



The International School Yangon ISY Medical Clinic Policy

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ISY Medical Clinic Policy

The ISY Medical Clinic does not act as a primary care provider.

The ISY Medical Clinic has an important role in maintaining health and safety in our school community. The ISY Medical Clinic provides assessment, interventional treatment, and referral to primary care physicians outside the school community for students, faculty, administrators, and supporting staff.

Services provided and conditions monitored include:

- Appropriate initial treatment of common diseases and injuries
- Referral to outside medical resources
- Evaluation of completeness of immunizations according to World Health Organization guidelines
- Supervision of collection of water samples for testing to ensure safety for drinking
- Monitoring and control of locally endemic diseases
- Promotion of healthy living, including good nutrition
- Maintaining records and compiling reports
- Mental health support

Objectives

- To intervene and stabilize student and staff health in cases of emergency and emergent illness.
- To monitor and promote health and safety on the campus and in personal choices
- Early detection and prevention of communicable and non-communicable disease

Medical Clinic Organization

Director of Health, Safety, Security, and Environment

- School Clinic
 - ISY Medical Clinic is staffed by one doctor and one nurse
 - Substitute doctors are added as needed for special events and Week-Without-Borders
- Referral Resources: A list of local health providers is available at the end of this document, Appendix A

Working Hours:

- 7:30 – 17:30 Mon – Fri during school days
- 8:00 – 12:00 Saturday
- During special events as necessary

Any use of the clinic after office hours and on Sunday for emergency treatment must be reported to the security office and the clinic doctor.

Medical Supplies

- The ISY Medical Clinic will ensure that there are sufficient supplies on hand
- The ISY Medical Clinic will monitor expiration dates on medications
- The ISY Medical Clinic will maintain a list of recommended vendors for all supplies and equipment
- The ISY Medical Clinic will coordinate all purchases through the ISY Director of Health, Safety, Security, and Environment

Medication Policy

The ISY Medical Clinic does not dispense prescription medication, nor are students allowed to have medication on campus, except in the following circumstances:

- All medication should be held in the ISY Medical Clinic
 - In some cases students are authorized to self-carry emergency medication (inhaler, EpiPen)
- Students are not allowed to self-administer any medication
 - Students under a doctor's care must provide a written doctor's note stating that the medication is necessary and a detailed description of dosage and frequency
 - Parents must provide the ISY Medical Clinic permission if a student is to take medication during school hours
- Prescribed medication can only be supervised/administered by the ISY Medical Clinic.
- In the case a student presents to the clinic and requests OTC medication for a minor ailment, authorizations entered by parents into PowerSchool may be followed and parents informed by email of medications given.

The ISY Medical Clinic may administer non-prescription medications to faculty and supporting staff if assessment indicates treatment would be a benefit.

Parental Notification

- Parents will be informed of all significant health concerns involving their children
- In the event of a medical emergency, parents will be notified immediately and informed of the recommended course of action

Infectious Disease Control Guidelines

1. Follow immunization requirements
2. Use good health habits including:
 - Cover your mouth and nose with a tissue when coughing or sneezing, or cough into your elbow. It may prevent those around you from getting sick.
 - Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
 - Avoid touching your eyes, nose or mouth.

- Practice other good health habits:
 - Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
3. Your child is too sick to attend school when they:
 - Are unusually tired, pale, have a lack of appetite, are difficult to wake, confused, or irritable.
 - Have red eyes: Thick mucus or pus draining from the eye. Itchy eyes that have crust on eyelids after sleep, may need to be evaluated by a physician for "pink eye" or conjunctivitis.
 - Have a temperature of 100 degrees Fahrenheit or higher. A child must be fever free for 24 hours, without the use of fever reducing medication (Tylenol, Ibuprofen), before returning to school.
 - Have a sore throat with a fever or swollen glands in the neck. (If a child has strep throat they are able to return to school after 24 hours of appropriate treatment.)
 - Have diarrhea, three or more loose stools in a 24-hour period.
 - Are vomiting, two or more times within 24 hours.
 - Have a rash, especially with a fever, itching, or swelling.
 - Any ear pain with a fever should be evaluated by a physician. Untreated ear infections can cause permanent hearing loss.
 - If your child has lice or scabies, they may not return to school until they have been treated.
 - Cases of Chicken Pox require that children remain home for five days after the beginning of blisters, or until all pox are scabbed over and dry.
 4. Be informed on symptoms of common illnesses and if sick, stay home.

