



SEDBERGH SCHOOL MEDICAL INFORMATION

This Medical Information document contains all of the information you need to know about the Medical Centre and should be carefully read and understood. The Medical Form needs to be completed accurately including up to date medical information and immunisation records. Then returned to the School as soon as possible so that your son's or daughter's details can be entered into the Medical Centre system **before the start of term**.

The form can be filled in on the computer and then signed, scanned and returned by email or printed, signed and returned by post. Please note that it is essential that **ALL pupils over the age of 16 sign pages 3 and 11**.

Please note that your son or daughter is not permitted to start the new term until this Form has been returned including immunisations

SEDBERGH MEDICAL PRACTICE

On admission to the School, every pupil who is boarding is required to be registered on the Sedbergh Medical Practice (SMP) NHS list. SMP provides NHS General Practitioner care to the School along with additional School focussed health needs. The School has a Medical Centre offering a wide range of primary care facilities and in-patient beds. It is staffed by three Registered Nurses, who are on call 24 hours a day and 'live in' when pupils need to be admitted overnight. There is daily access to a GP Surgery as well as a variety of NHS providers should they be needed, including Physiotherapy and Child and Adolescent Mental Health Services. The totality of care offered by SMP can of course be complemented by private health services, such as referral to Physiotherapy or Specialist Consultant Care including access to a mental health care via Referral.

If parents have any worries about their son or daughter's health, the School Nurse may be contacted at the Medical centre by telephone. It would be appreciated if telephone enquiries could be between 8.00am and 6.00pm unless urgent.

What if your son/daughter is unwell?

Please do not send you son or daughter back to School if they are unwell.

If a pupil falls ill they will be seen and assessed by their AHSM who is trained in first aid. In the case of minor self-limiting conditions the AHSM will keep your child in the House. If the AHSM was concerned that the illness needed medical attention, she would refer the pupil to the Medical Team to be assessed by the Duty Nurse or Medical Officer either in the Medical Centre or at the House. Pupils can be admitted to the Medical Centre for closer observation, should this be deemed necessary by the Medical Officer. Urgent cases will be assessed by a member of the medical team within 20 minutes and Lancaster Royal Infirmary can be reached within 30 minutes, if necessary.



The School Medical Officer can be contacted at:

The Sedbergh School Medical Centre
Station Road
Sedbergh
Cumbria
LA10 5DL
Tel.: 01539 718 164

MEDICATION

It is School Policy not to allow pupils to self-medicate and we advise parents not to send students back to School with their own private stock of over the counter medications, other than necessary prescription drugs or advised over the counter medication for minor ailments such as hayfever which should be handed in to AHSM. Sedbergh Medical Practice can continue to prescribe regular medication once your child is at Sedbergh School. AHSM dispense daily medication or over-the-counter remedies (Paracetamol etc.) to pupils and all medication is kept under lock and key.

Due to changes in prescription rules Sedbergh Medical Practice can routinely issue on NHS prescription medicines and treatments for minor or short-term conditions where self-care is the most appropriate route or medicines and treatments are available to buy over the counter.

Please note that we are unable to dispense medication to pupils that is not licensed in the United Kingdom. If necessary we can arrange for pupils to see a Dr to arrange alternative licenced medication.

MEDICAL FORM – STATEMENT OF PREVIOUS HEALTH AND CONSENTS

Parents are required to complete the Pupil Medical Information Form and return it, in confidence, to the School. This Form *must* be submitted before a pupil can enter the School.

Your son or daughter will be given a medical examination during their first few weeks in the School. If your child has a chronic medical condition, the nurses will complete a Health Care Plan after the medical for you to sign and return to the Medical Centre. This is to ensure that relevant members of staff involved in your child's care are aware and informed of their condition. Relevant medical notes will be sent to Houses following this examination.

To ensure that House Staff have sufficient information to cover the interim between your son or daughter's arrival at the School and the Medical Officer's examination, will you please bring to the attention of the Housemaster/Mistress or AHSM, before term begins, any matters of immediate concern such as current medication, allergies, incontinence, recent illness or indisposition etc., which you feel that they should know. Any written information from your child's specialist regarding any ongoing care would be appreciated at this stage.



