

Newburyport Public Schools Annual Health Services Training

- Field Trips
- Emergencies
- Covid
- Bloodborne Pathogens
- Life Threatening Allergies
- Health Conditions



Field Trips



Field Trips: Inform your school nurse ASAP

CONSIDERATIONS

Medications & Supplies

- Oral medications
- Epipens
- Inhalers
- Diabetic supplies
- Other equipment
- Other emergency meds
- Basic 1st Aid supplies

Emergency Care Plans

- Asthma
- Bleeding Disorder
- Cardiac Condition
- Diabetes
- Seizures
- Severe Allergies
- Other special conditions or procedures

Emergencies



Is it an Emergency? Not responding?

What you see

- They are not moving or responding when you tap their shoulders and yell:

“Hey, are you Ok?”



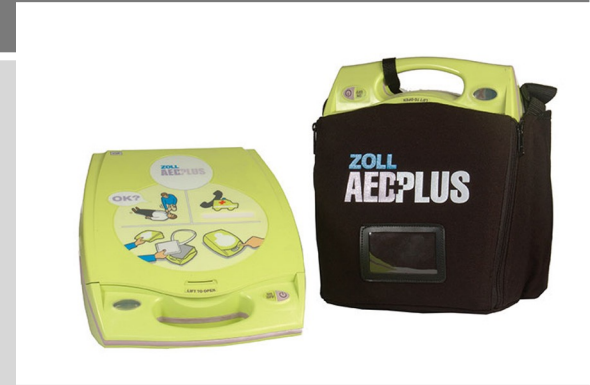
What you do

- Call for help and ask someone to get the AED
- Tell someone to call 911 and the school nurse
- If you are alone, go call 911 and get the AED
- If the person is not responding: open the AED and begin CPR if you know how

GOAL: To get specialized emergency help quickly

Automatic External Defibrillators (AEDs)

- Open the case
- Press the on button
- Plug in pads connector
- Place the pads on the bare chest
- Push the flashing button if a shock is advised
- Start CPR when the AED prompts you to
- Leave the pads on the victim



Know where the closest AED is in your building

AED Locations

Athletic Dept:

1. Trainer's room

High School:

1. Health Office
2. Auditorium
3. Gym

Nock/Molin:

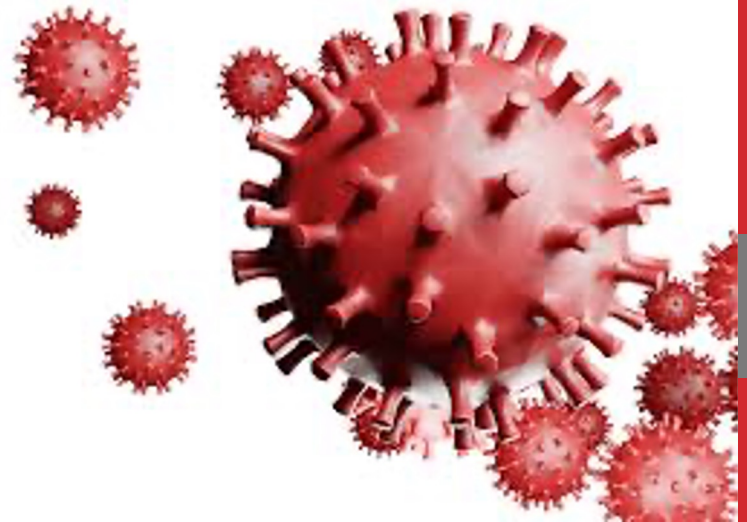
1. Outside health office
2. Second floor in the 8th grade wing
3. Outside the gym

Bresnahan:

1. Outside the gym
2. Second floor center outside room 339
3. Third floor center of hallway on R

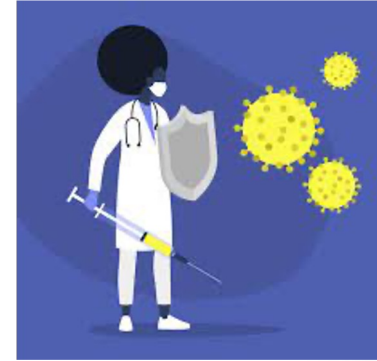
Covid Guidance

[Click here for the Fall
2022 DESE/MA DPH
Joint COVID Guidance
for Schools](#)



Ways to Protect Ourselves & Others

- Masks (optional)
- Wash hands frequently
- Test for COVID if you feel sick
- Call your school nurse if you test positive for COVID
- Keep windows and doors open for ventilation



