

## SCHOOL HEALTH SERVICES

The Nassau County Department of Education (DOE), under the guidance of the Nassau County Health Department (DOH), provides school health services that address the day-to-day student health needs, emergency health needs and in-school management of chronic health conditions. Elementary school health rooms have a dedicated Unlicensed Assistive Personnel (UAP) to provide daily services. Middle and High school health rooms do not have a dedicated UAP but other school staff that are delegated to provide services when needed. These services include, but are not limited to, assistance with medication administration and basic first aid. Nassau County DOE Licensed Practical Nurses travel to schools in their area and perform physician ordered complex medical procedures.

### MEDICATION ADMINISTRATION

Florida Statute 1006.062 authorizes school personnel to assist students in the administration of prescription medications. Parents/Guardians are encouraged to administer medications at home prior to or after school hours. Medications will be administered in the health room by delegated personnel.

If your child needs medication during school hours for the management of a physical or chronic health condition, please note the following:

- The student's medical provider must complete a medication authorization form for the current school year for all medications (prescription and over-the-counter). The parent/guardian must also sign the medication authorization. The medication authorization must be on file prior to any medications being dispensed to the student.
- All prescribed medications must be received in the original pharmacy container with a current prescription label including the student's name, medication name, strength, dosage, route, frequency, and expiration/discard date. (The expiration/discard date on the pharmacy label, not on the medication box, will be the expiration/discard date used).
- Medications must be brought to the school by the parent/guardian. Please do not send any medications with the child in their backpack. **A medication count and co-signature is required for the delivery and receipt of the medication.**
- Medication brought to school by the student will not be returned to the student to take home. The medication will be taken from the student and stored in the health room. Medication will not be administered until the parent/guardian comes to school to complete the required paperwork.
- Medication may not be transported between home and school daily. Separate containers should be kept at home and school.
- Over-the-counter medication must be accompanied by a physician's order that includes the student's name, medication name, strength, dosage, route, and frequency. Only FDA approved medications for over-the-counter use will be administered.
- The parent/guardian is responsible for providing a new, unopened bottle of over-the-counter medication to the school. Medication will not be administered if presented to the school in a plastic baggie.

- The parent/guardian is responsible for supplying pudding and/or apple sauce if the student cannot swallow pills/tablets
- The first dose of a new medication or initiating a new treatment should be administered at home so the parent/ guardian can observe the student for any side effects.
- The school nurse will contact the physician if clarification is needed for medication orders

## **ADHD MEDICATIONS**

Medication is an important part of the comprehensive management of ADHD. Typically, ADHD medication falls into two categories: stimulants and non-stimulants.

### Stimulants

Stimulant medications (example: Adderall, Focalin, Ritalin) become effective between 30 minutes to one hour and remain effective for approximately four to six hours. It is best to give a stimulant medication to your student at home, prior to leaving for school, for your student to receive the full benefit of the medication while at school. Some students need a mid-day dose of a short-acting stimulant to provide coverage through the rest of the school day. This mid-day dose may be dispensed at school.

### Non-stimulants

Non stimulant medications (example: Intuniv, Strattera) take approximately two to six weeks to become effective as the medication needs to be present in the body over time before the benefits can be seen. These medications are best given each morning (before school) or late afternoon/early evening at approximately the same time each day.

## **CHRONIC HEALTH CONDITIONS**

Students diagnosed with an active, chronic health condition may require complex treatments to support optimal attendance, foster academic success or manage a health emergency. Please submit the following documentation for the school nurse to review if your student has been diagnosed with an active, chronic health condition listed below. The school nurse may contact you to further discuss this information. The Florida Department of Health Registered Nurse may schedule a meeting with you and school staff to initiate a care plan if needed.

