

**Mullica Township Schools  
School Nursing Service Plan  
AY 2015-2016**

Submitted October 28, 2015 for Board of Education Approval \*

General Information:

The Middle School has 313 students and the Elementary School has 432 students (including all Greenbank Middle School students from Washington Township, Burlington County) for a total of 745 students enrolled in Mullica Township Public Schools. The School Nurse provides care for 9 Y.A.L.E. students and an equal number of staff on site.

Care for Each Child:

All children at Mullica Township School are seen as individuals with unique abilities and talents. Our job is to help them reach their goals by maintaining their health and improving it through education and health monitoring and activities. But while we view everyone individually, the school nurse has a responsibility to both the individual and the aggregate, looking for areas to improve. We cooperate with the Atlantic County Health Department where we have been identified as a sentinel school for surveillance of influenza, most recently with the H1N1 epidemic that ended in April 2010. We practice both a primary and secondary prevention focus for early detection of health deviations. There have been recent outbreaks of childhood illnesses that were thought to have been eradicated or severely curtailed. Today, we are seeing a worrisome increase in Pertussis (Whooping Cough), and measles. Many children are under immunized due to the unsubstantiated fears of autism being related to vaccination. We rely on "herd immunity" to protect our children from these contagious diseases and their sequelae. The public health experts have told us that if vaccination drops below 89% we begin to see an increase in the recurrence of these diseases.

We care for approximately 120 staff members as well. This includes adults that receive services for on the job injuries in the kitchen, the classroom, or the facility as they go about their job responsibilities. Members of the Y.A.L.E. staff (11) if injured or become ill need care by the nurse. There have been kitchen accidents that required treatment by the nurse.

All K-8<sup>th</sup> students are screened annually by the certified school nurse as required by NJAC 6A:16-2.2 and IAW Mullica Township Policy # 5310, height, weight and Blood Pressure annually. Vision is tested in Kindergarten, 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup>, and 8<sup>th</sup> grades. Auditory screening is performed in Kindergarten, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 7<sup>th</sup> grades and scoliosis at age 10 years every other year; 5<sup>th</sup> grade, 6<sup>th</sup> and 8<sup>th</sup> grades. We do BMI (Body Mass Index) screening for students who are at risk of being or becoming overweight or obese, a major health stressor today that can lead to diabetes, heart disease, hypertension and even certain types of cancers, not to mention bone and joint disorders. The school nurse participates in interdisciplinary school committees to promote health. In 2009, the Cafeteria Manager and the School Nurse successfully wrote a grant for \$62,000 for fresh fruits and vegetables for all students through the federal Agriculture Department. Efforts like this make a healthier lifestyle available to all students at Mullica.

In addition to these activities, the nurse reviews students' records for immunizations and TB testing (for employees with more than 20 hours a week of student contact) as mandated by state law for school attendance. The results of the audit of immunizations are submitted to the Principals and Superintendent for their use annually as mandated by law. Students starting school for the first time or transferring into the District will submit proof of their immunization status and physical health from their physician or

advanced practice nurse (IAW NJAC 6A:16-2.4 (d) for physical examination and NJAC 8:57.4 (immunizations)). This information is collected and reported to the state electronically and copies are mailed to the County Superintendent, the Atlantic County Health Department and our Superintendent, as the State law requires.

Children with Special Health Needs:

Today there are more children in school with special needs including medical illnesses or conditions. The parents or guardians of these children are responsible for obtaining medical orders for their care by the school nurse. The school nurse works collaboratively with the parents and the children's physician or ANP to care for them while in school. The care plans must be accurate in order to do that safely. These plans will be coordinated by the school nurse and under federal law (HIPPA); the parents must consent so that information can be shared by the medical providers with the school. We also follow Mullica Township Policy #5330 Administration of Medication which follows state law ensuring that only the following personnel may give medications: The school nurse, the school physician, the school nurse substitute and the parent/guardian. In instances where there are special laws (asthmatics, Epi-Pens for allergic conditions and diabetics) the student themselves with doctor approval, and training may give their own medication and in some instances, trainees may give Glucagon to diabetics after training is conducted.

