

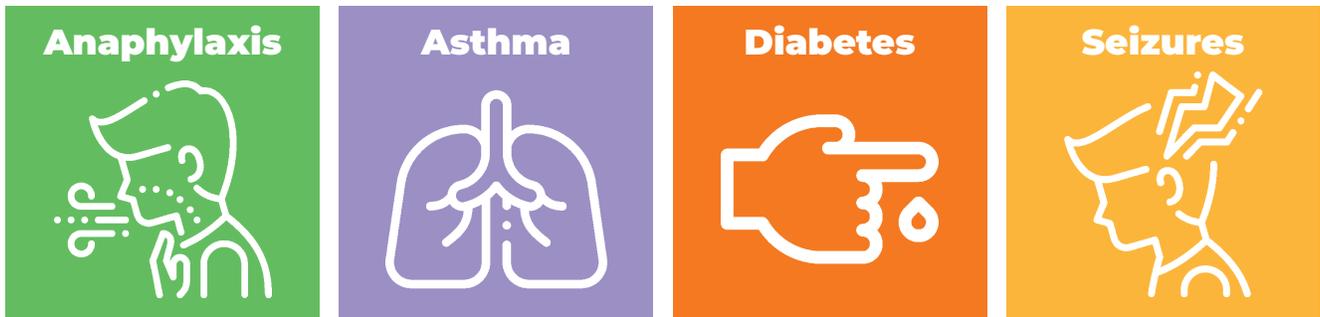
STUDENTS WITH CHRONIC HEALTH CONDITIONS

How to Recognize and Respond to Health Emergencies:

What Physical Education Teachers Need to Know
(Overview Document to the Poster Series)

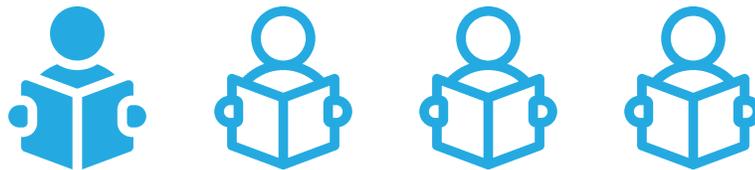
Physical education (PE) teachers are part of the school health team that works together to keep students with chronic health conditions healthy, safe, and fully engaged in PE class. They must collaborate with the school nurse (or other licensed/trained school healthcare provider) to gain a general understanding of what a health emergency could look like and what to do in that situation. In some cases, they may also need to have a more intensive collaboration with the student, family, and school health provider to understand individual student risks for a health emergency and how best to respond.

This poster series highlights four of the most common chronic health conditions in school-age children, what a health emergency might look like, and what action steps to take.



HOW MANY OF YOUR STUDENTS HAVE A CHRONIC HEALTH CONDITION?

Severe Allergies	18.7%
Asthma	7.6%
Diabetes	<1%
Seizures	<1%

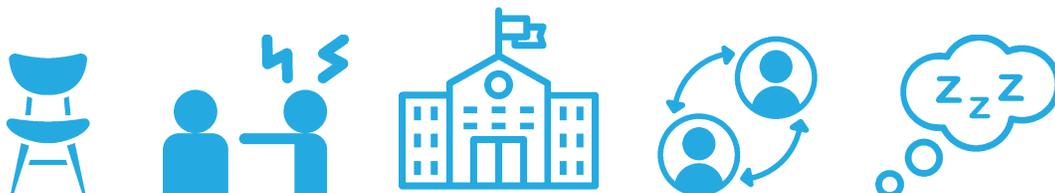


It's estimated that 1 in 4 children in the U.S. have a chronic health condition.

Health Resources and Services Administration, 2019

HOW MIGHT CHRONIC HEALTH CONDITIONS IMPACT STUDENTS IN PE CLASS?

- ◆ Higher rates of absenteeism, bullying, disruptive behaviors, and lower student engagement
- ◆ Fatigue directly impacting student performance and ability to achieve physical fitness outcomes



What You Should Know



WHAT DO YOU NEED TO KNOW ABOUT YOUR STUDENTS?

- ◆ Which students have a diagnosed chronic health condition? (Students may self-identify; the school nurse or other licensed/trained school healthcare provider may identify the student; some students wear a medical alert bracelet or necklace)
- ◆ Which students have an emergency care plan or emergency action plan?
 - Check with the school nurse or school healthcare provider- What is your role in that plan?
- ◆ What are the student-specific triggers for a health emergency?

WHAT ACTIONS ARE NEEDED TO IDENTIFY AND RESPOND TO A HEALTH EMERGENCY?

- ◆ Identify students who have a chronic health condition and what measures they can take to avoid a health emergency (e.g., use of an inhaler or supplemental food before participation in PE activities)
- ◆ Learn how to identify health emergencies
- ◆ Learn student-specific symptoms of a health emergency
- ◆ Understand what action steps to take according to the student's emergency care plan
- ◆ Identify which medication or equipment is needed if a health emergency occurs
- ◆ Carry a communication device (e.g., phone, walkie-talkie) when PE class is held outdoors or away from the school building
- ◆ Identify conditions that may impact chronic health conditions (e.g., cold or windy weather, poor air quality, excessive heat index)



WHAT DO YOU NEED TO KNOW ABOUT STUDENT PRIVACY?

- ◆ Sharing student health information is governed by federal privacy law
- ◆ FERPA (Family Educational Rights and Privacy Act) is the primary privacy law in schools
- ◆ Be aware that each state also has their own privacy laws
- ◆ Student health information can be shared with you because you have a "legitimate educational interest" — meaning, you need this information to do your job

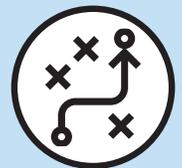
The Network for Public Health Law, 2019

WHAT DO YOU NEED TO DO TO PROTECT STUDENT PRIVACY?

- ◆ Provide an environment that allows participation by all students, while keeping student privacy regarding their health condition (if they choose)

WHAT CAN YOU DO TO BETTER PREPARE YOURSELF?

- ◆ Understand that meeting the health needs of students supports their success in PE
- ◆ Talk with the school nurse (or other licensed/trained school healthcare provider)
- ◆ Familiarize yourself with school policies about responding to health emergencies
- ◆ Obtain a copy of student emergency care plans and have easy access to them during class
- ◆ Know where individual student's emergency supplies are kept
- ◆ Understand how to implement the action steps outlined in a student's emergency care plan
- ◆ Seek professional development on chronic health conditions — what they are, how they are typically managed at school, and how to identify and respond to health emergencies
- ◆ Maintain CPR and First Aid certification



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References

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