

Managing Head Lice in Schools



Center of Expertise for School IPM

School IPM Refresher



- Integrated Pest Management (IPM) is a smarter, usually less costly option for effective pest control in the school community.
- An IPM program employs common sense strategies to reduce sources of food, water and shelter for pests in your school buildings and grounds.
- IPM programs take advantage of all pest management strategies, including the judicious use of pesticides.



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Key Concepts

- Inspect and monitor for pests and pest conducive conditions
- Prevent and avoid pests through exclusion and sanitation
- Use treatments that minimize impacts on health and the environment
- Everyone has a role custodians, teachers, students, principals, and pest management professionals









Benefits of School IPM

Smart: addresses the root cause of pest problems
 Sensible: provides a healthier learning environment
 Sustainable: better long-term control of pests



Center of Expertise for School IPM

Presenters







Richard Pollack, Ph.D.

- Senior Environmental Public Health Officer, Harvard University
- Public Health Entomologist, Harvard School of Public Health
- Chief Scientific Officer, IdentifyUS
- International expert, presenter and author on medically relevant pests

Nichole Bobo, MSN, RN

- Nursing Education Director, National Assoc. of School Nurses
- Oversight of NASN head lice programming
- Formerly on faculty of Univ. of Louisville (KY) and Regis Univ. (CO)
- 25 years of clinical nursing experience and adult nurse practitioner

Deborah Pontius, MSN, RN, NCSN

- Health Services Coordinator/Chief School Nurse, Pershing Co. (NV) School District
- Clinician with daily care for students, and health services
 administrator developing policy and procedures
- Member, National Board of Certification for School Nurses
- Author of numerous Pediculosis articles

Managing Head Lice in Schools

IdentifyUS

Richard J. Pollack, PhD
IdentifyUS LLC
Harvard University &
Harvard T.H. Chan School of Public Health





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Managing Head Lice in Schools

- Biology
- Epidemiology
- Dispel myths
- Medical & public health significance
- Management

Audience: School administrators, medical personnel, teachers, parents





Infested scalp hair





Misinformed and angry parents

Infested scalp hair



Misinformed and angry personnel



Distressed school officials !

It is a myth that head lice:

- are a sign that a person or home is unclean
- can jump, fly & survive long off a host
- infest buildings
- are readily shared on combs, brushes and hats
- burrow into skin or transmit infections
- are resistant to all treatments
- should prevent a child from attending school

Head lice

- are insects
- infest only people (usually children), not pets
- occur solely on the scalp hair
- feed only on blood
- do not burrow into skin







Head louse eggs ('nits')













...and imposters









Not all bugs on the scalp are head lice







Springtail non-biting, noninfesting © M. Plonsky. All rights reserved

Shared with permission of M. Plonsky

Head louse adult female Booklouse non-biting, noninfesting

© Texas A&M University Department of Entomology Photo by M.E. Merchant

Overdiagnosis is the rule, not the exception.

Pediatr Infect Dis J, 2000;19:689-93 Copyright © 2000 by Lippincott Williams & Wilkins, Inc. Vol. 19, No. 8 Printed in U.S.A.

Overdiagnosis and consequent mismanagement of head louse infestations in North America

RICHARD J. POLLACK, PHD, ANTHONY E. KISZEWSKI, DSC AND ANDREW SPIELMAN, SCD

Background. Lay personnel and many health care workers in the United States believe that head louse infestations caused by *Pediculus capitis* are exceedingly transmissible and that infested children readily infest others. Schoolchildren therefore frequently become ostracized and remain so until no signs of their presumed infestations are evident. Repeated applications of pediculicidal product and chronic school absenteeism frequently result. gest that the practice of excluding presumably infested children from school may be more burdensome than the infestations themselves.

INTRODUCTION

Human head lice (*Pediculus capitis*) infest people worldwide and are most prevalent in school age children.¹ Parents, school personnel and health providers in North America seem to regard such conditions as exceedingly transmissible, and infested children are

Pediatr Infect Dis J. 2000; 19:689-93

A nonsensical claim: "6 - 12 million cases [of head lice] per year in the U.S."

Enrolled (2009 US Census Bureau)	No. (millions)	
Nursery / Kindergarten	8.8 15.3	
Grades 1-4		
Total	24.1	

A misguided extrapolation of marketing statistics

Prevalence

- Average amongst 5-10yo kids ~1%
 much lower in other age groups
- (Outbrooks' are incaring of
- 'Outbreaks' are imagined
 - invariably result from misidentification!