ISY requires that all students have completed World Health Organization recommended immunizations prior to enrollment. Basic childhood immunizations are not only recommended by the World Health Organization (WHO) and the Center for Disease Control (CDC), but also serve to protect the ISY community from the spread of the most serious, but preventable diseases.

ISY requires the following immunizations for enrollment:

1. Hepatitis B (3 doses)
2. DTaP (Diphtheria, Tetanus, and Pertussis (5 doses)
3. Tdap/DTap booster given at 10 – 15 years
4. IPV/OPV (Polio) (4 doses)
5. MMR (Measles, Mumps and Rubella) (2 doses)

Immunizations which are not required but are recommended

- | | |
|--------------------------|--|
| 1. Hepatitis A | 5. Rabies |
| 2. Varicella | 6. HPV (Human Papilloma Virus (11 – 13 |
| 3. Meningococcal | years) |
| 4. Japanese Encephalitis | |

The ISY Medical Clinic will coordinate with the Admissions Office in order to ensure that students have the required immunizations prior to enrollment. In addition, the ISY Medical

Clinic will monitor students to insure that immunizations remain current and communicate with parents for documentation as needed.

Hand Foot Mouth Disease (HFMD)

Hand, Foot, Mouth Disease (HFMD) is a viral illness and is not uncommon, especially in young children. The number of cases and the severity of cases in Asia is increasing, with the HEV71 strain being associated with life-threatening complications. Many countries have mandatory reporting to their Health Department of any HFMD case.

ISY takes HFMD seriously and has procedures in place to protect our young population. Our first line of defense is you; the child's parent. To protect our population please don't send your child to school if your child has a fever or is not feeling well, has a sore throat, mouth sores and/or blisters/ rashes on hands and/or feet, or buttocks. Please consult with your family physician as soon as symptoms are noted, and stay at home until symptoms end and your family physician releases the child to attend school. Students who have symptoms or diagnosis of Hand-Foot-Mouth Disease should stay home at least a week and avoid crowded places (supermarkets, malls, etc.) to avoid spreading HFMD to others in the community. Please note that it is possible to get HFMD more than once!

Teachers are informed about HFMD and watch students for signs of illness. If ill, students are sent to the ISY Medical Clinic for evaluation. The clinic will communicate concerns to parents if indicators of HFMD are noted and a visit to the family physician for a diagnosis is required. In addition, teachers ask elementary school students to clean their hands each morning, before and after recess and lunch, and after interaction with well used surfaces. Hand sanitizer dispensers are in place throughout the campus and teachers and students are encouraged to use as appropriate. Students are instructed on how to cough and sneeze into their sleeve and to dispose of tissue correctly.

Following World Health Organization (WHO) and Centers for Disease Control (CDC) guidelines, classrooms and common areas are cleaned with approved antiseptic solution regularly. If there is any case of HFMD in our school, additional classroom cleaning is done.

To protect all children, if your child is diagnosed with HFMD, ISY requires: 1. please inform the school clinic when a diagnosis is confirmed, 2. a parent must accompany the student when he/she returns to campus, and 3. the parent must provide the ISY Medical Clinic with a written clearance from your primary physician. 4. please bring the written note to Medical Clinic before going to the classroom.

For further information on Hand-Foot-Mouth Disease, please see the links below:

http://www.wpro.who.int/emerging_diseases/hfmd.information.sheet/en/
<https://www.cdc.gov/hand-foot-mouth/about/index.html>

Tetanus Immunization

Protection against tetanus must be considered with any puncture wound, even a minor one. After a puncture wound, the ISY Medical Clinic will check the student's immunization record for tetanus and notify parent or legal guardian accordingly.

A minor wound will need a tetanus booster only if it has been at least 10 years since the last tetanus shot or if the student is 5 years old or younger. More serious wounds such and those contaminated by dirt, feces and saliva (or other body fluids); puncture wounds; amputations; and wounds resulting from crushing or burns require a tetanus booster if it has been more than 5 years since the last tetanus immunization.

Lice Policy

Background

Head lice are found worldwide and while causing anxiety and inconvenience, they are a nuisance but are not disease causing.

The life-cycle of lice begins with nits (lice eggs) hatching in 7-10 days after being deposited on a human hair shaft. They develop into an adult in another 7-10 days and those adults can then lay more eggs. It is important to remove all of the lice and nits to stop the life-cycle. While potent lice shampoos kill nits and eggs, the safest way to get rid of lice is to examine the hair closely in order to remove both lice and nits.

