



SCHOOL NURSE

DIRECTION DES PROGRAMMES JEUNESSE

MEETING OUTLINE

- School nurse role and the planned activities.
- Severe allergies: basic notions and use of auto-injectors.

Nurse's office hours

Elementary School

Punctual presence

High School

Schedule will be posted on her office door.

To reach the school nurse:

Cell,
Email,
Teams



SCHOOL NURSE'S ROLE & PLANNED ACTIVITIES

SCHOOL NURSE ROLE

- Individual interventions with students with health problems according to availability.
- Assess students with special health conditions (Individual Care Plan).
- Glucagon training for volunteers.
- Vaccination
- If needed, support the school in case of infectious diseases or lice.
- Refer student toward the appropriate internal and external resources.

SCHOOL NURSE ROLE



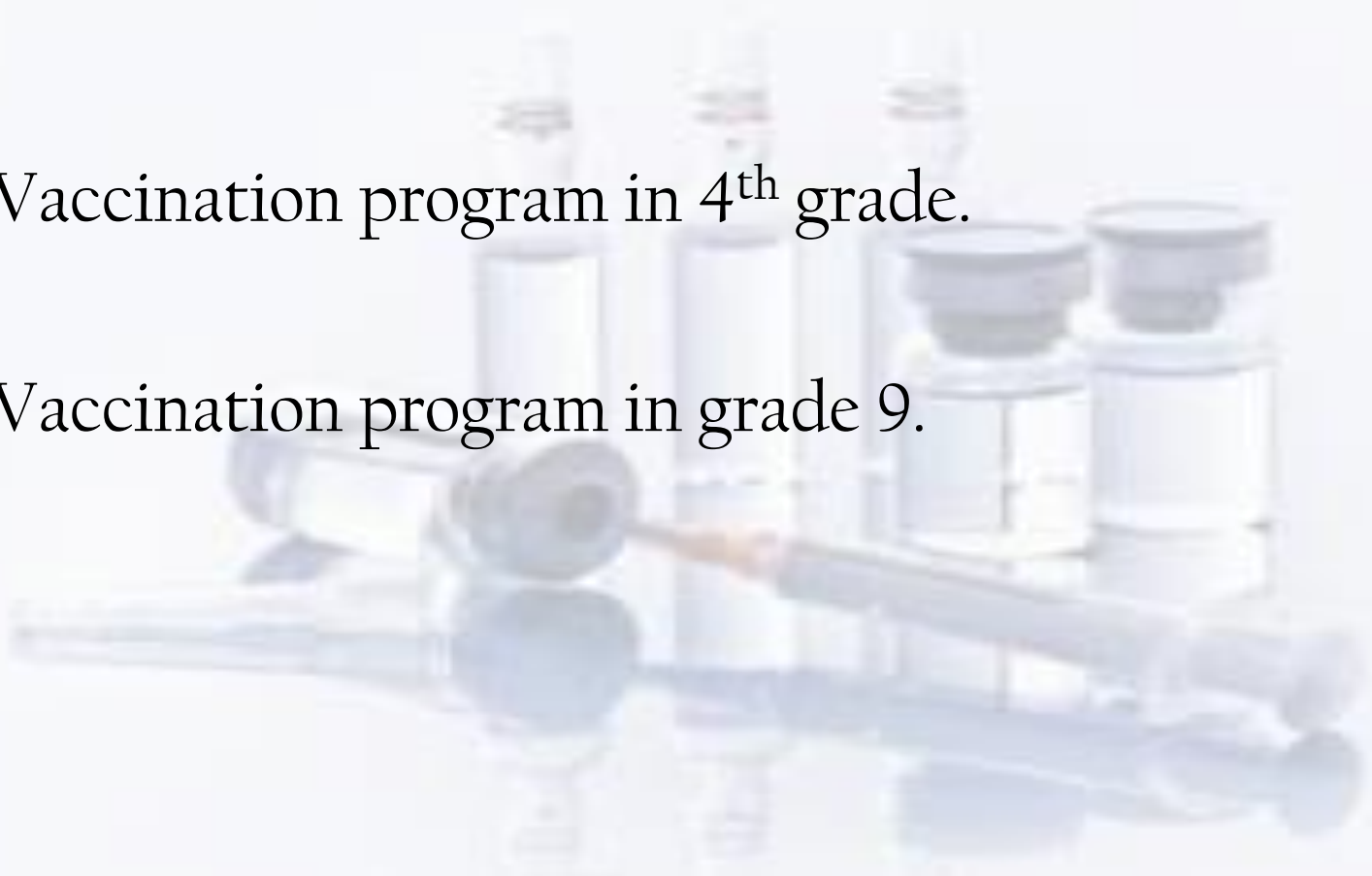
Each year, the nurse offers both in Elementary and High School different presentations regarding Sexual education.

Care plans

- Diabetes
- Epilepsy
- Other health problems (cardiac problem, etc.)

Activities related to vaccination

- Vaccination program in 4th grade.
- Vaccination program in grade 9.



Control of infectious diseases



- Inform the school administration of the presence of an infectious disease.
- Follow procedures recommended by the Public Health Department.
<http://publications.msss.gouv.qc.ca/msss/document-000374/> (in French only)

Control of infectious diseases

Universal precautions:

- Hand washing.
- Cleaning work surfaces.
- Wearing gloves during First Aid.



Pediculosis: How to proceed

1. Know and apply the guidelines found in the *Lignes directrices pour le contrôle de la pédiculose du cuir chevelu dans les écoles et les services de garde éducatifs à l'enfance* (Decembre 2016)
2. Educate children about lice transmission and preventative measures.