Students who have a chronic illness or condition are classed into an outpatient acuity system, with ratings from 1-4 with 4 being the highest acuity. The acuity system is loosely defined by the amount of care or assessment the child requires. High acuity (No.4) identifies students who are Nursing Dependent, need constant medical intervention and supervision 24 hours/day. There are no Nursing Dependent students, acuity 4 here in Mullica. Most of our students are at the Acuity level of 3 or lower. Level 3: Medically Fragile are students with complex health care needs. These Medically Fragile students face the possibility of a life threatening emergency. There are 7 Mullica students and 1 YALE student with this level of care need. Students with Type I diabetes or those who have a seizure disorder or at highest risk for respiratory problems fit this level of care. Level 2: Medically Complex. This student has complex or unstable physical or social-emotional conditions that require daily treatments or close monitoring incase treatment is needed. Severe allergies, ADHD, asthma, cancer, or immune disorders, require this level of care. Currently we have 32 students with Asthma Action Plans (as per NJSA 18A: 40-12.8) so far this year. There are 43 children with severe allergies to foods, latex or insect stings and 13 Mullica Students and 2 YALE students have an Epi-Pen order on file for this year. 4 Mullica Students receive daily ADHD medication along with 1 YALE student. Finally level 1: Health concerns includes all the remaining students in school- 659 students.

Other diseases include: Type I Diabetes Mellitus, Spinal Muscular Atrophy Type 2, cystic fibrosis, lymphoma, orthopedic disorders, kidney disease, seizure disorders, sickle cell and concussion issues.

Emergency Health Plans/Individualized Health Plans are updated annually in the student's medical records and this information has been discussed with their teacher(s), and their parents; we are in the process of obtaining parental consent on these plans, IAW NJSA 18A:40-12.11-21. Any needed training has been or will be conducted to help the staff manage the children's healthcare needs. Several staff members have requested Diabetes Delegate training. We have provided the links to education from the American Diabetes Association's website that the state provided. Training has been standardized by the state with some hands-on training augmentation locally devised that is approved by our school physician, Dr Jeffrey Gong.

The mandated Epi-Pen training is ongoing, so that teachers and aides can be prepared when school trips come up. 30 aides were Epi Pen Trained by the nurse this year. The Stokes trip is this type of trip for 3

days in November (usually), in Stokes State Forest. Another example is the Pumpkin Patch trip for Kindergarteners where students are exposed to environmental stressors for longer time periods than gym or recess.

Students with special medical needs may have special durable medical equipment. The Hoyer lift, for example, is useful for lifting wheelchair bound students. Nebulizers are another example.

We have 2 nebulizers and one portable nebulizer on batteries in the Nurse's Office for any children with asthma or reactive airway disease and/or Cystic Fibrosis.

We have a few children with Sickle Cell who can experience a Sickle Cell Crisis if they become ill or injured. The primary need is to manage pain and increase hydration, and a temperate environment; so we perform that service for them. The Individualized Emergency Health Plan helps the teachers identify what specific tasks they can perform that will assist any special needs child with medical issues if the nurse cannot be there immediately and this helps on trips or even at recess.

Students with diabetes have a glucometer and lancets for testing their blood glucose before meals and as needed for signs of low or high blood sugar. Glucagon is also on hand for each student. Testing for ketones can also be conducted here in our office. The nurse has the capability to destroy the lancets and needles for the diabetics and ensures proper handling to prevent Blood Borne Pathogen exposure and proper medical waste disposal. We are in the process of obtaining parent approval for our Individualized Emergency Medical Care Plans as recommended by the state. In addition, we are willing to train volunteers to administer Glucagon after recognizing the signs and symptoms of severely low blood glucose.

