

FACTS FOR STUDENTS AND PARENTS

Analgesics are medications that help control pain.

Most common:

- **Paracetamol**

Used to relieve fever and mild pain but have no anti-inflammatory action.

- **Ibuprofen**

Relieves pain and inflammation (not suitable if you have Asthma). Should be taken with food.

- **Aspirin**

Reduce fever and mild pain and have an anti-inflammatory action (not suitable for children under 12 or teenagers with influenza or fever)

- **Combination Products**

May contain aspirin or paracetamol and a substance called codeine.

Analgesics will not;

- Cure whatever is causing your pain.
- Prevent a headache.
- Boost your energy levels.

There may be other ways to cope with pain other than using analgesia.

The best way to avoid pain is by staying fit and healthy. This means you should exercise regularly, get plenty of sleep, learn relaxation technique.

MENSTRUAL PAIN

Before you decide to take medication for menstrual pain, try some of the following techniques:

1. Have a warm drink, such as a herbal tea.
2. Place a hot pack on the painful area if you are experiencing stomach cramps, or lower back pain.
3. Some people may respond better to an ice pack.
4. Certain massage techniques can help relieve discomfort.
5. Lie down and have a rest. Some women find lying in the foetal position helpful (drawing knees up towards the stomach)
6. Light exercise can really make a difference. Try going for a walk, doing some light stretching or do some yoga.

NORTH ALBANY SENIOR HIGH SCHOOL



POLICY AND GUIDELINES ON PARACETAMOL and or other ANALGESICS AT SCHOOL

RATIONALE

This document provides guidelines for staff, as well as information for parents and students, in the dispensing of analgesics to students.

At NASHS we encourage students to better manage their health by increasing their awareness of the causes of headaches, before taking analgesics.



Definitions:

- Analgesia** - *absence of pain*
- Analgesic** - *a drug that helps control pain.*
- Paracetamol**- *a mild analgesic.*

Procedure:

Recent Head Injury:
Do not medicate.
Analgesia can mask signs of deterioration.
Notify parents and observe for deterioration.

For students seeking paracetamol at school the following procedure should be followed:

1. The general procedure is not to provide students with analgesics - unless the dispensing of analgesics is permitted in an authorized student Health Care Plan that has been signed by the parents.
2. The School Nurse is the only person at the school who may use his/her own discretion as to whether or not they will give analgesia to a student without a parent or caregiver's permission.

COPING WITH PAIN

Headaches and menstrual pain are two common types of pain that can sometimes be relieved using drug free methods.

HEADACHES

If you have a headache, think about what might be the cause. You may be able to relieve your pain simply by making a small change.

Common causes of Headaches	Drug Free Management Strategies
Tired	Have a rest
Dehydration (the cause of many headaches)	Ensure you drink plenty of water, especially when playing sport or on hot days.
Hungry	Eat – skipping meals can lower your blood sugar level and cause headaches
Stress	Relaxation techniques, have a rest or a massage. Talk to someone.
Injury	Assess for injuries and follow first aid procedures.
Glasses	If you wear glasses, get your eyes tested; your prescription might have changed
Tension Headaches	Lie down and rest in a cool, dark room