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# SCHOOL NURSE CONNECTIONS

## FALL 2007 NEWSLETTER

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**Message from the President:**  
**By Cescilee Rall**

**HELLO TO ALL OF OUR NEW SCHOOL NURSES!**

Well, yet another summer has flown by, hopefully providing some well deserved rest and relaxation for all of you. Summer has always been a time of self reflection and a time of self improvement for me. As school nurses, we give so much of our selves during the school year that during the summer months we should give back to ourselves and replenish our mind, body, and spirit in any way we can. By doing this, we can come back to a new school year refueled and ready to face the many challenges that school nursing brings our way!!

Summer and Fall months have been very busy for a few USNA members. I wanted to provide a brief outline of all of the happenings:

- Eighteen of us attended the NASN conference in Nashville, Tennessee. We learned what NASN is doing for us and what they are encouraging us to do to help them: Data collection is a key component of school nursing being pushed by NASN around the country so that nationally and locally we can statistically show what we do~ NASN is providing and promoting educational trainings for us on diabetic care (HANDS) and on obesity (SCOPE)- check them out on the NASN website~ NASN membership has a whole new meaning with the improved website~ and our presence is being noticed on capital hill!!
- I was asked to write an article for the NASN newsletter briefly explaining how we were able to catch the attention of our legislators and receive the \$1 million dollars of ongoing funding for school nurses in Utah. That article was featured in the September issue along with a few supporting words from Paula Tuck.
- Our lobbyist, Suzan Cohen, has been working for us all summer! She met with Janet Bryner (Legislative Chair) and me, and had great ideas for us on how to keep school nursing on the forefront of the legislator's minds before and during the session this year. We will be eliciting your help to be present on the hill in the next few months!

- We are working with the State Department of Education to get a representative in their office.
- Jamie Ferdinand (President Elect) and I presented before the Intermountain Pediatric Executive Council on the role of a school nurse and how school nurses and pediatricians can work together to provide for the health and wellbeing of children. We were only allotted 15 minutes for the meeting but, after we all started talking about the importance of school nurses working collaboratively with pediatricians we ended 35 minutes later. Pediatricians support us in Utah and want to work with us! After our presentation, I was asked to write an article for the pediatric newsletter that goes to all pediatricians in the state outlining the role of the school nurse and a few ways we can work together. They also want to be able to contact us individually, hence our FIND YOUR SCHOOL NURSE! site on the USNA website. When we asked them to write a formal letter of support for school nursing in Utah, one of the pediatricians said absolutely~ see the letter in your syllabus from the fall USNA conference.

Busy summer for USNA!! We are moving in a new direction of really being recognized around the state. We are also being recognized nationally thanks to our NASN Director~ Kathy Briggs. Kathy has worked on many different committees' at the national level and has represented our state in a very graceful and positive manner.

USNA is moving in a positive manner right now. We truly are seeing a change in the way school nursing is thought of in Utah. We are supported by many parent groups and organizations in our state. We are valued and recognized by our legislators and our school districts. What school nurses do for our children, their parents, and school staff members makes a positive difference in the health and safety of Utah children.

**Dr. Norman Vincent Peale** writes- "Believe in yourself! Have faith in your abilities! Self-confidence leads to self-realization and successful achievement."

**We count in so many ways, and don't for one minute forget that!!!**

**Cescilee**

## Intermountain Pediatric Newsletter.....

### WHO IS THE SCHOOL NURSE AND HOW CAN SCHOOL NURSES WORK COLLABORATIVELY WITH PEDIATRICIANS

School nurses are the critical link between the health and educational communities. School nurses on the educational team help increase student attendance; bolster participation and overall educational performance. As a vital component of the educational system, school nurses monitor students with chronic health problems and assist in planning and providing individual accommodations to optimize learning. Students with diabetes, ADHD, asthma, and other chronic health conditions require care and case management by the school nurse. These students depend on the use of medical equipment and technology during the school day. This includes equipment such as nebulizers, ventilators, catheters, feeding tubes, glucometers, and insulin pumps. The skills and training of a registered nurse with this equipment cannot be replaced, professionally or legally, by teachers, secretaries, aides or other staff. Healthy students learn better, school nurses support the efforts of educators and parents to help children achieve their greatest academic potential while maintaining optimal health

As a school nurse our number one goal is to advocate for our students. Therefore, our role encompasses working with students, parents, pediatricians, teachers, and community members to help our students achieve their greatest academic success.

