## 2018-2019 **HEALTH FORMS**

Return date: August 1, 2018

### **STEPS FOR ONLINE COMPLETION:**

- COMPLETE all required "fillable" areas online. Then...
- PRINT entire health form. 2.
- SIGN pages where indicated by 💢 . In some cases, both parent and student signature is required.
- 4. ATTACH a copy of health insurance card and prescription insurance card where indicated. (In many cases, these are the same card.)
- Bring TURQUIOSE highlighted Health Form pages to healthcare provider for completion. These include:
  - Physical Exam and Tuberculosis screening: The Hill School mandates all students submit a new health form annually, including documentation of a physical exam performed by his/her healthcare provider and completed AFTER May 1, 2018 (4 months prior to the start of classes).
    - The Health Center will NOT ACCEPT a physical exam performed by a healthcare provider who is also the student's parent.
    - Many healthcare providers prefer to use their own physical form. These are acceptable. Please ensure the SPORTS ACTIVITY CLEARANCE is specified.
  - Medication Order Form
  - o Complete Immunization History required of ALL new students. Retuning students need only provide documentation of UPDATED vaccines

The following vaccines are required for school attendance by the State of Pennsylvania

Diphtheria & Tetanus: 4 Doses: at least one on/after 4th birthday (DTaP/DTP/DT/Td)

Tdap: 1 Dose: (Tdap) Polio: 3 Doses: (OPV/IPV)

MMR: 2 Doses: given on/after 1st birthday

Hepatitis B: 3 Doses: (HBV)

Varicella: 2 Doses: given on/after 1st birthday \*

Meningococcal conjugate vaccine.....2 Doses: First dose at age 11-15, 2nd dose required at age 16.

(If the 1st dose is given at age 16 or older, only one dose is required).

\* Or documentation of a history of chickenpox immunity proven by laboratory testing or a written statement of history of chickenpox disease from a parent, guardian or physician.

6. **RETURN** all forms **BY MAIL** to the Wellness Center by **August 1, 2018**.

To maintain confidentiality, faxing and emailing is NOT allowed

### General Information/Health Insurance/Consent to Treat

2018-2019

Check all that apply:NEW	_RETURNING _	INTERNATION	ALDAY	BOARDER
STUDENT NAMELAST, FIRST,		DAT	E OF BIRTH	
			Ν	MM/DD/YYYY
TUDENT Cell #:			GENDE	ER: M/ F
NOTHER or Guardian Name:	Cell #: _		Work #:	
ATHER or Guardian Name:	Cell #: _		Work #:	
IOME Telephone #:				
DDRESS: Number/Street Cit	tv	State	Zip Code	Country
	•		1	,
IST ALLERGIES AND SIGNIFICANT M	EDICAL CONCERN	IS:		
PIPEN: YES NO EPIPEN	I required for			
	1			
REQUIRED			REQUIREI	
Attach copy of			Attach copy	<mark>of</mark>
<b>FRONT</b>			<b>BACK</b>	
Of your			Of your	
Health Insurance Car	<mark>rd</mark>	Health Insurance Card		
Here			Here	
me of parent policy holder		Γ	Date of Birth:	
RMISSION TO TREAT: This permission is required to facilit stact the child's parent/guardian for serious illnesses, serious	tate timely provision of medi-	cal care while your child is atter acted or complex treatments.	nding The Hill School. Every	effort will be made to
ereby authorize and grant members of The Hill School's We e and treatment for my son/daughter. Such care and treatm	ellness Center, Athletic Traini	ng Department, and other desi	gnated adult representatives p	permission to administe
e of an emergency. To ensure compliance with Pennsylvania				
cines (Td, Tdap, IPV, MMR, Hepatitis B, Varicella, and MC				
eived such immunizations. I agree to pay charges for such in spitalize and or secure proper treatment for my son/daught	O 1	*	1 ,	0 /
l, if, according to their best professional judgment, further d	lelay might jeopardize the wel	fare of my child. I also give pe	ermission to release pertinent	medical information to
e Hill School Faculty on a need-to-know basis as well as to c sonnel to represent me during the year with full power to au				
wer Health), or medical, rehabilitative, mental health or dent	tal office. Furthermore, I un	derstand any and all students n	nay choose to check in with I	Hill School Counseling
ofessionals on an as-needed basis. In addition, if The Hill So involved in this decision. <b>PERMISSION TO PARTICII</b> ents involves some risk of injury, which may rarely include so	chool Counseling profession	als deem my child to be in need	l of any ongoing therapeutic of	counseling support, I w

