

Cleburne County Schools

School Health

Employee Training

Standard Precautions/
Bloodborne Pathogens/



 Health Issues Common



Bloodborne pathogens are microorganisms such as viruses or bacteria that are carried in blood and can cause disease in people.

There are many different pathogens including malaria, syphilis, and brucellosis, and **Hepatitis B (HBV)** and **Human Immunodeficiency Virus (HIV)**.

Use Standard Precautions!

- If you are exposed you should:
- Wash the exposed area thoroughly with soap and running water. Use non-abrasive, antibacterial soap if possible.
- If blood is splashed in the eye or mucous membrane, flush the affected area with running water for at least 15 minutes.

If you have an exposure:



Contact your principal or supervisor. An incident report should be completed. You may need to see your personal physician for assessment.

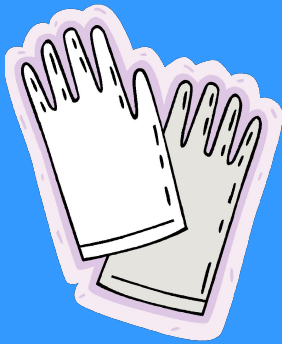
Casual Contact is NOT a Risk!

- A Hug
- A Handshake
- Using a telephone
- Using a toilet
- Sitting next to someone
- Wiping someone's tears
- Having someone's sweat touch you



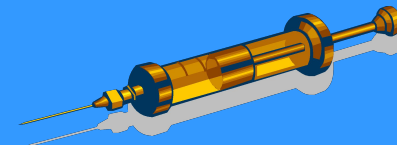
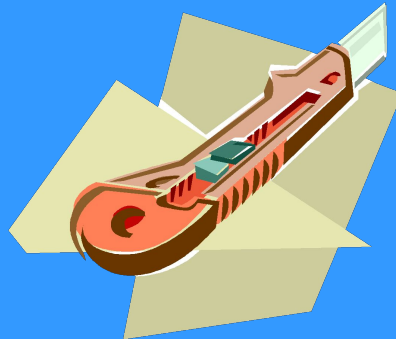
Protective Equipment

- Wear protective equipment when there is a chance of exposure to blood and or body fluids!



Potential Sources of Exposure in the School setting:

- Blood
- Vomit
- Urine
- Feces
- Saliva
- Needles, syringes, or other sharp instruments.



Clean Up and Disposal of Waste



- Spills of blood and body fluids must be handled using Standard Precautions. The spill should be cleaned immediately!
- Wear protective equipment.
- Clean contaminated area using approved disinfectant (1:10 bleach solution)
- Dispose of gloves, towels, dressings, other waste in sealed double bags.
- See school nurse for disposal of sharp instruments.

Teachers Responsibility for Students with Health Problems

- Read your emergency plan and become familiar with the student
- Talk with the parents
- Make sure you notify the nurse if you will be taking a field trip
- Talk to your nurse with any questions or concerns before signing your emergency plan

Confidentiality

- Health Plans will be emailed to you for a student in your class who has a completed HP.
- The purpose of this plan is for you to be aware of the medical conditions (s) of your student (s) should the need for intervention arise.
- Please review the plan, and place a copy of it in your class health file.
- Keep it near you or with your substitute file/folder so that in your absence the person who is your substitute can become familiar with the medical condition of this student.
- Documentation is required that a Health Plan has been given to individuals who have direct contact with students, and that confidential healthcare information be kept private.
- Your signature acknowledges that you have received this training on confidentiality.

Asthma

- A lung condition that causes people to have difficulty breathing

Early signs of an Asthma Episode:

- Changes in Breathing:
 - coughing
 - wheezing
 - rapid breathing
 - mouth breathing
 - shortness of breath
 - dry, persistent cough
- Verbal Complaints:
 - “My chest is tight”
 - “My chest hurts
 - “My neck feels funny”
 - “My mouth is dry”
 - “I can’t catch my breath”

Asthma

- **What actions should be taken when a student complains of an asthma attack?**
 - a. Encourage the student to take slow, deep breaths and remain calm.
 - b. Allow the student to use their inhaler.
 - c. Allow the student to rest and cool down, if necessary.
 - d. If symptoms are severe or if symptoms persist, call the nurse, the parent, and 911

Managing Diabetes in the School Setting

Alabama State Department of
Education

Alabama Board of Nursing

Diabetes Mellitus: **Type I Diabetes**

- Previously called Insulin-dependent or Juvenile Onset Diabetes
- Pancreas does not make enough insulin (a hormone secreted by the pancreas)
 - If the body has too little or no insulin then glucose cannot enter the cells of the body to be used for energy
- **Symptoms include:**
 - ❖ Fatigue
 - ❖ Increased thirst
 - ❖ Frequent urination
- **Treatment includes:**
 - ❖ Blood glucose monitoring
 - ❖ Administration of long and/or rapid-acting insulin
 - ❖ Diet, exercise and rest

Diabetes Mellitus: **Type II**

Diabetes

- Previously called Adult Onset Diabetes
- Insulin resistance
 - ❖ Decreased ability of insulin (a hormone secreted by the pancreas) to move glucose (blood sugar) from our bloodstream into our cells.
- Risk factors include:
 - ❖ Family history
 - ❖ Lifestyle choices (diet, exercise, obesity)
- Treatment includes:
 - ❖ Blood glucose monitoring
 - ❖ Diet management and exercise
 - ❖ Oral medications (Glucophage, Actos, etc.)
 - ❖ Insulin

Hypoglycemia (Low blood sugar)