#### 10 most important roles of the school nurse are:

1. Assessing student health status
2. Implementing screenings
3. Delivering emergency care
4. Administering medications
5. Performing health care procedures
6. Developing wellness policies and programs
7. Development & implementation of individualized health care plans
8. Providing health education
9. Advocating for children and families
10. Identifying health problems that have an impact on health and learning.

In Utah there are 40 public school districts and 22 charter schools that have over 510,000 students being served by 133 full and part time school nurses. That is one school nurse for every 6127 students. The National Association of School Nurses recommends 1 school nurses for every 750 students. Utah is currently rated last in the nation for school nurse to student ratio.

Doctor Cynthia Devore, a physician from New York State, wrote a resolution for the American Academy of Pediatrics this spring for the Annual Leadership forum recommending that every public and private school have a registered professional nurse with a ratio consistent with the NASN recommendation (1

nurse for every 750 students). It was passed at the national AAP conference and was among those proposed for passage as one of the top ten for policy adoption. However, AAP elected to work with NASN to revise the existing AAP policy statement instead of adopting the proposed resolution. AAP acknowledges that school nurses support pediatricians in promoting the continuum of care of meeting the health care needs of children from the pediatrician to the home and to the school.

Some of the ways that School Nurses and Pediatricians can work together for children include:

- School nurses can reinforce patient education with students and parents.
- School nurses can assist in helping students find medical homes with pediatricians.
- School nurses can direct students without insurance or underinsured students into your office for medical care instead of an ER visit- we can work together on financially softening that burden on families.
- School nurses can help families apply for Medicaid and CHIP so they can see pediatricians regularly.
- Of utmost importance to school nurses; we would like pediatricians to call us individually when a chronic condition is diagnosed in a child at one of our schools to facilitate transition back into the educational setting.
- School nurses would like pediatricians to provide feedback to us on healthcare plans.
- We can inform each other of outbreaks of contagious conditions.
- We can work together in providing resources for prescription drugs needs.
- We can be resources for each other.
- We can both provide formal support for each others organizations.
- We can work together to promote child health & health care on the state level with a common lobbyist.
- Together we can promotion childhood immunizations
- To facilitate communication between pediatricians and school nurses the Utah School Nurses Association is developing an easy to use program (Find Your School Nurse) on our USNA web site ([www.utsna.org](http://www.utsna.org)) that will allow pediatricians to identify and communicate with the exact school nurse for each school.

Submitted by: Cescilee Rall RN, NCSN  
President of the Utah School Nurse Association

## Professional Practice Committee:

By Jamie Ferdinand/President Elect

The professional practice committee is working to bring members educational opportunities for standardization of student care across the state of Utah. We are working with the American Diabetes Association to bring the HANDS (Helping Administer to the Needs of the Student with Diabetes in School) program to Utah. This program has been designed by NASN to provide school nurses with the knowledge, skills and resources to ensure safe and effective diabetes management at school (more information can be found on the NASN website). There are other health related programs available and we are looking for funding sources to bring these programs to our state.

Another PPC goal is to promote National Certification for School Nurses eligible to sit for the exam. We are also researching state certification for members.

