

REGULATION GUIDE

STUDENTS
R 5310/page 1 of 11
Health Services
Mar 16
M

R 5310 HEALTH SERVICES

A. Definitions – N.J.A.C. 6A:16-1.3

1. Advanced practice nurse **(APN)** – means a person who holds a current license as nurse practitioner/clinical nurse specialist from the State Board of Nursing.
2. Certified **s**School **n**Nurse – means a person who holds a current license as a registered professional nurse from the State Board of Nursing and an Educational Services Certificate, school nurse or school nurse/non-instructional endorsement from the Department of Education pursuant to **N.J.A.C. 6A:9B-12.3 and 12.4** **N.J.A.C. 6A:9-13.3 and 13.4**.
- ~~3. **Medical Examination** – means the assessment of an individual's health status.~~
34. Medical **h**Home – means a health care provider, including New Jersey FamilyCare providers as defined by N.J.S.A. 30:4J-12 and the provider's practice site chosen by the student's parent for the provision of health care.
45. Non-certified **n**Nurse – means a person who holds a current license as a professional nurse from the State Board of Nursing and is employed by a ~~district~~ Board of Education or nonpublic school, and who is not certified as a school nurse by the Department of Education.
5. **Parent** – means the natural parent(s), adoptive parent(s), legal guardian(s), foster parent(s), or parent surrogate(s) of a student. When parents are separated or divorced, "parent" means the person or agency who has legal custody of the student, as well as the natural or adoptive parent(s) of the student, provided parental rights have not been terminated by a court of appropriate jurisdiction.



REGULATION GUIDE

STUDENTS
R 5310/page 2 of 11
Health Services

6. Physician assistant (PA) – means a health care professional licensed to practice medicine with physician supervision.

76. Physical **e**xamination – means the examination of the body by a professional licensed to practice medicine or osteopathy, or an advanced practice nurse, **or physician assistant.** The term includes specific procedures required by statute as stated in N.J.A.C. 6A:16-2.2.

87. School **p**hysician – means a physician with a current license to practice medicine or osteopathy from the New Jersey Board of Examiners who works under a contract or as an employee of the school district. The physician is also referred to as the medical inspector as per N.J.S.A. 18A:40-1.

B. Medical Examinations – General Conditions

1. Each student medical examination shall be conducted at the medical home of the student. If a student does not have a medical home, the school district shall provide the examination at the school physician's office or other comparably equipped facility pursuant to N.J.S.A. 18A:40-4.

2. The findings of required examinations under **DC.** through G. below shall include the following components:

a1. Immunizations pursuant to N.J.A.C. 8:57-4.1 through 4.24;

b2. Medical history, including allergies, past serious illnesses, injuries, operations, medications, and current health problems;

c3. Health screenings including height, weight, hearing, blood pressure, and vision; and

d4. Physical examinations.

3. Each school shall have available and maintain an automated external defibrillator (AED), pursuant to N.J.S.A. 18A:40-41a.a(1) and (3), that is:



REGULATION GUIDE

STUDENTS
R 5310/page 3 of 11
Health Services

- a. **In an unlocked location on school property, with an appropriate identifying sign;**
 - b. **Accessible during the school day and any other time when a school-sponsored athletic event or team practice is taking place in which students of the school district or nonpublic school are participating; and**
 - c. **Within a reasonable proximity of the school athletic field or gymnasium, as applicable.**
4. The Board of Education shall make accessible information regarding the New Jersey FamilyCare Program for students who are knowingly without medical coverage pursuant to N.J.S.A. 18A:40-34.
 5. Pursuant to N.J.S.A. 18A:40-4.4, a student who presents a statement signed by his/her parent that required examinations interfere with the free exercise of his/her religious beliefs shall be examined only to the extent necessary to determine whether the student is ill or infected with a communicable disease or under the influence of alcohol or drugs or is disabled or is fit to participate in any health, safety, or physical education course required by law.
 6. Information concerning a student's HIV/AIDS status shall not be required as part of the medical examination or health history pursuant to N.J.S.A. 26:5C-1 et seq.
- C. Medical Examinations - Prior to Participation on a School-Sponsored Interscholastic or Intramural **Athletic** Team or Squad for Students Enrolled in Any Grades Six to Twelve
1. The school district shall ensure that students receive medical examinations prior to participation on a school-sponsored interscholastic or intramural **athletic** team or squad for students enrolled in any grades six to twelve. **The examination shall be conducted within 365 days prior to the first day of official practice session in an athletic season and shall be conducted by a licensed physician, APN, or PA.**



REGULATION GUIDE

STUDENTS
R 5310/page 4 of 11
Health Services

1. The examination shall be conducted within 365 days prior to the first practice session.

2. The medical examination shall include a health history questionnaire completed and signed by the parent.

a. The report of health findings of the medical examination for participation shall be documented on the Athletic Preparticipation Physical Examination Form approved by the Commissioner of Education to determine whether the student had or currently has any of the following since their last physical:

(1) Injuries;

(2) Chronic or ongoing illness;

(3) Need for prescribed medication;

