Regional School Unit 5

Durham · Freeport · Pownal

"Empower and equip every learner with skills, curiosity, character, and purpose to thrive and live fulfilling lives in an ever changing world"

Tom Gray, Superintendent of Schools
Kelly Wentworth, Director of Finance & Human Resources
Mandy Lewis, Assistant Superintendent of Schools
Elisha Morris, Director of Instructional Support

Physician Standing Orders for Licensed Nursing Personnel
For School Year 2026-2027

The RSU No. 5 school nurses will follow standing orders as recommended by the school physician and protocols as issued by the State of Maine School Health Policy Manual. The school nurses and appointed, trained school personnel acting in his or her absence will use the protocols and standing orders as stated in the School Health Alert booklet if not covered by State or school policy.

In addition to the above, the following standing orders have been issued by the school physician. Prior to student care, the school nurse performs an assessment to assure that protocols are safe for each individual student:

The following Over the Counter (OTC) medications may be stocked and used for standard first aid treatment:

1. Petroleum based jelly and/or vaseline for chapped lips.
2. Moisturizing lotion/soaps for dry or chapped skin.
3. Antibacterial soap or Bactine for cuts, wounds, abrasions, minor itchy rashes, insect bites/stings or body piercings.
4. Antibiotic ointments for minor cuts, wounds or abrasions when **no** known allergy to these products exist.
5. Ice packs/ hot packs
6. Anti-itch lotions including hydrocortisone.
7. Contact solution.
8. Cough drops as appropriate.
9. Acetaminophen/Ibuprofen, with parental permission, at nurse's discretion.
10. Aloe Vera for minor burns, skin irritations, insect bites, chafing, itching and dry skin.

Prescribed inhaled medication, oral, topical and injectable medications may be administered by the school nurses or designated and trained school personnel with parental consent and written and signed instructions from the prescribing physician.

The school nurse or designated and trained school personnel may administer the following medication in an emergency:

1. Albuterol inhaler (17gm. 2 Puffs every 4-6 hours PRN for acute respiratory distress)
   Parents are to be called if no relief or if the child requires albuterol again before 4 hours.
   Note: If less than 4 hours but the child is in severe distress, do not withhold albuterol but notify parents immediately and encourage the parent to take the student to a physician for additional assessment and evaluation.
2. *Oral cetirizine for allergic reaction involving hives, itching, swelling after exposure to insect sting, food or other potential triggers. Administer and observe.
   Cetirizine dosing:
   Ages 6 years and under - 5mg.
   Ages 7 years and up - 10mg.

Written emergency orders for cetirizine / diphenhydramine from a student's own physician should be used when available.

3. Epinephrine for allergic reaction as prescribed by the student's personal physician for known trigger, or for any student exhibiting throat, mouth or breathing problems during an allergic reaction to a known or unknown substance.

   Epi-Pen (Adrenaline Injection 0.3mg epinephrine 1:1000)
   Epi-Pen Jr. (Adrenaline 0.15mg Epinephrine 1:1000) to be used for children 60lbs or less, ~ 1st grade or younger.
   Neffy 2mg to be used for children 4yrs and older weighing more than 66lbs
   Neffy 1mg to be used for children 4 yrs and older weighing less than 66lbs

   Directions:
   Injectable: Give one injection in the upper thigh, count slowly for 10 seconds and call emergency rescue 911. An Epi-pen must be available for immunization clinics. Dose may be repeated in 5-15 minutes if rescue personnel have not arrived or if symptoms begin to reappear or advance.
   Nasal Spray: Give one spray into one nostril. May repeat in 5 minutes if needed, if repeated administer in same nostril as 1st dose was given.

*See RSU No. 5 Anaphylaxis Protocol

4. Narcan (Naloxone) 4 mg nasal spray. For use in a possible narcotic overdose - person/child is unconscious, minimally responsive, decreased breathing. Administer 1 spray (4 mg) of medicine into one nostril. May repeat every 2-3 minutes until EMS arrives.

Student information that should be sent with ambulance and/or emergency medical services (EMS) and should include:

A. Medication or allergen to which the patient is reacting, if known.
B. Signs and symptoms of distress.
C. Emergency measures instituted.
D. Patient response to emergency measures.
E. Time of all activities.
F. Signature of nurse and telephone number.

This Policy should be reviewed annually by the school physician, school nurses and school administrator and signed by the school physician & school administrator.

School Physician: _____ **Date:** 5-21-26
Stephanie Phelps, MD

School Administrator: _____ **Date:** 5/21/26
Tom Gray, Superintendent

Administrative Procedure Approved: 5/4/10
Administrative Procedure Revised: 12/8/15; 6/5/18; 9/24/19; 11/30/22; 5/8/25;5/19/26