



Cardigan Mountain School
Hamilton Family Foundation Student Health Center

SUMMER SESSION HEALTH CARE POLICY INFORMATION

Policy: General Health Care

1. ***Students arriving at school with an incomplete Cardigan Physical Examination form must have one completed at the School.*** Parents will be charged a fee by the School, in addition to any fees charged by health care providers on or off campus.
2. ***Students arriving at school with an incomplete Cardigan Immunization Record must have one completed at the School.*** Parents will be charged a fee by the School, in addition to any fees charged by health care providers on or off campus.
3. Students arriving at the School with other required medical forms that are incomplete must have them completed at school, and parents will be charged a fee by the School, in addition to any fees charged by health care providers on or off campus.
4. Students are ultimately responsible for following health care instructions and keeping all appointments; they are expected to fulfill their responsibilities for good health.
5. The School will contact a parent by phone or email if a serious medical concern arises. However, calls are not routinely made regarding common illnesses or minor injuries.
6. Students must be examined by a health care provider at school for an acute illness before prescription medication may be given. Antibiotics sent from home for an acute illness cannot be given if the student was not examined by the prescribing health care provider.
7. When school is in session, the Health Center is open at specified times for health care; for all other times a Registered Nurse is on call for medical assistance.
8. There is no fee for a Health Center visit, but fees may apply for certain procedures, supplies, or certain kinds of overnight supervision of a student

Policy: Full Disclosure

Cardigan Mountain School is a boarding school community in which many members of the faculty become an integral part of each student's life. These faculty members share all aspects of the community experience with your son, which include teaching, advising, coaching, and dorm parenting. In order for our faculty members to do their jobs effectively and help to keep your son safe, it is imperative that we have up-to-date information regarding his health and well-being. With that being said, please note the following:

1. If your son has been diagnosed with a physical or psychological condition that may have an impact on his academic, athletic, or social interactions, *the School MUST be fully informed*. This will require written documentation from your son's medical doctor, psychiatrist, psychologist, or counselor that explains your son's symptoms, the diagnosis, and the current course of treatment.
2. All diagnoses and medication information regarding your son will be shared with the faculty.
3. If your son has received counseling in the past and either does not need further counseling or will need counseling while at school, *the Health Center MUST have a letter on file* from your son's doctor explaining the reason for either ending the counseling or continuing counseling while at school.

Policy: General Medication

1. A completed Physician Medication Register must be on file before your child may take daily prescription medication.
2. A completed Register for Nonprescription Medications must be on file before your child may take acceptable daily supplements.
3. If your child's health record indicates a current diagnosis of asthma, the School must have a doctor's written order for an emergency inhaler that your child will be instructed to carry at all times.
4. You must label all inhaler and nasal spray units with your child's name or they will be discarded.
5. The School cannot guarantee students will always take their medications.
6. The School cannot give medications to students who are leaving campus for weekends, holidays, vacations, or activities not sponsored by the School. If your son will need medication while away from school, be sure you have an adequate supply on hand. Parents are responsible for providing instructions and medications to a hosting adult not employed by the School.
7. If your child's health record indicates a current diagnosis of a severe allergic reaction resulting in anaphylaxis, the School must have a doctor's written order for an emergency EpiPen that your child will be instructed to carry at all times.
8. Allergy injections cannot be done at the School. If your son requires regular allergy injections while at school, there ask your allergist if the injectable serum can be replaced with an oral type of serum that is placed under the tongue.
9. Medications will promptly be disposed of if not picked up by an adult on the last day of school.
10. Medications cannot be mailed to out-of-country addresses due to the extensive requirements of customs.
11. Students may not have or take oral medications or supplements in their rooms. The School offers a convenient central location where they may come to take their medicine. Use of protein powder supplements is highly discouraged.

Policy: Prescription Medication

Parents will provide the Health Center with a written prescription for each medication their child takes:

- Written prescriptions for medications that are not controlled substances should include the number of refills the physician wants available.
- Parents will be responsible for providing written prescriptions to the Health Center in a timely fashion so that their child's medication supply does not run out. ***Reminders are not sent.***
- **Written prescriptions for medications that are controlled substances must include the diagnosis. The State of New Hampshire allows these prescriptions to be filled for a two-month supply if requested by the physician.**

****PLEASE NOTE**** Arrangements can be made (by parents) with the prescribing physician to allow the nursing staff of Cardigan Mountain School to call the prescribing physician directly and request a new written prescription be mailed to the Health Center. Please discuss this with your child's physician when he or she is completing the Physician Medication Register (a required form available online at www.cardigan.org/health).