

Notes from the Nurse

October 2023

Lindsey O'Hara & Deborah Proby



Substitute School Nurse

We are seeking a substitute for the 23-24 school year. The qualified applicant will be a Registered Nurse licensed in the state of Maryland with a current CPR Certification.

Interested candidates should send a cover letter and resume to our Hiring Coordinator, Amy Stumme, at astumme@sjpray.org.

October 10: World Mental Health Day

Please take time on this day to do something with you children that improves your emotional well-being!

"Good Mental Health is an integral part of our overall health and well-being."



SIGNS AND SYMPTOMS TO LOOK OUT FOR FOLLOWING A HEAD INJURY

The following signs and symptoms can appear immediately or over the next couple of days. Keep a close eye on the casualty and get medical advice if at all concerned.



Observed by others

- Appears stunned or dazed
- Loses consciousness (even briefly)
- Is confused about events
- Trouble thinking or concentrating
- Can't recall events prior or after event
- Shows behavioral or personality changes
- Answer questions slowly and repeats questions
- Has difficulty remembering things and organising themselves



Experienced by Casualty

- Headache or pressure in the head
- Balance problems or dizziness
- Nausea/Vomiting
- Sensitivity to light or noise
- Does not feel right
- Blurred vision or double vision
- Feel "Dazed", sluggish, foggy or groggy
- Difficulty concentrating or remembering
- Feeling irritable, sad, nervous or more emotional
- Sleep disturbances

