



MASSANUTTEN MILITARY ACADEMY
Health Services - Infirmary Staff
Infirmary Phone: 540-459-0425
Infirmary Fax: 540-459-7642

HEALTH SERVICES POLICIES AND INFORMATION

This form contains information for parents to keep. It should not be returned with other forms to the Infirmary.

The Infirmary staff is responsible for cadets' medical care. Parents' help is essential. Please ensure that MMA receives all pertinent records and information, which remain confidential and available to others only as required to provide health care.

Annual Medical Examination – The Academy must have on file a current “Health Questionnaire” completed by the cadet’s parents and a current “Medical Examination and Immunization Records” form completed and signed by the cadet’s physician. Records and evaluations must be updated yearly. Without current records on file at the Infirmary, a cadet cannot stay in dorms or participate in school programs/activities. He/she must return into his/her parents’ care until the records are provided to the Infirmary. Forms may be faxed to the number above, or mailed, or delivered at registration.

Immunizations – Required vaccinations must be completed before the cadet’s arrival for registration at the start of school.

The Infirmary is staffed seven days a week, from wake-up until taps. A nurse remains on call from taps until wake-up. No fee is charged for nurses’ evaluations or for visits to the Infirmary. Shenandoah Memorial Hospital is less than a half-mile from MMA. Dorm supervision (Commandant’s) staff members are on duty at all times to ensure proper emergency response by calling for ambulance service or transporting cadets to the emergency room.

Calls to Parents (not for Minor Illnesses) – Parents are not contacted when cadets catch colds or present symptoms of minor illnesses. With parents’ prior permission, nurses provide non-prescription medicines as needed. Parents are contacted when cadets have fevers **not** controlled by non-prescription medications, or when the Infirmary staff determines that a physician’s evaluation is needed. Parents may call the Infirmary any time at 540-459-2167, extension 2425.

HEALTH INSURANCE – Cadets must have health insurance for emergency medical care. *Please provide the Infirmary with a copy of applicable insurance card(s) and pharmacy card(s).* Parents/guardians of cadets with no health insurance coverage should contact the Business Office to learn about options for purchasing insurance designed for boarding school students.

MEDICAL EXPENSES – Local physicians will bill parents’ insurance companies directly.

MMA parents must deposit funds into the cadet’s medical expense account with the Business Office or provide credit card information to the Infirmary. (See the accompanying “Medical Treatment Authorization, Cadet’s Health Insurance” form.)

Scheduling Routine Appointments with Physicians or Dentists – Cadets are not excused from classes or other school duties and obligations for routine dental or medical check-ups. Elective surgery, ongoing treatment, and dental appointments must be scheduled when the Corps is on furlough (Thanksgiving, Christmas, March breaks).

Cadets Medically Excused from Duties – The Infirmary staff has sole authority to excuse cadets from physical activities, classes, sports, military drill, etc., based on the cadet’s health. A physician who examines or treats a cadet for a specific illness or injury must submit a written report or summary of the nature of the illness or injury and the treatment plan, including restrictions and follow-up measures expected.

Prescription eyewear – Cadets who wear glasses or contact lenses must keep the prescription and extra glasses at school.

MEDICATIONS – Cadets may not keep medications in their rooms or in their possession without explicit permission from the Director of Health Services. (Exceptions: topical creams and birth control pills)

Prescription Medications– Cadets taking prescribed medications must have **Physician’s Authorization** on file at the Infirmary, signed by the prescribing doctor. (See form for “Medical Evaluation and Immunization Records” form)

✓ **Parents are responsible for providing prescribed medications and refills** to the Infirmary. A cadet whose prescribed medications run out may be sent home until refills are provided to the Infirmary.

