



School Age Health Newsletter

Seizure Management Guidelines Updated

In response to legislation passed during the 2010 General Assembly session, the **Seizure Management Guidelines** located in the *Guidelines for Specialized Health Care Procedures* manual, have been updated and are now available online.

The *Guidelines for Specialized Health Care Procedures* manual was developed by the Virginia Department of Health (VDH) in collaboration with the Virginia Department of Education (VDOE). These guidelines are available electronically from the VDH School Age Health Specialist website: <http://www.vahealth.org/childadolescenthealth/schoolhealth/publications.htm>. You will find the updated Seizure Management Guidelines in this manual in the "Neurological System" section on pages 156-171. In addition, you can access these guidelines from the VDOE School Health Specialist website: http://www.doe.virginia.gov/support/health_medical/index.shtml under the section, "Guidelines for Seizure Management".

Specific updates to note:

- Additional medications used to treat seizures
- First Aid Flow Chart for Seizures
- Procedure for Managing a Seizure
- Additional resources and supplementary materials for managing students with seizures

The updated seizure management guidelines provide schools with recommended best practice information, protocols and resources as they complete the individualized health care planning process for their students with seizures.



Virginia Association of School Nurses (VASN) 26th Conference November 5-6, 2010

Plan now to join Virginia school nurses in Williamsburg for the 26th annual Virginia Association of School Nurses (VASN) Conference.

School nurses will converge on The Williamsburg Woodland's Conference Center to "Grow and Learn

where *Mastery Happens!*"

Two days of conference will provide you with-

- 17 session choices
- Contact hours for CEU's
- Poster presentations
- Networking opportunities
- Evening banquet

Special guests will speak to school nurses on making connections: body, mind and soul.

For more information, please visit the Virginia Association of School Nurses website at www.vasn.us.

Courtesy of VASN



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Special points of interest:

- ☺ Virginia Teen Pregnancy Prevention- A Public Health Priority
- ☺ "Huffing" or "Sniffing"- What's the Big Deal?
- ☺ Bed Bugs!!! What to Know
- ☺ Student Immunization Status (SIS) Report due by October 15, 2010

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VDH Teen Pregnancy and Prevention Initiative (TPPI)

The prevention of teen pregnancy continues to be an important public health priority here in the Commonwealth of Virginia and across the nation. There has been growing concerns regarding the changing trends of teen pregnancies. The Virginia Department of Health reported 13,233 total pregnancies in 2008 which means a rate of 26.3 per 1000 females ages 10-19. Historically teenage pregnancies have steadily declined.

However, in 2006 and 2007 state rates increased for the first time since 1989. From 1999-2008, teen pregnancy in Virginia decreased across all racial/ethnic groups except for Hispanic females. These increases, while not statistically significant, when further analyzed signal that teenage pregnancy decreases may not continue with the changing population demographics and specific cohort increases. Along with the teen pregnancy rates, there is a prevalence of sexually transmitted infections (STI) that also reflect reproductive health needs.

The Virginia Department of Health provides reproductive health services in all health districts. In addition, seven areas designated by the General Assembly with high rates of teen pregnancy receive funds

for targeted prevention efforts:

- Alexandria
- Crater
- Eastern Shore
- Norfolk
- Portsmouth
- Richmond (city)
- Roanoke

As the VDH teen pregnancy prevention program specialist, my job is to provide contract



Virginia Teen Pregnancy Prevention-
A Public Health Priority

administration expertise and provide technical assistance to the TPPI sites. Of the seven TPPI sites, five are coordinating programs with existing family planning and adolescent clinic services for FY2011; two sites are implementing programs based on evidence-based or evidence-informed curricula in addition to clinical outreach. Our TPPI site coordinators are

dedicated health professionals who have a passion for working with adolescents.

Our VDH central office has been busy this summer sorting through the federal teen pregnancy and prevention funding. Applications are in the works for the federal Abstinence Education Program funds.

. As more details develop, I will provide you with updates via email. For more information about the **Teen Pregnancy Prevention Initiative (TPPI)** please visit the VDH website or contact me at consuelo.staton@vdh.virginia.gov or (804)864-7808.

Consuelo Staton, MEd, has just celebrated her one year anniversary with the Virginia Department of Health-Division of Child and Family Health. Ms. Staton has an extensive human resource/organizational management background and expertise in implementing innovative training/educational programs working in higher education, law, non-profit, corporations, local, city and state government environments.

*Courtesy of Consuelo Staton
VDH TPPI Program Specialist*

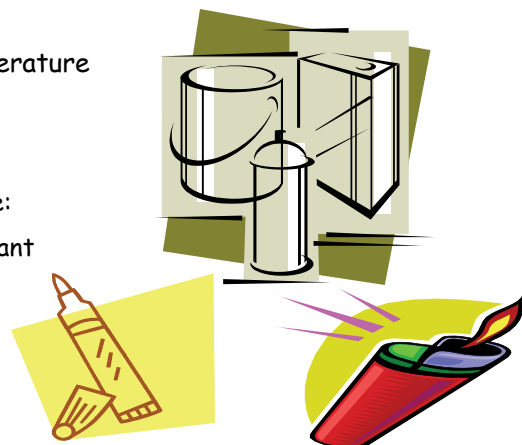
Inhalant Abuse, "Huffing" or "Sniffing", What's the Big Deal?

