

## About School Health Services

School Health Services in the Plymouth Public Schools are provided by School Nurse Educators. Each of the 13 school buildings is staffed by a registered nurse licensed in the state of Massachusetts, and who holds, at minimum, a Bachelor of Science degree in nursing. Depending on the size of the student population more than one nurse may be assigned to a building. In some buildings, the nurse is assisted by a health aide.

The Director of School Health Services supervises all district-wide health office activities, and assures compliance with regulatory standards set by the Massachusetts Departments of Public Health (DPH) and Education (DOE). A local area physician serves as consultant and advisor to the health services staff.

The role of the school nurse educator is to facilitate health and wellness so each student has the opportunity to achieve their maximum potential and academic success. The following represents a partial listing of the primary responsibilities of a school nurse educator.

- Health Education
- Illness and First Aid
- Medication Administration
- Development of Individual Health Care Plan (IHCP)
- Health Screenings
- Communicable Disease Control
- Health Record Maintenance
- Local Health Care Resource

### Health Education

The school nurse educator is an integral part of the Comprehensive School Health Program, and the primary contact for all student health concerns that can impact a student in an academic setting. The school nurse educator teaches individual students, parents and staff about health and wellness issues. The school nurse educator strives to promote understanding of student health needs not only as health concerns impact an individual student, but also from a peer, staff, building and/or community perspective. The school nurse educator continually seeks opportunities for health education based upon the needs of the student population. Each moment spent with a student is a teaching moment.

### Illness and First Aid

Assessment of student illness or injury that occurs during school hours is a significant part of school health services. Care is provided as needed in the Health Office of each school building. Parents/guardians are notified of any significant injuries or signs of illness that may require further observation, intervention or follow-up with the student's health care provider. In the event of an emergency, the school nurse may activate local EMS services.

### Medication Administration

Over the counter and prescription medications are administered during school hours only by the school nurse. Exception to this is limited to use of emergency medication in a life threatening situation, and only if the nurse is not present. Staff are routinely provided with in-services that address frequently seen medical conditions and the use of emergency medications, such as EpiPens®. For administration of any medication a signed physician order and a signed Parent/Guardian Consent Form must be on file. Due to safety concerns, parents/guardians must bring the medications into the Health Office in an original/pharmacy container with appropriate labeling. Students are not allowed to transport medication to the Health Office; students are only allowed to carry medication on their person or in their bags with express written permission of the parent/guardian and in agreement with the school nurse educator: such as EpiPens or inhalers.

### Individualized Health Care Plan (IHCP)

Individual Health Care Plans are developed when a student has a medical need or diagnosis which must be managed and monitored in school such as: life threatening allergy, diabetes, or seizure disorder. The nurse will meet with the parent/guardian to review medical information, primary care provider's orders and current nursing research and practice. After a thorough assessment of the student by the nurse, an IHCP is tailored to the individual student's needs, capabilities and school day. IHCPs are implemented following review and sign-off by the parent/guardian, and by the physician/primary care provider when necessary. The IHCP is shared with appropriate school personnel to ensure optimal integration of the student's health needs into the school setting.

### Health Screenings/Physicals

Screenings are conducted by the Health Office staff according to MA DPH regulations. Screenings are performed upon entry into the school system and then annually as noted in the table below. Parents/guardians will be notified, of any screening results that do not meet DPH guidelines since this could represent an immediate and/or future health concern. Notification includes a recommendation for follow-up with the student's primary care provider. Parents are also request to inform the school nurse of the outcome of the referral and any tests results.

| Screening | Growth      | Vision Hearing     | Postural      |
|-----------|-------------|--------------------|---------------|
| Grades    | 1, 4, 7, 10 | Pre K thru 5 7, 10 | 5, 6, 7, 8, 9 |

- Growth is measured by height and weight. Body Mass Index or BMI based on height and weight, represents a measurement of body fat. BMI is a means of identifying children that are underweight, are at risk for overweight or are overweight.
- Vision and Hearing are particularly important since poor vision and/or poor hearing can impact a student's academic achievements.
- Postural screenings can detect early signs of spinal problems that may require further evaluation.

Physicals exams are performed by a health care provider and should be performed within one year prior to entrance into school or within 30 days after entry, and at intervals of either 3 or 4 years thereafter. Sports physicals are required annually for any student that participates in school-sponsored athletic activities. Athletic physical forms are available from the Health Office, Athletics Office and on-line.

