

Medical Centre

A-Z



The Medical Centre



The Day Room



A Ward

Admissions

Pupils are admitted to the Medical Centre if the nurse or doctor feels that they need closer observation. Parents will be notified of their admission.

Allergies and Anaphylaxis

If a boarding or day pupil has or develops an allergy that may be severe/ result in an anaphylactic reaction they are seen at the medical centre by the school doctor to complete an individual health care plan. This care plan identifies their allergens and treatment required if they develop a reaction. It is signed by the pupil, their parents, the headmaster and the lead nurse. A copy of the care plan is then given to their Houseparent, matron and kept in a folder in the Masters' Common Room. This also allows for their name to be added to a list of pupils with allergies who carry epipens which is displayed for all staff to see. This care plan is reviewed annually with the pupil or more often if necessary. This opportunity is used to remind the pupil of what to do if they think they are having a reaction. The pupils must carry their epipen; a second epipen is kept in their boarding house matrons office. The nurses have annual anaphylaxis updates and give annual updates to the house matrons and school staff. The list of pupils with allergens/epipens that is given to the catering staff also has pupil photographs.

Asthma

All pupils who have asthma will be seen at the Medical Centre regularly. An individual health care plan will be completed when the pupil starts school or when a diagnosis is made. Day pupils who are not registered with Perth & Scone Medical group will be seen by the school nurse annually but will still need to attend the asthma clinic at their own GP practice. The care plan includes information on inhalers the pupil uses and what to do in the event of an asthma attack. It is updated either annually or more often if there has been a notified change of medication. A copy of all care plans are kept in the Masters' Common Room, the pupils House and given to the Director of Sport. All pupils on the list are seen by the nurse termly if they are using a preventer inhaler and at least once a year if they only use a reliever. The pupils are reminded at these reviews what to do if they have an asthma attack and they are encouraged to notify the nurse if they have any concerns. The pupils registered will be given an annual asthma review by the school doctor annually or more frequently if required. The nurses provide in-house education to both the academic and support staff on asthma.

Child protection

The school has a robust child protection policy; all the nurses receive regular educational updates and liaise with the 2 school child protection officers as necessary.

Chiropodist/Podiatry

Appointments can be arranged for pupils who require the services of a chiropodist or podiatrist. As there will be a charge for these services, parents permission is sought first.

Communication

In order to ensure holistic care, parents are encouraged to liaise directly with the medical centre staff regarding any health related matter which occurs either during the school term or holidays. The nurses can be contacted on 01738 815010 or adminmed@strathallan.co.uk.

Confidentiality

As part of the NMC Professional Code of Conduct, nurses are obliged to uphold medical confidentiality and failure to do so will result in disciplinary proceedings. The nurses always encourage pupils to discuss confidential matters with parents.

Counselling

There are times when pupils experience difficult periods in their lives and require additional support or counselling. The nurses along with other members of staff provide emotional support and if appropriate, the pupil can be referred for counselling. There are a number of counselling services in the local area and medical centre drivers can accompany pupils to appointments. Alternatively, it may be possible for a counsellor to see a pupil in school.

Diabetes

All pupils with diabetes are seen by the school doctor initially to complete an individual care plan for their safety and wellbeing at school. The care plan includes the medication, symptoms they may experience in the event of a low or high blood sugar and steps to take to treat it. Their care plan is discussed with their parents, houseparents, teachers and Specialist Diabetic Liaison Nurse/Team and then distributed appropriately. The care plan is updated either annually or more often if there has been a notified change of medication or any concerns raised. The school caterers can give the pupils a weeks menu in advance to help with meal choices. All the nurses provide and assist with in-house education to staff and other pupils.

Drug misuse and Drug testing

The school has a policy on testing for suspected drug misuse as explained in the information for Parents Booklet. The testing is carried out in the medical centre and arranged to ensure maximum confidentiality for the pupil. The nurses do not carry out the testing but are on hand to witness the procedure. Both the houseparent and nurse ensure that the pupil is in agreement with being tested and offer any support required thereafter.

Epilepsy

All pupils with epilepsy are seen by the school doctor and a nurse to set up an individual care plan for their safety and wellbeing at school. The care plan details the medication, symptoms they may experience before and during a seizure and what to do if they have a seizure. This care plan is discussed with their parents, houseparents and teachers, then distributed appropriately. The care plan is reviewed annually or more often if there has been a notified change of medication or condition. All the nurses provide and assist with in-house education to staff and other pupils.

First Aid

All the nurses are qualified first aiders and undertake first aid training every 3 years and CPR (cardio-pulmonary resuscitation) updates every year. First aid kits are available throughout the school and on the mini buses. Each member of the sports staff has a first aid bag and all these kits and bags are regularly checked. The nurses also provide staff with appropriately stocked first aid kits for school trips.

Flu vaccination

Seasonal influenza vaccinations are offered and carried out according to the policy set by NHS Tayside. Day pupils who are not registered with Perth & Scone Medical group are encouraged to contact their own surgeries.

Hay Fever

Hay fever can be problematic at exam times and we encourage pupils who suffer from hay fever to start their medication at the start of the season, before they develop symptoms.

Health Promotion

At the start of each academic year, the nurses plan a health promotion calendar in order to raise awareness among the school population of various health topics. These include dental health, hand hygiene, exam stress, healthy eating, sexual health, alcohol consumption, hay fever and sun awareness. Health promotion boards are updated within the medical centre, boarding houses and the dining hall.