Purpose

The purpose of this policy is to inform parents of the ISY policy concerning nits and lice and to describe steps that can be used at home to control lice. This document will also describe procedures that the ISY Medical Clinic will follow concerning lice examinations and when a child will be sent home.

ISY Clinic Procedures

- The ISY Medical Clinic examines children for nits and lice upon the request of students, teachers, or parents
- Students who are found with lice and/or nits will be sent home to prevent spread of the parasites
- Lice combs will be sent home with students found to have lice with instructions on how to use
- Students found with lice will be allowed to return to school after treatment
- Returning students will be asked to check in with the ISY Medical Clinic before returning to class in order to ensure that the treatment has been successful

Information for Parents

In almost all cases, the best preventative method is to be an expert groomer of your child's hair. Please ensure your child's hair is combed every day. While combing, inspect your child's hair for any sightings of lice or nits.

A thorough head check is very important in the prevention and control of head lice. It takes more than a quick look at someone's head to see lice and/ or nits. It takes time, patience, and good lighting. Here are three tips for a successful head check.

1. Check the entire head. Lice like to lay their eggs behind the ears, on the back of the head above the neck, and on the top of the head. But you might find adult lice anywhere on the head.
2. Use a nit removing comb each time you do a head check. Wet the hair with water and then use a special fine tooth comb. After combing, check the comb for loose head lice and nits. If you see any nits, be sure to thoroughly nit-pick.
3. Check for head lice once a week. Make head checks a part of your family's personal hygiene routine. Fridays are a good day for head checks. If you find lice, you can start treating over the weekend and your children can avoid missing school.

If you find that your child has lice or nits or your child is sent home due to lice or nits, please do the following:

- Consult your medical advisor for any supportive treatment.
- Review treatment guidelines from the Center for Disease Control (CDC) – available from https://www.cdc.gov/parasites/lice/head/gen_info/faqs.html
- Shampoo your child's hair with lice shampoo (medicated or dandruff shampoos do not kill lice or nits). If you do not have lice shampoo, you must examine your child's hair thoroughly and kill the lice or nits. Be mindful that some lice shampoos are quite toxic – read the ingredients.
- Use a lice comb to finely comb hair to remove or extract lice and nits.
- Wash all bedclothes and other cloth items that have made contact with your child's head.
- Examine the remainder of your family members to ensure lice or nits do not remain.

Heat Management

1. If the heat index is over 105°F Elementary School students should not be in the direct sun for greater than 15 minutes without shade relief and rehydration monitoring between the hours of 10AM – 4PM.
2. If activities continue with heat index above 105° and UV index of Very High or Extreme, options for all students/staff outdoor activity (Very High Risk for heat related illness—take steps to reduce risk factors):
 - a. More and longer rest breaks
 - b. Reduced practice time
 - c. Reduced exercise intensity
 - d. Offer access to shade
 - e. Consider rescheduling or delaying until safer conditions prevail

- f. Workout-to-Rest Ratio: 1-2:1
 - g. Mandatory water breaks every 20 minutes for 10 minutes in duration.
And precautions for excessive UV radiation to include:
 - h. Seek shade and wear protective clothing, a wide-brimmed hat, and UV blocking sunglasses
 - i. Generously apply broad spectrum SPF 30+ sunscreen
3. Rigorous activities should be scheduled in cooler hours when sun is less direct. Whenever possible, no activities in the sun between 10 – 4PM on days when heat index is above 105°F.

Safe Water Supply and Sanitation

Hygiene and sanitation on campus are monitored by the ISY Medical Clinic.

- Several times each year, faculty and coaches will receive instruction on health care topics.
- Several times each year, the housekeeping staff will receive instruction from the medical clinic on proper sanitation and disinfecting methods.
- Prior to beginning work on the ISY Campus, new food handlers will be certified by the ISY Medical Clinic. (physical examination, chest x-ray, lab: test urine and stool)
- The ISY clinic will test all drinking water dispensers for bacteria monthly.
- At the end of the day, floor of wash rooms and other facilities must be cleaned with antiseptic.

Health Care Services

The ISY Medical Clinic will conduct annual health screening for all elementary students. Findings are recorded and kept confidential in the clinic.

Physical examinations include height and weight for all students in physical education classes and vision and hearing screening for all students in K – Grade 5.