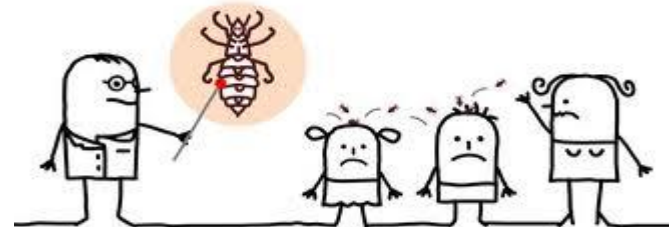


Pediculosis: How to proceed

3. Identify one or more staff members trained to examine scalps.
4. Inform the school administration if the presence of lice is suspected .
5. Keep a registry of all information concerning infested students and groups.
6. Distribute the communication tools to parents.

Pediculosis

- Nurses and pharmacists can prescribe pediculosis treatment.
- The nurse is the resource person in prevention and control of head lice.



YOUTH CLINIC

Services

- Birth control.
- Emergency contraceptive pill.
- Pregnancy test.
- STBBI screening.

Schedule

Contact the
school nurse
Or
Call your local CLSC

Severe Allergy

Basic Facts & Use of auto-injectors

Definitions

Anaphylaxis is a severe sudden allergic reaction which can cause death.

Tiré de « L'anaphylaxie à l'école et dans d'autres milieux par la Société canadienne d'allergie et d'immunologie clinique, 2005-2009

Triggers of anaphylaxis

Food allergens

- Peanuts
- Nuts
- Sea food
- Eggs
- Dairy products
- Bovine proteins
- Fruits
- Sesame, wheat, soy
- Etc.

Other allergens

- Insect venom (wasps, bees,)
- Medication
- Latex
- Cold

Signs & Symptoms

Symptoms may affect multiples systems:

Skin : hives, swelling, itching, redness, warmth, rash.



Signs & Symptoms

Gastrointestinal system: nausea, vomiting, pain, abdominal cramps, diarrhea.



Respiratory system: sneezing, coughing, shortness of breath, voice change, wheezing, throat tightness.

Signs & Symptoms

Cardiovascular system: pale/bluish skin color, weak pulse, weakness, dizzy/lightheaded, shock, loss of consciousness, cardio-respiratory arrest.



Other symptoms: anxiety, feelings of distress, headaches.

Teacher's Responsibilities

1. Know students with severe allergies.
2. Collaborate in the application of the Safety Measures in the school.
3. Know the location of the auto-injectors.
4. Raise awareness and seek the collaboration of students and their parents.
5. Forbid **peanuts and nuts** in the classroom.
6. Ensure that the Emergency Plan is visible and accessible to substitute teachers.

Teachers Responsibilities

7. Favour rewards other than food.
8. Avoid educational material containing allergens.
9. In case of a new allergy or change in a known allergic student notify the designated person.
10. Promote hand washing and cleaning of all work surfaces.
11. During outings, be sure to have all medications and care plans.

Epinephrine

- Epinephrine: the drug form of an hormone secreted naturally by the body (adrenaline).
- It is the only treatment for anaphylaxis, it must be administered immediately.
- Antihistamines (Benadryl, Claritin, Reactine) and asthma medications should not be used instead of epinephrine.
- Epinephrine cannot harm a healthy person even if it's given unnecessarily.

Emergency Procedures

Step-by-step

1. Question the person on what was eaten, touched or if the person was stung by an insect.
2. As soon as an allergic reaction appears, ask for help , never leave the person unattended.
3. Take the person auto-injector either at their waist or at the designated place in the school.
4. Have an adult call 911 immediately and ask for an ambulance specifying that it is an anaphylactic shock.

Emergency Procedures

Step-by-step

5. Lay the person on their back, legs up higher than the head.
6. If vomiting occurs, lay the person on their side. If difficulty breathing, have the person sit up.
7. Administer the epinephrine auto-injector as soon as possible.
8. Administer another auto-injector every 5 to 15 minutes if symptoms persist or get worse.

Emergency Procedures

9. Watch for signs of respiratory or cardiac distress, execute CPR if necessary.
10. Even if the symptoms have completely disappeared, the person needs to go to the hospital.
11. Note the medication given and time of administration. Hand over these informations to the person who accompanies the student to the hospital.
12. Notify the parents.

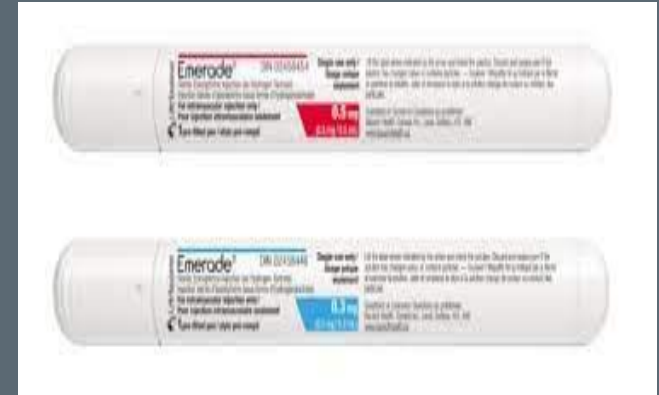
HAVE A GOOD SCHOOL YEAR



<https://www.youtube.com/watch?v=uBvdO9a9NIQ>



<https://www.youtube.com/watch?v=hOV0ksJrIrU>



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DIFFERENT BRANDS

AUTO INJECTORS

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