

Orange Township Public Schools' **Annual Employee Training:**

Asthma, Epilepsy, Diabetes and Life-Threatening Allergic Reactions Requiring
Emergency Auto-injector Epinephrine

Presenter's: Pamela R. Horn, Director of Special Services
Staci A. Beegle, Supervisor of Special Services

Administrators' Retreat
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OTPS-DSS #2

Purpose



- To comply with D.O.E. health services policy and procedural requirement 6A:16-2.1
- To assist staff in the recognizing of medical emergencies as it relates to asthma, diabetes seizure disorder, and anaphylaxis.
- To obtain rapid medical response to the student who has a medical emergency.
- To remind staff to refer to the general first aid guidelines provided each year by the school nurse in collaboration with the school physician.
- To remind staff of the AED (Automated External Defibrillator) location: Nurse's Office Area

Asthma

- Asthma is a disease that affects the lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and coughing.
- Asthma accounts for a high degree of absenteeism from school.
- Asthma can be triggered by allergens, irritants, illness or exercise. Controlling exposure to these triggers can reduce asthma episodes.

Respiratory allergens and irritants include animals with fur or feathers, mold, dust mites (for example, in carpets and upholstery), cockroaches, and strong odors or fumes from such products as pesticides, paint, perfumes, and cleaning chemicals.

ASTHMA continued...

- Older students may file necessary paperwork with the nurse to carry and self-medicate with their personally prescribed emergency inhaler (aka “puffer”). These medications are usually albuterol, Ventolin, and Proventil.
- Two puffs from an inhaler in four hours is a normal dose...if you see a student using their inhaler more frequently, please report it to the school nurse.
- If you see a student using 1-2 puffs from their inhalers *prior* to exercise it is not necessary for them to report to the school nurse. This is part of their individualized treatment plan to *prevent* an asthma episode.
- Refer to the student’s Individual Health Plan and the Medical Alert icon on Power School

Epilepsy (Seizure Disorder)

- Epilepsy is a neurological condition that from time to time produces brief disturbances in the normal electrical functions of the brain. Seizures are a symptom of epilepsy. Seizures are not painful and the person does not remember having one.
- There are many different types of seizures. People may experience just one type or more than one. Experts divide seizures into generalized seizures (absence, atonic, tonic-clonic, myoclonic), partial (simple and complex) seizures, nonepileptic seizures and status epilepticus.
- Refer to the student's Individual Health Plan and the Medical Alert icon on Power School. Students with seizure disorders are never allowed to work at heights, climb ladders, work with hazardous machinery and have special precautions regarding waterway activities (as there is a risk of drowning).

First Aid for Seizures

- Refer to your “First Aid for Seizures” guide included in the “First Aid Guidelines for Staff.”
- Observe the type and time of the seizure. Position the student on his/her side to prevent blockage of the airway from tongue, saliva or vomit.
- Protect the student from getting hurt; remove harmful objects from the student’s pathway or gently coax away from them. Use a soft, calm voice when talking to the student.
- Protect the student from embarrassment.
- If the seizure lasts for 5 minutes or more, call 911.
- If the seizure is less than 5 minutes but the student appears to be having one right after another, call 911.
- If a seizure occurs for the first time (in other words the student does not have a medical history of seizures) call 911.
- If the student is a diabetic and having a seizure, call 911.

Diabetes

- Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin.
- Type 2 diabetes is the most common form of diabetes and either the body does not produce enough insulin or the cells ignore the insulin.
- The student who does not produce insulin needs to give themselves an insulin injection: either by drawing up a dose in a syringe, giving a prefilled insulin pen dose, or entering a dose given through an insulin pump (looks like a pager...so don't take it away! They are not text messaging!)
- Refer to the student's Individual Health Plan and the Medical Alert icon on Power School for the type diabetes and treatment of hypoglycemia.

