	Pre K or K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
Health Examination**	X	X	X		X		X		X		X		X	
	X													
Dental Certificate	X	X	X		X		X		X		X		X	

**HealthExaminations may be either a Health Appraisal (health exam performed by the School Medical Director) or Health Certificate (health exam performed by the student's primary medicalprovider). They must be dated no more than 12 months prior to the state of the school year in which they are required, or the date of entrance to the school for new entrants.

This sample resource was created by the New York State Center for School Health and is located at www.schoolhealthny.com in the Laws|Guidelines|Memos - Effective July 2018