

**FLORIDA
ASSOCIATION**



**OF SCHOOL
NURSES**

Volume 17, Issue 2

May 2014

FASNating News

FASN strives to improve the health and educational success of students and the school community by developing and providing leadership to advance school nursing practice.



“Serving School Nurses Statewide”

www.FASN.net

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Preparing for the 2014 FASN Conference
Behind the Scenes



www.FASN.net

President's Message

Dear FASN Members,

Spring is sprung and the school year is quickly coming to an end. Where did this school year go? While the school year winds down, your FASN Elected Board is gearing up! After a very successful all day transition training/ planning retreat on March 29 in Fort Myers, we are excited about the direction we see for FASN. Looking at our strategic plan (did you know we have one? Check it out on our web-site), assessing where we are now and looking collectively at our personal own goals, we were able to come to consensus on 3 goals and prioritize each of them.

1. Communication
2. Regional Representatives and County Liaisons
3. Giving School Nurses a voice/ Advocacy

You will read and hear more about

each of these goals throughout the newsletter, via our website or a personal contact by a Board or Committee member. Our plans are lofty and successes can only be met with our member's assistance – that means you! Our membership is strong but can become stronger by unifying our voice as an organization and stepping up and out of our comfort zone. For me, that was saying yes when approached to run as President, even though I had not served as President –elect. There was hesitation and reluctance but others encouraged and promised support and assistance with the learning curve. It feels good knowing I made the decision to take the next step in this organization and become your President. I am hopeful that you might step up and out and volunteer to chair or serve on one of a variety of committee's within FASN. Your Board is there to support you and assist in any way possible. What excites you? What is your passion as a

member? What is it you would like to contribute to our organization? So stand up, speak up, and get involved.

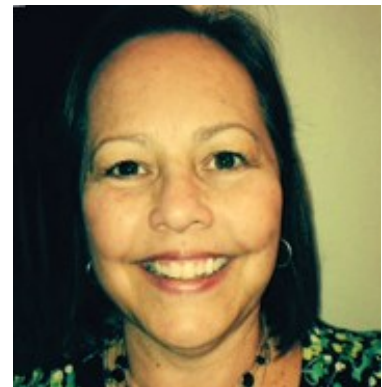
I cannot wait to hear from you!

FASN: The HEART and HOPE for School Nurses!

Respectfully,

Shelley

Shelley Bumm, FASN President



Time to Step Up and Share Your Talents and Passion with FASN

FASN's Board of Directors have reviewed and approved the Standing Committees' job descriptions which are part of our board. As stipulated by the by-laws, Committee Chairs are appointed by the President. A Committee Chair is asked to work with committee members to fulfill the duties of the committee, prepare a regular report on the business of the committee and attend monthly conference-call meetings. Committee Members, are asked to support the Committee Chair in carrying out the duties of the committee and follow through with assigned tasks. Committee Members report directly to the Committee Chair. Please consider what talents and passion you have for involvement above and beyond your membership. Start small, and grow and learn what the workings of FASN are all about.

We are passionate about School Nursing! We are passionate about our members! We are passionate about our organization!

We are hoping to achieve a blend of seasoned and new members working and collaborating for the good of our organization in our mission to improve the health and educational success of our students. Please contact any Board member for more information or to volunteer for a position today.



(Image - Creative commons CCO)



Florida School Nurse of the Year 2013 - 2014

Frances Oppedisano, Miami Country Day School

The FASN Awards Committee is pleased to recognize Frances Oppedisano as the FASN School Nurse of the Year for 2013-14. Fran is employed as a School Nurse, serving 1158 students in grades PreK – 12 at the Miami Country Day School. She has served in her current position for the past 9 1/2 years. Fran's professional objective is to "Enhance Education thru Healthy Habits". She works diligently to make sure all children's voices are heard and their needs met. Nurse Fran, as she is affectionately called by her students, treats each child with respect, ensuring their well-being and teaching them how to care for themselves, age appropriate. Her Principal and colleagues value her expertise when it comes to their weekly Administrative Team meetings. Fran is an active participant, sharing valuable medical expertise as it relates to the needs of Staff, students and community.

Fran is an active member of FASN/NASN since 2004. She has had 2 First Place Poster Presentations, the first in 2006 "Sleep Deprivation: A Barrier to Effective Learning" and in 2008, "When Stomach Aches Interfere with Learning".