### ANAPHYLAXIS (severe allergic reaction)

- An allergy action plan for the current school year initiated by the physician to include the allergen causing the reaction, signs and symptoms of anaphylaxis, management of anaphylaxis
- An emergency contact card filled out completely and signed for the consent of health services
- Medication authorization for daily, as needed or emergency medications school staff will administer
- See “Self-Carry/Self-Administer Medications” section

### ASTHMA

- An asthma action plan for the current school year initiated by the physician to include the severity classification of asthma, triggers, signs and symptoms of an asthma emergency, management of an asthma emergency

- An emergency contact card filled out completely and signed for the consent of health services
- Medication authorization for daily, as needed or emergency medications school staff will administer
- See “Self-Carry/Self-Administer Medications” section

### CARDIAC

- A cardiac action plan for the current school year initiated by the physician to include the diagnosis, medical orders for care, exclusion activity notes if applicable, signs and symptoms of a cardiac emergency, management of a cardiac emergency
- Any equipment needed to provide health services and/or treatments as ordered by the physician (example: pulse oximetry)
- An emergency contact card filled out completely and signed for the consent of health services
- Medication authorization for daily, as needed or emergency medications school staff will administer

### CYSTIC FIBROSIS

- A cystic fibrosis action plan for the current school year initiated by the physician to include the diagnosis, medical orders for care, exclusion activity notes if applicable, signs and symptoms of a cystic fibrosis emergency, management of a cystic fibrosis emergency
- Any equipment needed to provide health services and/or treatments as ordered by the physician (example: pulse oximetry)
- An emergency contact card filled out completely and signed for the consent of health services
- Medication authorization for daily, as needed or emergency medications school staff will administer
- See “Self-Carry/Self-Administer Medications” section

### DIABETES

- A copy of the Diabetic Medical Management Plan (DMMP) for the current school year
- The parent/guardian will furnish the following supplies to be kept in the health room for the management of HIGH / LOW blood sugar: (even if the student is designated as self-carry/self-administer)
  - Blood glucose meter / strips / lancets / lancing device (even if the student is using a CGM)
  - Insulin pen / pen needles / insulin cartridges (even if the student is using an insulin pump)
  - Fast-acting carbohydrates (example: juice boxes, glucose tablets, tube of frosting)
  - Carbohydrate-free beverages (example: water bottles)
  - Protein snacks (example: peanut butter to-go packs, pepperoni sticks)
  - Ketone testing strips
  - Glucagon emergency kit (Gvoke, Baqsimi)
  - An emergency contact card filled out completely and signed for the consent of health services
  - Medication authorization for insulin cartridges and glucagon emergency kit
  - A container labeled with the student’s name to store supplies
- See “Self-Carry/Self-Administer Medications” section

***For the continued health and safety of your student, the student should not be on campus until the DMMP and all supplies are provided.***

## SEIZURES

- A seizure action plan for the current school year initiated by the physician to include the seizure type, signs and symptoms of a seizure, triggers, signs and symptoms of a seizure emergency, management of a seizure emergency
- An emergency contact card filled out completely and signed for the consent of health services
- Medication authorization for daily, as needed or emergency medications school staff will administer
- See “Self-Carry/Self-Administer Medications” section

## **SELF-CARRY/SELF-ADMINISTER MEDICATIONS**

Florida Statute 1002.20 allows students with certain medical conditions to self-carry/self-administer their own medication while in school. These conditions are:

1. Asthma – students diagnosed with asthma may carry an albuterol metered dose inhaler
2. Diabetes – students diagnosed with diabetes may carry diabetic supplies and equipment for the management of their diabetes
3. A student who has experienced or the physician has determined is at risk for life-threatening allergic reactions may carry an epinephrine auto-injector
4. A student who has experienced or is at risk for pancreatic insufficiency or who has been diagnosed as having cystic fibrosis may carry pancreatic enzyme supplements

If your student has been prescribed medication for the management of these conditions and you want your student to be designated as self-carry/self-administer, please note the following:

- A medication authorization for the current school year signed by the physician and parent indicating the student may be designated as self-carry / self-administer must be on file prior to the student carrying their medication.
- Medication must be brought to the school by the parent/guardian
- Medications must be received in the original pharmacy container with a current prescription label including the student’s name, medication name, strength, dosage, route, frequency, and expiration/discard date. (The expiration/discard date on the pharmacy label, not on the medication box, will be the expiration/discard date used)
- Medication found on the student will be taken and stored in the health room. The medication will not be administered or given to the student to self-carry/self-administer until the parent/guardian comes to school to complete the required paperwork.
- The parent/guardian assumes the responsibility for ensuring their student is carrying and administering their medication as ordered.
- Students designated as self-carry/self-administer are considered INDEPENDENT in administering their medication at school and require no supervision by school staff.
- Schools may revoke the self-carry/self-administer privilege if the student proves to be irresponsible or incapable.