(4) Allergies;

(5) Head related conditions;

(6) Heart related conditions;

(7) Eye, ear, nose, mouth, or throat conditions;

(8) Neuromuscular/orthopedic conditions; or

(9) General or exercise related conditions.

b. The medical report shall include a determination concerning the student's participation that includes, at a minimum, the following normalities:

(1) Measurement of weight, height, and blood pressure;

(2) Examination of the skin to determine the presence of infection, scars from previous surgery or trauma, jaundice, a rash, and purpura;



REGULATION GUIDE

STUDENTS
R 5310/page 5 of 11
Health Services

- (3) Examination of the eyes to determine visual acuity, use of eyeglasses or contact lenses, and examination of the sclera for the presence of jaundice;
- (4) Examination of the ears to determine the presence of acute or chronic infection, perforation of the eardrum and gross hearing loss;
- (5) Examination of the nose to assess the presence of deformity which may affect endurance;
- (6) Assessment of the neck, back, and spine to determine range of motion, the presence of pain associated with such motion, and abnormal curvature of the spine;
- (7) Examination of chest contour;
- (8) Auscultation and percussion of the lungs;
- (9) Assessment of the heart with attention to the presence of murmurs, noting rhythm and rate;
- (10) Assessment of the abdomen with attention to the possible presence of hepatomegaly, splenomegaly, or abnormal masses;
- (11) Examination of upper and lower extremities to determine abnormal mobility or immobility, deformity, instability, muscle weakness or atrophy, surgical scars and varicosities;
- (12) Examination of the testes to determine the presence and descent of testes, abnormal masses, or configurations, or hernia;
- (13) Assessment of physiological maturation; and
- (14) Neurological examination to assess balance and coordination.



REGULATION GUIDE

STUDENTS
R 5310/page 6 of 11
Health Services

~~e. The medical report shall indicate if a student is allowed or disallowed to participate in the required sports categories and shall be completed and signed by the original examining physician, advanced practice nurse, or physician's assistant.~~

~~d. An incomplete form shall be returned to the student's medical home for completion unless the school nurse can provide documentation to the school physician that the missing information is available from screenings completed by the school nurse or physician within the prior 365 days.~~

2. The physical examination shall be documented using the Preparticipation Physical Evaluation (PPE) form developed jointly by the American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine and is available online at <http://www.state.nj.us/education/students/safety/health/records/athleticphysicalsform.pdf> in accordance with N.J.S.A. 18A:40-41.7.

a. Prior to performing a preparticipation physical examination, the licensed physician, APN, or PA who performs the student-athlete's physical examination shall complete the Student-Athlete Cardiac Screening professional development module and shall sign the certification statement on the PPE form attesting to the completion, pursuant to N.J.S.A. 18A:40-41d.

(1) If the PPE form is submitted without the signed certification statement and the school district has confirmed that the licensed physician, APN, or PA from the medical home did not complete the module, the student-athlete's parent may obtain a physical examination from a physician who can certify completion of the module or request that the school physician provides the examination.



REGULATION GUIDE

STUDENTS
R 5310/page 7 of 11
Health Services

- b. The medical report shall indicate if a student is allowed or not allowed to participate in the required sports categories and shall be completed and signed by the original examining physician, APN, or PA.**
 - c. An incomplete form shall be returned to the student's medical home for completion unless the school nurse can provide documentation to the school physician that the missing information is available from screenings completed by the school nurse or physician within the prior 365 days.**
 - 3. Each student whose medical examination was completed more than ninety days prior to the first day of official practice in an athletic season shall provide a health history update questionnaire completed and signed by the student's parent. The completed health history update questionnaire shall include information listed below as required by N.J.S.A. 18A:40-41.7.b. The completed health history update questionnaire shall be reviewed by the school nurse and, if applicable, the school athletic trainer and shall include information as to whether, in the time period since the date of the student's last preparticipation physical examination, the student has:**

 - a. Been advised by a licensed physician, APN, or PA not to participate in a sport;**
 - b. Sustained a concussion, been unconscious, or lost memory from a blow to the head;**
 - c. Broken a bone or sprained, strained, or dislocated any muscles or joints;**
 - d. Fainted or blacked out;**
 - e. Experienced chest pains, shortness of breath, or heart racing;**
 - f. Had a recent history of fatigue and unusual tiredness;**