- Blood glucose less than or equal to 80 mg/dl OR symptoms
- *Usual* symptoms of hypoglycemia:
 - ❖ Shaky or jittery
 - ❖ Sweaty
 - ❖ Hungry
 - ❖ Pale
 - ❖ Headache
 - ❖ Blurry vision
 - ❖ Sleepy
 - ❖ Dizzy

Hypoglycemia: Treatment

- Can occur very quickly
- Must be treated immediately
- Prevention:
 - Regular blood sugar monitoring/in classroom if necessary
 - Meals/Snacks eaten on regular schedule/not skipped/in classroom if necessary
- Treatment of hypoglycemia:
 - ❖ If student is able to swallow and follow directions, treat with a fast-acting carbohydrate (CHO) source.
 - Mini box of juice
 - 8 oz. carton low or no-fat milk

Hypoglycemia: **Emergency**

- If student **becomes unconscious: EMERGENCY**
 - ❖ Student will be unable to swallow and follow directions
 - ❖ Turn student onto his/her side
 - ❖ Remain with the student until the on-site School Nurse/Trained Unlicensed Diabetic Assistant arrives OR until EMS arrives
 - ❖ If no School Nurse or Trained Unlicensed Diabetic Assistant available - **CALL 9-1-1**
- Treatment of **EMERGENT** hypoglycemia:
 - ❖ Administer Glucagon injection (if ordered by physician)
 - ❖ Glucagon is a hormone that when injected raises the blood sugar quickly
 - ❖ Glucagon ***may only be administered*** by a School Nurse or a Trained Unlicensed Diabetic Assistant
- Students must be accompanied by a School Nurse or Unlicensed Diabetic Assistant or Parent if participating on a Field Trip or Extracurricular Activity

Hyperglycemia (High blood sugar)

- Blood glucose greater than or equal to 300 mg/dl **OR** symptoms
- *Usual* symptoms of hyperglycemia:
 - ❖ Increased thirst, dry mouth
 - ❖ Frequent or increased urination
 - ❖ Change in appetite, nausea
 - ❖ Blurry vision
 - ❖ Fatigue

Hyperglycemia: Treatment

- Slower leading to medical emergency (diabetic ketoacidosis)
- Occurs when symptoms persist without treatment
- Prevention:
 - ❖ Regular blood sugar monitoring/in classroom if necessary
 - ❖ Meals/Snacks eaten on regular schedule/not skipped/in classroom if necessary
 - ❖ Insulin/Medications taken on time
 - ❖ Exercise on time
- Treatment of hyperglycemia:
 - ❖ If student is able to swallow and follow directions, treat with the following:
 - ❖ zero calorie fluid (i.e. water)

Hyperglycemia: **Emergency**

- If student **becomes unconscious: EMERGENCY**
 - ❖ Student will be unable to swallow and follow directions
 - ❖ Turn student onto his/her side
 - ❖ Remain with the student until the on-site School Nurse/Trained Unlicensed Diabetic Assistant arrives OR until EMS arrives
 - ❖ If no School Nurse or Trained Unlicensed Diabetic Assistant available - **CALL 9-1-1**
- Treatment of **EMERGENT** hyperglycemia:
 - ❖ School Nurse or a Trained Unlicensed Diabetic Assistant will follow physician orders regarding administration of insulin/medication
- Students must be accompanied by a School Nurse or Unlicensed Diabetic Assistant or Parent if participating on a Field Trip or Extracurricular Activity

Seizures

- A seizure is a sudden surge of electrical activity in the brain that usually affects how a person feels or acts for a short time. Seizures are not a disease in themselves. Instead, they are a symptom of many different disorders that can affect the brain. Some seizures can hardly be noticed, while others are totally disabling.

Actions to be taken during a seizure

- Remain *calm!!*
- Note the time the seizure starts and length of time it last.
- Clear away furniture and objects from the area. Keep student safe.
- Remove other students from the room
- Call for the School Nurse or 911
- Contact the student's parents

First Aid for Seizures



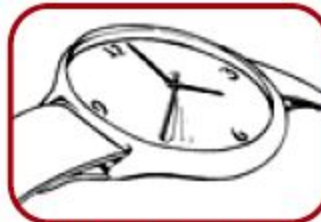
1. Cushion head, remove glasses.



2. Loosen tight clothing.



3. Turn on side and keep airway clear.



4. Note the time a seizure starts and the length of time it lasts.



5. Don't put anything in mouth.



6. Don't hold down.

7. As seizure ends...offer help.

Allergy

- An abnormal reaction by a person's immune system against a normally harmless substance.

Reaction Symptoms:

- Hives
- Swelling
- Itching
- Nausea
- Vomiting
- Diarrhea
- Cough
- Itching & swelling of lips
- Difficulty swallowing
- Tightness in chest
- Wheezing
- Shortness of breath
- Shock
- Feeling of Doom

Signs of an Anaphylactic Reaction and Need for EPI-Pen

- Constriction of the airways and a swollen tongue or throat, which can cause wheezing and trouble breathing
- A weak and rapid pulse
- Nausea, vomiting or diarrhea
- Dizziness or fainting
- Skin reactions including hives and itching, flushed or pale skin (almost always present with anaphylaxis)

After Administering Epi-Pen

- Call parents and 911, notify your School Nurse.
- Reassure and calm victim.
- Save the syringe for EMS and be able to let the EMS know the time the epi-pen was given.
- Administer CPR if person stops breathing.

Your Signature is Required

- Please contact your School Nurse for location of signature page.
- Thank you!