

Navigating Chronic Conditions in Out-of-School Time

RESOURCES AND IMPLEMENTATION TOOLS



Out-of-School Time Facts

- ▶ In 2020, **7.8 million children (14%)** participated in some type of afterschool program (CDC, 2021).
- ▶ **Many students** that participate in out-of-school time programs often **need additional academic support** and **assistance with health needs**.
- ▶ In the United States, **more than 40% of school-aged children and adolescents** have at least one chronic health condition (CDC, 2021).
- ▶ Based on this data, it is **highly likely** that encountering a student with some type of healthcare need or potential health emergency **will occur in out-of-school time programs**.



Considerations for Program Administrators

- Create clear policies, practices and protocols, with support of the lead school nurse or nursing supervisor, related to how students with chronic health conditions will be identified. (registration/enrollment form review) [NCDHHS Childcare Sample Enrollment Form](#)
- Create clear policies with support of the lead nurse or nursing supervisor related to daily and emergency medication administration and documentation based on current legislation and best practice.
 - [Healthy Childcare Medication Administration](#)
 - [115C-375.1. To provide some medical care to students](#)
 - [NC School Health Program Manual: Medication Administration](#)
 - [Emergency Medications Toolkit, NASN Learning Center](#)
- Provide staff training to ensure qualified staff are available to provide routine and emergency care for students with chronic health conditions.
 - Asthma: [CDC Managing Asthma in Schools](#)
 - Diabetes: [Diabetes Training Resources for School Staff](#)
 - Severe Allergies:
 - ▶ [School Staff Training for Allergies](#)
 - ▶ [Management of Other Allergy Types](#)
 - ▶ [CDC Food Allergy Toolkit](#)
 - ▶ [CDC Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs](#)
 - Seizures: [Epilepsy Foundation Seizure Management Training](#)
- Consult the school nurse, parents, and healthcare providers for student specific needs.
- Establish clear communication guidelines between staff and parents.
- Develop a method to maintain accurate and current contact information for parents/guardians and at least 2 emergency contacts.





Legal Considerations

- There are federal laws that govern health information and privacy. The Family Educational Rights and Privacy Act (FERPA) and the Health Insurance Portability and Accountability Act of 1996 (HIPAA) can help guide considerations about confidentiality (CDC 2021).
- There are federal laws to consider when providing appropriate accommodations for students with chronic conditions including but not limited to The Rehabilitation Act of 1973 (Section 504), Americans with Disabilities Act (ADA), and Individuals with Disabilities Education Improvement Act (IDEIA) (CDC 2021).
 - Asthma: [NC Legislation 115C-375.2: Access to Asthma Medication in Schools](#)
 - Diabetes: [NC Legislation 115C-375.3: Diabetes](#)
 - Severe Allergies: [NC Legislation 115C-375.2A: Epinephrine in Schools](#)



Additional Resources

- American Academy of Allergy, Asthma, and Immunology: [Asthma Action Plan](#)
- Epilepsy Foundation: [Seizure Action Plan](#)
- American Academy of Pediatrics: [Allergy and Anaphylaxis Emergency Action Plan](#)
- National Institute of Health: [Helping the Student with Diabetes Succeed: NIDDK \(nih.gov\)](#)
- Afterschool Alliance: [SEL Toolkit](#)



Ongoing Program Evaluation

Reviewing and evaluating program policies, forms, and documentation annually will assist administrators in identifying what is currently being done for students with chronic conditions and highlight opportunities for growth and improvement. Alliance for Healthier Generations provides an assessment tool for out-of-school time programs at www.healthiergeneration.org/take-action/out-of-school-time/assessment



References

- Alliance For A Healthier Generation. (n.d.). Chronic Health Conditions Management. www.healthiergeneration.org/take-action/out-of-school-time/healthy-out-of-school-time-roadmaps
- Centers for Disease Control and Prevention. (2021). Supporting Students with Chronic Health Conditions in School-Based Out of School Time Programs [Issue Brief]. U.S. Department of Health and Human Services. www.cdc.gov/healthyschools/323508-a_fs_supportingstudentswithchronichc.pdf
- National Association of School Nurses. (2018). School-sponsored before, after, and extended school year programs — The role of the school nurse (Position Statement). Silver Spring, MD: Author. www.nasn.org/nasn-resources/professional-practice-documents/position-statements/ps-before-after-programs