The health form is not part of the student's permanent transcript. The information will be used as an aid to providing necessary health care while your son/daughter is a student here at The Hill School. Your knowledge and consent will be required for release of this record. This page of the Health Form constitutes a permission

some instances as a result of unavoidable accident. I hereby accept these risks and give consent to participation by my child in all sports, activities and events while he/she is

attending school.

Parent/Guardian Signature:

IMPORTANT: FORMS WITH INCOMPLETE OR UNANSWERED QUESTIONS WILL BE RETURNED FOR COMPLETION.

statement, which must be signed by parent/guardian. This cover page will be photocopied and used as a permission form.

Date:

### PHARMACY INFORMATION - REQUIRED FOR ALL STUDENTS

Even though your child may not be prescribed any medication now, there may be a need for him/her to do so during the school year. The Hill School Wellness Center maintains a long standing relationship with a local pharmacy in Pottstown. Most all of our students' prescriptions and requests for over-the-counter medications are filled here and delivered same day to our office. The Prescription Insurance Card information will be shared with this Pharmacy. Costs not covered by the insurance will be billed to the student's Hill School account.

> Professional Pharmacy 920 N. Charlotte St. Pottstown, PA 19464 610-323-2115

STUDENT NAME	DATE OF BIRTH		
Medication allergies: YESNO	_ List:		
	REQUIRED:		
PROVID	DE FRONT & BACK COPY OF		
PRESCRIPTION INSURANCE C	CARD even if <b>SAME</b> AS HEALTH INSURANCE CARD		
Attach copy of the FRONT Of PRESCRIPTION INSURANCE C (This may be the same as Heal Insurance card) HERE			

### in the event lab work is necessary.

Please choose the one which is accepted by YOUR CHILD's Insurance:

**LabCorps** Pottstown Hospital Lab Quest

The Hill School Wellness Center uses the services of three local laboratories in our local area

LAB INFORMATION – REQUIRED

Student Name:			1

IMPORTANT NOTICE OF PRIVACY: This information is strictly for the use of the Wellness Center in providing necessary health care while you are a student at The Hill School. Confidentiality of all health information will be strictly observed. It will not be released to anyone without your knowledge and consent. This form is to be filled out by a parent and reviewed by the

### HEALTH HISTORY- Mark "X" in the YES column if your child has had or has any of the following:

Do you have now or ever had the following:	Yes	Dates/Comments	ALLERGIES	Yes	Comments
Bronchitis/Pneumonia			FOOD		Name food:
Chicken Pox			INSECTS		
Ear Infections			OTHER		Name allergy:
Headaches			EPIPEN Rx		
Hepatitis			CHRONIC ILLNESSES		
Lyme Disease			Cardiac		Medication?
Malaria			Fainting/dizziness		
Measles			Mitral Valve Prolapse		
Meningitis			Heart murmur		
Mononucleosis			OTHER		
Mumps			Endocrine		
Pertussis			Diabetes		Medication?
Shingles			Insulin injection		
Sinusitis			Insulin pump		
Skin problems			Thyroid		
Tuberculosis (TB)			OTHER		
SURGERY			Gastrointestinal		Medication?
Appendectomy			Chronic constipation		
Hernia Repair			Ulcers		
Tonsillectomy		3 ///	Weight Changes		
Orthopedic:		131 16	OTHER		
OTHER:			Genito-Urinary		Medication?
FEMALES ONLY:		100	Musculoskeletal		Medication?
Age of onset of menses		NO TO	Congenital Deformities		
Irregular periods		189	Orthopedic problems		
History of severe cramps			Surgical history		
GYN conditions			OTHER		
Taking Birth Control Pill			Neurological		
OTHER:			Concussion		
FAMILY OCCUPATION	AGE	HEALTH STATUS	Seizures		Medication?
Father			Learning Disabilities ADD/ADHD		Medication?
Mother			OTHER		
Sister			Psychiatric		
Sister			Anxiety/Panic		Medication?
Sister			Depression		
Brother			Disordered Eating		
Brother			Sleep Walking		
Brother			Substance Abuse		Treatment?
VISION/ HEARING/	Describe	:	OTHER		
SPEECH			Respiratory		
Wears Glasses	Yes	No	Asthma		Medication?
			OTHER		

