

WHAT ELSE SHOULD I KNOW?

- ∞ Students requiring prescription or over-the-counter medication will need a physician's order and parents' signature on file. Ask your child's school nurse for a "Medication Authorization" form.
- ∞ If your child is old enough to carry emergency medication or rescue inhalers they will need to also fill out a "Self-carry Contract" with the school nurse.
- ∞ If your child requires a special diet, i.e., puree, diabetic, peanut restrictive, secondary to a medical condition, ask for a "Diet Order" form. This form needs to be filled out by the physician and/or dietitian.
- ∞ If your child has a condition that only requires assistance in the event of an emergency, meet with your nurse to establish an "Emergency Action Plan"

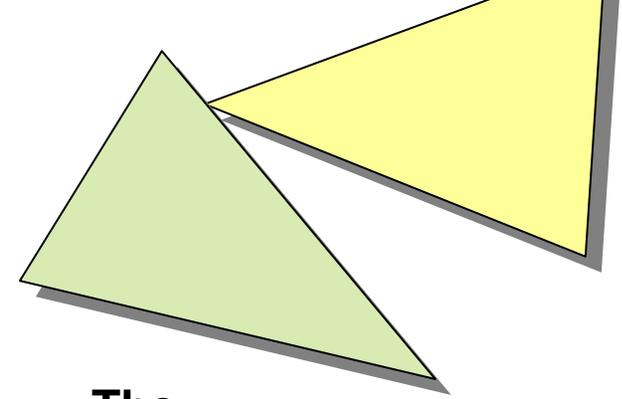


Every Child Deserves a School Nurse



Questions?

Please contact
your school
nurse.



The Individualized Health Care Plan

Keeping Children with Special Health Care Needs Safe at School.



A brochure for families of children with special health care needs developed by Watauga County School Nurses.

Children with Special Health Care Needs & School

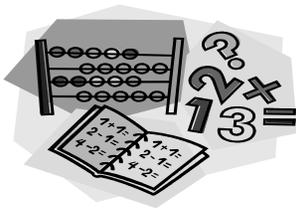
Parents send their children to school with more than lunches, notebooks and pencils. Backpacks are also full of parents' hopes and worries. Will my child like the teacher? Will he have friends? Will she be able to follow the rules?

When a child has special health care needs, parents have even more concerns. Will my child get his medication on time? Will the nurse know the difference between 'normal sick' and my child's special health needs? Will anyone know what to do if my child has a medical emergency?



An Individualized Health

Care Plan, or IHCP, can help ensure your child's medical needs will be met during his or her school day. The IHCP contains information about your child's health. It also lists the person who will be responsible for monitoring any issues related to your child's special health needs at school, on field trips or while being transported to and from school.



Developing the Individualized Health Care Plan

The most important part of developing an IHCP is good communication between parents and the school. Call the school nurse and make an appointment to discuss your child's special health needs. Try to do this before school starts. This gives the nurse a chance to prepare paperwork and think about questions to ask or information to research. If your child's condition is newly diagnosed, set up an appointment as soon as possible.

The school nurse and your family will work together to develop the plan. The nurse will also meet with the child's teachers to let them know about your child. Parents are welcome at these meetings. Depending on the child's age and condition, he or she may also want to attend. It can be reassuring for teachers to meet your child in person instead of just hearing about their medical diagnosis. If your child cannot attend the meeting, bring a photograph or tell a story that illustrates your child's personality and strengths.



Suggestions for a Successful IHCP

- ∞ Be an expert about your child's condition
- ∞ Be prepared to provide contact information for your child's primary health provider and any specialists.
- ∞ Sign waivers in advance so the nurse can contact your child's doctors directly.
- ∞ Bring as much documentation to the meeting as possible. This may include consumer health information packets, written prescriptions or other doctor's orders.
- ∞ Provide a duplicate set of information that can go with your child to the hospital in case of an emergency. This will help emergency room staff learn about your child, especially if the closest hospital is not where your child usually receives care.
- ∞ Include your child's transportation needs on the plan.
- ∞ Figure out the best way to communicate with the school: written notes, phone calls, e-mail, etc.