

Introduction

Preface

This 2019 edition of the Georgia School Health Resource Manual is being made available to schools in Georgia by Children's Healthcare of Atlanta in collaboration with the Georgia Association of School Nurses. The 2019 Georgia School Health Resource Manual contains basic pediatric health information, guidelines and recommendations for developing and enhancing your school health program. It emphasizes the role of school health in preventing disease and promoting wellness for students and staff. The manual is a resource for the school nurse who has responsibility for one or more components of a school health program. Administrators, teachers, health educators, school health aides, physicians and others may also find this book useful.

A school health program includes the following components:

- Parent/community involvement
- Healthy school environment
- Health services
- Health education and health promotion for school staff
- Physical education
- Nutrition services
- Counseling, psychological and social services

In a school health program, the school nurse may provide leadership or play a supporting role in any of these components. Good health is essential to academic success, and healthy habits formed early build the foundation for lifelong well-being and productivity. Health and education literature links risky health behaviors such as tobacco, alcohol and drug use with poor school performance.

Many children are medically underinsured and have limited access to proper preventive health care. Children with special health care needs and chronic illnesses are well enough to participate in the learning process but may need accommodations and supportive health services during the school day. The school nurse can have a positive influence on the health status and health behaviors of students by identifying and minimizing the health-related barriers to learning. Healthy students are more prepared to learn, more likely to attend school and class and better able to manage their health-related needs.

Note: The Georgia School Health Resource Manual's guidelines reflect evidence-informed practices in school health at the time of publication. Users of this manual are advised to consult federal, state and local laws, regulations and policies when using this manual to plan, implement and evaluate school health programs.

Disclaimer

This manual has been put together to provide you, the school health caregiver, with general information on meeting basic healthcare needs of students in the school setting. However, please remember that these are only guidelines and are not intended to replace your judgment as a caregiver, or to substitute for school policies or advice of a physician. Always consult your school administrator, the student's parent/guardian or a healthcare provider if you have questions or concerns regarding the care of the student at the school. If a situation appears serious or life-threatening, always follow school policies regarding notification of the principal. Call 911 immediately to seek emergency assistance.

The 2019 revision of the School Health Manual has been developed under the direction of:

Gail Smith, MSOL, BSN, RN
Regional School Nurse Coordinator
Children's Healthcare of Atlanta
Gail.Smith@choa.org
Office: 404-785-7202
Cell: 404-395-8067

Randa Cain, BSN, RN
Clinical Process Improvement Specialist, Quality Department
Children's Healthcare of Atlanta
Randa.Cain@choa.org

Doris Grier, BSN, RN, CPN

Lauren Rossman, MPH

We would like to thank all professionals who have contributed to the development of this manual.

Children's Healthcare of Atlanta:

Erica Ailes, BSN, RN, CPN

Suzanne Alfors, MSN, PNP

Kelly Alladina, BSN, RN, CDE

Ginger Armstrong

Glaviy M Batsuli, MD

Brie Batchelor Baxter, PNP

Carolyn M. Bennett, MD

Heather Bernard, MSW, LCSW

Erin Bouchard, BSN, RN, CPN

Barunashish Brahma, MD

Angela Bryant-Curry, BS, MA, RN

Thuy Bui, MD

Christina Calamaro

Vinita Chandwani, MD

Margaux Charbonnet, MD

Greer Clarendon, MS, RN, CRRN, CNRN

Gegory Cox, MD

Barbara Crews, MS, RN, CPNP

Kathy Davis MS, BSN, NP-C, CDE

Namrata Dewan, RRT

Laura Dilly, PhD

Michelle Dinsler, NP, RN

Mariela Duval, PharmD
Nicholas Fagans, RRT
Kiesha Fraser, MD
Shirley Garner, RN
Jordan Greenbaum, MD
Larry Greenbaum, MD, PhD
Monica Griffin, MS, RDN, LD
Chris Gunter, PhD
Lori Hall, RN, BSN
Erin Harlow-Parker, MS, RN, PMHCNS-BC
Matthew Hazen, MD
Kathleen Hill, MS, LAPC
Wendy Johnson
Lea Kendrick, LPN, CIC
Cheryl Klaiman, PhD
Laura Kless, APRN, PMHCNS-BC
Gagandeep Kooner, MD
Richard Lamphier, RN
Becky Lavendar, MSW, LCSW
Jeffery D. Lewis, MD
Hong Li, MD
Nancy E. Lloyd, MS, BSN, RN-BC
Melissa Magill, MD
Vickie Malloy, PharmD
Shannon L. Meeks, MD
Mattou Mokri, BS, MPH
Caitlyn Mueller, BSN-RN, CPN
Lynn Pogue, RN
Elizabeth Poplawski, MD
Sampath Prahalad MD, MSc
Lisa Raman, MScANP, M Ed, RN
Andrew Reisner, MD, FACS, FAAP
Cheryl A. Rhodes, MS, LMFT
Charlene Roberts, MSHA, BSN, RN
Carmen Robinson, RN
Meredith Roman, CPNP

Cary G. Sauer, MD, MSc
Elizabeth Searles, MBA, BSN, RN
Nancy M. Sexton, BSN, RN
Andrea L. Shane, MD, MPH, MSc
Lisa Sharp, MBA
Lynn Sherrer, MN, RN, CPNP
Robert F. Sidonio, MD
Vivian Snodgrass, RRT
Kim Speake, BSN, RN, CPN
Jennifer Sterner-Allison, Pharm. D
Tanya Taffe, MPH, MSHS
Katie Thompson, Pharm D
Ginger Tuminello, MS, CCLS, AE-C
Stephanie Walsh, MD
Betty Warnock, BSN, RN
Barbara Weissman, MD
Sylvia Williams-Baffoe, RN
Marianne E. McPherson Yee, MD, MSc

Additional expert reviews and contributions by:

Melanie K. Bales, BSN, RN, CMS
Adam Barefoot, DMD, MPH
Ruben Brambila, MPH
James Cleghorn, MA
Janet McGruder, MBA, BSN, RN
Lynne P. Meadows, MSN, BSN, RN
Jennifer Poole-Ross, RN, MPH, NCSN
Nancy Skinner, BSN, RN
Carol Smith, RDH, MSHA
Mary Strammiello
Ebony Thomas, MPH

And by the following organizations:

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