Fran has also written several articles for the FASNating Newsletter. She also served South Florida as a spokesperson for the Voices of Meningitis Campaign.

Fran takes an active role in the health education of her students, Staff and families. She participates and does training in CPR and First Aid, has presented to fellow school nurses in the Miami-Dade area on her research posters and developed an Emergency Response plan for her campus based on her NASN Emergency Response training. Fran collaborates with outside agencies to provide needed services to her students. She continues to update health information to promote healthy habits through weekly emails to staff, newsletter articles and her monthly blog on the school's website.

Fran has worked as a Registered Nurse for 40 years. She is quoted "I love nursing today as much as I did 40 years ago. Someone who wants to make sure that children's voices are heard and their needs met. I am a quiet person who does my job to the best of my ability."



On behalf of FASN, we congratulate you on being named FASN School Nurse of the Year!

Do You Know the Florida School Nurse of the Year for 2014-2015?

As we complete the 2013-14 school year and look towards 2014-15, we want to ask our members to become aware of school nurses who exemplify the scope of school nurse practice. The purpose of the "School Nurse of the Year" award is to recognize the contributions of School Nurses by focusing each year on one School Nurse who has demonstrated excellence in School Nursing Practice and Leadership in School Health. The standards are high, based on the National School Nurse of the Year criteria, but we know that Florida has awesome school nurses that do an outstanding job. Be on the lookout for the 2014-15 nominees!



Every Child Deserves a School Nurse

(Image-Cobbk12.org)

2014 FASN Pre-Conference Overview

Maureen O'Keeffe BSN RN

Florida Atlantic University's (FAU) Christine E. Lynn College of Nursing welcomed school nurses from around the state to the Florida Association of School Nurses (FASN) 18th annual educational conference. Over 100 school nursing professionals attended the one and a half day conference held on the beautiful campus of FAU in my hometown of Boca Raton Florida. The pre-conference session hosted speakers from the Florida Department of Health and was titled, "Enhancing School Nurse Practice." This was the perfect opening for the educational conference as three of the hottest topics impacting school health today were addressed including: asthma, obesity, and the connection between school nurses, the legal system and the Nurse Practice Act.



Improved Asthma Outcomes by Creating Healthier School Environments

The Centers for Disease Control (CDC) report that asthma is the number one chronic illness affecting school-aged children and the leading cause of school absenteeism in the nation. The first presenter, Julie Dudley, is the Asthma Program Manager for the Florida Department of Health. Ms. Dudley provided a comprehensive overview of the effects of asthma on school-age children in Florida and the unique program in place designed to help schools face this health issue. We were reminded that although there is no cure for asthma it can be controlled through education, medication management, and environmental controls. The Florida Asthma-Friendly School Recognition Program is funded by a grant from the CDC and recognizes schools that meet designated criteria. Ms. Dudley shared exciting news that the Florida Healthy Kids Corporation

will provide a monetary reward (ranging from \$500 to \$1,500) to schools that meet the criteria. Our own Kathleen Rose, Affiliate Director of FASN, and school nurse at Orange River Elementary in Lee County, shared her experience in leading her school to achieve gold level recognition, the only school to achieve this level in the state. To learn how your school can take action to become an asthma-friendly school, go the FASN website and select conference handouts or go to floridaasthmacoalition.com/schools.



(Image—floridahealth.gov)

Utilizing the Healthier Weight Initiative and the School Nurses Obesity Prevention Kit to Promote Healthier Lifestyles

Dr. Catherine Howard, Coordinator of the Healthiest Weight Florida, shared important news in Florida's fight against obesity. Florida's 2013 Youth Risk Behavior Survey (YRBS) showed three encouraging trends reported by school-aged youth: a 9% decrease in the consumption of one or more sodas a day; a 13% increase in their physical activity; and a 14% decrease in the number of students watching TV for 3 or more hours a day. This data shows a positive shift indicating our efforts are working, but we were reminded that there is still more to do.

Dr. Howard highlighted a wide variety of programs designed to promote healthy weight for both youth and adults provided by the Departments of Health and Agriculture and the Environmental Protection

Agency and recommended going to their websites which were provided to the conference participants. The National Association of School Nurses (NASN) has developed the School Nurse Obesity Toolkit (SCOT) to provide school nurses



(Image-floridasnursing.gov)

with the resources and skills to address the needs of overweight and obese youth. The SCOT can be found on the NASN website at www.nasn.org.

