

## **5310.1 HEALTH EXAMINATIONS**

The Board of Education requires that all pupils enrolled in the district receive a physical examination in accordance with 18A:40-4 to determine if any physical defect exists that impacts on a child's ability to learn. This examination will be conducted for pupils in grades kindergarten, 4, 8 and 11 and students new to the district by the school medical inspector with the assistance of the school nurse. In lieu of the examination by the school medical inspector, the school nurse may accept the report of such an examination by a physician licensed to practice medicine or by a nurse practitioner/clinical nurse specialist licensed in New Jersey working in collaboration with a physician. An examination by a physician other than the district medical inspector shall be at no expense to the board and submitted on a form furnished by the board. Any pupil shall be exempt from the health examination upon written request of his parent or guardian.

The results of physical examinations and screenings shall be reported to the pupil's parent or legal guardian when any condition is identified that requires follow up by the pupil's medical home.

The superintendent shall direct all teaching staff members to promptly report any physical defect or disability to the school nurse.

Pupil health examinations shall include:

- immunizations;
- the pupil's health history; height, weight, blood pressure, vision and hearing screenings;
- physical examination of pupil's body.

No physical examinations shall require screening or disclosure of HIV status.

### Other Required Health Examinations

An examination of each candidate for a school athletic team will be conducted prior to the first official practice session (which shall include tryouts) by the athletes' medical home or by the district medical inspector where no report is available from the medical home. The medical examination shall include a health history questionnaire, completed and signed by the parent in accordance with Policy 2460 and N.J.A.C. 6A:16-2.2h,1-6.

A student shall be examined pursuant to a comprehensive Child Study Team evaluation as required by N.J.A.C. 6A:14-3.4

A student may be examined when applying for working papers pursuant to N.J.S.A. 34:2-21.7 and 34:2-21.8(3)

Pupils suspected of being under the influence of alcohol, controlled dangerous substances or anabolic steroids shall be examined in accordance with Policy 5530 and N.J.A.C.6A:16-4.3 and N.J.S.A. 18A:40A-12.

#### Screening for Tuberculosis

Screening for tuberculosis shall be conducted for pupils transferring into this district from out of state or out of country as may be required by the State Department of Health 18A:40-16

#### Screening for Scoliosis

Each pupil between the ages of ten and 18 years of age shall be examined biennially for scoliosis by the school nurse or school medical inspector pursuant to N.J.S.A. 18A40-4.3.

#### Audiometric Screening

Audiometric screening will be conducted for pupils enrolled in preschool programs; pupils enrolled in grades kindergarten, 1, 2, 3, 7, and 11; pupils entering the district with no recent record of hearing screening; pupils at risk for hearing impairments; and pupils referred for screening by a teacher or parent or legal guardian, or at the pupil's request.

Pupils are at risk for hearing impairments if they have communication disorders, cleft palate, allergies, frequent upper respiratory or middle ear infections; take ototoxic medication; or are exposed to sudden or continuous loud noises.

#### Vision Screening

Vision screening will be administered to all entering pupils and biennially to all pupils in kindergarten through grade 10, in accordance with the vision screening program developed in consultation with the school medical inspector.

N.J.S.A.	18A:35-4.8; 18A:40-4 et seq.;
	18A:40-16 et seq.
N.J.S.A.	44:6-2
N.J.A.C.	6:28-3.4(d); 6:29-2.1 et seq.; 6:29-3.4;
	6:29-4.1; 6:29-5.1 et seq.; 6:29-6.5
N.J.A.C.	8:52-7.1 et seq.

## **R 5310.1 HEALTH EXAMINATIONS**

A. Physical Examination N.J.A.C. 6:29-2.1

A physical examination required by Policy No. 5310, conducted by the school medical inspector or a pupil's medical home, will consist of the following components.

1. Review of immunizations, in accordance with Policy No. 5320.
2. Health history including allergies, past serious illnesses, injuries, operations, medications, and current health problems. A pupil's health history should be obtained from the parent /guardian or the adult pupil. Pupil physicals/examinations shall not require disclosure of HIV status.
3. Screenings including height, weight, hearing, vision and blood pressure.
4. Examination of the pupil's:
  - a. Height, weight, pulse, blood pressure;
  - b. Skin, for pallor, rashes, scalp, acne, eczema, lymphatics, presence of infection, trauma, jaundice, purpura;
  - c. Head, for symmetry;
  - d. Eyes, for inspection of lids, conjunctiva and pupils;
  - e. Ears, nose and throat, for inspection of mucous membranes, pharynx, tonsils, sinuses; speech noted; external ear examination and otoscopic examination;
  - f. Neck, for glands, nodes, masses, thyroid;
  - g. Bony thorax, for symmetry;
  - h. Heart, for significant murmurs, arrhythmias;
  - i. Lungs, for percussion, auscultation;
  - j. Abdomen, for masses, tenderness, hernia, presence of enlarged liver or spleen;
  - k. Genitalia, for development, abnormalities (may be omitted for females);
  - l. Extremities, for axillary nodes, musculoskeletal function, flat feet, abnormal gait, or asymmetry, fungus disease, plantar warts; and
  - m. Back, for curvature, posture.

