

Fredericksburg ISD Health Services Standing Medical Delegation Orders

The following treatments and medications are to be used by the Registered nurse (RN), the Licensed Vocational Nurse (LVN) or the designated employees who have documented training by a campus nurse. Further nursing assessment information regarding symptoms and recommendations may be found in the Health Services Procedures Handbook. The acts covered in these Standing Delegated Orders are limited to the following general medical symptoms. All interventions shall be documented in the student care record following implementation of standing delegated orders. Any variance from the Standing Medical Delegation Orders should result in parent contact and physician referral.

FIRST AID

ABRASION- Clean with water or Wound Cleanser like; Skintegrity wound cleanser (non-ionic surfactant, physiology compatible). Apply dressing if indicated.

BITES- (Animal/Human)- Clean area with water. May apply dressing. For animal bites: Notify Animal Control, have students/staff seek medical attention for possible rabies treatment if skin is broken or any bat/skin contact.

BURNS- Apply cool compress/water. Refer all suspected stage 2 (blisters) or higher burns to a medical provider. Cleanse with water, apply Vaseline, and cover with non-adhesive dressing.

CHAPPED LIPS/COLD SORES/CANKER SORES- May apply Vaseline to affected areas for comfort.

CONGESTION- Increase water intake and rest.

DENTAL/ORAL PAIN- Rinse with warm salt water. Refer to a dentist as indicated.

EARACHE- May apply warm compress for comfort. Refer to physician as indicated, exclude if fever present and/or pain uncontrolled.

EYE(S) WITH FOREIGN OBJECT- DO NOT ATTEMPT to remove unless it can be gently washed out with water, saline eye wash solution or removed with a cotton tipped applicator. Refer to MD as indicated, may patch eye(s) as needed.

EYE IRRITATION/REDNESS- May rinse with saline or apply cool compress for comfort, exclude if purulent drainage is present or excessive clear drainage that cannot be contained.

FEVER OF 100.0- Parent/guardian should be notified to pick up the child from school for temperature over 100.0 and instructed that the student should not return until fever free for 24 hours without fever reducing medications (Texas Administrative Code 97)

HEADACHE- Rest, cold pack, increase water intake.

INSECT BITES/STING- May apply hydrocortisone 1% cream, cold compress. Observe for shortness of breath, facial swelling, and hives. If these develop; see emergency care for anaphylaxis. Monitor for 15 minutes before sending back to class.

LACERATION- Hold pressure to control bleeding. Clean with water or wound cleanser, if possible. May apply steri-strips as needed. Refer to the physician as indicated or if bleeding persists longer than 15-20 minutes.

MENSTRUAL CRAMPS- May apply a heating pad for up to 15 minutes for comfort.

MUSCULOSKELETAL INJURIES- May apply ice for the first 48-72 hours.

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FOR POSSIBLE FRACTURES: Immobilize as indicated, monitor circulation, respiratory status, apply a cold compress, contact parent and refer to physician for further evaluation. EMS may be needed if students/staff cannot be safely moved.

NAUSEA, INDIGESTION, UPSET STOMACH- Offer use of bathroom and rest. Monitor and assess. May offer saltines (consider gluten intolerance diet restriction prior to offering).

NOSE BLEEDS- Apply pressure and/or ice until bleeding stops.

SKIN IRRITATION/RASH- May apply any/or a combination of the following: cold compress, or Hydrocortisone 1% cream or vaseline. Refer to the physician if there is any systemic reaction.

SKIN/WOUND INFECTIONS- Wash with water or wound cleanser. Apply dressing as indicated. Refer to a physician as needed or indicated.

SORE THROAT- Warm saltwater gargles (1/4-1/2 tsp salt in lukewarm 8 oz water).

EMERGENCY CARE

ANAPHYLAXIS-Administer Epinephrine Jr. 0.15mg auto injector (children 33-66 lbs.) OR Epinephrine 0.3mg auto injector (over 66 lbs) OR Neffy 1mg nasal spray for children 4 years and older weighing 33-66lbs, OR Neffy 2mg nasal spray for weight over 66 lbs for signs of anaphylaxis that may include:

- Shortness of breath
- Onset of wheezing
- Pale/ bluish skin
- Weak pulse
- Dizziness
- Hoarse tight throat
- Difficulty swallowing
- Significant swelling of lips/ tongue
- Hives/ redness all over body
- Repetitive vomiting/ diarrhea
- Confusion
- OR as ordered on student Anaphylaxis Management Plan/Orders.