The School Nurse's Connection to and Interaction with the Legal System and the Nurse Practice Act.

Peggy Deason Howland, RN is a Community Health Nursing Consultant and the School Health Services Program Manager for the Florida Department of Health. Ms. Howland closed the preconference session with a powerful presentation. It focused on the importance of school nurses understanding their professional role and that we are guided by the Nurse Practice Act. The discussion began with the subject of nursing delegation. Carefully consider the following before delegating a nursing task: know your delegation policy; consider the student's health status to the appropriateness of the task; and remember that an RN assumes professional accountability for the student's overall care. RNs can determine legitimate reasons not to delegate nursing tasks based on their professional judgment. We were reminded of the importance of not delegating a task to unlicensed assistive personnel (UAP) until the following actions are completed: the RN assesses student; an Individualized Healthcare Plan (IHP)

2014 FASN Pre-Conference Overview - Continued

Maureen O'Keeffe BSN RN

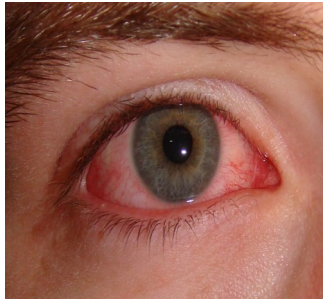
is written; and the UAP is trained and demonstrates competency. An RN cannot be forced to delegate to an individual who is not competent. The Florida Department of Health recently revised the Asthma Guidelines for the Care and Delegation of Care for Students with Asthma and is in the process of completing the updated Nursing Guidelines for the Delegation of Care for Students with Diabetes in Florida Schools. These guidelines specify the criteria for safe delegation of health tasks in schools and provide an excellent framework for RNs to follow.

Ms. Howland shared statistics that support the fact that the nursing profession faces many challenges today, including as an expected shortage of 500,000 nurses by the year 2015. School nursing is faced with a high RN to student ratio (Florida's average RN: student ratio is 1:2,304) and limited funding, so now more than ever school nurses need to work together and speak out about the importance of their profession in meeting the increasingly complex needs of students. Ms. Howland also reminded the audience to remember as school nurses we are the health experts

in our schools and to share important information with our school districts and look to our School Health Advisory Committees (SHAC) for support and guidance. The preconference session certainly met the objectives of enhancing school nursing practice for the nurses in attendance by addressing three very important topics that affect each one of us. We were provided with important information and resources to help us in our practice. This session served as an excellent opening to the 2014 FASN conference.

Three Ways to Get Pink Eye

Laketa Jimenez, BS RN



(Image—<http://www.toppinkyeremedies.com>)

Did you know there are three types of conjunctivitis? Dr. Bryan Wolynski, guest speaker at the 2014 FASN Conference, addressed the types in his segment on pink eyes. The three types of conjunctivitis or pink eye (common term) are bacterial, viral and allergic. He describes the purpose of the conjunctiva as being the "saran wrap for the eye." The conjunctiva is a thin membrane that covers the inner surface of the eyelid. Let's start with the most common pink eye, bacterial conjunctivitis.

Staphylococci or streptococci bacteria cause bacterial conjunctivitis. The hallmark sign/symptom of this condition is waking up with the infected eye "glued shut." Other signs and symptoms are swelling, redness, and discharge. The discharge is thick and is usually present

after sleeping. The course of this infection usually last for 7-10 days. Treatment involves the use of antibiotics and warm compresses. Dr. Wolynski usually prescribes Polysporin or Polytrim ointments because they do not cause the burning sensation when applied to the eyes.

Viral conjunctivitis is commonly caused by the adenovirus. The hallmark sign of this infection is a red, inflamed eye with watery discharge. Other symptoms may include swollen eyelids, light sensitivity, and the student has cold-like signs and symptoms. Infection of the cornea can also manifest during viral conjunctivitis. The use of steroids may be used to treat the infection of the cornea. Antibiotic therapy should not be used to treat this type of pink eye. The infection will usually resolve itself in 7 to 10 days.

The last type of pink eye occurs mostly during allergy season. The hallmark sign of this infection is red and itchy eyes. Other symptoms that may present are watery discharge, chemosis papillary response, and lid swelling. Chemosis involves swelling of the conjunctiva. Treatment for this may include artificial tears, antihistamine drops, and cool compress. The steroids may also be used to treat severe cases to reduce inflammation.