Bloodborne Pathogens



Bloodborne Pathogens

Disease causing microorganisms found in the blood

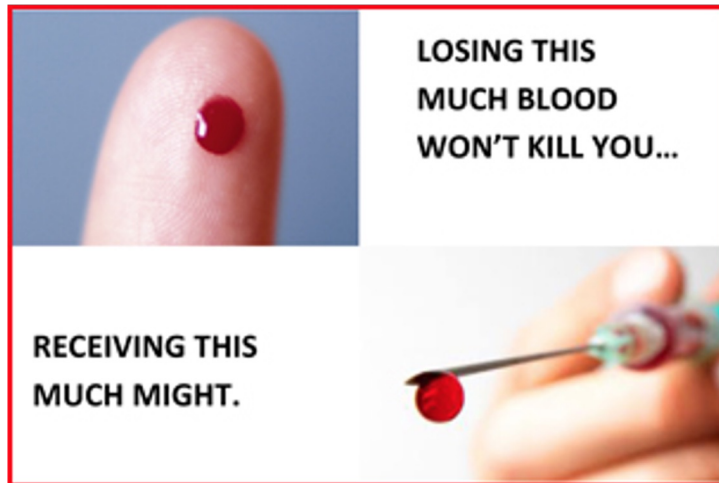
The Occupational Safety and Health Administration (OSHA) has issued a standard that requires employers to protect their employees from exposure to bloodborne pathogens.



The most common BBP are

- Hepatitis B (HBV)
- Hepatitis C (HCV)
- Human Immunodeficiency Virus (HIV)

Possible Transmission of Bloodborne Pathogens in the School Setting



- Blood
- Body fluids
- Breaks in the skin (scrapes, cuts, puncture wounds)
- Sharps (broken glass or sharp metal, needles, lancets)
- Bites
- Bloody noses
- Loose teeth or a lost tooth
- Changing diapers, toileting
- Touching contaminated objects, then touching your mouth, nose or eyes

PROTECTION: **Universal Precautions**



The **bottom line** – treat blood, all body fluids, excretions, secretions, non-intact skin and mucous membranes as though they are infected with bloodborne or other pathogens

Always alert the custodian for any blood or body fluid spill.

HANDWASHING

Hand Sanitizer



- #1 PROTECTION AGAINST INFECTION
- Keeps you from infecting people or other objects
- Wash your hands after contacting blood, body fluids, excretions or secretions, even if you are wearing gloves.
- Use hand sanitizer if soap and water are unavailable

EXPOSURE



- Don't panic
- Wash skin with soap & water
- Flush eyes with water
- Report to school nurse
- You will be advised on the correct follow-up steps

Life Threatening Allergies



ALLERGIC REACTIONS

Skin Contact

Injection

Ingestion

Inhalation



poison plants



bee sting



medication



pollen



animal scratches



nuts & shellfish



dust



pollen



mold & mildew



Latex



animal dander



What is a Life-Threatening Allergy?

- 1 in 13 American children have a life threatening allergy
- People with allergies have over-reactive immune systems that react to otherwise harmless elements of our diet and environment
- 9 foods account for 90% of all allergic reactions- they are peanuts, tree nuts, milk, eggs, wheat, fish & shellfish, sesame and soy



What is Anaphylaxis?



Anaphylaxis is a **severe, whole-body life threatening allergic reaction** that may involve systems of the entire body.

Why should you as an educator be concerned?
Food is the leading cause of anaphylaxis in children.



**Anaphylaxis is a
medical emergency**

Signs and Symptoms of Anaphylaxis

Mouth

- Itchy, tingling, swelling of lips/tongue

Nose

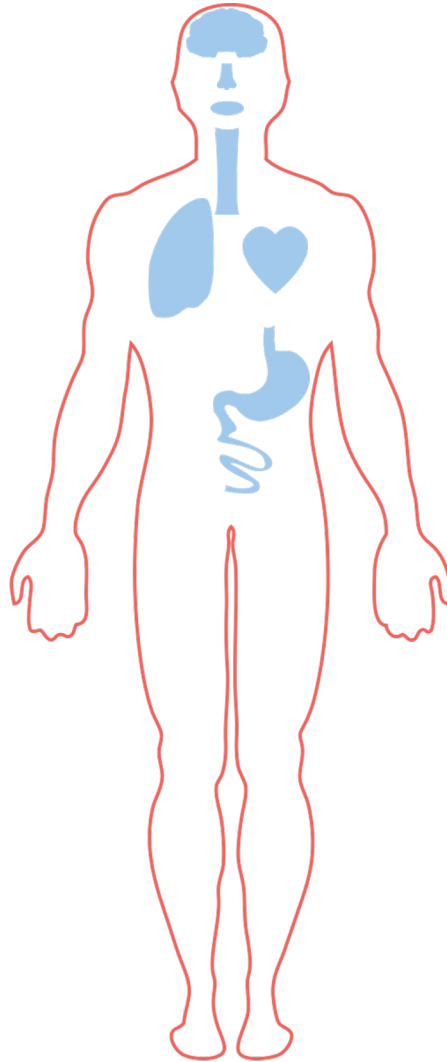
- Hay fever-like symptoms: runny, itchy nose; sneezing; and/or watery, red eyes