### Communicable Disease Control

The school nurse works with parents, administrators, school staff, primary care providers, local and regional Boards of Health and other professionals to maintain a healthy environment for students and staff. Students must adhere to the MA DPH immunization requirements to enter school. Ensuring adherence to these requirements and monitoring of infections and other diseases is one way the school nurse can maintain a healthy environment and minimize spread of communicable diseases. Upon recommendation by the school nurse to Administration, students with a

communicable disease and those students who are unimmunized or under-immunized can and will be excluded from school if there is an outbreak of a communicable disease, to prevent the transmission of disease to the student and in the school.

### Health Record Maintenance

An individual health record (paper and computerized copy) is maintained for each student throughout their school career. Records include medical information submitted to the school nurse such as, physicals, immunization records, and health history completed when the student entered the school system. Parents are asked to communicate student health concerns or changes in status, and to provide copies of medical reports to the school nurse. Access to health records is restricted to school Health Office staff, and to other school staff on a need-to-know basis. Health records are transferred with the academic record when the student moves to another school or district. Graduating seniors are given their health record at time of graduation, or the record can be picked up by the parent/guardian. Unclaimed health records are maintained at the school for a maximum of 5 years after the student leaves the school and are then destroyed.

### Local Health Care Resource

The school nurse is a vital link for identifying community resources: not only for health care services, but also for other resources for students/families in need. Massachusetts offers several health plans for uninsured children and students ages 19 and under. See your school nurse for details.

### Additional Health Care Services

In addition to the school nurse educators, the Plymouth Public School District also employs Physical Therapists (RPT) and Occupational Therapists OT-R). The therapists all hold, at minimum, a Bachelor of Science degree. The therapists travel throughout the district, typically working in more than one building, seeing to the special physical and developmental needs of students in the district. The therapists are under the supervision of the Director of Special Education.

All health forms are available in the health offices or on the school website: [www.plymouth.k12.ma.us](http://www.plymouth.k12.ma.us)

## **School Health Care Team**

### Director of School Health Services

Carilyn Rains, MEd, BSN, RN

### Pre-School

Plymouth Early  
Childhood Center      Jean Hight, MEd, BSN, RN

### Elementary Schools

|                  |                                |
|------------------|--------------------------------|
| Cold Spring      | Grace Pinto, MEd, BSN, RN      |
| Federal Furnace  | Kathleen Riley, BSN, RN        |
| Hedge            | Kristen Isola, BSN, RN, NCSN   |
| Indian Brook     | Michele Mazzola, BSN, RN, NCSN |
|                  | Diane Yaeger, Health Aide      |
| Manomet          | Luanne Nemes, MS, RN, CPNP     |
| Nathaniel Morton | Susan Murphy, BSN, RN          |
|                  | Rachael Roderick, Health Aide  |
| South            | Aileen McCarthy, MPH, BSN, RN  |
|                  | Jodi Armfield, Health Aide     |
| West             | Marisa Shore, BSN, RN          |

### Middle Schools

PCIS      Judy Duarte, MS, RN, CPNP  
Jenna Sullivan, BSN, RN  
Tammy Cruz, Health Aide

South      Jennifer Mineo, BSN, RN, NCSN  
Teri Flattery, Health Aide

### High Schools

North      AnnMarie Schroeder, BSN, RN, NCSN  
Laura Wilson, BSN, RN  
Kathleen Plante, Health Aide

South Academic      Ann Powers, MS, RN, CPNP  
Kym Cameron, BSN, RN, NCSN  
Chris Lopes, Health Aide

### District Substitute

Virginia Curcio, MBA, RN

### Transport Nurse

Cheryl Bemis, BSN, RN

### Advisor/Consultant

Arthur Blasberg, MD

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## **Plymouth Public Schools School Health Services Grades Pre K through 12**



### **About School Health Services: Promoting Health and Wellness in the Educational Setting**

**Español:** Este es un documento importante. Por favor, hágalo traducir. Póngase en contacto con la escuela de su niño si usted necesita ayuda. *Gracias.*

**Português:** Isto é um documento importante. Por favor, mande-o traduzir. Contate a escola da sua criança se você precisar de ajuda. *Obrigado.*

Visit us at:

<http://www.plymouth.k12.ma.us>

On the home page, under the Central Office and District Departments, select "School Health Services" from the pull down menu.

All health forms are available in the school Health Offices or on the school web site.

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