



School Nurses – The Keys to Making a Difference

President Report
Margie Golden RN

Past President Message
Claudia Streuper RN

NASN Conference
Janet Bryner RN, BSN, NCSN

News from the Field- Rural areas
Duane Draper PA
and Brenda Douglas RN
Helen Hunter RN

Pertussis Outbreak
Alexandra Davis RN
School Health Liason/
School Nurse Consultant

In Memory- Paula Stevens RN
Jordan School District Nurses

Concussion and TBI Management
Susan Denney RN, MSN, NCSN

Upcoming USNA Elections
Jackie Candilora RN

PRESIDENT REPORT

Margie Golden RN, BSN

Hello, Utah School Nurses! Welcome to the 2011-12 school year! By now you are well into the it all, and hopefully getting past the initial crisis situations and very urgent needs. Hopefully you have by now sorted out the diabetic students, those with seizure disorders, and those with many, many other serious health conditions. So you have assessed the situations, written the care plans, trained the school staff, and begun monitoring how all your efforts will work for the students on a daily basis. Now you can move on to the other chronic and acute health conditions that need to be addressed, and soon you will have those situations sorted out and dealt with, too. There is so MUCH to do this at the first of the school year.....besides care plans there are the mountains of immunization records to be sorted and parents to be contacted when insufficiencies are found, and the required vision screening needs to be done, and the OSHA teaching for staff taught, and on and on. Wow! I admire you for all that you do, and as the President of the Utah School Nurse Association for this year, I will be cheering you on and helping you in any way I can. Although there are stressors in your jobs, I hope all of you feel satisfaction as school nurses. You work with wonderful kids, parents, and school people. You are making a difference in the lives of individuals by doing the things you do, whether it involves writing the health care plans and helping families to find health resources they need, or by teaching health lessons to groups, or doing one of the many other things that seem to fall by default into your job description, you will be remembered and appreciated by some people now, and by others in the future when they look back on their school years.

I am proud to know many of you personally, and I look forward to getting to know more of you around the state in the coming year. See you at our fall conference in Provo. YOU do make a difference as a school nurse!

Have a great school year! Margie Golden, USNA President

PAST PRESIDENT MESSAGE

Claudia Streuper RN BSN

Welcome back! School is already in full swing, and I know you are all busy with health care plans, vision screenings, and the work of getting a new year off to a good start. I admire you all for all you do for the children you serve throughout the state. I had the opportunity to go to Washington DC this summer and attend the NASN conference. One day was spent visiting the offices of our elected leaders in the House and Senate. It was a great opportunity to be there, and participate in that event. I came away from that experience with a couple of impressions. First, unless we make our voices heard, they have no idea regarding who we are, and what we do. Second, we have great leadership in our national organization as well as our state organization, which represents school nurses incredibly well.

As a school nurse in your local community, please take the time to meet with your elected officials. Invite them to spend an hour or two with you discussing the health needs of children in your community, and what they can do to support the health of school children. Become familiar with the issues facing school nurses in the legislative session, and share your opinions. One legislator I met with last year stated that as the session was ending he was receiving hundreds of emails per day. They can't possibly read them all. Therefore, be proactive, and don't wait till the end of the session to write. Let your legislator know who you are now, and what concerns you.

I would encourage you to get involved with USNA. Serving on a committee, or on the USNA Board is a wonderful opportunity to serve each other, and get to know all the wonderful nurses around the state. We each have something unique to share, and bring strengths and talents that can build a stronger organization. The role and responsibility of the school nurse has changed tremendously in the past 15 years I have been a school nurse. As you work toward building relationships with policy makers, you work toward improving school nurse to student ratios and better health for all school-age children. What kind of legacy are you leaving to those children and school nurses who will come to our schools 15 years from now? You really do and can make a difference.