Health consideration for schools

Dr. Wolynski emphasized the importance of hand washing to reduce the occurrence of pink eye in schools. Wiping down surfaces and toys with anti-bacterial products is another way to reduce the spread of the pink eye. According to an article in the Chicago Tribune, 1 in 8 children has an episode of conjunctivitis each year. (Hubbard 2012) That is an eye-opener -- excuse my pun. Many schools have strict policies when it comes to pink eye but they do not all address the different types. Some schools require a student to be on antibiotic therapy for 24 hours before they can return to school. This is acceptable for bacterial pink eye, but what about viral? Dr. Wolynski states many parents are forcing the doctors to prescribe antibiotics for viral pink eye so their student can return to school. When necessary, school health policies should be revised to include the different types of pink eye and when a child should come back to school. Education on the different types will also be instrumental in this crusade. I will end this article with a quirky quote by Sherman Alexie: "If I wasn't writing poems, I'd be washing my hands all the time."

Child Protective Investigations and Mandatory Abuse Reporting

Patricia Freeman MS, BSN, RN

As a new member of the school health community in Duval County I especially looked forward to attending this session of the Florida Association of School Nurses Conference to answer my own questions from our District. I was not disappointed. The presenters, Laura Johnson (DCF-Circuit 17) and James Walker (Broward County Sheriff's Office) did an excellent job of discussing mandatory reporting and the abuse investigation process. They also provided a review of the revised/updated Florida Statutes as they relate to school health nursing.

Mandatory Reporters

In Duval County Schools, as everywhere, school staff are presented with the unwanted task of reporting potential child abuse. Who is legally responsible for making the call to the DCF Hotline? As nurses, we know nurses in Florida are mandatory reporters for child and adult abuse.

Presenters, Johnson and Walker, emphasized that school teachers or other school personnel have the **exact same** obligations as nurses. According to Florida law, when nurses report we are required to provide our names to Hotline DCF staff. Names will be entered into the record of the report, but held as confidential and exempt. The 2013 revised statutes provide consequences for a mandatory reporter's non-compliance in reporting abuse. Reportedly, there are several active cases in Florida courts at this time involving professionals who have been charged with felonies for not reporting. The relevant revised 2013 Florida Statute provides that a person who is required to report known or suspected abuse, abandonment, or neglect, and who knowingly and willingly fails to do so, or who knowingly and willfully prevents another person from doing so, commits a **felony of the third degree**.

(s. 77-5-082, s. 775.083, or s.775-084).

Johnson and Walker maintain that if a reporting call must be made, and several professional people know of the potential abuse, a decision must be made as to which person in the group will report. Usually, the person to whom the child disclosed a direct allegation of abuse or the

person who knows the most makes the call. **But**, the names of others in the group are included in the call, especially if they have specific information relevant to the report. ALL persons with knowledge are accountable and must ensure the action of reporting was completed. Of course, the school administration should be informed that the call has been made.

Other important questions were answered by Johnson and Walker.

Can a person be sued or held criminally liable for making a report?

No, if you made the report in good faith, you are immune from civil or criminal liability.

Does the school have to notify a parent when a report is made to the Florida Abuse Hotline?

No. In fact the school should NOT notify the parent or other caregivers of the report. Also, the school is NOT responsible for notifying a student's parent if the child is taken into protective custody. The person who takes the child into custody has the legal responsibility of notifying the parent or caregiver.

Must I have prior approval from my principal to report?

No. Florida law requires that you report suspected abuse immediately to the Florida Abuse Hotline.

The Investigation

The safety of the involved child drives the direction and speed of an abuse investigation in Florida. Factors, such as threats of danger, the child's vulnerability, and the parent's protective capacities help the investigator determine safety.

The investigation begins **immediately** after the report is placed if:

- the child is considered to need immediate safety
- the child's well-being is endangered
- if the family may flee
- if the child will become unavailable for conducting an investigation.

If the above conditions are not present, the investigation will begin **within 24 hours**.

The investigator may contact the initial reporter. As mandatory reporters, nurses

are required to speak with the investigator upon request. Florida Statute 39.0014 provides that "it is the responsibility of all public agencies and their employees to cooperate, assist and provide information, to enable the Department of Children and Families to fulfill their job."

The investigator will contact the family and other people who know the victim and family.

A decision, again based upon the child's safety, is used to determine whether a child will be removed from their home, if support services are needed and whether legal assistance/intervention is indicated.