### REPORT OF PHYSICAL EXAM 2018-2019 Healthcare Provider to complete

The Health Center will NOT ACCEPT a physical exam performed by a Health Care Provider who is also the student's parent.

STUDENT NAME		DATE OF BIR	тн
LIST ALL ALLERGIES:		REQUIRES EPIP	PEN: YES NO
Physical Measu	urements	Scree	ening Data
Height Weight	BMI	Scoliosis: YES N	O Treatment
BP Pulse		Vision: Right 20/	Left 20/Corrected
Urine Dip: (if indicated)		Hearing: Right	Left Corrected
Physical Exa	<u>mination</u>	Sickle cell trait/diseas	e: (only if indicated) YES NO
Document any abnormalities	es of the systems and	Tuberculosis (TB)	Risk Assessment and Testing*
Describe them fully. Use a	dditional sheets if necessary.	Yes No Does the stu person who	dent have a history of or close contact with a has active TB?
	WNL Abnormal list details	TB (Africa,	dent born in a country with a high prevalence of Middle East, Asia (except Japan) Central/South aribbean, Mexico and Eastern Europe)?
Congenital HEENT			dent lived or had extensive travel (>4 weeks) 5 years in a high prevalence country?
Respiratory			ns is "NO", then no NEW TB test is
Cardiovascular		student is REQUIRED to h	ny question above is "YES", the lave an IGRA BLOOD TEST no more
Gastrointestinal		than 4 months prior to attend	ding school. These tests are erron Gold and T-Spot. If the TB test is ay report and details of any drug
Genitourinary	3	treatment below.	ay report and details of any drug
Musculoskeletal			student was previously diagnosed with
Metabolic/Endocrine	100	ACTIVE or LATENT tube	erculosis infection:
Neuropsychiatric		(Circle Test performed)  Blood Test: QFT-GIT or T	-Spot
Skin		Chest XRAY Treatment Details:	
• Hx Concussion: No / Y		w/exercise: No / Yes: Date:	(Only if indicated: EKG Results:)
1	under treatment for any medical or		,
•			
<b>REQUIRED:</b> I have examine	ed the above named student and dec	clare the following regarding <b>SPC</b>	ORTS ACTIVITY CLEARANCE:
SELECT ONE:	CLEARED-NO Limitations CLE	EARED <b>W/</b> Limitations (list)	□NOT CLEARED
If NOT cleared, EXPLAIN: _			
Health Care Provider signa	ture:		
Health Care Provider <i>print</i> : Address		Phone	( <mark>Must be after 5/1/2018)</mark> Fax