2011 NASN CONFERENCE

Janet Bryner, RN, BSN, NCSN
Utah NASN Director

The 2011 NASN Annual Conference was held in Washington DC, June 29-July 3. Twelve School Nurses and one Administrator from Utah attended the conference. Attending School Nurses were given the opportunity to participate in NASN's Trip to the Hill event. This event began with a 30-minute preparation session conducted by NASN's Director of Government Affairs, Mary Louise Embrey. NASN's legislative priorities were discussed and meeting tips and materials for conducting the visits were provided. Attendees choosing to participate were bused to the Hill from the conference hotel and spend approximately four hours visiting the offices of their Members of Congress. A 60-minute recap session was held upon returning to the conference hotel. The event also provided opportunity to visit the Nation's Capitol Building, the House of Representatives Building and the Senate Building. The conference provided numerous sessions in areas of Research, Practice, Leadership/Legal, and Health Promotion. General Sessions included Federal Officials sharing information with School Nurses, updates on Meningitis, Dental Health, School Based Health Centers, and Prescription Drug Abuse. Next year's NASN Annual Conference will be held in San Francisco, on June 23-26, 2012. NASN has announced the hiring of Donna Mazyck, MS, RN, NCSN as the new Executive Director. Donna is a past President of NASN's Board of Directors. She has held numerous positions in the area of School Nursing and brings a wealth of knowledge this position. The Board of Directors is excited to begin work with Donna.

NASN will be conducting a Membership Drive to assist states in retaining as well as adding new members. Kim Lowe, Margie Golden and I will be participating in conference calls with other states and the President of the NASN Board of Directors to discuss ways to retain and promote membership among school nurses. We invite you to share your ideas for growing our organization with us.

NEWS FROM THE FIELD- RURAL AREAS

Duane Draper PA and Brenda Douglas RN
Duane Draper PA, and Brenda Douglas
are the school nurses for the Daggett Co.
School Dist. located in Manila, ut. We have
a small high school, probably around 85
students. We also see the Elementary in
Manila, probably around 50 students.. We
also commute 35 miles to Dutch John
Utah, to see the children at that
elementary school..probably around 25
students.. We have been very successful
in meeting the needs of the children in
these 3 schools. We now have all of the
immunizations entered in USIIS, that
wasn't even started in this area, until we
took over the school nursing program.. It
is fun to be a part of the children's
screenings, eye exams, and etc. We have
learned a lot about this program. We also
are the PA, and nurse over the Manila
Medical Clinic.. So needless to say we are
quite busy. With no regrets of being a part
of the community, and schools, we enjoy
working with all of them.
Manila Medical Clinic

Helen Hunter, RN
Public Health / School Nurse
Hi! As per your request, here goes:
I am the only School Nurse for the Kane
County School District and am part-time
at not quite half-time. I work out of the
Kane County Health Dept. located in
Kanab, Utah. I serve in 7 schools and 2
pre-schools. Kane County is a big county,
so my farthest school, Lake Powell School
(K-12) takes me about 6 hrs. to drive to it,
because it is located in Bullfrog. My next
farthest school is 57 miles away, Big
Water School (K-8), which is by the
bottom side of Lake Powell on the Utah
side.
I've been a school nurse for about 14
years altogether, and so enjoy working at
the schools with the kids. Being a rural
nurse I am known as the lice lady, a shot
lady, the eye lady, etc., and the students
grow up too fast. I will never grow tired of
the hugs around my leg going down the
halls of my elementary schools, and the
smiles that melt your heart!

NASN conference June 23-26,2012 is in San Francisco-
Plan now to attend .