**B. Scoliosis Examination N.J.S.A. 18A:40-4.3**

A scoliosis examination will be conducted by the school medical inspector, school nurse, or other staff member trained in scoliosis screening as follows:

1. Pupil stands with back to screener with clothing loosened or removed to expose back. Screener checks for the following:
  - a. Unequal shoulder levels,
  - b. Symmetry of scapulae,
  - c. Alignment of spinous processes,
  - d. Symmetry of flanks,
  - e. Uneven or greater crease at one side of waist, and
  - f. Unequal distance between body and the elbow when both arms are hanging straight down from shoulder.
2. Pupil faces screener and bends to 90° at the waist, feet together, knees straight, and arms hanging in front with palms together. Screener may sit facing pupil and check the following:
  - a. Rib hump (one side of upper back higher than the other),
  - b. Hump in both upper and lower back, and
  - c. Levels of the back on both sides of the spine.
3. The parent /guardian of any pupil suspected of having scoliosis shall be notified. Such notification shall include an explanation of scoliosis, the significance of treating it at an early stage, and the public services available, after diagnosis, for such treatment.
4. A pupil will be excused from scoliosis screening on the written request of his or her parent or legal guardian.

C. Audiometric Screening N.J.A.C. 6:29-5.1 et seq.

Audiometric screening will be conducted as follows:

1. The hearing screening shall be conducted by a medical inspector, certified school nurse or school employee trained in audiometric screening and working under the supervision of the medical inspector. All screening shall be conducted in cooperation with the school nurse.
2. The screening shall be conducted with an audiometer that is calibrated annually in accordance with ANSI S3.6-1969, American National Standard Specifications for Audiometers, as amended.
3. Each pupil shall be screened individually in a 20dB HL screening room at the frequencies of 500Hz, 1000Hz, 2000Hz, 3000Hz, and 4000Hz.
4. If a pupil fails the first screening, the school nurse, using an otoscope, may look into the external ear canal and identify any condition which could interfere with the hearing. If there is a possible problem, the pupil and parent or legal guardian shall be notified and a recommendation made for a medical examination.
5. A pupil who fails to respond to any one frequency in either ear shall be screened again in four to six weeks.
6. If a pupil fails to respond to the same frequency or frequencies in the same ear on the second valid screening, the pupil shall be considered to have failed the screening.
7. A pupil who fails to respond at a different frequency or different frequencies on the second screening shall be screened a third time within two weeks.
8. A pupil who fails to respond at any one frequency on the third screening shall be considered to have failed the screening.
9. The school nurse shall notify in writing the parent or legal guardian of any pupil failing auditory or audiometric screening of the necessity for additional evaluation by a physician or family health care provider.

D. Vision Screening N.J.A.C. 6:29-2.1(d)

Vision screening shall be conducted as follows:

1. The accepted method of screening will be the T.O. machine for vision screening or the Snellen Screening Chart.
2. Pupils who fail to read less than 20/40 in one or both eyes shall be retested. Pupils who fail a subsequent test shall be referred for definitive diagnosis and treatment, following notification of parent or legal guardian.
3. All pupils in grade 5 and all pupils admitted to this district after grade 5 will be tested for color blindness.

E. Tuberculosis Screening N.J.A.C. 6:29-2.3

Screening for tuberculosis infection will be conducted as follows:

1. The only pupils who shall be tested are those in grades and schools identified or under circumstances specified by the State Department of Health based upon the high incidence of tuberculosis or reactor rates in the communities or population groups concerned.
2. The Mantoux intradermal tuberculin test using five T.U. (Tuberculin Units) of PPD tuberculin shall be the only skin test used to detect evidence of tuberculosis infection.
3. A pupil shall be exempt from these requirements upon presentation of documentation of from a licensed physician showing a significant tuberculin reaction and a subsequent negative chest X-ray.
4. Procedures for the administration of the Mantoux test, interpretation of tuberculin reactions, follow-up procedures (including a chest X-ray and medical evaluation) and reporting shall be conducted in accordance with the Department of Health's Reference Guide for Physicians and Nurses.
5. All pupils referred for the necessary chest X-ray and medical examination shall submit a physician's report. If the physician's report is not received by the school medical inspector within four weeks, or if the school medical inspector is unwilling to accept the findings, the pupil shall have a chest X-ray examination in the manner prescribed by the Board of Education.

F. Athletic Examinations

Athletic examinations will be conducted in accordance with Regulation No. 2431.1 and N.J.A.C 6:29-3.4 and N.J.S.A 18A:40-41.7.

G. Substance Abuse Examinations

Examination of pupils suspected of substance abuse will be conducted in accordance with Regulation No. 5530 and N.J.A.C. 6:29-6.5.

H. Child Study Team Evaluations

The school district shall ensure that pupils receive medical examinations for the purposes of the comprehensive Child Study Team evaluation. Examination of pupils identified as potentially educationally disabled will be conducted in accordance with Regulation No. 2460 and N.J.A.C. 6:28-3.4.

I. Pediculosis Examinations

Pediculosis (head lice) examinations will be conducted in accordance with procedures determined by the school medical examiner.

J. Records

Records of all physical and health examinations will be kept as follows:

1. The results of examinations will be recorded on a record form recommended by the Commissioner of Education. Such form shall be kept in a permanent file and shall be the property of the Board. The original health record shall be forwarded with other school records of pupils who transfer to another school district within the State of New Jersey; a photocopy will be retained in this district. A photocopy of the health record shall be forwarded with other school records of pupils who transfer to an out-of-State school; the original will be retained in this district. If a pupil leaves for any other reason, the record shall remain the property of the school.
2. The maintenance of health records is primarily the responsibility of the school nurse.
3. Pupil health records are subject to N.J.A.C. 6:3-6.1 et seq. and Policy No. 8330 on pupil records generally and must be kept confidential. Access is permitted only to the pupil's parent /guardian, the adult pupil and professional staff members charged with educational responsibility for the pupil. Aides and school office personnel may have access to health records only under direct supervision of a professional staff member and only to the extent necessary to enter and record data.

**K. Notification of Parents**

The results of physical and health examinations shall be reported to the parent /guardian of the pupil examined, along with any recommendation of the school medical inspector or school nurse regarding possible treatment.

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