In closing, some tips for nurses and school personnel were provided.

Do not think it is your responsibility to investigate or prove a case of abuse or neglect.

Do not remain ignorant about the situation.

Do not lose your temper with a parent/guardian. It only serves to put him/her on the defensive.

Do not wait to suggest that help is needed.

Do not make excuses for child abuse or ignore the warning signs.

Do not assume that parents are "bad" and cannot be changed.

Do not be afraid to become involved – you may be the one to save a child's life.

Contact Information for the presenters:

Laura Johnson

Client Relations Coordinator

Laura_l_johnson@dcf.state.fl.us

954-375-3357

James Walker

Assistant Program Administrator

Child Protective Investigation Section

Broward County Sheriff's Office

954- 585-3730

Resources:

Florida Abuse Hotline:

<http://www.dcf.state.fl.us/programs/abuse/publications/mandatedreporters.pdf>

Identifying and Reporting Child Abuse

and Neglect e-learning course: [http://](http://www2.fl-dcf.org/RCAAN/)

www2.fl-dcf.org/RCAAN/

“XXX-ploitation and Expendable People”

Monica Rodgers, AS BA RN NCSN



(polarisproject.org)



(polarisproject.org)

Human Trafficking -just the words bring several thoughts to mind. “Does it exist in our country? It might occur in the U.S. but surely not in my area! Isn’t that the same as “smuggling?” The awful people who do this must be abusive and molest the victims, right?”

Adriane Reese, PhD, adeptly presented a moving and thought-provoking session that brought many of us to tears. Human trafficking is “modern-day slavery” and it is found everywhere! Yes everywhere, world-wide! Trafficking is not smuggling nor does it require physical abuse or restraint. Its purpose is for either sex or labor and the majority of the victims are children. The traffickers are motivated by human greed and utilize force, coercion and fraud in order to exploit their victims. Can you tell what the victims look like? How will I, as a school nurse, know if a child is being exploited for sex or labor? The unfortunate thing is that the victims can be people that you see every day and

you would never know. Victims are not just women or young girls. They can be men and young boys. They may be from any race or ethnic group. The victims may be employed in domestic work such as housekeepers or as prostitutes in brothels (average age of a prostitute is 12 years old), construction workers or technicians in nail salons. Did you know that one third of all runaways are lured into sexual exploitation within the first 48 hours from leaving their homes? A child goes missing every 20 seconds in the United States. The statistics related to human trafficking are staggering.

So if it is difficult to identify a victim: As school nurses, how can we identify let alone help a child caught up in this horrific existence? Dr. Reese explained that we should look for health issues which arise from inhumane living conditions which result in poor sanitation, inadequate nutrition, and poor personal hygiene. STD’s, unwanted

pregnancies and even infertility may be frequent issues for those in sexual servitude. Many victims exhibit signs of mental and substance abuse. You may observe poor dental hygiene. Tattoos are frequently found on the victims’ bodies which may identify their “owner”. Less tangible signs may include feelings of helplessness, shame, shock (including cultural shock) and denial. The Trafficking Victims Protection Act (TVPA) was passed in the year 2000 and is the first and most important law of its kind. Search on the internet for “human trafficking” or the TVPA. Further information on legislation against human trafficking can be found at: <http://www.state.gov/j/tip/laws/>

For information more pertinent to Southeast Florida, contact *Broward Human Trafficking Coalition* 1007 N. Federal Highway #15. Fort Lauderdale, FL 33304. Tel: 954.594.3439. E-mail info@bhtc.us or visit their website at <http://www.bhtc.us>.

Further Resources

National Human Trafficking Hotline: 1-888-373-7888

Polaris Project: <http://www.polarisproject.org/index.php>

US Department of Health and Human Services. Administration for Children and Families
<http://www.acf.hhs.gov/programs/endtrafficking>

The Affordable Care Act: Information for the School Nurse

Belinda Johnston MED BSN RN



(Image - health.usnews.com)

For many families, the school nurse is their only contact to health care information and as such, is asked many questions. Florence French from Enroll America, a non-profit, non-partisan education organization, presented a session about The Affordable Care Act (ACA) at the 2014 FASN conference. This

presentation provided information to school nurses that can be passed along to families of students, if the nurse is asked about the program.

