

## Annual School Health Advisory Board Report to the School Board SY 2022 – 2023

**Albemarle High School EMF** Ms. Barbara Cruikshank approached the SHAB about her request for ACPS to hire a third-party environmental biologist to measure the EMF at various sites on the AHS campus. The health advisory board has been asked to look at the issue of EMF from various sources of technology many times over the years, and have not encountered any new evidence that the amount of radiation from technology below the established safety limits poses a risk to human health. After reviewing the report from Millennium Engineering on the measurements of EMF at various locations on the Albemarle High School campus, the board concluded that all measurements are significantly below the established safety limits and that no further action was necessary.

### **Naloxone:**

Because opioid abuse remains a problem, and obtaining naloxone is not too onerous and can be obtained at no cost through the health department, the board recommended that the middle and high school nurses undergo training through the BRHD and the school clinics stock naloxone. All of the school nurses were trained in March and April and now every school has a naloxone kit. Since there are now various avenues through which other school personnel can become trained and since naloxone is not dangerous if administered when not needed, the board recommends offering training to all school personnel on a voluntary basis. They also recommend that at least one administrator and one athletic trainer from each school consider undergoing the training.

**Pancreatic Enzymes:** Students with cystic fibrosis are required to take pancreatic enzymes in capsules with meals and snacks. A high school student requested to self-carry and self-administer her own pancreatic enzymes rather than having to take them from the school nurse. The Code of Virginia and ACPS School Board policy allows for students to self-carry and administer albuterol, epinephrine and diabetes supplies, but does not specifically permit students to carry any other medication.

Because there is no abuse potential for pancreatic enzymes, and the chronic nature of cystic fibrosis is such that students should be encouraged to manage their condition independently, the board unanimously recommended that the ACPS medication policy be modified to allow students with cystic fibrosis who demonstrate responsibility, and with parent, physician and student signature, be permitted to carry and administer their pancreatic enzymes.

**Student Mental Health** The primary care providers on the board described the magnitude of mental health challenges they are seeing in their practices and how there are not enough resources in the community to meet the need. Since mental health resources and providers are in short supply throughout the community, the providers would like to be able to refer patients to school-based mental health services.

Mr. Kirst explained that ACPS received a donation earmarked for student mental health services to assist with the mental health challenges of recovery from the pandemic and extended school closures. ACPS used the funding to hire [social emotional learning coaches](#), who were placed in schools to support student mental health, and to place [Health Connect America](#) therapeutic day treatment programs in some schools, and that they will look to secure services from another provider for SY 2023 - 2024. He also explained the creation of a new position of *Coordinator of Mental Health Services*, as well as the role of safety coaches assigned to each middle and high school in order to build relationships with

students who may be struggling with behavior issues. ACPS worked with Region 10 to provide *Mental Health First Aid* training to school employees including all of the school nurses.

The board recommends that ACPS keep the new positions and services when the current funding sources end as well as consideration of prevention strategies such as mental health first aid for students and peer-based support; as well as mindfulness instruction and opportunities for students and staff.

**Quantity of Stop-the-Bleed Kits** All of the school nurses underwent [Stop-the-Bleed](#) training this school year and each school has one Stop-the-Bleed kit. Concerns were raised that one kit would not be sufficient in a multiple casualty event. Since there are no official recommendations for an appropriate number of kits the board recommended:

- Consider placing STB kits with every AED.
- A kit should be in nurse go-bag.
- Consider placing kits in zones within school buildings.
- Perhaps each school should have a minimum of 4 STB kits.

### **Medical Care of Underserved Students**

Ms. Gomez reported that she has been approached by principals and teachers about obtaining medical services for students who lack access. The particular areas of need are:

- 1) Sports physicals: Some students are unable to participate in athletics due to inability to access sports physicals at both the high school and middle school levels
- 2) Dental care
- 3) Vision care

Barriers include a lack of transportation, financial resources and availability of providers.

- It would be ideal to be able to bring the services into the schools; but a mobile clinic would probably be necessary containing dental and vision equipment.
- The Back-to-School Bash will be offering sports physicals on August 19, preregistration will be required and there will be limited slots.
- UVa has been providing sports physicals at some of the high schools through their *Department of Community Partnerships & Health Equity/ Department of Diversity and Community Engagement*. Eileen is trying to arrange a similar offering during the summer and at the middle schools. Fall sports begin at the end of July.

The board recommends:

- Consider organizing two sports physicals clinics – one in July for fall sports and one in September or October for winter/spring sports. Area physicians may be willing to volunteer to participate if the logistics can be worked out. Physicians may depend on school staff to provide vaccine dates for the VHSL forms (Tdap).
- The health history page of the VHSL form would need to be completed and signed by the parents in advance, and would have to be available in the families' native languages.
- Pursuing community resources to bring medical, vision and dental services to students who need them.