

When to See the School Nurse Guide for Teachers

Utilize the eight “Bs” and “WOW” as your guide.

1. **Breathing** - any airway or breathing concerns should be seen by the nurse immediately. Please use the radio or call button to summon the nurse. Choking, wheezing, inability to make complete sentences, changes in color, etc. would constitute breathing difficulties. A stuffy nose is not a medical emergency or treatable in the school setting and should remain in class.
2. **Brain/Blow to the Head** - impact injuries to the head, face, or cervical spine/neck. Please use the radio or call button to summon the nurse or walk the student to the clinic, unless spine/neck involvement. If the student complains of spine/neck pain, keep the student still and call for the nurse.
3. **Broken Bones** - injuries that could be a broken bone should see the nurse. Leave the child where they are if they can't get up on their own or if there is an obvious deformity. Call for the nurse on the radio or call button.
4. **Blood/Bleeding** - significant bleeding. Nosebleeds that won't resolve after 5 minutes of continuous pressure (do *NOT* tilt the head back). Bleeding should be contained in the classroom before sending/walking to the nurse (give tissues, gauze, wash area, etc.). Minor injuries can be handled in the classroom (picked scabs, paper cuts, etc.). Have the student wash with soap and water and apply a bandage.
5. **Burns** - damage to skin due to heat, chemicals, or electricity. These injuries could include redness, blisters, etc. Immediately, flush the burned area with cool water for 15 minutes. Call the nurse during this process. If the burn is from a dry chemical, dust off the chemical before flushing.
6. **As Bowels/Barf** - students who are actively vomiting or have diarrhea.
7. **Burning Up** - students who feel hot to the touch (wrist/forearm to forehead) should be evaluated by the nurse. Students who just finished PE, recess, or other physical exertion should rest in a cool location, drink water, remove excess layers of clothing, splash cool water on their face, etc.
8. **Bonafide** - students with documented health concerns, plans, and accommodations. This category would include students who appear ill (circles under eyes, sluggish, don't participate in recess, won't eat, etc.).

For **stomach aches** and **headaches**, try **WOW** as the first intervention.

Water - take 10 BIG gulps of water.

Oxygen - take 10 SLOW, deep breaths.

Wait - wait 30 minutes. Do not prompt the child for a complaint, but if they complain again, send them to the nurse. Mints are quite effective, also.

Spills, wet, muddy clothes - notify a parent for a change. **Loose/lost tooth** - we can **not** pull teeth. Give the student a necklace to put tooth in and have them swish with cool water.

****FYI - water improves alertness and refreshes the body... encourage water. ****