Hypoglycemia: Possible Signs & Symptoms

MILD SYMPTOMS

Hunger

Shakiness

Weakness

Paleness

Blurry vision

Increased heart rate/palpitations

Sleepiness

Changed behavior

Sweating

Anxiety

Dilated pupils

MODERATE TO SEVERE SYMPTOMS

Yawning

Irritability/frustration

Extreme tiredness/fatigue

Inability to swallow

Sudden crying

Confusion

Restlessness

Dazed appearance

Unconsciousness/coma

Seizures

What do if your student shows symptoms of hypoglycemia (low blood sugar):

- **If symptoms of low blood sugar and conscious and able to swallow give:**
- Glucose tablets: 3 to 4 **OR** Glucose gel 31mgm tube amount: 1/2 - 2/3 of tube
- **If not available give:** cake icing (1 tsp = 4 grams) 4 - 5 tsp.
 - OR** Honey or maple syrup: 3 - 4 tsp.
 - OR** Orange or apple juice: 3/4 - 1 cup
 - OR** Table sugar 4- 5 tsp.
 - OR** Regular Soda 5-6 oz **OR** milk 8 - 10 oz
 - OR** Life savers: 5 - 7. **OR** Raisins 3 tablespoons
- Usually follow with a snack of 1/2 sandwich Student is to repeat finger stick blood sugar.
- Notify School Nurse. If nurse is not available notify parents. Consider calling 911. The student should show improvement within 15-20 minutes after treatment with glucose/sugar source.
- If student is unconscious or having a seizure immediately call 911.

Life-Threatening allergic reactions

- A person can have a severe allergic reaction resulting in death!
- Common allergens include, but are not limited to, bees/wasps, foods like peanuts, soy, tree nuts, milk, and items contains latex.
 - The student is to avoid the allergen! During celebrations know what your student is allergic to! No latex balloons are permitted in school!

SIGNS OF AN ALLERGIC REACTION INCLUDE:

SYSTEMS:

- MOUTH/FACE
- THROAT
- SKIN
- GUT
- LUNG
- HEART

SYMPTOMS:

- Itching, swelling of lips, tongue, or mouth.
Swelling of face, area around eyes.
- Itching and/or a sense of tightness in the throat, hoarseness, hacking cough
- Hives, itchy rash, and/or swelling about the face or extremities, cold/clammy skin.
- Nausea, abdominal cramps, vomiting, and/or diarrhea
- Shortness of breath, repetitive coughing, and/or wheezing
- Thread like or weak pulse, passing out

The severity of symptoms can quickly change!

Treatment for life threatening allergy...

ANAPHYLAXIS!

- **DO NOT HESITATE TO HAVE THE STUDENT ADMINISTER THEIR OWN EPINEPHRINE AND CALL 911!**
- **If you are trained you can administer the epinephrine! See nurse for training specific to each student. We need volunteers especially for after-school programs, field trips, etc.**

Pull off the gray safety cap, place black tip on outer thigh, push EPI-PEN against thigh until unit activates (you will hear/feel a click). Hold in place several seconds (count to 10). Massage injection area for 10 seconds. Discard unit in safe container until it can be placed in a sharps container.

DID YOU CALL 911?

ALWAYS CALL EVEN IF THE STUDENT IS BETTER!

- **SEE POWER SCHOOL MEDICAL ALERT ICON FOR STUDENTS WITH SEVERE ALLERGIES AND FIRST AID GUIDELINES.**

Where to Get More Information

Epilepsy Foundation

<http://www.epilepsyfoundation.org/about/faq/index.cfm>

SchoolAsthmaAllergy.com

<http://www.schoolasthmaallergy.com/>

PADRE Foundation (teens with diabetes)

<http://www.padrefoundation.org/resources.html>

The Food Allergy and Anaphylaxis Network

<http://www.foodallergy.org/downloads.html>

The Pediatric/Adult Asthma Coalition of New Jersey

<http://www.pacnj.org>