Diagnostic Acumen?

	Correct assessment of infestation status (%)		
Diagnostician	Extinct & active	Active	
Nurse / school nurse	70	32	Ð
Teacher / daycare	63	34	3
Relative	61	36	F2
Barber / beautician	36	18	N.E
MD	21	9	he
Self	15	8	

Pollack et al. Overdiagnosis and Consequent Mismanagment of Head Louse Infestations in North America. Pediatr Infect Dis J. 2000; 19:689-93

How does a person acquire head lice?



Probably <u>not</u> from these or other fomites (inanimate objects)

The overly-maligned comb

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How could a louse – even if alive – grasp this situation?

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and the second

ALMOST half A MILLION KIDS

are treated in an emergency department each year for traumatic brain injury*, including concussion.

* alone or along with other injuries or conditions.

THAT'S MORE THAN 5,000 OF THE NATION'S LARGEST SCHOOL BUSES FILLED TO CAPACITY.

http://www.cdc.gov/headsup/images/infographics/ concussion_infographic_kids_tbi_er_bus.jpg

SCHOOL BUS

The lousiest helmet is one that is not used.

Do batting and bike helmets spread head lice? If they do, it would be incredibly rare. Certainly not a reason not to use them.



Most likely by direct headto-head contact as children engage in otherwise wholesome activities.



Burden of head louse infestations

- Parasite load
 - Lice: generally <10
 - Eggs: few to hundreds (most hatched or dead)

- Most cases <u>without</u> symptoms
 - itching transient and usually mild
 - secondary infection (scratching)
 - systemic manifestations uncommon

Financial costs <\$10 to >\$1,000 (with lice) often >\$1,000 when lice only imagined

Loss of school time
1 day to > 1 year



Inspect hair for live (crawling) lice.

Yes

 Compare samples to images at identify.us.com or submit a sample or images for evaluation. Live (crawling) lice on No hair? Periodically reinspect hair for live lice.
Do not treat.

How can you get rid of head lice?



Mechanical removal



Anti-louse treatments

OTC & Rx



Habitat modification

Is the hair readily combed with a louse comb? No

Treat as per product instructions).
Retreat as appropriate.
Consider resistance.

Comb thoroughly.

Yes

- Use conditioner.
- Repeat as needed.
- Consider treatment.

https://identify.us.com/idmy bug/head-lice/head-licedocuments/lice-mgmntchart-home.pdf

https://identify.us.com/idmy bug/head-lice/head-licedocuments/lice-mgmntchart-school.pdf

Mechanical removal















Over-the-counter (OTC) pediculicides FDA-registered Natural extracts, chrysanthemums **Pyrethrins** Synthetic analogues of pyrethrins **Pyrethroids** Dimethicone Lubricant / conditioning agent Inexpensive, easy to use, low risk, sometimes effective



"New 'Super Lice' Are Resistant To Traditional Treatments"



http://www.kmbz.com/-Super-Lice-Plague-Kids-and-Parents/17596851



Reality... or over-interpreted research findings and marketing excesses?

Differential Permethrin Susceptibility of Head Lice Sampled in the United States and Borneo

Pollack et al. 1999. Arch. Pediatr. Adolesc Med. 153:969-73



Rx Pediculicides (FDA registered)











<image><section-header><text><text><text><text>

Ivermectin "Sklice"

Malathion "Ovide"

"Natroba"

Rx Pediculicides (FDA registered)













Ivermectin "Sklice"

May potentially pose unacceptable risks, particularly if misused.

"Ovide"
Recovery looking up for burn victim

By Gavin Lesnick Thursday, March 26, 2009

An 18-year old Evansville woman who sustained serious burns to more than half her body last month is showing marked improvement at the University of Louisville Hospital, her mother said this week.



Jessica Brooks was burned Feb. 22 after dousing her hair with gasoline in an attempt to get rid of lice. The pilot of a nearby water heater ignited the fumes, engulfing her in flames.

http://www.courierpress.com/news/2009/mar/26/recoverylooking-upfor-burnvictim/

Adding insult to injury: Did she have lice in the first place?

Louse / nit removal services <u>An unregulated industry</u>

Diagnose Rarely hold medical credentials.

Comb & snip hair Rarely licensed as barbers / beauticians.

Formulate, sell and apply anti-louse products Rarely approved by FDA or EPA, nor are the salons licensed as pest control professionals.

