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## School Nurse Connections Winter 2010/2011

### **Message from the President**

By: Claudia Streuper

A new year has begun, and we are midway into the school year. I want to begin by wishing you all a Happy New Year. Serving as the President of the Utah School Nurse Association this year has been a great opportunity for me to collaborate with various organizations throughout the state, advocating for school children, and school nursing. Members of the USNA board sit on committees with PTA Health Commissioners, Coordinated School Health, and Action for Healthy Kids, among others. My area of focus this year is advocacy. Advocacy not only means advocating for the children we serve, but for our own profession, our aim being to influence public policy and resource allocation decisions that affect school nurses across the state.

One thing I learned in nursing school is the value of documentation. “If it wasn’t documented, it wasn’t done” resounded in my head through the course of my nursing instruction. Nursing documentation had not entered the electronic age when I graduated from nursing school. As hospitals, clinics, and other health care facilities have embraced electronic health records, school health services have continued to lag behind. Documentation and data collection has been fragmented and inconsistent across districts, and across the state.

Utah’s school nurse to student ratio is 1:4003 (NASN, 6/2010). The federal government’s *Healthy People 2010* set an objective of one school nurse to every 750 students. This would constitute a significant improvement over prevailing ratios; however, in Utah, no data exists to support this recommendation. As school nurses across the state have recognized the need for a way to document and gather data, they have pushed districts to

adopt or write an electronic health record program. This has been a long process. Currently, districts across the state gather very little data that helps determine the efficacy of school nursing practices.

School nurses in Utah are employed through local health departments and school districts. The economic downturn has brought decreased funding to both employers. The last two years have required school nurses in many districts to defend their jobs, and the funding allocated for it. In the 2007 legislative session, money was allocated by the state legislature to increase school nursing services throughout the state. Many districts, with matching funds, increased school nursing services, ranging from hiring a full time nurse to increasing nursing services a few hours a week. Each year since then, school nurse leaders meet with legislators to defend our positions, and work to keep that funding in place. Presenting data regarding school nurse practice helps legislators better understand the need for school nurses in the school setting. As nurses, we strive to meet best practice guidelines, and work to keep our knowledge and skills up to date in the nursing realm where we practice.

Financial losses should not mean that best practice is abandoned. The standard of care should not be lowered simply because children are in the school setting.

As you receive requests for data that you have gathered, I would encourage you to submit your information in a timely manner. Getting accurate numbers across the state provides a better picture of what we do. What you do every day is so important to the children you serve. We just need to be able to share what you do with policy makers, and having data is the way to do that.

Thank you for your continued support of USNA and Utah's children.

*Claudia*

President, USNA 2010/2011

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## President Elect Message by Margie Golden

For all school nurses in Utah, my best wishes for a New Year! I hope everyone is off to a good start in 2011 with new goals, new ways of doing things, new enthusiasm. Make it a great year, with more visibility, more enjoyment in your chosen profession. You deserve to be recognized for your contribution to the health and education of the children of our state. It is a rewarding and satisfying job, yet at times frustrating and exhausting. You have way too much to do...too many students to work with, too many places to be at one time. Most of you have worked in various other settings such as hospitals, home health, nursing homes, and so on and in each setting you have gained specific knowledge and skills that today serve you well as a school nurse. You are unique, and so many benefit from your unique collection of accumulated knowledge and skills. On a daily basis you automatically evaluate and assess a great variety of situations. You are the best one to figure out if a child is seriously ill or is a "frequent flyer" who just wants to get out of his classroom. You are the best one to assess and treat any minor, or major injury that happens in the school day. You are the one best qualified to assess and come up with a plan of care for a student with chronic disabilities. You are the one who knows diabetes and how to best care for a student with this disorder, or with a seizure disorder, severe asthma or allergies, or any of so many other health disorders and problems. You certainly are the immunization, vision, and scoliosis expert who so routinely find problems in these areas and make sure that every one you refer receives the correct care and attention.

So, in this New Year I encourage you to continue to do what you have been doing, only do it even better. Continue to build yourself, through acquiring more knowledge and more skills. Education for yourself must never stop...you will be able to do your job even better if you strive to keep up with the ever-growing medical knowledge that is a part of why you went into the medical field in the first place. Continue to reach out to each one of the children, parents, and staff members who need your help. The more you know the more helpful you can be, and the small things you do may go a long, long way toward helping in individual lives.

