

## *When to Send to the Health Office - A Guide for Teachers*

When assessing a student's health complaint, use the "8 B's" or the "20 Minute Rule". **Send B's to the health office.** All other complaints **wait** 20 minutes to see if the complaint resolves, which it usually will.

### 1. BLOOD

Anything **significantly bleeding**--not paper cuts or old picked scabs. When possible, bleeding should be "contained/ controlled" in the classroom before sending them to the nurse (give student tissues, gauze, wash, band aid). Use standard precautions (gloves) when caring for bleeding. First aid kits in all classrooms have supplies for treating minor injury care in the classroom.

### 2. BREATHING BAD

Any difficulty with airway, breathing, changes in color, choking. Subjective complaints from asthmatics.

### 3. BONES / BREAKS

Immediate injury that could be a broken bone. **Leave the child where they are** if they can't get up on their own or if there is obvious deformity.

### 4. BARF / BOWELS

"Verping" (burping up food, swallowing or spitting it out) is **not** vomiting. Feeling "nauseous or queasy" in the absence of other symptoms such as appearing sick (pale, clammy, tired) can take the "wait and see" route. Only students who **actually vomit** should be sent in the **absence** of other symptoms or complaints. Children can often perceive hunger as a stomachache. Often stomach issues are due to anxiety around academic or social issues, family issues or the need to move bowels. One loose BM is not diarrhea. Wait for more than one trip to the restroom and additional complaints, symptoms, and an ill appearing child.

### 5. BURNING UP/BURNS

Students just finished with exertion such as PE, playground, recess, running up stairs, etc. should have a period of cooling down and hydration before being assessed. Check to see if the student is overheated due to a warm classroom or too many layers of clothes. Dehydration can cause temperature to rise. Hydrate and encourage all students to hydrate throughout the day.

Burns from heat sources that blister, *any* burn to face, ears, neck, genitals. If possible, flush the burn with cool water for 15 minutes before sending the student to the office.

### 6. BEE STING

### 7. BRAIN

Injuries or impact to the head/face/cervical spine (neck) must be evaluated. An adult escorts the student to the health office. Headaches can wait (unless migraine) as they will often resolve on their own. Encourage hydration and food first.

### 8. "BONAFIDE"

Any health concern of a chronic condition needing medication, assessment or care (asthma, diabetes, allergy, seizure, sickle cell, etc.) communicated to you by the school nurse in a Care Plan. Students requiring short term pain management &/or direct care as per medical directive to nurse and shared with staff may come to the health office.