

The 8 "B's" or best reasons to see the nurse...

1.  **Bleeding**
2.  **Broken bones** / need for x-ray 
3.  **Burning up**
4.  **Burns** (or exposure to chemicals) 
5.  **Brain**
6.  **Barfing / Bowels** 
7.  **Breathing issues** 
8.  **Bona fide** 

When to See the Nurse Guide for Teachers...

Use the 8 “B’s” and the “20 Minute Rule” prior to sending “B” students to the nurse. All other complaints **WAIT 20 MINUTES** to see if the complaint resolves, which it usually will.

1. **Bleeding**

Anything significantly bleeding! Meaning, bleeding can not be controlled. Minor nose bleeds and picked scabs can stay in the classroom. Bleeding more than 15 minutes? Call the nurse or send them down with a peer/staff. Use standard precautions (gloves can be obtained through maintenance).

2. **Broken bones / need for x-ray**

If it looks like it might be broken, **call the nurse to come to the student**. If it’s an injury that happened at home, most likely it can wait...

3. **Burning up**

If it’s hot outside or they’ve been overworked at recess or PE, encourage them to rest and drink fluids. If they’re wearing multiple layers of clothing, give them a cool cloth and have them take off unnecessary clothing first. Use the 20 minute rule. Not better? Well now it’s time to send them down for further assessment...

4. **Burns (or exposure to chemicals)**

Burns from heat sources should be flushed with running cool water for **15 MINUTES PRIOR TO SENDING to the nurse**. Call the nurse immediately to come to you after you start treatment. If a student has other chemical exposures, call the nurse immediately for treatment and guidance.

5. **Brain**

Injuries or any impact to the head / face / neck / cervical spine must be evaluated. Depending on the injury, the student should stay in place and the nurse be called to the scene. Otherwise, the student should be escorted by staff to the nurse’s office. **Headaches** can wait, **migraines** shouldn’t. With headaches, encourage fluids and see if symptoms resolve on their own - use the *20 minute rule*.

6. **Barfing / Bowels**

Feeling “nauseous” or “queasy” in the absence of other symptoms such as appearing ill (e.g. pale or clammy skin, or appearing tired) can take the “wait and see” approach. Only students who **actually vomit** should be sent in the **absence** of other symptoms or complaints. Children can often perceive hunger or even anxiety as stomachaches. Often stomach issues are due to either anxiety or constipation that may be caused by academic, social or family issues. Many times, stomachaches are often simply because they need to move their bowels.

7. **Breathing issues**

Any difficulty with airway, breathing, changes in skin color, signs of choking or complaints from a known asthmatic should be sent directly to the school nurse. **If SEVERE ENOUGH** - have the nurse come to you.

8. **Bona fide**

Any health concern of a chronic condition (takes meds, severe allergies, sickle cell crisis, asthmatics, diabetics, etc.), especially if it’s been communicated to you through a care plan. Even those that require pain medication or short term health accommodations should have easy access to the nurse.

*Not sure? Have a question? Call your **school nurse** at extension: **2006***