Recommended responses \checkmark

- Confirm specimen ID
- Notify parent / guardian at the end of the day
- Provide educational information on the biology & management of head lice

Unjustified responses 🗡

- Excluding / quarantining student & possessions
- Violating confidentiality or notifying other students / parents
- Mass screening
- Applying pesticides to classrooms & buses
- Reporting cases to youth / social services
- Bagging clothing
- Restricting use of headphones / helmets



No-nit policies to reduce incidence and/or prevalence

What's wrong with them?

- No objective basis for no-nit or no-louse policy
- No medical or public health justification
- Training, equipment, regulation issues
- Mistakenly assume transmission within school
- Wrongly assume 'nits' are viable and/or transmissible
- Burdensome to children, school personnel, parents

Why many school systems have changed their policies

- Lack of medical / public health justification
- Inappropriate use of school nurse time
- Child, parental & staff distress
- Unnecessary absences from school
- Goals: Evidence-Based Practice



http://www.cdc.gov/parasites/lice/h ead/schools.html

- Students diagnosed with live head lice do not need to be sent home early from school; they can go home at the end of the day, be treated, and return to class after appropriate treatment has begun
- Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice
- The burden of unnecessary absenteeism to the students, families and communities far outweighs the risks associated with head lice

American Academy of Pediatrics



CD Devore, GE. Schutz. Head lice. PEDIATRICS Volume 135 (5), May 2015 http://pediatrics.aappublications.org/c ontent/135/5/e1355.full.pdf

- "No healthy child should be excluded from or allowed to miss school time because of head lice or nits."
- "School personnel involved in detection of head lice infestation should be appropriately trained. The importance and difficulty of correctly diagnosing an active head lice infestation should be emphasized."
- "Head lice screening programs have not been proven to have a significant effect over time on the incidence of head lice in the school setting and are not costeffective."



National Association of School Nurses

Pediculosis Management in the School Setting

It is the position of the National Association of School Nurses that the management of pediculosis (infestation by head lice) should not disrupt the educational process. No disease is associated with head lice, and in-school transmission is considered to be rare.

Children found with live head lice should remain in class.

http://www.nasn.org/PolicyAdvocacy/PositionPapersandReports/NASNPositionSt atementsFullView/tabid/462/ArticleId/40/Pediculosis-Management-in-the-School-Setting-Revised-2011

IPM for Head Lice

Head lice are obligate parasites & are <u>not</u> free living.

- Hence, head lice are a <u>medical</u> <u>issue</u>, not a pest control problem.
- School & pest management personnel can do nothing to prevent or eliminate head lice.

IPM efforts directed against head lice should be highly focused.... on the head.

 Schools can provide educational resources and rely on medical experts.

 No basis to treat environment or for anyone other than the child's care giver and medically trained personnel to examine a child.

Perspective

- Head lice: an occasional malady of childhood
- The most trivial of the social 'diseases' a child may acquire. Compare to:
 - Viruses: Cold & influenza
 - Parasites: Pinworms
 - Fungal: Athlete's foot, ringworm
- Head lice indicate that the child has friends.

Rapid, Independent, Confidential & Expert evaluations of pests and digital images.



https://identify.us.com

- Offer independent assurance
- Insulate school nurse from controversy
- Reduce unnecessary absentee rates & treatments

American Academy of Pediatrics: http://pediatrics.aappublications.org/content/135/5/e135 5.full.pdf

National Association of School Nurses: https://www.nasn.org/PolicyAdvocacy/PositionPapersan dReports/NASNPositionStatementsFullView/tabid/462/Arti cleId/40/Pediculosis-Management-in-the-School-Setting-Revised-2011

US Centers for Disease Control and Prevention: http://www.cdc.gov/parasites/lice/head/index.html

<u>IdentifyUS</u> <u>https://identify.us.com/idmybug/head-lice/index.html</u>

Managing Head Lice in Schools – NASN Perspective

CENTER OF EXPERTISE FOR SCHOOL INTEGRATED PEST MANAGEMENT U.S. ENVIRONMENTAL PROTECTION AGENCY OCTOBER 20, 2015



National Association of School Nurses Nichole Bobo, MSN, RN Director of Nursing Education nbobo@nasn.org

Expertise for School IPM

Objectives

Identify the key components of NASN's position on the management of head lice in schools

Describe the NASN tools and resources to support school nursing practice related to the management of head lice in schools