# COMPLETE IMMUNIZATION HISTORY 2018-2019 Healthcare Provider to complete

STUDENT NAME			DA	TE OF B	IRTH	
ALL NEW STUDENTS – See Pennsylvania State complete the grid below. Provider's office form is		-	nts listed h	ere and hav	e Health Care Pr	ovider
RETURNING STUDENTS: list ONLY newly re	ceived vaccines	s in grid bel	ow.			
The following vaccines are REQUIRED	for school at	tendance	by the Sta	ate of Per	<mark>ınsylvania:</mark>	
<ul> <li>4 doses:         <ul> <li>1 dose:             <ul> <li>Tdap</li> <li>4 doses:             <ul> <li>Polio (4th dose on/after the 4th between the doses)</li> <li>2 doses:             <ul> <li>MMR</li> <li>3 doses:             <ul> <li>Legal doses</li> <li>Varicella (chicken pox) or evidence described to the dose given 11-15 years or the dose given 11-15 years or the dose is given at 10 doses</li> </ul> </li> </ul></li></ul></li></ul></li></ul></li></ul>	erthday) e of immunity **	e required at	age 16	,	given as DTaP or	DTP or DT or T
					even by laboratory	
written REFERENCES: Requirements from The Pennsylvania Code – Su		•	-	•	arent, guardian or p	ohysician.
Record dates with <b>EXACT</b> Month, Day, Year (			9111			
	1	2	/mk	3	4	5
DTaP, DPT, DT, Td	1		731			
Tdap (1 dose)						
Polio (OPV/IPV) (1 dose after age 4 year)						
Hepatitis B (3 doses) (or 2 dose series of Recombivax age 11-14)	SRITH	NGS				
MMR (2 doses on/after age 1 year)						
Varicella Vaccine (2 doses on/after age 1 year)						
History of Chicken Pox Disease	Date:					
Menactra (MCV4)						
Menomune®- A/C/Y/W-135						
Meningococcal B vaccine (recommended) Bexsero / Trumenba						
Gardasil (recommended)						
Health Care Provider <i>signature</i> :  Health Care Provider <i>print</i> :						
Address		Pho	ne		Fax	

#### OVER-THE-COUNTER (OTC) & PRESCRIPTION MEDICATION POLICY & AGREEMENT

**POLICY:** Pennsylvania State law requires appropriate management of medication in the school setting. The Hill School medication policy has been developed to ensure the health and safety of all of our students. The Wellness Center must be notified of all student medications, including prescribed, over-the-counter (OTC), and other medications, such as herbs, homeopathic and otherwise. The Medication Policy is clearly defined in The Hill School Handbook for your review.

#### RE: OTC MEDICATIONS- (Non-Prescription Medications):

- Boarders are allowed to have a small amount of FDA approved OTC medication in their room for the treatment of minor discomforts such as headache, menstrual cramps, cough, and stomach ache.
- ALL medication must be purchased in the UNITED STATES, and must be labeled in ENGLISH.
- Students cannot share their medication with anyone else.
- All OTC medication must be in the original manufacturer's labeled container.

#### RE: NUTRITIONIAL SUPPLEMENTS AND PERFORMANCE-ENHANCING PRODUCTS

- The Hill School Wellness Center regards and respects the policy statement from the AAP which emphasizes "The American Academy of Pediatrics strongly condemns the use of performance-enhancing substances and vigorously endorses efforts to eliminate their use among children and adolescents". Therefore, students are not allowed to use nutritional supplements or performance enhancing products without an explicit medical order from their physician.
- NOTE: Students are NOT ALLOWED to make online purchases / accept mail delivery of: medication, nutritional / herbal supplements, performance enhancing formulas, weight loss/gain products.

#### **RE: PRESCRIPTION MEDICATIONS:**

- All prescriptions must be purchased from a United States Pharmacy and remain in the original labeled container from that Pharmacy.
- International students taking prescription medication may require assistance with this condition and should contact the Wellness Center for prescription support.
- All medication must be brought to the Wellness Center; at the beginning of the school year, as well as any new medications prescribed during
  the course of the school year.
- A Medication Order Form must be completed by a licensed prescriber for each medication and with subsequent order changes. One can be
  obtained through the Wellness Center
- Parents must update the Wellness Center with any insurance changes during the school year as needed.
- Parents should inform the Wellness Center if prescription refills need to be obtained from a source other than Pottstown's Professional Pharmacy.

Student and Parent please read and sign the OTC & Prescription Medication Agreement below.