The nurse has standing orders approved annually by the school physician and the Board of Education to deal with the students based on parameters that fall either into normal or abnormal ranges for students with chronic health problems like asthma or other disorders. These orders also cover all students for problem-based interventions by the nurse. Routine illness care conducted through assessment is available to all children. Thermometers are available that do not contain mercury to assess for fever. Splints and other basic supportive care items (ice, ACE wraps, etc) are available to anyone who is injured where the nurse suspects a fracture. The computer program **Genesis** provides us with information for contacting parents and other family members as needed, as well as a documentation system. The telephone system allows us 2 lines to contact parents and others. We have Walkie-Talkies to stay in touch with teachers and administrators so that help can arrive when children or staff are injured in a timely way. We have 2 functional wheelchairs to transfer patients.

Our main campus consists of the co-located Elementary and Middle complex, with full-day pre-school.

- Acuity 4 = 0
- Acuity 3 = 7
- Acuity 2 = 79
- Acuity 1 = 659

#### Emergency Situations:

In any emergency, we can call "911" and receive quick help with stabilization of any adult or pediatric patient with any situation that may arise. We have received help in most instances within 15 minutes for emergency care. There may be situations where the "911" system is overwhelmed. Loss of power is our chief problem. It causes toilets to be inoperable, telephones to be limited to cellphone use, and durable

medical equipment to be limited to those that are battery operated or manually operated (i.e., the Hoyer lift).

During the H1N1 2009-2010 epidemic, we found that communications were less than ideal and disaster plans were modified to include staying home and doing homework through the computer. That is useful information for any emergency situation. The nurse now uses a Walkie-talkie daily. Of course, parents would be most in need of information for their children if we were at school and communications were limited, cell phones would be utilized for this situation. The nurse utilizes a Disaster Bag which contains paper printouts of contact information that is given to the school by the parents in the Fall for our use. Also included in the bag is the 2015-2016 Allergy list.

The district has limited on-hand emergency supplies like sterile normal saline, batteries, diabetes supplies and insulin. Most of these need refrigeration. It would at least be adequate for a few days with on hand supplies. We have nebulizers that would need emergency power to operate; one is battery operated. We have no ventilation in the Nurse's Office if power were lost. We do not have any windows in the Nursing Office. An open window in high temperatures provides ventilation; a necessity to cool children in heat stressed situations. During cold weather, we have limited resources to keep the environment warm if we lost power. If we have power, we have functional toilets and sinks that promote good hygiene. This is essential in an emergency. Without that, we would need the administrators to make other options available to us.

For medical emergencies of a limited nature, there are substitute school nurses available who would be contacted. The Greenbank School Nurse would also be available in an emergency. Mrs. Mirna Geary, who works with the school nurse, follows the Standing orders. The Unlicensed Assistive Personnel's Job Description has been developed that is very specific to the tasks. The Principal, Vice-Principal and Superintendent would be able to follow first aid and provide care to students in an emergency, as would the teachers. Many of the school personnel have received Epi Pen training. There are 13 people who are currently on staff who are Cardio Pulmonary Resuscitation Certified and could help in an emergency situation. There is an emergency action plan in place as a response to Megan's Law (2012). A copy of our school's plan is located in the AED stations.

Triage would follow civilian triage rules treating the highest priority first. Should the situation demand it, we would conserve supplies as best we could to treat all those needed care in a mass casualty. If there were limited needs it would be prioritized by:

1. Breathing
2. Airway support
3. Circulation with AED
4. Diabetics; triage for signs of illness and treat appropriately; have sugar sources on hand to treat low blood sugar and testing and treatment for high (insulin as ordered, ketone check, lots of water)

Non Public School Services Provided:

There are no non-public schools in Mullica Township. We do not have any responsibility for this item.

Immunization Status/School Entry Physicals:

There are children with missing immunizations in school, in the old terminology "provisional admission" status. Pre-K has 0 who need shots and 21 who need physicals. In Kindergarten there are 6 who need

shots and 10 need physicals. The most delinquencies occur in Middle School students where 3 students are missing 6<sup>th</sup> grade shots as of 10-7-2015. This is due to the new vaccines mandated in 2007 (Tdap and Meningitis) for 6<sup>th</sup> graders. Letters were sent out in April, June, 2015, to tell parents about this requirement so they could get them over the summer.

