

INDIVIDUAL SCHOOL HEALTH PLAN

SPINA BIFIDA

YEAR _____

Student:		School:		Date:
Date of Birth:		Teacher	Allergies:	
Current Medication/s:				
Other Information: (include emergency medication etc.) Attach Medication Authorization				
EMERGENCY CONTACTS				
Mother:		Home Phone:	Cell #	
		Work Phone:	Pager #	
Father:		Home Phone:	Cell #	
		Work Phone	Pager#	
Other Contacts:				
Physician:		Phone:	Hospital:	

Health Needs During School Hours (check all that are applicable):

- Bowel Plan in place Yes No
- Shunt in place? Yes No
- Catheterization Yes No Frequency/Time _____
- Student requires assistance - If yes, designate adult assistant _____
- Is able to self catheterize without assistance or observation
- Provide privacy/private restroom with running water

Supplies/equipment to be provided by student/family

- Gloves
- Lubricant
- Wipes
- Collection Container
- Prescribed Catheter
- Plastic baggie for used equipment disposal
- Extra set of clothing

Catheterization Log —(includes color, appearance, odor, approximate amount of urine) provided by school nurse

Call parent/guardian if _____

Parent or Guardian Signature

School Nurse Signature

Physician

Principal/ Administrator

Female Catheterization Procedure

1. Wash and dry hands
2. Don gloves, open catheter and place on clean surface
3. Lubricate catheter if ordered
4. Have the female pupil lie on her back with knees flexed and separated or with knees flexed and bottoms of feet brought together
5. Separate the labia and cleanse genitalia with soap and warm water using 4x4's or cotton balls
6. Place other end of catheter into a collection container. Hold the catheter near the tip, insert the catheter into the meatus until urine flows.
 - a. Do not use force, if resistance is felt, it may help to twist the catheter
 - b. Encourage pupil to take a deep breath to relax the perineal muscle and overcome resistance to entry
 - c. If there is slight resistance stop momentarily and then resume using slow, even pressure. NEVER FORCE A CATHETER.
7. Put other end of catheter into collection container.
8. Hold catheter in place until urine ceases flowing. It is essential to completely empty the bladder.
9. Withdraw the catheter slowly and gently.
10. Discard disposable equipment and waste material, or clean, wash and dry equipment with prescribed solution. If catheter is sent home, rinse it and air dry it, replace in container.

OR discard the catheter in a covered trash can.

10. Make sure that the pupil is dry and comfortable, assist with dressing as necessary.
11. Measure urine and discard it, rinse the container.
12. Record your findings in Catheterization Log.
13. Report any unusual observations or problems to parents and school nurse.

Male Catheterization Procedure

1. Wash and dry hands
2. Don gloves, open catheter and place on clean surface
3. Lubricate catheter if ordered
4. Retract foreskin (if needed) and hold penis at right angle from body, clean meatus and glans
5. Hold catheter 4 inches from tip and insert it into the urethra until urine flows. If there is slight resistance stop momentarily and then resume using slow, even pressure; it may help to twist the catheter. **NEVER FORCE A CATHETER**
6. Put other end of catheter into collection container
7. Hold catheter in place until urine ceases flowing. It is essential to completely empty the bladder.
8. Withdraw the catheter slowly and gently
9. Discard disposable equipment and waste material, or clean, wash and dry equipment with prescribed solution. If catheter is sent home, rinse it and air dry it, replace in container.
10. OR discard the catheter in a covered trash can.
11. Make sure that the pupil is dry and comfortable, assist with dressing as necessary.
12. Measure urine and discard it, rinse the container.
13. Record your findings in Catheterization Log.
14. Report any unusual observations or problems to parents and school nurse.