Jamie Ferdinand RN, NCSN  
Granite District School Nurse  
President Elect Utah School Nurse Association  
450 East 3700 South  
SLC, UT 84115  
801-712-7769  
[jamie.ferdinand@granite.k12.ut.us](mailto:jamie.ferdinand@granite.k12.ut.us)



## Utah State Health Department Immunization Program

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### The Utah Immunization Resource for the Healthcare Professional

At some point, most patients will encounter the need for vaccination. Many people question how vaccines are made, if they are effective and whether they are safe. They seek answers to these questions from a wide variety of sources including family, friends, health care providers, the Internet, television and medical literature. The information they receive is complex and, at times, inaccurate or misleading. Therefore, health professionals have a responsibility to provide accurate, understandable information and to handle vaccine safety concerns appropriately.

The National Childhood Vaccine Injury Act (NCVIA) requires all health care providers who administer vaccines to discuss the potential risks and benefits of immunization. Additionally, federal law requires all health care providers who administer vaccines in the United States to provide Vaccine Information Statements (VISs) to vaccine recipients (or their parent/guardian) prior to each dose being administered. VISs are developed by Centers for Disease Control and Prevention (CDC) and contain information on the disease as well as the risks and benefits associated with immunization. These documents, and others, can be obtained from the National Immunization Program (NIP) through the CDC Information Contact Center at 1-800-232-4636 or from the [NIP's VIS web page](#).

If you have questions or concerns about immunizations please contact:

**Martee Hawkins**  
**Utah State Health Department**  
**Immunization Program**



## CHIP Open for Enrollment

Governor Huntsman and the Utah Department of Health are working hard to insure Utah's children by promoting the Children's Health Insurance Program (CHIP), a health insurance plan for working Utah families. Despite a strong economy, 1 in 5 low-income children in Utah are uninsured.

To receive CHIP, children must qualify based on family size and household income. For example, a family of four earning up to \$41,300 a year may qualify. Once approved, CHIP covers well-child exams, immunizations, mental health services, dental care, hearing and eye exams, and more. CHIP does not require a co-payment for well child exams and immunizations.

In August and September, CHIP outreach workers hit the road in a newly-designed CHIP van to find and sign up as many children as possible. The van has crisscrossed the state stopping at schools, Boys and Girls Clubs, grocery stores, community centers, local health departments and other places. Local events were organized in every county, where parents of eligible children were able to get one-on-one information about benefits and apply on-site for coverage.

To see where the CHIP van will be next, visit the CHIP website [www.health.utah.gov/chip](http://www.health.utah.gov/chip) for a complete CHIP van tour schedule. CHIP is now open for enrollment and accepting applications. Call 1-877-KIDS-NOW for an application or apply online at [www.health.utah.gov/chip](http://www.health.utah.gov/chip).

## Utah Department of Health: Utah Clicks

Utah Clicks is an online application system that allows families to apply for several entitlement programs from any computer with Internet access including computers from most public libraries. The entire online application process can be done in English or Spanish and is user friendly. By utilizing this system families can become aware of and apply for Medicaid, Head Start, Early Head Start, Baby Watch, Children with Special Health Care Needs (CSHCN) and/or Baby Your Baby. A brief explanation of each program is available on Utah Clicks' home page. In the future, individuals will also be available to apply for WIC through Utah Clicks.

To utilize the system, a family member simply goes to [www.utahclicks.org](http://www.utahclicks.org) After clicking on "Get Started" at the bottom of the home page, the applicant creates his/her private account. All information is confidential and encrypted. Based on responses from general screening questions, the computer indicates which programs the applicant may be interested in applying for. However, even if the computer does not suggest a particular program, the applicant is still free to make an online application. Information common to the various programs, e.g., name, address, income, etc., only need to be entered once even if multiple applications are completed.

After answering questions specific to the selected program(s), the applicant may either print the application and take it to an appropriate office or submit it online. Instructions are given on how to submit the online application and what steps need to be taken following online submission. Since the Utah Clicks system does not determine eligibility, the applicant will need to follow the instructions specific to each program to complete the process and determine eligibility.