NASN's Position



- Remain in class
- Discourage head-to-head contact
- Notify parent/caregivers at end of school day
- Screen known contacts
- Abandon "no-nit" school policies
- Eliminate classroom wide screening
- Letters home to provide education



http://www.nasn.org/Portals/0/positions/2011pspediculosis.pdf Center of Expertise for School IPM

Framework for 21st Century School Nursing Practice



(NASN, 2015)



Proposed Framework for 21st Century School Nursing Practice

Practice Components

Care Coordination		
Case Management	Chronic Disease Management	Collaborative Communication
Direct Care	Motivational Interviewing/Counseling	Nursing Delegation
Student Care Plans	Student-centered Care	Student Self-empowerment
Transition Planning		
Leadership		
Advocacy	Change Agents	Education Reform
Funding and Reimbursement	Healthcare Reform	Lifelong Learning
Models of Practice	Technology	Professionalism
Systems-level Leadership	Systems-level Leadership	
Public Health		
Access to Care	Cultural Competency	Health Equity
Healthy People 2020	Levels of Prevention	Outreach
Population-based Care	Social Determinants of Health	Surveillance
Quality Improvement		
Data Collection	Evaluation	Quality Improvement Cycle
Research	Uniform Data Set	
Standards of Practice		
Clinical Competence	Clinical Guidelines	Code of Ethics
Critical Thinking	Evidence-based practice	NASN Position Statements
Nurse Practice Acts	Scope and Standards of Practice	

ANA & NASN, 2011)

Collaborative Communication Education

Leadership Advocacy Policy Development & Implementation

Quality Improvement Evaluation

Meaningful Health & Academic Outcomes

Public Health

Environmental Health

Health Education

Standards of Practice

Evidence-based Practice

NASN Position Statements



NASN Webpage: Head Lice – Pediculosis capitis

Resource Publications
 National Resources
 In the Literature

https://www.nasn.org/ToolsResources/HeadLicePediculosisCapitis



Education Campaign: Headfirst Lice Lessons



https://www.nasn.org/ToolsResources/HeadLicePediculosisCapitis/H eadfirstLiceLessons



SANOFI PASTEUR 🌍

This site is intended for U.S. residents only



http://headfirstlicelessons.org/



Other NASN Resources

- Back to school toolkit
- NASN Radio

weekly digest

National Association of School Nurses Weekly Digest Archive Index

Learn more about the National Association of School Nurses at http://www.nasn.org.

NASN Weekly Digest 2015 September 10 School Nurses are Integral Partners in Emergency Planning NASN Weekly Digest 2015 September 3 Help Students Choose Good Nutrition and Physical Activity NASN Weekly Digest 2015 August 27 LPNs and LVNs Are Valuable School Health Team Members NASN Weekly Digest 2015 August 20 National Uniform Data Set Initiative Begins Its Second Year NASN Weekly Digest 2015 August 13 Immunizations Protect You and Others Around You NASN Weekly Digest 2015 July 30 Bring Us Along as You Navigate the New School Year

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BETTER HEALTH. BETTER LEARNING.TM





National Association of School Nurses



American Nurses Association & National Association of School Nurses. (2011). School nursing: Scope and standards of practice (2nd ed.). Silver Spring, MD: Nursebooks.org.
National Association of School Nurses. (2015). Framework for 21st century school nursing practice. NASN School Nurse, 20(4), 218-231.
National Association of School Nurses. (2011). Pediculosis management in the school setting (Position Statement). Silver Spring, MD: Author.



Head Lice in Schools



SCHOOL NURSES = LICE QUEENS!

Deborah Pontius, MSN, RN, NCSN Health Services Coordinator/Chief School Nurse Pershing County School District Lovelock, NV

Goals of Lice Management in School

- Treat and eliminate lice as quickly and safely as possible
- Avoid interfering with education; minimize school absences
- Do not stigmatize or embarrass child or family
- Minimize recurrence by educating parents and the community

Challenges of Lice in School

Myths

- Lack of understanding of transmission and life cycle
- Stigma and embarrassment
- Privacy and confidentiality
- Parental resistance to no exclusion/notification
- Exclusions interfere with education



Role of the School Nurse¹

- Lice expert: Key health professional
 - Identify, confirm, and contain infestation
 - Provide information to parents, school, and community on treatment
 - Prevent overexposure to chemicals
 - Minimize school absence
 - Educate and advocate to—
 - Eliminate exclusionary policies
 - Implement evidence-based policies



Reference: 1. Pontius, DJ, Teskey C. Pediculosis Management in the School Setting. National Association of School Nurses (NASN), 2011 Position Statement. http://www.nasn.org. Accessed August 16, 2012.