Inhalant use or abuse is the process of inhaling chemicals for the purpose of getting high. This is also called "huffing" or "sniffing." Inhalants are legal, everyday products with useful purposes that can be abused. There are more than a thousand products that can be used to obtain this deadly high. Products that can be abused through inhalation are quite different but all have these properties:

- Active components that are gases at room temperature
- Easily absorbed through the lungs
- Produce effects on the central nervous system

Abusable products in the school setting are numerous. Some of these include:

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| ◆ Permanent markers | ◆ Aerosol hair spray or deodorant |
| ◆ Aerosol cleaners | ◆ Aerosol air fresheners |
| ◆ Butane lighters | ◆ Spray paints |
| ◆ Electronics cleaners (like Dust Off) | ◆ Freon |
| ◆ Nail polish remover | ◆ Contact cement |
| ◆ Solvent-based dry erase markers | ◆ Gasoline |



Young people who might never try marijuana or other illegal drugs may try inhalants because they are legal products, easy to get, inexpensive, and perceived as safe. Children as young as 9 have begun experimentation with inhalants, and about 1.6 % of 12th grade students report inhalant use in the past 30 days. It is middle school age children who are most likely to be using inhalants so prevention efforts must begin in the elementary grades.

Survey data collected from the 2005 Virginia Community Youth Survey conducted by Virginia Commonwealth University's Survey and Evaluation Research Laboratory for the Virginia Department of Behavioral Health and Developmental Services, showed that although Virginia students were at the national average for lifetime use of inhalants, they were at least twice the national average for past 30-day use. This means in an eighth-grade classroom of 30 children, about five will have used an inhalant at some point and two-three may be "using" regularly.

Diagnosing inhalant abuse is difficult. Standard blood and urine tests for drugs of abuse cannot detect the volatile chemicals in inhalant products. Youth who use inhalants may exhibit the changes in academic and social status that are often associated with other addictions or substance abuse. Someone who has been "huffing" will experience an immediate "high" that generally lasts less than 15 minutes, with symptoms similar to acute alcohol intoxication. **Specific symptoms of suspected inhalant abuse include: runny nose or nosebleeds, red eyes, chemical smells on breath or clothes, chemical stains on clothing, empty product containers in lockers or desks, and huffing paraphernalia.**

Possible acute toxic effects from inhalants include: loss of consciousness, respiratory depression and dangerous changes in the heart rhythm. The irregular heart rhythm has caused death which can occur even the first time inhalants are used. Repeated use can damage lungs, liver, kidneys, and bone marrow. Chronic users can suffer severe and permanent brain damage.

If a student is suspected of using inhalants at school, immediate treatment should be given that supports heart and respiratory function. Move to fresh air and clear the airway if needed. **Keep the situation as calm and quiet as possible.** The fatal heart rhythm changes can be triggered if the student experiences fear, agitation or upset which is followed by the release of adrenaline. Don't allow a very sleepy patient to have anything to eat or drink. **Call your regional poison center at 1-800-222-1222** for additional treatment or advice.

Courtesy of Evelyn Waring RN,CSPI

Virginia Poison Center @ VCU Medical Center, Richmond, Virginia.

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The mission of the Virginia Department of Health is to promote and protect the health of all Virginians.

The mission of the school age health specialist is to promote the health of school aged children in Virginia.

The intent of this newsletter is to equip you with school age health related resources that will enable you to meet the needs of your students.

Janet Wright, RN, BSN

School Age Health Specialist

www.vahealth.org/childadolescenthealth



*Courtesy of Dr. Harold Harlan
AFPMB Image Database*

Bed Bug Prevention, Identification and Treatment

Visit this Environmental Protection Agency (EPA) website to learn more!

<http://www.epa.gov/pesticides/bedbugs/#treat>

VDH Student Immunization Status (SIS) Report

The Code of Virginia § 22.1-271.2 states, "within 30 calendar days after the beginning of each school year (or by October 15th) of entrance of a student, each admitting official shall file a report with the local health department.

The report shall be filed on forms prepared by the State Department of Health (SIS form), and shall state the number of students admitted to

school with documentary proof of immunization, the number of students who have been admitted with a medical or religious exemption, and the number of students who have been conditionally admitted. . ."



The VDH Division of Immunization has made the SIS form available electronically for you to complete and submit. To access the

online VDH SIS Report, visit the web-based reporting system at <http://www.vdh.virginia.gov/SIS>.

The password for public school access is pub*2010 and for private/parochial school is pvt*2010 (passwords are not case sensitive).

If HPV immunization information is available, schools should report the number of girls enrolled in 6th grade, and the number of those girls who have received one or more doses of HPV vaccine.

Contact Dr. Sandra Sommer, Sandra.sommer@vdh.virginia.gov in the VDH Division of Immunization should you have questions.