

Title: Clinical Considerations in School-based Health

Subtitle: An Evidence-Based Guide for Physicians, Advanced practice providers and School nurses

Editors: Robert P. Olympia, MD and Jodi Brady-Olympia, MD

I. General concepts in school-based health

History of school-based health and school-based health clinics

The role of the school physician or advance practice provider

The role of the school nurse

Emergency preparedness

Disaster preparedness and STOP THE BLEED

School-based screening: asthma, dental, vision, hearing, obesity and scoliosis

Immunizations

Health education for students

Research and scholarship in school-based health

Telemedicine and school-based health

Urgent care medicine and school-based health

Diversity, equity, and inclusion

II. Understanding your students

Normal growth and development – elementary school students

Effective communication with elementary school students

Normal growth and development – middle school students

Effective communication with middle school students

Normal growth and development – high school students

Effective communication with high school students

III. The sick student – an initial approach for the school nurse

The Pediatric Assessment Triangle – initial assessment and triage

Fever

Headache

Vision and hearing complaints

Chest pain

Abdominal pain

Altered mental status

Cough and shortness of breath

Syncope

Vomiting, diarrhea, and dehydration

Limp

Rashes

Traumatic skin emergencies – lacerations, burns, bites and stings

Ingestions, exposures, and overdoses

IV. Managing a student with chronic medical conditions

Individualized health care plans

Anaphylaxis and food allergies

Asthma

Bleeding disorders

Cancers

Celiac disease

Cerebral palsy

Cystic fibrosis

Diabetes

Down syndrome and other common genetic disorders

Epilepsy

Heart disorders – congenital and acquired

Immunocompromised disorders

Inflammatory bowel diseases

Kidney disorders

Muscular dystrophy and other muscular disorders

Rheumatologic and connective tissue disorders

Sickle cell disease

Spina bifida

Students with medical devices – ventricular shunts

Students with medical devices – tracheostomies

Students with medical devices – gastrostomy tubes

Students with medical devices – central venous access

Weight management and nutrition

V. Managing a student with mental and behavioral health disorders

Comprehensive mental and behavioral health services and school psychologists

Pharmacology of mental and behavioral health disorders

ADHD

Alcohol and substance abuse

Anxiety and PTSD

Autism spectrum disorder

Bullying

Child abuse (physical and sexual) and neglect

Commercial sexual exploitation

Depression and suicide

Developmental delay

Disordered eating

Disruptive behavior disorders

Gender identity disorders

Learning and intellectual disabilities

Obsessive compulsive disorder

Sleep disorders

Speech and language impairments

Teen dating violence

Visual and hearing impairments

VI. Infectious disease emergencies

Septic shock

Meningitis and encephalitis

Pneumonia and croup

Appendicitis

Urinary tract infections

Septic arthritis and osteomyelitis

VII. Common infections in the school setting

Infections of the head and neck – conjunctivitis, sinusitis, otitis media, otitis externa, pharyngitis, cervical lymphadenitis

Gastroenteritis – viral and bacterial

Infections of the skin – cellulitis, abscess, ringworm, impetigo, scabies, molluscum

Head lice

Human and animal bites

Lyme disease

Influenza, RSV, and other respiratory viruses

Infectious mononucleosis

Hepatitis

Varicella and herpes simplex

VIII. Sports medicine and traumatic injuries

The pre-participation physical examination

Sudden cardiac arrest and automated external defibrillators

General concepts in nutrition and exercise

Mental health issues in young athletes

Performance enhancing substances

Concussion – accommodations for the athlete and the student

Cervical spine injuries

Traumatic injuries to the chest

Traumatic injuries to the abdomen

The acutely injured shoulder, elbow, and wrist

The acutely injured hip, knee, and ankle

Hand and foot injuries

Overuse injuries

Back injuries and pain

Environmental emergencies

Infectious diseases and the athlete

National standards for school physical education

Miscellaneous sport-specific injuries and conditions

Running injuries

IX. Topics in adolescent medicine

Legal issues in caring for the adolescent student – consent and privacy

Breast health and disorders

Menstrual disorders

Sexually transmitted infections

Contraception

Teen pregnancy

Social media

X. Pearls in school-based health