



Health Information

1. Immunization information - the Utah Department of Health maintains a voluntary, confidential records system to assist parents/guardians, health care providers, and schools in documenting your student's immunizations. Immunization information will be accessed and entered into the Utah Statewide Immunization Information System (USIIS) for students in kindergarten through 12th grade. Allowing your student's school to share your student's immunization history with USIIS will aid you, your student's health care provider, and the school to determine which immunizations your student has received and which may still be needed. A parent/guardian may request, in writing, that his/her child be exempt from entry to the state registry according to the Family Educational Rights and Privacy Act (FERPA).
2. Vision screening – Murray City School District (MCSD) conducts year screening. If you do not want to have your child screened, please contact the school secretary or school nurse to let them know.
3. Health concerns – if your child has health concerns, please contact the school principal and/or school nurse to discuss your students healthcare needs.
4. Scoliosis check - recent studies have cast controversy on the effectiveness of routine scoliosis screening in the school setting. To comply with Utah law, code 53G-9-402, we are providing instructions for parents, how to check your children for scoliosis. This service will no longer be performed at the schools in MCSD unless the parent/guardian makes a request to the school nurse.

Scoliosis Screening for Parents

To comply with Utah Code 53G-9-402 rules for examinations prescribed by the Department of Health, instructions on how to check your child for scoliosis are provided to parents of school age children grades fifth through eighth.

Scoliosis is sideways twisting of the spine or backbone. It is usually detected in children between 10 and 14 years of age. Kyphosis, sometimes called roundback, is an exaggerated rounding of the upper back and may look like poor posture.

Many cases of scoliosis and kyphosis are mild and require only ongoing observation by a physician. Others can worsen as your child grows and require treatment with bracing or surgery. Left untreated scoliosis/kyphosis may get worse as your child grows. Early detection and treatment are essential to help avoid complications that may include backpain, fatigue, reduced exercise tolerance, and in severe cases decreased heart and lung function.

The procedure for screening is simple. Looking at your child's back while he/she stands and then bends forward can detect the presence of scoliosis or kyphosis. Simple instructions are attached.

If you suspect your child has scoliosis or kyphosis you should contact your primary care physician and have your child checked. The school nurse may provide screening for individual students at the request of the parent or guardian.

If you have any questions, or would like your child to be screened, please contact your school nurse, Paulette Staley, RN at 801-264-7400 Ext. 5537.

Sincerely,



Darren Dean

Director of Personnel & Student Services

Scoliosis Information

What is Scoliosis? Scoliosis is a side-to-side curving of the spine. It is a developmental defect and not the result of poor posture habits. 80% of scoliosis cases are idiopathic (no known cause) but it is known to be more common in some families, suggesting hereditary factors.

Idiopathic scoliosis starts as a slight bend in a growing child's spine. It may remain slight and non-progressive, or it may progress over time, sometimes rapidly during the adolescent growth years, ages 10 to 15. About 10% of people have a very mild form of scoliosis that will need no treatment and many times is unnoticeable to anyone not trained to examine for it. About 1% will have a progressive condition and need some medical treatment. In the developing stage the spine stays flexible and there is no pain to indicate progression.

Significant curves that are unstable will continue to advance in adulthood. Left untreated, scoliosis can cause obvious physical deformity, pain, arthritic symptoms, and heart and lung complications and can also limit physical activity.

If detected early, scoliosis can be treated before it becomes a physical or emotional disability. Frequent signs of scoliosis are: a prominent shoulder blade, uneven hip and shoulder levels, unequal distance between arms and body, uneven hemlines, and clothes that do not hang right.

Home screening tests can be done with the child having no shirt on. For girls, a bra or a swimsuit that is low enough in back to show the lumbar spine (lower back) will be OK.

While your child is standing facing away from you look at the child's back and answer these questions:

1. Is one shoulder higher than the other, or is one shoulder blade more prominent?
2. When his/her arms hang loosely at her sides, does one arm swing away from the body more than the other?
3. Is one hip higher or more prominent than the other?
4. Does the child seem to tilt to one side?
5. Do you see an obvious curve?

THEN: ask your child to bend forward, with arms hanging down and palms together at knee level. Can you see a hump on the back at the ribs or near the waist?

If your answer to any of these questions is "yes", you should contact your doctor to verify your findings.

Screenings are routinely done by your healthcare provider at a well-child exams, and are recommended twice for girls at age 10 and 12, boys once at age 13-14.

