



UNIVERSITY OF NORTH CAROLINA
SCHOOL *of the* ARTS

Dear High School Parent,

I would first like to welcome your child to the University of North Carolina School of the Arts. Your child faces an exciting and challenging time. The staff of Student Health Services is here to help make the transition as smooth and worry-free as possible. For the safety and convenience of our high school students we have several strict rules about prescribed medications. These policies pertain to medications that we feel need to be monitored by our professional staff. It is the policy of the University of North Carolina School of Arts that all high school students register certain medications with Health Services. The purposes of this policy are to assist the student with reordering medications, preventing theft, and to document medication compliance.

The medications that must be registered with Health Services include:

- All medications used to treat depression, anxiety, mood, or bipolar disorders;
- All medications used to treat Attention Deficit Disorder;
- All seizure medications
- Accutane
- All controlled medications containing codeine or other powerful pain relievers.
- Any medication that the Director determines may have a potential for abuse or harm

We ask that you do not dispense these medications yourself but rather provide us with the appropriate prescription bottles for documentation. Students will pick up a new pallet of medication on a weekly basis. They will sign for their medications at that time. This transaction is handled in a very confidential manner so as not to embarrass. We do not remind students to come in to take medications, it is their responsibility.

Many of these medications fall under the category of “controlled and dangerous substance” by the DEA (Drug Enforcement Agency). As such, there are certain restrictions for the filling and refilling of these prescriptions. An original hand written prescription for this medication must be submitted to the filling pharmacy each month. Refills cannot be called in to the pharmacy. If a prescription or medication is lost, it cannot be refilled until the following month.

For many of our students, the prescribing physician is not in Winston-Salem. To avoid the difficulties in continuing to refill medications, we suggest one of the following options:

- If you would like to have our staff prescribe and monitor the use of this medication, we will need to have medical records from the prescribing physician sent to our office. These records need to include documentation from your

prescribing physician describing the original diagnosis, medication dosage, and arrangements for medical follow-up. Any initial neuropsychological testing results should also be included. Your physician will probably require you to sign a release prior to sending this information.

- Another option is to have the prescribing physician mail an original prescription to our local pharmacy each month. Hawthorne Pharmacy has an arrangement with our office to deliver medications and file for payment through your insurance company. Any questions about delivery or insurance payments may be answered by speaking with Amy White, the pharmacist.

Hawthorne Pharmacy
1622 South Hawthorne Road
Winston-Salem, NC 27103
Phone: 336-768-1815
Fax: 336-768-0518

We ask that parents of high school students do not mail medication directly to their sons or daughters. All medication should be mailed to Health Services for students to pick up here. It is a violation of high school policy for students to have in their rooms controlled medication that is not dispensed by the Health Services.

If your child should stop taking the medication, or have a change in dosage, please have your physician contact our office directly. Any theft or loss of controlled medication should be reported immediately to Health Services, UNCSA Police and the prescribing physician. Please remind your student that sharing controlled medications is cause for immediate dismissal from UNCSA and can lead to federal prosecution.

As you can see, it is very important that we have a copy of both sides of your insurance and any pharmacy cards. Many of these cards change in January. Please be sure to send us an updated copy at that time.

If at any time during the school year you have a concern about your child's health and or health care, please feel free to call or email me.

Sincerely,

Ann Potter
MSN, FNP
Director Health Services
pottera@unca.edu

University of North Carolina School of the Arts
Health Services

1533 S. Main Street
Winston-Salem, North Carolina 27127-2188
Phone 336.770.3288 / fax 336.770.1492
www.uncsa.edu

Is Your Daughter at Risk for Brittle Bones?

Brittle bones? Osteoporosis? My daughter? Yes, very possibly!

About a third of female dancers, develop a condition that can put them at risk for weak bones. The condition, called the *Female Athlete Triad*, is found among those who try to maintain a low body weight. It consists of disordered eating (restricting calories, or binging and purging), changes in menstrual pattern, and bone loss.

One out of three female dance students at UNCSA experience one or more of these symptoms. If the condition is left untreated, dancers are left at a much higher risk for stress fractures. Girls with female athlete triad actually lose bone at a time when their bones should be strengthening. This leads to irreversible bone loss.

What are the signs? They may be as subtle as a few missed periods, or as obvious as a stress fracture. Unfortunately, many dancers, their teachers, and even parents, believe that these are normal and expected changes for dancers. They are not!

What can you do? Talk with your daughter. Encourage her to take a calcium supplement and to eat a well balanced diet. If she has experienced a stress fracture, or if she is not getting a monthly period, have her come in to see us in Health Services. We can provide a thorough evaluation of her nutritional, hormonal and bone health. Early detection and treatment is crucial in preventing and treating this condition.

Help us to help your daughter keep her bones strong!

Would you like to know more?

<http://familydoctor.org/x2148.xml>

Ann Potter
MSN, FNP
Director Health Services