- ✓ **Medicine Containers** must be the original prescription containers, correctly labeled with the cadet's name, medication name, dosage, and frequency.
- ✓ **Refills can be obtained through local pharmacies** if the prescription so permits. A pick-up/delivery fee (\$10) is charged to the cadet's account. If the parents' insurance plan covers pharmaceuticals, the Infirmary can present a copy of the pharmacy card to the pharmacy on the parents' behalf. The Pharmacy will bill the insurance company, and MMA will pay the co-pay using the parents' credit card on file. Contact the Infirmary staff for more information and to request local pharmacy prescription refill service.
- ✓ **Changes in dosages or prescriptions** require written verification by the prescribing physician.

Behavior Medications (Ritalin, Adderall, Prozac, Dexedrine, Zoloft, etc.) – Cadets may not transport/deliver behavior medications to the Infirmary, nor will the Infirmary staff give cadets such medications to take home on leaves or furloughs. Those medications must be delivered and received by the parents personally or by mail.

- ✓ **Monitoring of Behavior Medications** – Parents are strongly encouraged to provide the cadet's prescribing physician with regular reports on the cadet's learning progress and behavior at MMA. The Infirmary and Counseling staffs can help with this important process. Please contact them directly.
- ✓ **Cadet Misconduct after "Missing Meds"** – The Academy's mission, culture, and essential learning programs depend upon structure, discipline, and consistent behavioral expectations. Cadet misconduct cannot be excused even when it appears that the cadet's failure to take his/her medications contributed to the behavioral problem.

Non- Prescription ("over-the-counter") Medications- Infirmary staff provides medications below as needed

<u>Pain Relief</u>	<u>Sinus Relief</u>	<u>Skin Care</u>	<u>Mouth Sores</u>
Tylenol (acetaminophen)	Sudafed	Athletes Foot Cream	Anbesol
Advil (ibuprofen)	Benadryl	Benadryl Cream	Oratex
Aleve (naproxen)	Claritin	Caladryl Lotion	Zilactin
Midol	Zyrtec	Necessary Bandages	Choloraseptic Spray
		Epson Salts	
<u>Muscular Aches and Pains</u>	<u>Chest Congestion</u>	Sunburn Gel	<u>Bowel Discomfort</u>
Slings	Robitussin		Tums
Pain relieving muscle rub	Vicks Vapor Rub	<u>Antiseptics</u>	Immodium
Ace Wraps	Dayquil	Betadine	Ex-Lax
	Nyquil		Stool Softener
<u>Eye Care</u>	Mucinex		Medizine (Antiemetic)
Visine, Sterile eye drops			

Performance enhancing supplements and energy drinks are prohibited.

Meningococcal Meningitis Vaccine- Boarding school students living in residence halls face increased risk of contracting *meningococcal disease*, a potentially fatal bacterial infection commonly referred to as *meningitis*. At least 70% of all cases are vaccine preventable. Meningitis is rare, but it can lead to swelling of fluid surrounding the brain and spinal column, as well as severe and permanent disabilities such as hearing loss, brain damage, seizures, limb amputation, and even death. It is spread through the air via respiratory secretions or close contact with an infected person through coughing, sneezing, kissing, or sharing items like utensils, cigarettes, and drinking glasses. **Symptoms** resemble the flu: high fever, severe headache, stiff neck, rash, nausea, vomiting, lethargy, and confusion.

A safe and effective vaccine is available to protect against four of the five most common strains of the disease, for three to five years. Adverse reactions are mild and infrequent, consisting primarily of redness and pain at the injection site and rarely a fever. As with any vaccine, vaccination may not protect all susceptible individuals. It does not protect against viral meningitis. To learn more about meningitis and the vaccine, visit the website of the Centers for Disease Control and Preventions (CDC), www.cdc.gov/ncidod/dbmd/diseaseinfo .

Many states have recently passed legislation mandating the meningitis vaccine for students living in residence halls. **MMA recommends that all cadets have the vaccination.**

Contact Information Infirmary Main Phone: 540-459-0425
 Infirmary Fax Phone: 540-459-7642
 Director of Cadet Health Services: Andrea Avni, RN, 540-325-7937