Advocating for Evidence-Based Lice Policies

- If you have no policy, do not create policy
- Gather your own statistics
- Research evidence
 - NASN Position Statement
 - AAP Position Statement
 - CDC
 - Pollack et al
- Prepare action plan

What is Wrong With No-Nit Polices?

- Assume nits are viable and easily transmissible
 Assume transmission likely within school
- Assume transmission likely within school
- Not based on myths

References: Pontius DJ. NASN School Nurse. 2011;26(6):356-362. Pontius DJ. Pediatric Nursing. 2014:40(5):226-235

Goals of New Lice Policy¹

- Move to evidence-based practice
 - Effectively, quickly, and safely eliminate student infestations
 - Community education
 - Changed perception
- Improved attendance
 - NO exclusions
 - Nurse-parent partnership
 - Confident self-care
- Increased academic excellence
 - No lags in education
 - Good psychosocial development of students

Reference: 1. Weisberg L. NASN School Nurse. 2009;24(4):165-166.

Parental and Teacher Resistance

- Aggressive demands for no-nit policies, immediate exclusion, notification, and classroom screenings :
 - Unfamiliar with evidence and new guidelines
 - Fearful of infestation/adhere to old common practices
 - Quarantine seems logical in the abstract





School Lice Policies^{1,2}

Conventional Wisdom-Based

- Classroom screenings of infested student
- Scheduled school-wide screening
- Notes home to parents of classmates
- Immediate exclusion when lices/nits found
- No-nit or nit-free

Evidence-Based

- Screening family members and close contacts
 - No regular screenings
- No notification of classmate parents



- Notify parents at the end of the school day
- Only nits closer than ½" from scalp = treat or remove

References: 1. Weisberg L. NASN School Nurse. 2009;24(4):165-166. **2.** Pontius DJ. NASN School Nurse. 2011;26(6):356-362.

Components of Model Lice Policy

When lice is suspected:

- Check suspected student using privacy measures
- Check family members and close contacts
 - Recent overnights
 - Play together often outside of school
 - Shared hair care items
 - Shared bed



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Image: CDC PHIL
Components of a Model Lice Policy

- When live lice or nits close to scalp are found
 - Return student to class
 - Notify teacher in confidential manner



Image: CDC PHIL

Confidentiality & Privacy

- Do infested students have right to privacy?
- Do parents of classmates have right to know?
- Is it possible to keep knowledge of which student confidential?
- Which is the greater risk?
- Which right outweighs the other?



Components of Model Lice Policy

- Notify parents at the end of the school day
- Focus on education of parents
 - Treatment regimens
 - What to look for
 - Myths and realities



Image: CDC PHIL

Components of Model Lice Policy

 Eliminate no-nit policy
 Nits farther than ¼" from scalp ignored







Image: CDC PHIL

hool IPM

Components of a Model Lice Policy

After treatment-consider
Check upon return to school
Check 1 week later
Nurse has authority to exclude or do classroom screenings at her discretion
Very small children, close contacts
Lack of parental follow-through

Challenges to Policy Change

- Myths and fear
- Personal experience
- Industry and Organizations
 - Product manufacturers
 - Louse & nitpicking services
 - Organizations

Successful Change Implementation¹

- Ducks in a row
- Educate board
- Educate community
- Educate parents
- Re-educate as necessary
- Be prepared for panic



Reference: 1. Pontius-DJ, NASN School Nurse, 2011;26(6):356-362.

Summary: Goals of Pediculosis Management in Schools

- Educate parents and community
- Identify, confirm, and contain infestation
- Prevent overexposure of chemicals
- Maintain confidentiality and privacy
- Reduce stigma
- Minimize school absence
- Advocate for:
 - Elimination of exclusionary policies
 - Implementation of evidence-based policies

Upcoming School IPM Webinars

- Nov. 10 Writing an IPM Policy for Your School District
- Dec. 15 Bed Bugs in Schools
- Jan. 26 Stop School Pests and iPestManager school IPM educational programs
- Feb. 23 Procuring IPM-Based Pest Mgmt. Services
- Mar. 15 IPM for Turf on School Grounds
- Apr.19 Vertebrate Turf Pests
- May 17 Ants, The #1 Pest in Schools
- Jun. 7 Termite Mitigation in Schools

Certificates of Attendance



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