

Brownstown Central Community School Corporation
School Health Services
Nursing Department Policy

Guidelines for safe use of Diastat (Rectal Valium) in our School Corporation

Nursing Services at BCCSC has determined that the administration of Diastat cannot be delegated to non-health professional staff. This determination has been made based on the following:

- Diastat, as per instructions on the drug package insert, is given under very specific circumstances:
Diastat should only be administered by caregivers who in the opinion of the prescribing physician 1) are able to distinguish the distinct cluster of seizures (and / or the events presumed to herald their onset) from the patient's ordinary seizure activity. 2) have been judged to be competent to administer the treatment rectally. 3) Understand explicitly which seizure manifestations may or may not be treated with Diastat. 4) are able to monitor the clinical responses and recognize when that response is such that immediate professional medical evaluation is required.
- A side effect of Rectal Diastat is depression of the respiratory system. The most common side effect is sedation. This sedation is more likely to occur at higher doses or if the medication has previously been given within the past 8 hours. Therefore, it is critical for the school personnel to know about same day use of Diastat prior to school. Diastat is not to be used more than 5 times per month and / or more than once in 5 days. It is also important for school personnel to be informed by the health care provider of any interactions between Diastat and other medication the student may be taking that could possibly potentiate the sedative effect of Diastat.
- Extensive monitoring is required before and after Diastat is administered.
- The School Nurse is responsible for medication administration to students in schools.
- According to the Indiana Nurse Practice Act, a Registered Nurse may delegate nursing tasks that do not require constant or complex nursing assessment and that can be trained or supervised by the RN.
- Since Rectal Diastat is given rectally to students having serious seizures and who can have serious medication and seizure effects, Rectal Diastat should be given by a School Nurse. If necessary, it can be delegated to a Licensed Practical Nurse since LPNs are trained to give medications, and to recognize / act in emergent situations.
- According to Jackson County Ambulance Service Dispatch, Emergency Medical Technicians are not allowed to administer Rectal Diastat due to the

extensive monitoring that is required post administration and the potential side effects. Therefore, when a 911 call is received and it is determined that the call is in regards to seizure activity, it is policy to send a paramedic to the scene. Only under direct instructions of a paramedic would an advanced EMT administer Rectal Diastat.

- The first dose of Rectal Diastat should not be administered in the school setting. The family, physician, and the school nurse should be aware of the effects of the medication on the student before it is given in the school setting.

When there is not a School Nurse present or when the nurse is not in the location of the student having a seizure, the current first aid procedure for seizure management is to be followed. School Nurses develop IHPs Individualized Health Care Plans and / or ECPs Emergency Care Plans for students who have health and safety conditions (including seizure disorders) that require potential health care interventions in the school setting. School Nurses train school staff to provide seizure first aid for student's according to a student's IHP or ECP. School Nurses provide specific steps to care for students when the nurse is in the setting and when the nurse is not in the setting (such as on a school bus) including the length of time that lapses before activating 911.

When the BCCSC School Nurse receives an order for Rectal Diastat the following occur.

1. Inform the parent of the above information to discuss the availability of nursing staff / emergency services to student.
2. Contact physician after medical release obtained for more specific guidelines if not included in the initial orders and inform prescribing physician of BCCSC Nursing Policy.
3. Discuss with Administration and Transportation Staff regarding possible alternative transportation solutions for safe transport of student to and from school if applicable.
4. Develop an IHP and ECP and obtain physician / parent orders to direct the care of the student with history of prolonged seizures.