Along the way, try to stay visible and try to promote your profession whenever possible. Stick together with the other school nurses in our state and in our nation by being active members of USNA and NASN. Attend the conferences held statewide and nationwide to grow, learn, and advocate together. School nurses may be few in number in our state, but we have always been closely united in supporting each other and in working together. I am overwhelmed at the prospect of being your president of the USNA next year, but I also am looking forward to getting to know more of you and to working with you all to promote school nursing in our state. Please seriously consider running for one of the open board positions this year. Let's all work toward 2011 being the best year of our careers...the best year ever in school nursing in Utah! Margie

## TOP 10 REASONS FOR MEMBERSHIP IN USNA/NASN

By Kim Lowe, Membership Chair, USNA



**We Want You!!!!**

1. Cost of membership is LESS than one pizza per month.
2. Membership dues each year can be paid more than one way: yearly, every six months, or quarterly.
3. The value of FREE continuing nursing education offsets the price of membership.
4. VSP vision vouchers for USNA/NASN members. This program provides free eye exams and glasses to uninsured children.
5. Save \$100 on the cost of conferences, local and national.
6. As healthcare professionals, the value of a professional school nursing association is PRICELESS!!!!
7. NASN needs the voice of ALL school nurses in all practice settings in order to best represent their needs with other organizations and in Washington, D.C.
8. Political representatives, local and national, tend to take an organization's needs more seriously if EVERYONE is a member!
9. Collaboration with the greatest minds in school nursing!
10. LAST AND MOST IMPORTANTLY: ADVOCATING FOR UTAH'S CHILDREN!!!!!!!!!!

We currently have 112 active members. Please renew your memberships on time. Encourage your co-workers who have not yet joined USNA/NASN to join today!

At the spring conference I will have an updated school nurse directory for our state of Utah.

Thanks to all of you for your continued support of USNA/NASN!! I hope to see you all at spring conference!

Kim Lowe, Membership Chair  
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801-376-7491

**NASN**  
2011  
**NASN 43rd  
Annual  
Conference**  
Washington, DC  
June 29-July 3, 2011  
Vision, Voice, Visibility:  
Setting Sail toward Healthy Horizons



**Conference hotel: Marriott Wardman Hotel,  
Washington, DC**  
**Conference dates: June 30 - July 3, 2011  
(pre-conference June 29th)**

Please come to our nation's capital for the NASN 2011 Annual Conference!

The DC, Maryland, Virginia, and West Virginia Conference Program Committee are legislating a rich, exciting meeting that will provide excellent opportunities to learn, share ideas, and together raise the profile of school nurses in the national child health policy under the banner -- Vision, Voice, Visibility: Setting Sail Toward Healthy Horizons.

The highlight of NASN 2011 will be a "Trip to the Hill" to meet with legislators and discuss school nursing. As always, the Endowment Fund and President's Reception will enable you to renew friendships and exchange experiences, and the Exhibitors' Reception will provide an opportunity to talk with NASN exhibitors and sponsors.

Don't forget the NASN 2011 Conference Community Site. It will be open before, during, and after the conference so you can plan your time, make contact with colleagues via social networking, download conference abstracts and handouts, and obtain the latest information about conference activities. And, of course, while you're in Washington, you will want to visit the Mall and the numerous monuments and museums and to partake of the excellent international cuisine available within walking distance or a short ride on the Washington Metro.

I am really excited about this conference and join with the NASN leadership in inviting you to Set Sail Toward Healthy Horizons together!

*Sandi Delack*

Sandi Delack, MEd, RN, NCSN  
NASN President

P.S. Consider bringing your family along to stay and celebrate the 4th of July in our nation's capital, while taking advantage of the low conference room rate!

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



*“Spotlight” By Karen Thorsted*

*Claudia Streuper* is the President of USNA this year, and her platform is “School Nurses Advocating for Utah’s Children”. She has held the following positions in USNA: By-Laws Committee Chair and Treasurer. She has implemented technology in connecting with the USNA board through conferencing via SKYPE and encourages anyone who has not run for a board position because of logistics to re-consider since it is now so easy to communicate and govern without traveling long distances.

Claudia was born and raised in Salt lake City, Utah. She graduated from West High School and earned her B.S. in Nursing from Weber State University. She spent 18 months in Japan and speaks fluent Japanese although she has little opportunity to use it in the school setting. Claudia married a good man from the Netherlands and enjoys traveling with him to visit family and sites in Europe. She has 4 children, a daughter-in-law, a son-in-law, and 2 grandsons. Her hobbies include traveling, gardening, family, and reading.

Claudia has been a nurse for 18 years and spent 4 years working in the Emergency Room before becoming a school nurse. She is currently the Nursing Supervisor for the Weber School District. She also works PRN in the Recovery Room. Her favorite part of nursing is patient contact.

