

An Introduction to the Health Office

When a student has an injury that requires Intervention at school, they are sent to the health office for assessment and treatment. Most of the time this just entails cleansing scrapes and icing bumps. At times it is more serious. Serious injuries do not happen often, but we are here to provide assessment and call for emergency services and/or notify the student's parents if necessary.

One of our most important responsibilities is encouraging students to stay healthy and in class. Students who have Asthma, Food Allergies, other Allergies, ADHD, Diabetes, Seizures, or other chronic health problems should have these illnesses listed on their student health reports. If a student needs medication on a regular basis during the school day or in case of emergency, a small supply should be at school in a pharmacy labeled container along with a hold harmless form and any other pertinent instruction forms that may be needed from the physician. Students, with the proper care, can manage their chronic or short term health problems without spending time away from class or trying to cope with preventable symptoms at school. With the help of the Health Office learning can continue.

We also screen students for vision, hearing, height, weight, and blood pressure abnormalities. This ensures that your child is physically ready to learn. If children cannot hear or see well they are not able to learn adequately. Children who experience weight problems often develop chronic disease that can affect their ability to achieve academically and economically over their whole lifetime. Children with high blood pressure are often experiencing the first signs of chronic disease.

Another function of the Health Office is minimizing the impact of infectious disease on our students. The United States and indeed world health has minimized the physical and economic effects of many infectious diseases by implementing mandatory immunizations for children entering public schools. The whole premise of immunization is to have the majority of people in our population immune to the infectious disease such as chicken pox, mumps, measles, and rubella, so that the disease dies out. If a disease does not have someone to live in, does not have a place to grow, and has no susceptible person to spread to it will die out. The immunizations the CDC recommend are those that are associated with more



complications in our total population than from getting the disease. I will be sending letters to the parents of those children who are due for immunizations throughout the year. Please respond promptly. The Naval Health Clinic Quantico has all required immunizations for those students covered by Tricare Prime. Those students covered by Tricare Standard should see their primary care provider for any needed immunizations.

We also limit exposure to infectious disease by enforcing DoDEA attendance policies. If your child has a temperature of 100 degrees they are not to come to school until they have been fever free for 24 hours, without fever reducing medication. If your child experiences vomiting or diarrhea I recommend they stay home for 24 hours after their symptoms resolve. Students do not always wash their hands or cover their coughs as much as we would like. Please help us limit the amount of sickness that goes through our student population. To protect against MRSA infections, please keep all cuts washed and covered with a bandaid during school hours. If an injury does not heal quickly or develops signs of infection, please see me or seek medical care for your child.

If you have a particular health concern for your child, please call me at (703)221-4108 or come talk with me. My door is always open.

DJ, RN, BSN, PHN
Elementary School Nurse



Parenting Seminar:

The New Parent Support Program will start

A six week Parenting Series on 3 September 2008. It runs from 1330-1530 and is held in Little Hall in the New Parent Support Program Activity Room. Parents can call 703-784-4248 for more information and registration.