



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 admissions office by **1st August 2023** 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 page 12.**

Please note that your son or daughter is not permitted to start the new term until this form has been returned (including immunisation history)

Sedbergh Medical Practice (SMP)

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 pupils of Sedbergh School along with additional School focussed health needs. The School has a Medical Centre, based at Sedbergh Medical Practice offering a wide range of primary care facilities. It is staffed by a team of Registered Nurses, who are on call 24 hours a day, 7 days a week during term time. 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 [North Lakes Physiotherapy | northlakesphysio.com](http://northlakesphysio.com) or Specialist Consultant Care including access to mental health care via Referral.

If parents have any concerns about their son or daughter's health, they can contact the AHSM or the Duty Nurse may be contacted at the Medical Centre by emailing lscicb-mb.sedberghschoolnurses@nhs.net or calling 01539 718164

The School Medical Officer can be contacted at:

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



What if your son/daughter is unwell?

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

If a pupil falls ill or has a minor injury 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 monitor and look after your child as necessary. If the AHSM was concerned that the pupil requires further medical attention, they would refer the pupil to be assessed by the Duty Nurse or GP either in the Medical Centre or at the House as appropriate. 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.

Medication

It is School Policy **not** to allow pupils to self-medicate and we ask that parents do not to send pupils back to School with their own stock of medications. Prescription drugs or over the counter medication for minor ailments such as hay fever which should be handed in to AHSM. Sedbergh Medical Practice will ensure the ongoing supply of regular prescription medication once your child is at Sedbergh School. AHSM dispense daily medication or over-the-counter remedies to pupils and all medication is kept under lock and key.

Please note that we are unable to dispense medication to pupils that is not licensed for use in the United Kingdom due to legal and professional requirements. In addition your child will need to have a matching clinical diagnosis from a reputable independent source for the medication to be provided as above. If necessary, we can arrange for pupils to see a Doctor to arrange alternative licenced medication.

Medical examination / information

Your son or daughter will be given a basic 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 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.

Confidentiality

Medical information is regarded as confidential, and the pupils right to this will always be considered. The medical team encourage pupils to keep parents, guardians and house staff informed of any health-related matters.



Referrals & Operations

Many minor procedures can be undertaken at Sedbergh Medical Practice, including blood tests, suturing, minor operations, injections and dressings. X-rays can be arranged at the Westmorland General Hospital where there is an Urgent Treatment Centre. The Medical Practice has access to the wide 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 NHS or private 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. For private referrals 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.

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.

Emergency Care

If a pupil required an urgent operation (e.g. acute appendicitis) or a procedure to be done under anaesthetic pupils would 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.

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 their son or daughter's AHSM 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.



Routine Childhood Immunisation

All parents **must** supply a list of their child's up to date immunisations along with the medical information before the child enters school.

Scheduled routine childhood immunisations are arranged through North Cumbria Integrated Care NHS immunisation team in line with national guidelines. Consent for these will be sent to parents in advance of the clinics.

Flu and travel Immunisation

An NHS nasal flu vaccine will be offered to all pupils from reception to year 6, again arranged by the North Cumbria Integrated Care NHS immunisation team. Consent forms will be sent to parents in advance of the clinics in the Michaelmas term.

For pupils in years 7-11 we will offer private flu injections unless they are in an at risk group according to NHS guidelines will be eligible for a free NHS flu vaccine. Consent will be sought for these to be done.

Anyone over the age of 16 can self-consent for a private flu vaccine, for a nominal fee of approx. £5.

Pupils can access travel immunisations via Sedbergh Medical Practice. 6 weeks' notice is required to fulfil travel immunisation schedules.

Medical Treatment during the School Holidays

All pupils should have an annual Dental Inspection.

If a pupil requires medical treatment during the holidays, your family's GP can be asked to provide treatment as a 'Temporary Resident'. Please ensure that pupils remain registered at Sedbergh Medical Practice.

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.

Cardiac Screening Programme

Annual screening is offered each year to 6th form pupils. This service is provided by CRY Cardiac Risk in the Young. Consent forms will be sent at the start of the Michaelmas term ahead of the screening day in November.

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. We therefore strongly encourage pupils to participate in this. **Please note any pupil wishing to run the Wilson Run must have had cardiac screening.** The cost is approximately £65.