HPV Vaccination

The NHS School Health Team comes to the school to give the (HPV) Human Papilloma Virus vaccination throughout the year. Girls or parents of girls under 16years, who are eligible for vaccination will be sent a consent form to sign and return. HPV vaccination is given as 3 injections over a period of approximately 6 months and it is important to complete the course. For more information go to www.fightcervicalcancer.org.uk.

Immunisations

The immunisation history of all pupils is checked when they start at the school and any immunisations required for those registered with the school doctor, are offered in order to complete the British Immunisation Schedule. Parents of pupils not registered with the school doctor are sent a letter recommending that they attend their own doctor to have the schedule completed. The nurses attend annual updates in order to safely immunise against infectious diseases.

Medical Centre

This is located down the hill opposite the main building and across from Big Acre/1st XV/athletics track. It is staffed by a registered nurse between 07.00 – 19.00 hrs Monday to Saturday. Out with these hours, the on-call nurse carries the Medical Centre mobile phone at all times.

Medicines

There is a Simple Medicines Policy covering all the medicines and their use in each boarding house. There is a stock of over the counter medicines kept at the Medical Centre and distributed to all the houses as required. Medication prescribed by the doctor is either kept by the pupil or their house matron/parent depending on the medication and the pupils age. In accordance with the school rules the pupils should not possess any pills or medicines without prior consultation with Medical Centre staff.

New Pupils

Introduction to Medical Centre forms, both for day and boarding pupils, should be returned to the school before they start. **All new boarding pupils** are registered with the school doctor who is from Perth & Scone Medical group. The initial registration appointment is with the nurse but pupils with ongoing medical conditions are seen by the school doctor.

Nurse CPD/Training

All registered nurses require to complete a minimum number of hours of continuing professional development in order to maintain their registration. The nurses attend regular updates and courses.

Nurse Surgeries

The nurses hold an open surgery every day from 07.30–08.15am and again between 17.00-18.00pm Monday to Saturday.

Outside Appointments

If a pupil needs to go out of school to attend a dental or health related appointment the medical centre organises a driver to escort them. These drivers may act as a chaperone if required. On return, the pupils are asked about the outcome of the appointment and the next appointments are noted. There is a fee for this service which is added to the school bill. Daily and weekly lists of all medical centre appointments are distributed to every boarding house and are displayed for all to see. The nurses liaise regularly with house parents and matrons to exchange information regarding appointments.

Physiotherapy

A physiotherapist is available at the medical centre every Thursday afternoon for pupils who require this service. There is a charge per session which is discussed with the pupils parents prior to arranging the appointment. Physiotherapy referrals made via the school doctor can be seen either privately at the medical centre or with the NHS at PRI.

Protocols

All the nurses work to protocols that are updated annually in accordance with national guidelines.

Puberty and Sexual Health

The nurses deliver puberty and sexual health talks as part of the PSE curriculum. Puberty talks are given to Form I and II boys and girls and cover topics such as physiological and biological changes that occur during puberty, personal care including hygiene, sleep, exercise, diet and issues relating to stress and mood swings. Within the senior school, sexual health talks are delivered to IIIrd, IVth and Vth form in the medical centre day room. These are staged appropriately according to the year group and are designed to be informal, interactive sessions covering topics such as contraception, sexually transmitted infections, alcohol consumption and associated risk taking. All pupils are made aware of confidentiality issues and support services available to them. In the summer term, the nurses hold a health fair for leavers which covers all aspects of health and wellbeing in preparation for leaving school.

Relaxation Classes

Stress is necessary. It helps us perform when we need to but there are times when turning off that stress becomes hard. We run classes or arrange individual tuition in relaxation methods and meditation. These are tailored to the needs of the individual, for example to help to go to sleep or to encourage focus in an exam. The day room, where these classes are held, is also available for pupils to book, through the school intranet, for an hour at a time, to “chill out”. This offers them undisturbed time and is not for use during class time. The room is equipped with an ipod docking station, DVD player, comfortable seating and low lighting to help enable relaxation.

Record keeping

The nurses adhere to NMC guidelines with regard to safe record keeping

School Doctor

A GP from Perth & Scone Medical group, holds a surgery in the Medical Centre three times per week. All boarders and day pupils registered with the practice can be seen in school. Each week there is usually both a male and female GP attending.

Sports Injuries

All nurses are trained in first aid as well as the triage and treatment of minor injuries. All injuries occurring within the school grounds can be seen at the Medical Centre or attended to on site for assessment and first aid treatment. If the injury requires further urgent medical treatment then the pupil will be sent to A/E as appropriate. Pupils with injuries that do not need urgent referral will be followed up and reviewed as necessary at the medical centre. For health and safety reasons, a record of the incident is kept.

Travel Health

The nurses have all undertaken training in travel health and update their knowledge annually. Travel clinics are held regularly throughout the academic year for pupils to discuss their travel plans and advice regarding immunisations and health care is given. The immunisations that may be required are then planned to give time for adequate protection and to avoid exams. The pupils and parents are made aware of any charges for the vaccines. Private prescriptions of relevant malaria medications and Yellow Fever vaccination can be organised. Parents and pupils are asked to contact us as soon as travel plans are made/initiated as some vaccines must be given quite some time before travel. They are also encouraged to refer to the website www.fitfortravel.nhs.uk, run for the public by Health Protection Scotland.