Utilizing the online application process frees families from the need to make multiple applications at several different offices. For working parents, those without transportation, childcare, etc., the ability to apply online saves a great deal of time, travel, energy and frustration.

For more information on Utah Clicks, please contact the Baby Your Baby Hotline at:  
1-800-826-9662.

### **IMPORTANT NOTICE**

*Please note that Baby Your Baby applications are only available for Utah, Salt Lake, Tooele, Weber, Morgan, Davis, Cache (Logan only), Summit, Washington (St. George and LaVerkin only), Wasatch, Iron, Millard, Sevier, and Uintah (Vernal only) counties.*

This information was provided by Debby Carapezza, RN, MSN - Nurse Consultant, Reproductive Health Program -Utah Department of Health - Phone: 801-538-9946 E-Mail: [dcarapezza@utah.gov](mailto:dcarapezza@utah.gov)

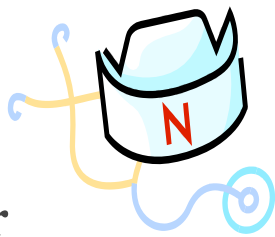
## Getting to Know You/News from Around the State



- Jordan School District has hired three new nurses and has two new openings yet to fill. A big welcome to Jane Titus, Special Edu., Stacy Drew, Regular Edu. and DeDee Monson, Regular Edu. The nurses in the District are excited to divide their district into smaller areas which would reduce the number of schools from 12 to 7 and will also reduce travel time allowing more time in the schools. Now isn't that efficient!
- Three more nurses in the Jordan School District are working on their Master's degrees. Paula Stevens and Sharrie Merkley are attending the University of Phoenix and Stacy Drew is attending Walden University through their online program.
- A big welcome to all the new school nurses for the 2007/2008 school year in Utah's School Districts.
- Welcome to all new USNA board members and committee members

If any of you have the inside scoop on one of your colleagues and friends please don't hesitate to share. Please email your news to [stublerj@katewwdb.com](mailto:stublerj@katewwdb.com) or [jody.stubler@jordan.k12.ut](mailto:jody.stubler@jordan.k12.ut).

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### Sharing Corner by Jody Stubler

**“What lies behind us and what lies before us are tiny matters compared to what lies within us.”**

~Ralph Waldo Emerson~

“Teen Impact” is seeking articles for upcoming editions of the magazine related to teen health and wellness. Any Utah School Nurse who is interested should submit their article(s) to [www.articles@teenimpact.com](http://www.articles@teenimpact.com) Attn: Jody Stubler,

Your suggestions are always welcome and we encourage each of you to share what you do, how you do it, what works, what doesn't, and what helped you to identify the need for a change or to implement a new idea. Thank you for your dedication and service . Send ideas to Jody Stubler

[jody.stubler@jordan.k12.ut.us](mailto:jody.stubler@jordan.k12.ut.us) or  
[stublerj@katewwdb.com](mailto:stublerj@katewwdb.com)  
801-557-2651

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### *Upcoming Events: Mark Your Calendars*

**Tuesday, November 6<sup>th</sup>, 2007 – Election Day**

**Sunday, November 11<sup>th</sup>, 2007 – Veterans Day**

**Thursday, November 22, 2007 – Thanksgiving Day**

**USNA Spring Retreat: Thurs, March 27<sup>th</sup> and Friday March 28<sup>th</sup>, 2008  
Homestead Resort, Midway, UT.**

#### **NASN 40th ANNUAL CONFERENCE**

*Transforming School Communities: Voices for Student Health*

Albuquerque, New Mexico

June 28 – July 1, 2008 (Pre-conference June 27)

*Jody Stubler USNA Newsletter Editor 801- 557-2651*

*[stublerj@katewwdb.com](mailto:stublerj@katewwdb.com) or [jody.stubler@jordan.k12.ut.us](mailto:jody.stubler@jordan.k12.ut.us)*