



## Health and Medical Conditions Policy

*Queanbeyan and District Preschool Association will ensure that the good health of every child in their centres is of the highest priority and that cross infection is kept to a minimum. Any child with a diagnosed medical condition will have their needs catered for to the best of our ability.*

Children should not be brought to the Centre unless they are well enough to cope adequately with the normal daily routines and activities. If in doubt parents should contact the centre before bringing their child in.

If a child is on antibiotics, they are to be excluded from the centre for the first 24 hours of taking the antibiotic.

If a child becomes unwell during the day, parents will be contacted by staff and asked to take their child home.

If a child is to be sent home sick, they are to be isolated from the other children.

Staff will wear plastic gloves when wiping a child's nose. The gloves will be peeled back from the wrist with the tissue inside and disposed of in the appropriate bin so that the tissue is not touched by the staff member. The staff member will wash their hands after blowing a child's nose.

Staff will make consistent efforts to ensure that children do not share drinking and eating utensils.

If a child has specific needs, staff will develop an individual health management plan in consultation with the child's family and medical experts.

Paracetamol will not be administered by staff under any circumstances.

### **Fever**

Fever is a sign of infection in the body that leads to a rise in the body's temperature. Normal temperature in young children varies between 36.5 degrees Celsius and 38 degrees Celsius. The variation may depend on the time of day and the activity of the child. Fever is a normal reaction in the body that helps to fight the infection. The fever will return to normal when the infection is completely gone.

Fever is very common in young children and it is not unusual for children to have up to 8 or 10 infections a year in their early years. A common pattern in fever in a young child is for a child to develop a high temperature during the night yet appear perfectly well the next morning. During the day, however, the child's temperature may rise again.

It is not recommended to administer Paracetamol to a child to bring down the fever. There is a danger that children with a serious illness will be treated at home with Paracetamol and that this will delay effective treatment for their illness (Recommendation taken from the Consultative Council on Obstetric & Paediatric Mortality and Morbidity 1996 Annual Report).



### Procedures to be taken:

- If a child's temperature is 38 degrees Celsius or higher the child will be excluded from the centre.
- Staff will regularly monitor a child's temperature if it is 37.5 degrees Celsius or higher.
- Cover the child in light clothing and position in a cool area.
- Offer extra fluids.
- Parents will be contacted and asked to collect their child if the child's temperature rises above 38 degrees Celsius while at the centre.
- If a child develops a high temperature during the night, the child should not attend the centre the following day.
- A child will be excluded from the centre for 24 hours after their temperature returns to normal.
- Paracetamol will not be administered by staff to reduce the fever in a child.

### **Convulsions**

Sometimes a fever can lead to a convulsion. Convulsions are also known as fits or seizures. A convulsion is when a child with a fever suddenly jerks or twitches. They may appear to have difficulty in breathing and become unconscious.

### First Aid Suggestions:

- Try to stay calm.
- Protect the child from hurting themselves by placing them in a safe place e.g. sit with the child on your lap or on the floor with a cushion placed under their head.
- Note the time the convulsions started and the duration.
- Call 000 for ambulance assistance.
- Contact parents or emergency contact persons.

### **Diarrhoea/Gastric**

Diarrhoea and/or gastric is highly infectious and can make children very sick. In the case of diarrhoea or gastric the following will be implemented:

- Any child or staff member will be excluded from the Centre after two abnormal bowel motions.
- A child or staff member must be on a normal diet and have had normal bowel movements for 24 hours before they return to the centre.
- Staff members will strictly follow all hygiene policies.
- Children will be encouraged by staff members to wash hands thoroughly after toileting and nose blowing.



## QUEANBEYAN & DISTRICT PRESCHOOL ASSOCIATION

### **Colds/Flu**

Colds and flu can make a child quite sick and unable to cope with daily routines. Colds and flu are highly infectious, especially between young children who have not learnt to blow noses properly and who may place toys and objects in their mouths.

A child should be kept at home if they have a heavy cold to reduce cross infection.

If a child is lethargic and is not participating or coping with the daily routines at their normal level, staff will contact parents and ask them to take their child home.

Staff members will strictly follow all hygiene principles.

### **Medical Conditions**

- All children with diagnosed medical conditions, eg. Diabetes, Epilepsy, will have a Medical Management Plan prior to starting preschool which will be displayed to ensure correct procedures are followed. All staff will be given instruction in the first aid procedure to follow in the case of a child experiencing a medical episode at preschool. Staff will be asked to sign that they have read each child's Medical Management Plan to acknowledge that:
  - they are familiar with the procedure;
  - they have had adequate training to administer first aid in the case of an emergency.

***All children with medical conditions or allergies will need a completed a Risk Minimisation Plan and Communication Plan***

### **Further reading:**

- 1) *Staff Immunisation Policy*
- 2) *Attendance Policy*
- 3) *Medication Policy*
- 4) *Immunisation and Infection Control Policy*
- 5) *Staying Healthy in Childcare*
- 6) *Risk Minimisation Plan and Communication Plan*