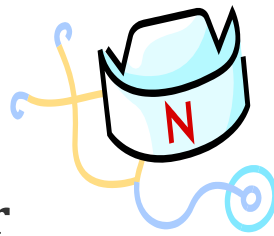
As nursing supervisor in the Weber School District, she has been an advocate for the nurses she supervises as well as the children in the district. She has seen an increase of nurses hired in the district and has worked with others to create a documentation program that really shows the value of school nursing as well as documenting and tracking the needs of students. This year, the district piloted an on-line CPR certification course in conjunction with the American Red Cross of Northern Utah. Claudia and the nurses in the district are working hard to standardize nursing care and practice.

Claudia is a great diplomat and is very articulate as she advocates for nurses and children. We are very fortunate to have her representing the School Nurses of Utah this year.

- The nurses in Iron County School district are Lauri Baumgartner, Margaret Clark, and the newly hired Lindsey Finch. Wendy Wood worked for the district for 25 years. She retired this December and we will miss her. Iron County covers Cedar City, Parowan, & Beryl. Margaret and Lauri have worked as school nurses for 10 years and Lindsey will be starting on January 3rd 2011. In the past few years we have incorporated AED machines in some of our school and are working in putting in more. We teach and certify employees in our district for CPR and First Aid, and we currently have over 140 people certified. We provided a health promotion program for employees over the years that runs from October to January, called Healthy Holidays. This program encourages healthy eating, exercising, and good sleep and emotional habits. We have had over 200 people participating each year. We all cover age groups from preschool through high school and we have about five school each.

- Wendy Wood from Iron County (Cedar City) is enjoying an early retirement. She moved on to have more time with her daughters and grandchildren. A new school nurse has been hired. We are excited to have Lindsey Finch now working with us. She formerly worked at Valley View Medical Center in the same-day surgery area. She is the mother of three children. Her husband also works at the hospital. Lindsey will be a great addition to our nursing staff in Iron County Schools.

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 [jody.stubler@jordan.k12.ut.us](mailto:jody.stubler@jordan.k12.ut.us) or [kthorsted@weber.k12.ut.us](mailto:kthorsted@weber.k12.ut.us)  
Hotline: 801-557-2651 Jody Stubler or 801-725-5363 Karen Thorsted



## Sharing Corner

## Happy Nurses Day 2011

**School Nurse Day Background:** Since 1972, *National School Nurse Day* has been set aside to recognize school nurses.

**Purpose:** *National School Nurse Day* was established to foster a better understanding of the role of school nurses in the educational setting.

**Date:** *National School Nurse Day* is celebrated on the Wednesday within National Nurse Week and National Nurse Week is always May 6th through May 12th. (NASN, 2011)

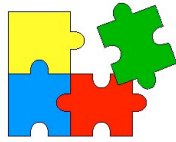
Each year, on School Nurse Day, we all hope that our schools will recognize us and express their appreciation for all we do. We are warmed when they do and disappointed when they don't. We know how it feels to wonder if anyone notices and appreciates the love, dedication and self we put into our work.

What about those nurses who support you in your role as school nurse? Have you ever expressed your appreciation to them or do they only hear from you when you want something from them or have a criticism or a complaint?

Gandhi said, "You must be the change you wish to see in the world." This School Nurse Day, May 11, 2011 consider taking a moment to thank those school nurses whose work supports you in your role, whether he/she is an instructor, a boss, a colleague, a sub, a board member, a school nurse consultant, or other nurse resource in your life. Even if no-one notices you, "YOU" take the time to do that. (*Excerpt taken from Gerri Harvey's – School Nurse Perspectives*)

## Upcoming Events: Mark Your Calendars

- ❖ USNA SPRING CONFERENCE: Thursday, March 24th and Friday, March 25th, 2011 to be held at: Ogden Eccles Conference Center 2415 Washington Blvd. Ogden, UT. Registration forms and information will be available online at: [www.utahschoolnurses.org](http://www.utahschoolnurses.org).



### School Nursing: Putting the Pieces Together

- ❖ The Fifth Annual Immunization Update  
Friday, April 22, 2011 8:30am-1:00pm  
Karen G. Miller Conference Center  
Salt Lake Community College  
9750 South 300 West  
Sandy, Utah (\$20 per person) lunch incl.

School Nurse Day – Wednesday, May 11, 2011

- ❖ **NASN 2011 Annual Conference will be held June 30<sup>th</sup> – July 3<sup>rd</sup> in Washington, D.C.**

**To submit articles, news, events, or interesting facts for the next edition send to:**  
*Jody Stubler USNA Newsletter Editor or Karen Thorsted, Assistant Editor by April 26<sup>h</sup>, 2011 to be included in the Spring Newsletter.*

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*Questions or concerns please call me at 801-557-2651 Jody or 801-725-5363 Karen*