There are three income-based coverage options available. One option is the standard Medicaid plan for Florida. The second option is using The Marketplace and getting financial assistance. Ninety percent of new enrollees in Florida qualify for financial assistance. The third option is either a private plan the insured gets on his or her own or a plan from The Marketplace. To be eligible to use The Marketplace and enroll in an insurance plan, the insured must be a U.S. citizen, a legal resident, or have temporary permission to stay (TPS) status. The last day in this enrollment period to use The Marketplace is 3/31/2014. The next enrollment period for The Marketplace starts on 11/15/2014.

If a family chooses to use The Marketplace to enroll in health care insurance they can do so on the web at **healthcare.gov**, on the phone at **1-800-318-2596**, or in-person. In-person assistance varies by community. The family will complete a single application for everyone in the household. A different plan can be assigned to each individual family member according to his or her eligibility. Regardless of the plan, all insurance plans will cover essential health benefits, such as doctor visits, hospitalizations, maternity care, emergency rooms, and prescriptions. Additionally, coverage will be provided for pre-existing conditions.

A copy of Florence French's PowerPoint presentation can be found at <https://fasn.nursingnetwork.com/nursing-news/7631-conference-handout-helping-your-families-access-affordable-health-care>.

Dermatology Lesion Recognition for School Nurses

Toni Bouchard AS RN and Victoria Heilig BS RN



(Image—jeopardy.com)

School Nurses routinely have to assess dermatologic lesions on a student to determine the need for exclusion from school or further medical care. This session at the Florida Association of School Nurses (FASN) conference, presented by Dr. Rhonda Goodman, PhD, ARNP, FNP-BC, NCSN, AHN-BC, was an excellent refresher of the common dermatologic lesions. This can be a very dry topic, but it was presented in the format of a Jeopardy

style game and was very engaging.

Dr. Goodman used photos of patients from her years of clinic practice with detailed scenarios to present each type of lesion. With each description and photo, Dr. Goodman discussed the presentation of the lesion and its stages, communicability, how to differentiate it from another lesion, related symptoms and how the condition is treated. Over the course of the game more than 25 different types of

dermatologic lesions were discussed.

The power point for this presentation will be available on the FASN website under the conference handouts tab. We would recommend that every school nurse review it. If you are studying for the school nurse certification exam, this power point would be an excellent way to review for the dermatology related questions.

From NASN to YOU!

Kathleen C. Rose, RN MHA-N, NCSN



I have begun my third year of a 4-year term as your Director to the NASN Board. My role is three-fold:

First, I bring FASN's and Florida's achievements and concerns to the attention of the National Association of School Nurses (NASN).

Second, I bring news and information from NASN back to Florida. Third, as an NASN Board member, I vote on decisions made on the national level that will affect school nurses across the country.

My third role is, perhaps, the most difficult. Once I have presented Florida's achievements and concerns, then I must become an unbiased Board member and base my decisions on those things that will be best for school nurses in the entire country.

A lot has been happening on the national level. All our position documents are reviewed and updated every five years. This task is almost complete and my Strategic sub-committee, Advocacy and Public Relations, is currently responsible for an updated Position Statement on Delegation. Since this is something we are allowed to do in Florida, it will be very important for us to see the national view on this topic.

My Strategic sub-committee is also looking at certain chapters of NASN's Board Standing Rules (BSR) and corresponding chapters in their How To Guides (H2G). This is the national version of our Policies and Procedures.

My Strategic sub-committee is working on a PR kit that school nurses can use to advocate on the local and state level. As a result of our sub-committee

NASN now has a whole page of their web site devoted to

Advocacy.

Our national President, Carolyn Duff, has asked each sub-committee to look more closely at membership. Are we meeting our members needs? Who might we be missing as potential members? What more can we do to support our members?

Many suggestions have arisen from these questions.

Some final thoughts: NASN has received ANCC accreditation to continue providing CE's for nurses. This national accreditation is very rigorous and we passed with flying colors! In practical terms, this means that a nurse from anywhere in the country can come to an NASN sponsored educational program and receive CE's that are accepted by their state.

Since I have been Director, over 100 new nurses have joined FASN and received a letter of welcome from me. We are growing because we have something positive to offer our nurses! Hooray for Florida!!



National Association of School Nurses 46th Annual Conference

- Come for the Education
- Stay for the Motivation
- Leave with the Inspiration

June 28-July 1, 2014

**San Antonio Marriott Rivercenter
San Antonio, Texas**