ALWAYS CALL 911 when Epinephrine is used, then contact parent/guardian. May repeat dose if no response to epinephrine in 5 minutes and EMS has not arrived. Prepare to administer CPR if needed.

AUTOMATED EXTERNAL DEFIBRILLATION- In accordance with the American Heart

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Association current Heartsaver Guidelines, an AED for should be readily available for anyone with possible cardiac issues including, but not limited to:

- Pressure, tightness, pain or a squeezing aching sensation to the chest or arms that may radiate to neck, jaw or back.
- Nausea, indigestion, heartburn or abdominal pain
- Shortness of breath
- Cold Sweat
- Fatigue
- Lightheadedness or sudden dizziness

AED use (Automated External Defibrillation) will be initiated in accordance with American Heart Association current guidelines.

FOR LIFE-THREATENING BLEEDING- a tourniquet may be applied. Call EMS

RESPIRATORY DISTRESS/SHOCK Albuterol Inhaler use for a student/Staff Member

- Kindergarten and below: administer 2 puffs of albuterol (90mcg/ puff) with spacer if available.
- 1st grade and above: administer 2 puffs of albuterol (90mcg/ puff) with spacer if available.

Reference and complete the Respiratory Distress/Shock Albuterol Assessment Flow Sheet, notify the district Health Services Director/Specialist, and consider EMS if respiratory distress is identified using the flow sheet criteria.

Re-evaluate every 10-15 minutes, may repeat dose after 20 minutes if there has been no improvement or symptoms worsen until EMS arrives.

Contact the parent/guardian and inform them EMS has been called.

Restrict activity, allow to rest in position of comfort

DO NOT LEAVE PERSON UNATTENDED

Document the time EMS arrived, status of individual and if being transported.

PULSE OXIMETER GUIDELINES

- 90% and above is normal
- Less than 90% notify parents
- 85% and below activate EMS
- Parents/guardians are to be notified and EMS activated when a student is in severe respiratory distress despite what the pulse oximeter may read.

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SEIZURES- Provide first aid. DO NOT put anything in mouth, DO NOT restrain. Move any objects away from the student and protect the head. Contact 911 for students: For any seizure unless the student has a specific seizure action plan. Contact parent or guardian.

SUSPECTED HEAD INJURIES- Loss of responsiveness after a fall or symptoms of a concussion. Monitor for life threatening signs (seizures, vomiting, change in level of consciousness, nonreactive/different sized pupils, confusion) CALL 911 if indicated. For non-life-threatening concussion symptoms (headache and mild dizziness). Exclude from school for monitoring, refer to a physician. Provide guardian with head injury form, complete concussion symptoms check sheet.

SUSPECTED NARCOTIC OVERDOSE- Naloxone (Narcan) 4mg nasal spray (2 units per box) will be available at all campuses for administration of a suspected opioid overdose. Symptoms may include:

- Person not waking up or responding to voice or touch
- Breathing is slow less than 12-14 breaths/ minute, irregular or has stopped
- Pinpoint pupils
- Fingernails and lips turning blue
- Slow heart rate (under 50 bpm/min)

Call 911, administer Narcan 4mg nasal spray into nares, begin CPR until respirations are restored or EMS arrives, may administer a repeat dose after 2-3 minutes if no response. (Generic medications/ solutions may be substituted for any name brands listed)

Andrea Bray MD Andrea Bray MD 3/9/26 2026-2027

Printed Name

Signature

Date

School Year

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Formulary List for FISD Standing Orders 26-27

Formulary List for Fredericksburg ISD Standing Orders

Epinephrine Jr. or generic: 0.15mg autoinjector

Epinephrine Adult or generic: 0.30mg autoinjector

Narcan or naloxone nasal spray: 4mg preloaded canister

Neffy 1mg nasal applicator

Neffy 2mg nasal applicator

Albuterol inhaler: 90mcg/puff inhaler

Pediatric respiratory spacer

Adult respiratory spacer

Hydrocortisone: 1% cream

Salt: table salt granulated

Normal Saline

Saline solution for contacts

Saltine Crackers

Carbonated Caffeine Free Beverage

Wound Cleanser: non-ionic surfactant psychologically compatible

Vaseline

Andrea Bray MD

MD Print

Andrea Bray MD

MD Signature

3/9/26

Date