Check out information on the NASN webpage
www.nasn.org

Utah School Nurse Conferences
October28, 2011 – Provo, Utah
March 22, 23, 2012- St George, Utah
More information at webpage
www.utahschoolnurses.org

PERTUSSIS- Recent outbreak

"Through September 13, 2011, Utah has had 294 cases of pertussis reported. In 2010, we had 305 cases reported for the whole year. We generally see an increase in pertussis activity after school starts in the fall. This year with school in session only a few weeks we are already seeing quite a bit of activity around the state, especially in Utah and Salt Lake Counties. So far this year, 49% of cases have occurred in children aged 14 years and younger. The highest incidence is in children less than one year of age with 33 cases per 100,000 persons. The incidence for 1-4 year olds is 12 per 100,000 persons and 5-14 year olds 22 per 100,000 persons. As a comparison the average incidence of pertussis in persons >15 years is about 6 per 100,000.

PAULA STEVENS RN- Memories



Paula Stevens, lead school nurse in Jordan School District, died June 22, 2011, shortly after being diagnosed with ovarian cancer. She started working for Jordan School District the 1991/1992 school year. Paula, Sharee, and Janet covered the district with 23 schools each. Paula was a great school nurse and a great friend.

Paula kept up her clinical skills by working as an urgent care nurse in the evenings and weekends. She celebrated a great accomplishment in 2008 by attaining her Master's Degree. When she wasn't working, she was golfing, reading, visiting with her friends and family, or enjoying her grandchildren.. Paula

by Alexandra Davis RN

Pertussis is cyclical in nature and peaks in activity every 3-4 years. 2006 was the last year that Utah saw high levels of pertussis circulating. In comparing 2011 with 2006 by month, the number of cases reported is very similar. With the increased activity occurring now, and the cyclical nature of pertussis, we anticipate continued increases in pertussis this year."

Alexandra Davis

R.N., B.S.N., M.B.A

School Health Liaison/School Nurse Consultant

UDOH 801-538-6814, Monday - Wed

USOE 801- 538-7711, Thursday -

Friday

Utah Department of Health

alexddavis@utah.gov

By Jordan District Nurses

Stevens was many things to many people. Above all, she was beloved by everyone around her.

Niki tells the following story: "We were driving in the parking lot at Silvercrest elementary and there were 2 huge orange cones blocking access to this parking area. I saw them and thought Paula would see them. Paula kept driving and all of a sudden she stopped and looked at me and said 'I think I ran over something' We got out and there was this huge orange cone stuck under her four runner. So we tried driving back and forth to get the cone out from under us. Every time we would drive back and forth the car made this horrible screeching sound. Finally after several attempts we got the cone loose. We were laughing so hard and Paula said to me 'I didn't even see the cones'. That was a funny moment and I have so many other funny moments with her. She truly could make you happy and laugh all the time.

CONCUSSION and TRAUMATIC BRAIN INJURY MANAGEMENT-

By Susan Denney RN, MSN, NCSN

A bump, blow, or jolt to the head can cause a concussion, a type of traumatic brain injury (TBI). Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Children and adolescents are among those at greatest risk for concussion. The potential for a concussion is greatest during activities where collisions can occur, such as during PE class, playground time, or school-based sports activities. However, concussions can happen any time a student's head comes in contact with a hard object, such as a floor, desk, or other student's head or body. Proper recognition and response to concussion can prevent further injury and help with recovery. All school nurses are familiar with head injuries and precautions made to prevent injury and recognize symptoms in order to get medical help as needed.

Sports related accidents can interfere with the game and players are often allowed to return to play after a head injury without proper assessment and recovery time. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days or weeks)—can slow recovery or increase the likelihood of having a long-term problem.

In the 2011 session, the Legislature adopted a new bill--H.B. 204. The bill is called "Protection of Athletes with Head Injuries." The Bill's provisions require an amateur sports organization to :

