

# CHRONIC HEALTH CONDITIONS MANAGEMENT

## THE STANDARD

The program adopts evidence-based practices to help children with chronic health conditions safely participate in out-of-school time (OST) programs.

# Healthy Out-of-School Time Roadmap

## What to Prioritize



**CHILD AND FAMILY GOALS.** Collaborate with, and engage the child, family/caregiver, OST director, and OST staff to identify how they want the child's health to be managed in the OST setting.



**STAFF INVOLVEMENT.** In addition to the child's primary and specialty healthcare providers, include OST personnel and appropriate volunteers as key members of the child's healthcare team so the child can fully participate in OST activities.



**INFORMATION COLLECTION.** Ask families/caregivers if their child has the diagnosis of a chronic health condition from a healthcare provider; needs health care (e.g., medications, treatments, dietary considerations, or use of special equipment) while in OST, and if there are any known specific triggers for a health emergency.



**INFORMATION EXCHANGE.** Plan for ongoing communication among the child, family/caregiver, and OST personnel and appropriate volunteers, and healthcare providers. Identify a communication calendar/timeline, preferred method of communication, and obtain permission to exchange information.



**EMERGENCY PLANNING.** Develop an emergency and disaster plan with clear communication procedures for OST personnel and appropriate volunteers to implement during urgent situations (e.g., medical emergencies, lockdowns, evacuations, or natural disasters).



**POLICY.** Partner with OST administration or school health services personnel to identify gaps in existing policies to address confidentiality of health information, medication administration, child self-care, information exchange, emergency/disaster preparedness, field trips, and staffing of and training of OST personnel and appropriate volunteers. Include guidance from applicable state and federal laws. Examples of policies include:

- All documents on students' health conditions are shared with the OST program staff (electronic and hardcopy).
- OST staff are trained on managing chronic conditions (administering emergency medications and procedures).
- OST staff have access to the medical rooms and/or carts, equipment, medications, and student medical cards.



**SOCIAL-EMOTIONAL LEARNING.** Staff will encourage students to use developmentally appropriate self-management, relationship, and decision-making skills to independently provide self-care.

# CHRONIC HEALTH CONDITIONS MANAGEMENT

## THE STANDARD

The program adopts evidence-based practices to help children with chronic health conditions safely participate in out-of-school time (OST) programs.

## Rationale

The management of chronic conditions is essential to a child being healthy, safe, challenged, supported, and engaged. Providing for continuity of care between the home, school, and OST settings reduces stress for families/caregivers and increases their confidence that their child's health and safety are being protected. When a child with a chronic health condition receives continuity of care between the home, school, and OST settings, the planned health outcomes are more likely achieved.

## Continuous Improvement

Educators are encouraged to use the Healthier Generation assessment for out-of-school time. [Completing the assessment](#) will help you track what you are already doing to support health and wellness at your site as well as highlight opportunities for growth and improvement.



## REFLECTION QUESTIONS:

How do you protect the confidentiality of a child's health information? How do you obtain pertinent health information to support a child's health and well-being while participating in OST activities?

**REACH OUT TO HEALTHIER GENERATION OR NASN!**  
[host@healthiergeneration.org](mailto:host@healthiergeneration.org) | [nasn@nasn.org](mailto:nasn@nasn.org)

## Resources to Explore

- Centers for Disease and Control and Prevention, CDC Healthy Schools
  - [Managing Chronic Health Conditions in Schools](#)
  - [Food Allergies](#)
- American Academy of Allergy, Asthma and Immunology, [Asthma Action Plan](#)
- Epilepsy Foundation
  - [Seizure Action Plan](#)
  - Responding to Seizures
- American Academy of Pediatrics, [Allergy and Anaphylaxis Emergency Plan](#)
- American Diabetes Association, [NIDDK's Helping the Student with Diabetes Succeed](#)
- National Association of School Nurses, [Disaster Preparedness](#)
- Afterschool Alliance, [Out-of-School Time SEL Toolkit](#)
- Preparing Youth to Thrive, [Promising Practices in Social & Emotional Learning](#)
- The Collaborative for Academic, Social, and Emotional Learning (CASEL):
  - [Social Emotional Learning Core Competencies](#)