#### **OTC & Prescription Medication Agreement**

I, Hill Student, hereby agree to comply with The Hill School's policy regarding medication:

- 1. I will bring my medication to The Wellness Center along with a written medical order from my prescribing physician upon immediate arrival to campus and throughout the year as necessary.
- I understand all schedule II and psychotropic medications (for example, but not limited to, medication for ADD/ADHD, seizure disorder, depression, anxiety, and others) are required to be kept in the Wellness Center.
- 3. I understand some prescription medication may be kept in my room and self-administered with Wellness Center permission, such as medication for asthma, anaphylaxis, diabetes, oral contraceptives and others. All such medication must be examined by the Wellness Center.
- 4. I will pick up my medication according to the administration schedule determined by the Wellness Center medical staff.
- 5. I will take my medication according to prescription directions and return any unused medication to the Wellness Center.
- 6. I will not engage in misuse or abuse of my medication whether it involves other individuals or me.
- 7. I understand that misuse of or abuse of medication can result in disciplinary action by the School.
- 8. I understand that failure to report to the Wellness Center for my medication can result in demerits and/or disciplinary action.
- 9. I understand the Wellness Center does not support the use of nutritional supplements and/or performance-enhancing products by our students and I will not purchase or use these products without a Doctor's order.

STUDENT: signature	Date	

I, Hill Parent / Guardian, hereby acknowledge that I have read and reviewed the OTC PRESCRIPTION MEDICATION POLICY with my child and I agree to comply with the policy as stated. Additionally, I agree to:

- 1. Hand deliver or mail directly to the Wellness Center, the medications that are provided from home.
- 2. Not give my child medication to bring back to school without prior notification and approval of the Wellness Center medical staff.
- 3. Notify the Wellness Center of ANY changes in dosing or new prescriptions and provide Provider documentation.
- 4. I understand that the medication must be in its original container and that the directions match the written Provider's order.

PARENT/GUARDIAN: signature	•	Date
PARENT/GUARDIAN: signature	!	Date

### MEDICATION ORDER FORM 2018-2019 – Healthcare Provider to complete if applicable

NOT APPLICAB	LE	
STUDENT NAME		DATE OF BIRTH
DIAGNOSIS		
Dear Licensed Prescriber,		
medication. School and sta and that a written medicatio We work with Pottstown's patient to obtain refill pres	te regulations require that these medications on order from the licensed prescribing provide Professional Pharmacy for prescriptions are acriptions from you so that there is little or	care regarding the management of a prescription be administered from the school's Wellness Center be kept on file in the student's medical record.  and refills. Please be sure to discuss a plan for you no interruption of his/her medication. Feel free to
contact the Wellness Center	directly with any questions.	
Sincerely,		
Steven M. Evans, D.O. Medical Director	Sandra Ryder, MS, CPNP-PC Wellness Center Administrative Director Pediatric Nurse Practitioner	Kathleen Van Buren, DNP, CPNP-PC Associate Director Pediatric Nurse Practitioner
Prescribing Provider signatu	ure:	Date:
Address		
Phone	SA THING Fa	x

### Medication Ordering Information

Medication Name	Dose	Frequency	Route	PRN only?	Comments

### PARENT REQUEST TO ALLOW SELF-ADMINISTRATION OF MEDICATION

2018-2019

The State of Pennsylvania allows students to possess and self-administer asthma inhalers and epinephrine auto-injectors. Additionally, at the discretion of The Hill School medical staff, boarding students may be allowed to self-administer some other prescription medications with prescriber and parental permission. All such medication must be examined by the Wellness Center. (This does not apply to Schedule II medications such as, but not limited to medications like Ritalin, Concerta, Adderall, Daytrana; and/or other psychotropic medications used to treat disorders such as ADD/ADHD, depression and anxiety).

The Wellness Center reserves the right to revoke the student's privilege of self-administration if there is any question as to the student's competency or compliance in the ability to safely self-administer such medications as stated in the OVER-THE-COUNTER (OTC) & PRESCRIPTION MEDICATION POLICY & AGREEMENT

NOT APPLICABLE		
. TOT INTERONBEE		
DENT NAME		has been prescribed the following
(Must accompany the MEDIC	ATION ORDER FORM comp	pleted by licensed prescriber)
Medication	Dose	<u>Diagnosis</u>
\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\		
	ER THINGS	
uest my child be permitted to self-	administer the above medication	ons.
NT/GUARDIAN: signature		Date

### **INFLUENZA VACCINE INFORMATION & CONSENT 2018-2019**

#### Flu:

Each winter, the State of Pennsylvania has an influenza epidemic that can be potentially devastating to the boarding school environment, both to the individuals who become ill and to the school as a whole. Therefore, we offer and **highly recommend** the influenza vaccination to all students and faculty. Influenza (flu) is a respiratory disease caused by influenza virus. The types or strains of influenza virus causing illness may change from year to year, or even within the same year. People who get flu may have fever, chills, headache, dry cough and muscle aches, and may be sick for several days or up to a week or more. Most people recover completely. However, for some people, flu may be especially severe, and pneumonia or other complications including death may result.

