



Guide for Teacher's Referral to School Nurse
 (The following conditions should be referred to the school nurse:)

Eyes:

- Sties or crusted eye lids
- Inflamed eye lids
- Crossed eyes
- Repeated headaches
- Squinting, frowning, or scowling
- Protruding eyes
- Watery eyes
- Rubbing of eyes
- Twitching of the lids
- Excessive blinking
- Holding head to one side to see
- Complaints of blurry vision

Skin & Scalp:

- Unusual pallor of face
- Eruptions or rashes
- Habitual scratching of scalp or skin
- Nits on the hair
- State of uncleanliness
- Excessive redness of face

General Appearance & Conditions:

- Underweight—very thin
- Overweight—very obese
- Does not appear well
- Tires easily
- Chronic fatigue
- Nausea or vomiting
- Faintness or dizziness
- Chronic menstrual discomfort

Ears:

- Discharge from ears
- Earache
- Failure to hear questions
- Picking at the ears
- Turning head to hear
- Talking in a monotone
- Inattention
- Anxious expression
- Excessive noisiness of child
- Ringing in ears
- Dizziness

Teeth & Mouth:

- State of uncleanliness
- Gross caries
- Irregular teeth
- Stained teeth
- Gum boils or ulcers
- Offensive breath
- Mouth habits such as thumb sucking
- Complaints of toothache
- Swollen jaw

Posture & Musculature:

- Uneven alignment of shoulders
- Peculiarity of gait
- Obvious deformities of any type
- Uneven alignment of spine when "standing tall"
- Abnormality of muscular development
- Abnormality of coordination
- Abnormality of muscle tone

Nose & Throat:

- Persistent mouth breathing
- Frequent sore throats
- Recurrent colds
- Chronic nasal discharge
- Frequent nose bleeds
- Nasal speech
- Frequent tonsillitis
- Chronic coughing

Glands:

- Enlarged glands at side of neck
- Enlarged thyroid

Growth:

- Failure to gain regularly over 6-month period
- Unexplained loss in weight
- Unexplained rapid gain in weight
- <5%ile or >95%ile on growth charts

Any Chronic Illness:

- (known or suspected diagnosis)
- Diabetes
 - Seizure disorder
 - Rheumatic fever
 - Cystic fibrosis
 - Orthopedic condition
 - Severe hearing loss
 - Unremedied visual loss or handicap
 - Other special conditions

Heart:

- Excessive breathlessness
- Easily tires
- History of "growing pains"
- Bluish lips or fingernails
- Excessive pallor