Referrals & Operations

Many minor procedures can be undertaken in the School Health Centre, including blood tests, suturing, minor operations, injections and dressings. X-rays can be arranged at the Westmorland General Hospital where there is a Urgent Treatment Centre. The Health Centre has access to the normal range of primary care investigations through Westmorland General and Lancaster Hospitals.

If a pupil needs a Specialist's opinion, they can be referred to appropriate Consultants at Hospitals as close to school as possible, or, by arrangement with parents, to hospitals closer to home. This may be more appropriate during holiday periods or in cases where the parents may have a preference regarding Specialists. Medical staff will liaise with parents about any procedures or referrals necessary. Parents will be asked to liaise with their insurance company if necessary to obtain authorisation for the referral. A copy of the referral letter will be provided for the pupils and sent to the relevant consultant. Confidentiality will be maintained at all times, therefore if the pupil is over the age of 16 they will be asked either for permission for staff to liaise with parents or to inform parents themselves. In the case of an emergency, the pupil will be admitted to the appropriate Department and the parent contacted immediately.

Many emergency cases require urgent operation (eg, an acute appendicitis) and will of course need an anaesthetic. The younger pupils require either a parent or guardian's permission for this to be done. It is sometimes difficult in such a case to get in touch with parents quickly enough - your son or daughter's Housemaster/Mistress can act 'in loco parentis' and give permission, but most anaesthetists prefer to have the parent's permission. Included therefore is a 'Consent to Operation'; parents should complete and sign this when filling in the form. In such an emergency, however, the School will make every effort to get in touch with you before any operation is performed.

If your child already has a relationship with a specialist service for an on-going problem, it is important that this relationship is maintained for continuity and SMP will communicate with these services when necessary.

Control of Infectious Diseases

One of the worries in caring for a community is the danger of infection - when established it can spread very rapidly. If a pupil has been in contact with an infectious case, such as influenza or chicken pox, parents should inform the School Medical Centre and their son or daughter's Housemaster/Mistress before returning to School. The information required is:

- a) the nature of the disease
- b) how close the contact (e.g. same household or casual contact)
- c) whether or not the pupil has previously had the disease

It is unwise for a student to return to School if they are suffering from an infection. If the student has an elevated temperature, rash, productive cough, vomiting or diarrhoea, they should remain at home until 24 hours after the symptoms have resolved. Your own family GP will normally be happy to see your child as a 'Temporary Resident', should the symptoms be worrying or persistent.



Immunisation Policy

- All parents **must** supply a list of their child's up to date immunisations along with the medical information before the child enters school.
- Parents will be asked to give consent for their child to receive childhood immunisations, annual flu vaccination and travel vaccination. No child will be immunised or a vaccination given without parental permission.
- There will be a charge for flu vaccination unless the child is at risk and qualifies for a free nasal vaccination.
- If the immunisations are not up to date and there is consent from the parents then all childhood vaccinations can be updated.
- All routine NHS vaccinations, including HPV, for pupils at Sedbergh School will be administered by NHS Immunisation Team. Consent forms for these immunisations will be sent out nearer the time.
- Sedbergh School Nurses will adhere to all Sedbergh Medical Practice policies.

Medical Treatment during the School Holidays

All pupils should have a Dental Inspection before each term begins.

If a pupil requires medical treatment during the holidays, your family's GP are obliged to provide treatment as a 'Temporary Resident'.

If a pupil has been having any treatment from a Doctor or Specialist in the holidays, parents must ensure that The School Medical Centre is notified of this in order that treatment may be continued at School if needed.

Prevention of Influenza

We believe that in a closed community such as ours annual immunisation against influenza offers a good chance of protection. However, protection depends to a considerable extent upon the number of pupils who receive such immunisation. The NHS will only fund certain 'at risk' groups, such as those with chronic conditions such as asthma. Pupils who do not meet these criteria can be vaccinated for a small charge. Please complete the immunisation form to request this if desired. Pupils in year 6 and under are eligible for the free nasal flu vaccine.

Cardiac Screening Programme

Approximately 0.7% of adolescents have a cardiac abnormality that can only be detected by performing an ECG, the result of which may necessitate further investigation or treatment in order to avoid the risk of sudden cardiac death. There is an annual screening programme operated by CRY (Cardiac Screening in the Young).