Medical Records

In order to keep students safe and in good health while on campus, all relevant information relating to a child's physical condition or special medical needs should be shared with the ISY Medical Clinic.

The ISY Medical Clinic will keep records on all students and will monitor those with special health needs. In addition, the ISY Medical Clinic will maintain immunization records of all students.

All medical records maintained by the ISY Medical Clinic will be stored in a manner that insures patient, parent and physician confidentiality.

Data Collection and Reporting

The ISY Medical Clinic will collect and provide the ISY Administration with statistical information concerning school related injuries, illnesses, and outbreaks like flu etc.

The ISY Medical Clinic, while maintaining confidentiality, will maintain serious medical incident reports.

Sporting Events and Week-Without-Walls

An ISY physician and/or nurse will be present for all sporting events hosted by the school as well as local tournaments. During Week-Without-Walls an ISY physician or nurse will accompany ISY students. If requested, an ISY physician or nurse can accompany ISY students on local, extended day trips. During periods of absence a substitute doctor will be resident in the ISY Medical Clinic.

Training for Faculty and Staff

When possible at the beginning of each academic year, the ISY Medical Clinic will arrange for basic first aid training for identified faculty. Training will include the use of an AED device. In addition, the ISY Medical Clinic will arrange other specialized medical training for select faculty and staff, in particular security personnel and coaches, throughout the year as appropriate.

Natural Disaster and Fire

The ISY Medical Clinic is an integral part of the ISY Emergency Plan. During an evacuation, the ISY Medical Unit will establish a casualty triage station in a designated area of the ISY Campus. The location of the casualty triage station may vary depending upon the location and nature of the emergency. The ISY Medical Unit will coordinate the emergency medical response to the ISY Campus.

Mass Casualty Plan

Once the emergency situation is identified and announced, the Medical team will organized and follow the directions of the Director of Health, Safety, Security, and Environment.

Medical Team

The clinic doctor and nurse will supervise and manage a medical response in case of emergency. Important considerations in an emergency include:

- Assignment of duties to team members
- Supervision and management of medical team
- Emergent care according to triage
- To prepare all necessary medical supplies including beds and blankets

- To find safe and appropriate places for students receiving medical care
- To supervise custodial help

Custodian Role

- To help and assist clinic personnel
- To help with placement of students
- assist in nursing care as needed

Security Role

- Safety of the students is always the prime concern
- To assist with first aid care if necessary
- To arrange transportation if needed

Other Help

- To register students who come to clinic.
- To communicate with parents.
- To communicate with the Director of Health, Safety, Security, and Environment

Appendix A

Clinic /Hospital	Services	Address	Telephones & Emails
American Vision	Vision & Eye Health Center, inpatient & outpatient care	No. 397, Shwe Bon tha Street (upper)	Ph-01-241897
Apex Asia Medical Center *Preferred Provider	General Medical Care	No. 33/2 Pyay Road, 7 Mile, Mayangone TS	Ph-01-662810/662467, 0973227555
Asia Pacific *Preferred Provider	General Medical and Dental care	No.98(A), KabaAye Pagoda Road, Bahan	Ph- 01-549152, 0973056079, 0973216949
Asia Royal Cardiac & Medical Care Hospital *Preferred Provider	Emergency and specialties, inpatient & outpatient, general medical care, lab & diagnostic tests	No.14 , Baho Street, Sanchaung TS	Ph-01-538055/212886/212887 Emergency contact for heart problem
Bumrungrad Clinic, Yangon *Preferred Provider	Emergency care, Primary care and lab services, links with Bumrungrad International Hospital in Bangkok, Thailand	Address: No 77, Pyi Daung Su Yeik Thar Road, Dagon TS, Yangon	Contact Numbers: (+95-1)230-2420, (+95-1)230-2421, (+95-1)230-2422, (+95-1)230-2423 For Emergency cases please contact 24 hr Hotline: (+95-9)78-230-2424
Evergreen Dental Center ***to be fully informed: get written quote before having non-acute procedure	Oral /dental care	No.6, corner of Pyay Rd and Min Ye Kyaw Swar St, Ygn	95 1 395 395
Hnin Si Gone (Rose Hill Hospital) Ear, Nose, Throat specialist	Inpatient & outpatient General Medical Care; Ear, Nose, and Throat care	20A/ KabaAye Pagoda Road, Bahan	Ph-01-552547
IES (International Emergency Service)	Emergency services	No. 60, (G-1), Parami Road, Mayangone TS, Yangon	Ph-01657930, 0931311541, 0931311542 www.paramihospitalygn.com www.paramihospital.com helplineies@gmail.com
International Clinic at Parami Hospital (Samitivej International) *Preferred Provider *Used by school in case of school emergency	Urgent Care Centre	11th floor of Parami Hospital, 60 (G-1) Parami Road	Dr. Olivier Cattin, MD Ocattin28@gmail.com or interclinic@samitivej-mm.com Appt: 01-657987/01-667592 check-up: 09-448006093, Emergency: 09-31911541 or 09-31911542
Leo Medical Care /Family International *Preferred Provider	Emergency Medical Care	Witoriya (Victoria) Hospital (upper floor), 68 Tawwin Road, 9 Mile	Ph -01 651238 +95 1 4958-5955
Malikha Diagnostic Medical Center (new)	Lab and investigation, vaccination and oncology center	No.10, Thiri Mingalar Street, Aung Chan Thar ward, Sanchaung TS, Ygn	012304758, 2304759 2304760, 252280079
MMDC (Myanmar Molecular Diagnostic Center)	Quantiferon Test (blood test for TB)	No. 363-D, Bo Aung Kyaw Street (upper block) Kyauktada Township	Ph 01 374676, 09 25306 9982