#### Flu vaccine:

The regular flu vaccine contains killed influenza virus of the types selected by the U. S. Public Health Service and the Center for Biologics Evaluation & Research of the U.S. Food and Drug Administration. The types and strains of virus included are those that have most recently caused influenza. The vaccine will **not** make a person ill with the flu because it is a killed virus vaccine. As with any vaccine, flu vaccine may not protect 100% of all susceptible individuals.

### Risks & Possible Side Effects:

Influenza vaccine generally causes only mild side effects that occur at low frequency. Most commonly, the reactions may be a sore or tender arm at the injection site, or possibly fever, chills, headache or muscle aches; these effects usually last 24 to 48 hours. Most people who receive the vaccine either experience no reaction or only mild reactions. There is a possibility, as with any vaccine or drug, that an allergic or other serious reaction, or even death, would occur. Moreover, untoward medical events completely unrelated to vaccine administration may occur co-incidentally in the aftermath period following vaccination.

#### **Contraindications:**

- People who have an active neurologic disorder
- People with fever, acute respiratory or other active infections or illnesses
- Some multi-dose formulations may contain a preservative called THIMERASOL

In the fall 2018, the CDC's Vaccine Information Statement (VIS) regarding the 2018-19 Influenza Vaccine will be available on their website for your review. <a href="http://www.cdc.gov/vaccines/pubs/vis/default.htm#flu">http://www.cdc.gov/vaccines/pubs/vis/default.htm#flu</a> If you have any questions, please check with your physician before granting permission for your child to receive this vaccine.

A nominal charge for this vaccination will be billed to your student's account or to insurance if your child has the School's Student Health Insurance Policy.

I have read the information above, discussed this optional vaccination with my child and <u>I hereby give permission</u> to The Hill School Wellness Center medical staff to administer the influenza vaccination.

	CHOOSE ONE:	YES	NO	
	PRINT STUDENT NAME:			DATE OF BIRTH:
7	PARENT/GUARDIAN: signature			Date
=	Wellness Center Staff <i>to complete the following</i> :		For Wellness Center use:	
	Date Dose S	Site		Affix Vaccine Information Sticker Here
	RN Signature			

### \*Note from page 4 regarding Tuberculosis (TB) Risk Assessment and Testing

The Pennsylvania Health Department recommends that all students are screened for Tuberculosis. The Hill School Wellness Center requires all students who are deemed high risk for TB be screened for this disease through Interferon-Gamma Release Assay (IGRA) blood testing annually. Students whose screening reveals they are high risk and who come to school without this testing will be sent to our local lab for testing to be completed. For more information on Tuberculosis, please refer to the Center for Disease Prevention for further information at http://www.cdc.gov/tb/publications/factsheets/testing/IGRA.htm

### **THANK YOU** for completing The Hill School Health Form

- Kindly make certain that you have completed all "fillable" areas.
- **PRINT** the forms and provide **WRITTEN SIGNATURES** where indicated-(marked by a ).



- **ATTACH** Health Insurance and Prescription Insurance cards where indicated.
- **BRING turquoise coded pages** to Healthcare provider for completion and signature.
- **RETURN** all forms **BY MAIL** to the Wellness Center by **August 1, 2018**.

### To maintain confidentiality,

### faxing and emailing of forms are not allowed.

A reminder that students will ONLY be allowed to participate in preseason sports and classes once health forms are received and reviewed.

> Feel free to contact our office if you have any questions. 610-705-1217 Messages will be checked periodically while the office is closed during the summer break. We will reopen on August 10, 2018