

The Pulse

By Jordan School District Nurses

Winter 2016

Welcome to the Jordan School District Nurses Quarterly Newsletter!

Asthma and Inversion

Controlling asthma symptoms is difficult during Utah's winter months. The inversion Utah sees during the wintertime greatly increases the amount of pollutants in the air that we breathe. Air pollutants are harmful to all, especially asthmatics. Poor air quality increases the chances of respiratory infections, allergy to pollutants, and inflammation of the respiratory tract. Medication may be needed frequently and asthma attacks are more likely to occur. It is beneficial to keep students inside for recess on days with particularly poor air quality.

<http://www.uvpediatrics.com/news/2013/11/asthma-utah-winter-inversion/>

Tis the Season for Pink Eye

Pink eye is also known as conjunctivitis. It is an inflammation of the conjunctiva, the membrane that surrounds the eye and eyelid. Children should be reminded to avoid touching their eyes and to wash their hands often. Students who have pink or red eye(s) with white or yellow discharge, eye pain or pain surrounding their eyes should stay home for 24 hours after treatment is started or until they are cleared to return to school by their healthcare provider.

Pre-K Vision Screen

Students entering kindergarten for the 2016-17 school year should have their vision checked prior to starting school. JSD nurses will be offering this service for free on the following dates:

- April 29, 2016
2:00-4:00 PM
Monte Vista Elem
- May 10, 2016
9:00-11:00 AM
Westvale Elem
- May 13, 2016
2:00-4:00 PM
Silver Crest Elem
- May 18, 2016
9:00-11:00 AM
Elk Meadows Elem

CPR/AED/First Aid Skills Test

A minimum of 3 staff members in each school must be CPR and First Aid certified through the National Safety Council (NSC). Complete the online training modules and sign up in JPLS to pass off your skills with the Jordan School District Nurses. Hurry, there are four classes left for the current school year. Classes are held from 4:30-6:30 PM at the ASB.

Feb. 10, 2016 Mar. 9, 2016
Apr. 13, 2016 May 11, 2016



"Somehow, Jeffrey McCoy got hold of a medical alert bracelet that says 'requires daily cookie!'."

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JSD → Resources →
Departments → Nursing Services

What's There?

- **School Nurse Assignment List**
- **CPR**
 - Sign up information
- **Immunization Requirements**
- **Affordable Health Services**
 - Medical, dental, prescription
- **Medication In-service**
 - Video & quiz
- **Medication Guidelines**
- **Nursing Quarterly Newsletter**
- **Resources for Parents**
 - Individual Health Care Plans
 - Medications at School
 - Special Diets at School
 - Affordable Health Services
- **Resources for School Staff**
 - Forms
 - Care plan forms, medication records, immunization report forms and state guidebook, scoliosis forms
 - Information Sheets
 - Head lice, anaphylaxis, asthma, diabetes, seizures, head injury, first aid kit list, JSD Exclusion Criteria
 - Skyward Tutorials
 - Vaccination reports, health records documentation