

School Health Advisory Board Minutes

Date: January 20, 2026

Attendees: Lorita Brown, Sara Vigneault, Renee Norden, Mary Carlson, Karen Flynn, Emilia Lindquist

Meeting started: 5:04 PM

Topics of Discussion

- T1D Presentation: Emilia Lindquist
- POTS: Sara Vigneault
- Bleed Control: Sara Vigneault

T1D Presentation: Emilia Lindquist

- Helps to answer your questions and dispel myths about T1D
- Support students with T1D

What is T1D?

- Type 1 Diabetes occurs when the body mistakes the pancreas as a foreign invader. The body destroys the organ and its cells, rendering it useless. Insulin production halts, creating the need for an outside source.
- Symptoms of hyperglycemia- frequent urination, excessive thirst, fatigue, fruity breath, weight loss, hunger
- Symptoms of high blood sugar are not imminent danger but can cause damage to the body.
- Symptoms of hypoglycemia- trembling, sweaty, clammy, dizziness, lightheaded, weakness, fast pounding heartbeat
- Symptoms of low blood sugar are unconsciousness which can lead to a coma or can be fatal.

Misconceptions of T1D

- No lifestyle causes this
- No cure
- Pancreas useless
- Not necessarily genetic

Students with daily issues with T1D

- Deal with pesky high and low blood sugars
- Wrestling with counting carbs
- Calculate insulin injections
- May have an insulin pump, CGM, or daily injections

Supporting students with T1D

- Every student is different
- Frequent nurse visits
- 504s
- Carry snacks and supplies

- Notify teacher and have them trained
- Spread education to the public
- Some struggles – phone alarms – causes teachers to be concerned – more education for all staff

Emilia has reached out to several non-profits

- Online ambassador
- Kid Facebook group
- KRHS
- School Health Advisory Board
- Girl Scouts
- School Nurses
- HOSA

POTS – Sara Vigneault

Postural Orthostatic Tachycardia Syndrome is when dysautonomia, the autonomic system, fails to properly control these functions.

- Blood pressure, heart rate, and temperature
- Dysautonomia is a blanket term and is a multitude of symptoms that are explained through other conditions. Key features include presentation in adolescence and increase in puberty. Could be related to a viral illness, especially Covid. Mostly seen in females with a family history. They've seen a higher correlation to include home schooled students and students who participate in gymnastics, dancers, and swimmers. POTS can increase the heart rate when changing to an upright position.

Symptoms of POTS

- Increase heart rate
- Decrease blood pressure
- Dizzy spells
- Poor sleep pattern
- Fatigue
- Brain fog
- Pain in shoulders and upper body
- Nausea
- Abdominal pain
- Mast Cell Activation Syndrome
- Symptoms lasting 3 months may require a tilt table test to diagnose POTS
- Treatment – focusing on basic needs regarding hydration, nutrition, mental health, sleep, and mobility

Multiple specialists will be seen such as

- Nutritionist

- Occupational therapist
- Physical therapist
- Cardiologist
- Gastroenterologist
- Psychologist
- Medication is recommended as a last resort when therapy is not helping
- If treatment is not started to meet all basic needs, these people will have a poor quality of life, frequent ER visits
- In the school setting, students will be in the counseling office and the clinic
- It's important to include all physician recommendations and support this student based on symptoms at the time of visit

Bleed Control – Sara Vigneault

Rescue in Color is a company started by Dr. Savahanna Wagner and Meg Soultz that provide bleed kits.

- Bleed kits are required in every school and implement a bleeding control plan.
- Bleed kits are important for uncontrolled hemorrhages, or massive bleeding which is the leading cause of preventable deaths in the US. 45% of traumatic bleeding deaths are potentially preventable. Most of the severe bleeding cases at school are actually nonviolent related, for example paper cutter, and construction.

Bleed kits contain

- One tourniquet endorsed by the Committee on Tactical Combat Casualty Care for the Federal Defense Health Agency
- Two vented chest seals (HyFin are recommended)
- One compression bandage with sterile gauze
- One bleeding control gauze such as Quick Clot
- One emergency Mylar blanket to treat hypothermia
- One pair of protective gloves
- One permanent marker
- One pair of scissors

Bleed control kits are for situations that result in massive loss of blood.

Chest seals are recommended to be added to the kits. Chest seals are applied to open wounds. Chest seals are recommended over packing the wound help to prevent pneumothorax or collapsed lung.

Fauquier County added chest seals to their bleed kits. Be "Prepared not Scared" train your staff.

Fauquier nurses provide yearly tourniquet training.