REGULATION GUIDE

STUDENTS
R 5310/page 8 of 11
Health Services

- g. Been hospitalized, visited an emergency room, or had a significant medical illness;**
 - h. Started or stopped taking any over the counter or prescribed medications; or**
 - i. Had a sudden death in the family, or whether any member of the student's family under the age of fifty has had a heart attack or heart trouble.**
- 4. The school district shall provide to the parent written notification signed by the school physician stating approval of the student's participation in athletics based upon the medical report or the reasons for the school physician's disapproval of the student's participation.**
- 5. The Board of Education will not permit a student enrolled in grades six to twelve to participate on a school-sponsored interscholastic or intramural team or squad unless the student submits a PPE form signed by the licensed physician, APN, or PA who performed the physical examination and, if applicable, a completed health history update questionnaire, pursuant to N.J.S.A. 18A:40-41.7.c.**
- 6. The school district shall distribute to a student-athlete and his or her parent the sudden cardiac arrest pamphlet developed by the Commissioner of Education, in consultation with the Commissioner of Health, the American Heart Association, and the American Academy of Pediatrics, pursuant to N.J.S.A. 18A:40-41.**
 - a. A student-athlete and his or her parent annually shall sign the Commissioner-developed form that they received and reviewed the pamphlet, and shall return it, to the student's school pursuant to N.J.S.A. 18A:40-41.d.**
 - b. The Commissioner shall update the pamphlet, as necessary, pursuant to N.J.S.A. 18A:40-41.b.**



REGULATION GUIDE

STUDENTS
R 5310/page 9 of 11
Health Services

c. The Commissioner shall distribute the pamphlet, at no charge, to all school districts and nonpublic schools, pursuant to N.J.S.A. 18A:40-41.b.

~~3. Each student whose medical examination was completed more than sixty days prior to the first practice session shall provide a health history update of medical problems experienced since the last medical examination. This shall be completed and signed by the parent. The health history update shall include the following information:~~

~~a. Hospitalization/operations;~~

~~b. Illnesses;~~

~~c. Injuries;~~

~~d. Care administered by a physician of medicine or osteopathy, advanced practice nurse, or physician's assistant; and~~

~~e. Medications;~~

~~4. Each school district shall provide to the parent written notification signed by the school physician stating approval of the student's participation in athletics based upon the medical report or the reasons for the school physician's disapproval of the student's participation.~~

~~5. A student who does not have a completed Athletic Preparticipation Physical Examination Form shall not be permitted to participate.~~

D. Medical Examinations - Upon Enrollment in School

1. The school district shall ensure that students receive medical examinations upon enrollment in school. **The school district requires a parent to provide within thirty days of enrollment entry-examination documentation for each student** ~~parent shall be required to provide examination documentation of each student within thirty days of enrollment in the school.~~



REGULATION GUIDE

STUDENTS
R 5310/page 10 of 11
Health Services

2. When a student transfers to another school, the sending school district shall ensure the entry-examination documentation is forwarded to the receiving school district pursuant to N.J.A.C. 6A:16-2.4(d).
 3. Students transferring into this school district from out-of-State or out-of-country may be allowed a thirty-day period to obtain entry-examination documentation.
 4. The school district shall notify parents through its website or other means about the importance of obtaining subsequent medical examinations of the student at least once during each developmental stage: at early childhood (pre-school through grade three), pre-adolescence (grades four through six), and adolescence (grades seven through twelve).
- E. Medical Examinations - When Students Apply for Working Papers
1. Pursuant to N.J.S.A. 34:2-21.7 and ~~21.3~~ **34:2-21.8(3)** the school district may provide for the administration of a medical examination for a student pursuing a certificate of employment.
 2. The school district shall not be held responsible for the costs for examinations at the student's medical home or other medical provider(s).
- F. Medical Examinations - For the Purposes of the Comprehensive Child Study Team Evaluation Pursuant to N.J.A.C. 6A:14-3.4
1. The school district shall ensure that students receive medical examinations for the purposes of the comprehensive Child Study Team evaluation pursuant to N.J.A.C. 6A:14-3.4.
- G. Medical Examinations - When a Student is Suspected of Being Under the Influence of Alcohol or Controlled Dangerous Substances pursuant to N.J.S.A. 18A:40A-12 and N.J.A.C. 6A:16-4.3
1. If a student who is suspected of being under the influence of alcohol or controlled dangerous substances is reported to the certified school nurse, the certified school nurse shall monitor the student's vital signs and general health status for emergent issues and take appropriate action pending the medical examination pursuant to N.J.A.C. 6A:16-4.3.



REGULATION GUIDE

STUDENTS
R 5310/page 11 of 11
Health Services

2. No school staff shall interfere with a student receiving a medical examination for suspicion of being under the influence of alcohol or controlled dangerous substances pursuant to N.J.A.C. 6A:16-4.3.

H. Health Screenings

The Board of Education shall ensure that students receive health screenings in accordance with N.J.A.C. 6A:16-2.2(k).

1. Screening for height, weight, and blood pressure shall be conducted annually for each student in Kindergarten through grade twelve.
2. Screening for visual acuity shall be conducted biennially for students in Kindergarten through grade ten.
3. Screening for auditory acuity shall be conducted annually for students in Kindergarten through grade three and in grades seven and eleven pursuant to N.J.S.A. 18A:40-4.
4. Screening for scoliosis shall be conducted biennially for students between the ages of ten and eighteen pursuant to N.J.S.A. 18A:40-4.3.
5. Screenings shall be conducted by a school physician, school nurse, or other school personnel properly trained.
6. The school district shall **notify** ~~provide for the notification of~~ the parent of any student suspected of deviation from the recommended standard.

Adopted: 9 April 2009
Revised: 13 November 2014
1st Reading: 5 May 2016