Myittar Oo	Vision & Eye Health Center, Inpatient & outpatient care	499/Pyay Road, Hledan	Ph-01-241897
National Health Laboratory (NHL)	Lab tests & water check up	No.35/Maw Kun Teik Road, Dagon TS, Ygn	Ph-01-371957
NHealth	Quantiferon Test (blood test for TB)	No. 807, Maha Bandoola Street (at 11 th Street), Lanmadaw Township	Ph 01 230 3202
Neo Vision	Vision & Eye Health Center, Inpatient & outpatient care	141/149, Bagayar Road, Bagayar Condo, Sanchaung TS	Ph-01-534569, 09 5005474
Parami Hospital	inpatient & outpatient, general medical care, lab & diagnostic tests, TB skin test (TT+)	No.60(G1), Parami Lann Thit (near Chaw Twin Gone), Mayangone township	Ph-01 657228/01, 657231/01 660083
PATHLAB Health care	Lab and health care	No.16, Kyaik Ka San Street, Pone Ner Kone Quarter, Tarmwe TS, 11211 Yangon	Ph-09420010788, 09420010789, 09420100178, 09250277780 maythu@pathlab.com.mm
Pun Hlaing Hospital *Preferred Provider	Emergency and specialties, Inpatient & outpatient; general medical care	Pun Hlaing Golf Estate Avenue, Hlaing Thayar TS	Ph -01-684323
Pun Hlaing Downtown clinic	specialties, Inpatient & outpatient; general medical care	No.238/240, Bogyoke Aung san Road, Botahtaung TS, Yangon	095137812, 01250677, 01245483
SML Lab	Medical & Diagnostic Center (source for vaccines)	003/004 Dagon Tower, Kaba Aye Pagoda Road, Bahan	Ph 01-544463/64/65
SOS (AEA) International Clinic *Preferred Provider	General medical care; minor surgery; lab tests	Inya Lake Hotel 37, Kaba Aye Pagoda Road, Bahan	Ph- 01 667879, 01 657922
Shwe Gon Dine Specialist Centre (SSC) *Preferred Provider	Emergency and specialties, inpatient & outpatient; General Medical Care, Lab & diagnostic tests (TB skin test (TT+))	7/East Shwegondaing Road, Bahan	Ph- 01544116, 01541457, 01542400
T-Care Dental Clinic	Oral /dental care M – F 10AM – 8:30PM and closed national holidays	No. 131, Inya Road, adjacent to Savoy Hotel	Ph—09 73150800
Witoriya (Victoria) Hospital	Emergency and specialties, inpatient & outpatient; General Medical Care	No.68, Tawwin Rd, 9 miles, Mayangone TS	Ph- 01-9666141 09783666141/09783666142/09783666143 /09783666144
Pharmacy: Golden Bell		6 Yuzana Tower, Shwe Gon Baing, Bahan,	Ph-01-558213

Contact Numbers for Health Services in Yangon, 2018-19

*Preferred Provider—refers to ISY employee insurance plan having relationship in place with GBG

** (TT+) TB skin test