


February Nursing News

CD Food Pantry

Central Decatur's food pantry is open every 3rd and 4th Wednesday of the month from 1-2pm. If you need an appointment outside of these times please contact Becca Crouch by email.

 becca.crouch@centraldecatur.org 

Thank You

Thank you Leon Lions Club! We appreciate and value your willingness to support Central Decatur's student health by providing vision screens that help with early detection of potentially educationally significant visual impairment. 

Local Medical

Lamoni Free Clinic @
Lamoni United Methodist
Church every Tuesday 2-4 pm
Infinity Health Leon
Monday-Friday 7am-7pm
Saturday 8am-12pm
Infinity Health Lamoni
Monday-Friday 7am-5pm
Wednesday 7am-7pm
Decatur County Hospital
Open 24 hours
Urgent Care Osceola
Monday-Friday 7am-7pm
Saturday 8am-6pm
Sunday 1pm-5pm

Important Dates

February 14
Valentine's Day

February 20 & 22
1pm dismissal
Parent Teacher
Conferences

February 23
No School



Love



When should I utilize ER services?

Heather Boswell RN, BSN

Utilization of the Emergency Room generally involves situations where immediate medical attention is required due to serious or life-threatening conditions. Here are some examples of when it's appropriate to go to the emergency room:

- **Serious Injury:** such as fractures, deep cuts, head injuries, or injuries that may require stitches.
- **Chest pain or Difficulty Breathing:** symptoms related to chest pain, difficulty breathing, or signs of a heart attack should be addressed immediately in the ER.
- **Severe Allergic reaction:** If someone is experiencing a severe allergic reaction (anaphylaxis), characterized by difficulty breathing, swelling, and other serious symptoms.
- **Uncontrolled Bleeding:** For situations where bleeding cannot be controlled, and it is causing significant distress.
- **Seizures:** For individuals experiencing seizures or convulsions.
- **Loss of Conscious:** If someone has lost consciousness or is unresponsive.
- **Severe Abdominal Pain:** Persistent and severe abdominal pain may require emergency evaluation.
- **Poisoning or Overdose:** Suspected poisoning or drug overdose should be addressed immediately in the ER.
- **High Fever in Infants:** For infants with a high fever, especially if they are less than three months old.

It's crucial to emphasize that individuals are advised to seek care for non-emergency medical issues from primary care physicians, urgent care centers, or other suitable healthcare providers. The emergency room should be utilized exclusively for true emergencies, ensuring that critical resources are available for those in immediate need. Using emergency services for regular healthcare needs can pose several risks to the healthcare system including but not limited to overburdened emergency rooms, resource allocation, increased healthcare cost, limited access to emergency care, and increased strain on healthcare staff. Education provided to the public on appropriate use of the emergency services helps to ensure that emergency rooms remain available and efficient for those facing true emergencies. Additionally, public education on when to use emergency services versus other healthcare options is crucial in promoting responsible healthcare utilization.