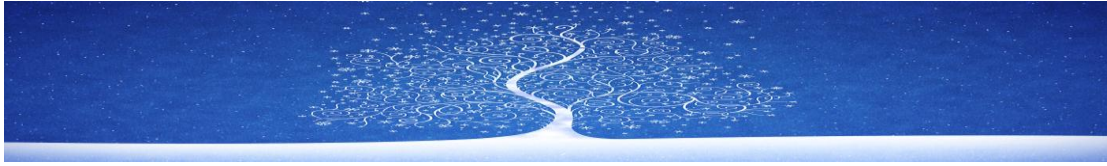
1. Adopt and enforce a concussion and head injury policy
2. Inform parents of the policy and obtain their signature on a policy for a child to participate in a sporting event.
3. Require removal of a child from a sporting event when the child is suspected of sustaining a concussion or traumatic head injury;
4. Prohibit a child with a suspected concussion from participating in a sporting event of the amateur sports organization until the child receives medical clearance from a qualified health care provider trained in the evaluation and management of a concussion. Utah.gov, H.B. 204.

The Utah State Board of Education passed R277-614 on August 6, 2011 as a rule for Utah school districts. The Rule directs Local Educational Authorities (LEAs) to develop a policy using the USOE/Risk Management's model policy, to provide training to appropriate personnel, to provide notice to parents of the LEA's policy, to post a copy of the LEA's policy, and to use model parent acknowledgement and permission forms. The form is available online at:

<http://www.uhsaa.org/new/images/forms/ConcussionReleaseForm.pdf>

The policy is to be developed at every school district and must be reviewed annually.

Have you, as the school nurse, reviewed your district's policy for concussion/head injury? Jordan School District has included playground activities in the policy and for all ages. The nurses at Jordan District recently revised the head injury note for parents and guidelines to staff giving first aid. This was based on the information received from "Heads up to Schools: know your Concussion ABC's, Center for Disease Control and Prevention."



UPCOMING USNA ELECTIONS

As a travel nurse in the hospital setting working 7 to 7 (sometimes night and day shift in the same week), I remember vividly keeping a busy pace and often running from room to room due to the challenges in a hospital setting. Although busy and challenging, I took for granted the nurses, doctors, respiratory therapists, lab technicians, pharmacy, transport aides, CNA's, OT's, PT's, etc, etc that I rubbed shoulders with on a frequent basis. I took for granted that if I had patient with a declining blood pressure, I could run to the supply closet and grab a bag of IV fluids. I took for granted that if a patient was in need of oxygen, I could find a source of oxygen in the wall to help. I took for granted that if I had a patient coding, I could call the code team. In my years of hospital experience, I guess you could say I tucked many valuable lessons and learning opportunities under my "nurse's belt."

As a nurse in the school setting, I continue to learn and tuck lessons into my belt. Funny as I think about it now, when I moved into the school setting I honestly thought to myself, "This is going to be an easy job." Not that either job is easier by any means, but working as a school nurse has definitely posed its own challenges. I no longer take for granted rubbing shoulders with other medical people on a minute by minute basis. I no longer take for granted being able to have medical supplies at my fingertips, not just a bag of ice or a band aid. I've learned as I run to a school all by myself to care for a child or answer a medical question, I'm all alone...

Or am I? I've come to realize that as each of us works in isolation (in a sense), it is essential that school nurses become experts at collaborating with other school nurses. We must look to each other for mentoring, support, sharing ideas, and encouragement. We must become involved in our professional organizations to share in networking and to maintain knowledge of the ever changing standard of practice we provide. I think this quote says it all, "Snowflakes are one of nature's most fragile things, but just look at what they can do when they stick together." (*Vesta M Kelly*) Well, I'm not ready for winter either, but let's stick together anyway. And while we're on the subject of snowflakes, just like in USNA, each snowflake (or individual) can be so different, but each one makes a difference in the end result.

With this, I present to you the open positions that will be elected at the upcoming Spring Conference...

President-Elect - This person shall serve three years. One year is served as president-elect, one year as president, and one year as past president.

Secretary - This person is elected for a period of two years and no more than two terms.

Please contact me if you are interested in running for one of the two available positions and would like to be a part of promoting the mission of the organization which is:

"To promote and advance the quality of school health services and health education throughout the State of Utah."

Jackie Candilora, RN BSN (Nominations Chair)

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