

**DEPARTMENT OF HEALTH & SOCIAL SERVICES
MULTNOMAH EDUCATION SERVICE DISTRICT
RESPONDING TO STUDENT HEALTH CONDITIONS**

TO: _____ **SCHOOL:** _____
FROM: _____, RN **DATE:** _____

NURSE HOURS/CONTACT INFORMATION: _____

Health information for students who have ongoing health conditions can be found in the eSIS database. The school nurse will notify you if a student has an individualized health plan that differs from the guidelines below. *Call the main office if you need help or emergency assistance.*

Note: Under Oregon law, only those with current medication training or specific delegation from an R.N. may administer medication.

Additional guidelines for illness and injuries can be found in the “Responding to Student Injury & Illness Guidebook,” located: _____

General health information for:

ASTHMA: *Common signs* include symptoms of respiratory distress (shortness of breath, persistent coughing, wheezing, unusual skin color), or complaints of having difficulty breathing.

Action: If student has their own inhaler, allow them to self-administer. If student does not carry an inhaler, stay with them and continue to monitor breathing until a trained caregiver arrives.

SERIOUS ALLERGY: (e.g. to bees, food, or other allergens) *Common signs* include shortness of breath, persistent coughing, unusual skin color, unusual swelling or difficulty breathing.

Action: Avoid food products known to produce an allergic response. If student is exposed to allergen or bee sting, call for assistance immediately.

DIABETES: *Common signs* of low blood sugar include headache, shakiness, blurred vision, extreme thirst, sweating, pale skin color.

Action: If student has symptoms or complains of feeling “low,” assist student to health room immediately.

HEART CONDITION: *Common signs* dizziness, difficulty breathing, tightness in chest, fainting, complaints of heart racing, or student appears in distress.

SEIZURE: *Common signs* generalized body jerking, blank staring, purposeless or repetitive actions, or unconsciousness.

Action: Assist the student to a safe lying or sitting position, protect from hazardous items, monitor breathing and time the seizure.