Pre-K had new influenza vaccine mandates that started in 2008; about 30% of parents obtained the appropriate flu vaccine. We are above 95% compliance for all other immunizations. Several students currently have religious exemptions for immunizations. It is now mandatory for Pre K students to have the flu vaccine by December 31 of the school year.

Despite declining enrollment, the visits for illness/injury do not decline. Medication visits have increased. Visits include diabetes care, which is a longer and more complex visit, ADHA medication administration, IBS medications and treatment, toileting/diapering (due to medical conditions) visits. Visits have remained fairly constant at about 6,500 visits per school year, average 30/day, this includes the routine daily visits from students with chronic conditions. These include visits from staff members for illness, injury or secondary health problems like blood pressure monitoring. The visits for screening are not included in the 6,500 visit total. There are approximately 120 staff members who are included in illness or injury visit totals. Some individual staff members have implanted defibrillators, or have chronic illnesses including thyroid disease, hypertension, diabetes, heart disease, TIA/Cerebrovascular disease, cancer and other disorders. The school nurse is a resource person for many staff members' health questions. In addition, the nurse compiles data for reports for distribution to the Board, the Superintendent, and the County and State Departments of Education and Health.

The influenza epidemic in the past resulted in increased CDC recommendations for everyone over 6 months of age being immunized with the flu vaccine. Children under 6 months are protected by their parents/caregivers getting the vaccine. The vaccine this year is trivalent; it contains the H1N1 a type A virus in addition to another Type A and Type B influenza virus. The staff was encouraged to obtain a seasonal influenza vaccine. We are currently educating staff and Parents on preventing the spread of the Enterovirus. Letters have been sent home parents and to teachers. A Seasonal flu vaccine clinic was provided by Rite Aid Pharmacy at no cost to staff in October 1, 2015.

The Tuberculosis Report is submitted online annually. The School Nurse Office offered educational outreach on the following topics: H1N1 influenza, Annual Blood borne Pathogen Training, Epi Pen training with staff, and Health Hygiene/ Sexual Education to 5<sup>th</sup> graders. The TB report was sent electronically to the state and a copy was mailed to the County Superintendent and Health Department. Atlantic County Health Department last reviewed our student's immunization records in 2014.

Our obesity rates in Mullica Township (overweight and obesity) are about 60%, which is higher than both the state of NJ average and the national average for both adolescents and pre-adolescent children. We have seen a concomitant rise in related diseases like asthma, hypertension and diabetes. We have attempted outreach efforts with parents individually and through efforts like the Fresh Fruit and Vegetable Grant. We found out that our Free and Reduced Lunch rate was below the 50% cut-off for this and the funding for the grant has been lost. This will significantly negatively impact our students.

In addition, the School Nurse ensures that Standing Orders are submitted annually to the Board of Education after approval by the School Physician; Jeffrey Gong, MD. We assist the School doctor with Sports Physicals. Over 20 sports physicals have been completed since September 3<sup>rd</sup>. Future dates

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have been set for sports physicals to be completed by Dr. Jeffrey Gong. Annual continuing education for the nurse is 30 CEUs for 2 years, to be renewed 2016.

Submitted: October 2015  
Rhonda Goodrich, RN

Sent for Review and Approval electronically:  
School Physician  
Superintendent  
Board of Education

Dr. Gong, M.D.  
School Physician



Reviewed and Approved / Disapproved

10/16/2015

Dr. Thomas Baruffi  
Interim Superintendent, Mullica Township Schools

 10/24/15

Reviewed and Approved / Disapproved

 10/24/15

Mia Jones, Board President  
Mullica Township Board of Education

Cc: Dr. Thomas Baruffi, Interim Superintendent of Schools  
Thomas J. Dowd, Executive Superintendent of Schools

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Revised October 2015