Skin

- Hives, rash, redness, itching
- Flushing (redness and warmth)
- Swelling of face or extremities

Gut

- Cramps/pain
- Nausea, vomiting, diarrhea



Throat

- Hoarseness
- Tightening of throat, difficulty swallowing
- Hacking cough

Lungs

- Shortness of breath, wheezing
- Repetitive, hacking cough

Heart

- Low blood pressure, weak pulse
- Pale, blue color
- Dizzy, fainting

Mental

- Anxiety, “sense of impending doom”
- Lethargy

“Early recognition of symptoms and prompt interventions of appropriate therapy are vital to survival.” - National Association of School Nurses

Epinephrine: the drug of choice for anaphylaxis



- **Quickly constricts blood vessels, raising blood pressure**
- **Relaxes smooth muscles in the lungs to improve breathing**
- **Stimulates the heart beat**
- **Works to reverse hives and swelling**

Administration of an Epi-Pen®

**** Always follow the emergency plan from the student's physician



Remove the Epi-Pen® from the box or container

Administration of an Epi-Pen®



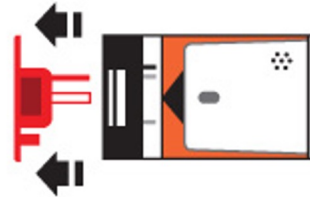
Please note: As soon as you release pressure from the thigh, the protective cover will extend

Administration of Auvi-Q®

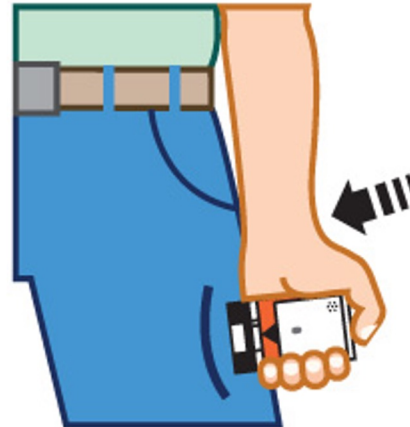
Another delivery system for epinephrine



1) Pull Off **RED** safety guard



2) Place **BLACK** end **AGAINST** OUTER THIGH, then **PRESS FIRMLY** and hold for **5 seconds**



You may inject through clothing



**Students may feel their heart pounding
You may have to hold a smaller child**

Call 911

Subsequent doses of epinephrine and more advanced medical care may be necessary.



Dispose of Epi-Pen® in a contaminated sharps container



Health Conditions



What You Need to Know: **Diabetes**

Diabetes results from the failure of the pancreas to make insulin. Insulin is a hormone that is necessary for the body to convert sugar or glucose into energy.

Without insulin, sugar accumulates in the blood causing **HYPERGLYCEMIA** with symptoms as follows:

- frequent urination
- dry skin
- hunger
- drowsiness
- blurred vision
- flushing of skin
- sweet fruity breath
- lack of concentration



With too much insulin, sugar in the blood can drop quickly causing **HYPOGLYCEMIA** with symptoms as follows:

- shaky
- dizzy
- sweating
- fast heartbeat
- hunger
- anxious
- headache
- irritable
- fatigue
- blurred vision



The onset of hyperglycemia may occur over several hours or days.

Low blood sugar can develop within minutes and requires immediate attention

What You Need to Know: **Asthma**

A condition in which a person's airways become inflamed, narrow and swell, and produce extra mucus.

- can be minor
- can interfere with daily activities
- may lead to a life-threatening attack

Signs and symptoms

- Coughing
- Tightness in chest
- Wheezing
- Gasping for air
- Prolonged expiration
- Color changes (pale or blue)



The condition usually can be managed with rescue inhalers (albuterol) and controller inhalers (steroids). Sometimes, oral medications may be needed.

What You Need to Know: Seizures

A seizure is a sudden burst of electrical energy in the brain. These electrical discharges produce sudden, brief symptoms which vary from one person to another in frequency and form.

Epilepsy is a neurological disorder which is sometimes referred to as a seizure disorder.

A seizure may appear as

- a brief stare
- an unusual movement of the body
- a change of awareness, or a convulsion.

A seizure may last a few seconds or a few minutes.

Call the nurse, refer to
the Health Care Plan



After reviewing this PowerPoint, please take this [linked quiz](#) and see your school nurse to demonstrate your competency in using an EpiPen.

Thank you!