

**FLORIDA
ASSOCIATION**



**OF SCHOOL
NURSES**

Volume 18, Issue 1

November 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.



San Antonio 2014



“Serving School Nurses Statewide”

www.FASN.net

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**FASN 19th Annual Conference
February 6th & 7th, 2015**



The Venue for the Florida Association of School Nurses 19th Annual Conference is the Florida Hotel, Orlando. Special room rate for FASN Conference Attendees.

The conference features:

Exciting and informative educational sessions

Pre-conference sessions on February 6th

Knowledgeable guest speakers

FASN marketplace/Purses for Tropical Nurses

Gift basket and 50/50 raffles

Extended vendor hours

Register now until December 15th, 2014 to qualify for free pre-conference

President's Message

Greetings fellow FASN members and welcome to the fall edition of FASNating News! I hope all of you are having a great school year. I am amazed that we are soon completing the first quarter of school. For me, it has been a busy, complex start to the year, challenging daily, fulfilling always. School Nursing is a profession that chose me many years ago. I love what I do! Thinking back to those early days, school nursing has certainly changed in its scope of practice and the requirements students now need to attend school successfully. School nursing constantly evolves and as such, we need to grow daily as lifelong learners. I was fortunate to be present at the NASN conference in San Antonio where I attended a pre-conference session on Leadership with Janet Jones, our Treasurer. That session helped us both recognize the strengths we each bring to FASN. It also gave us opportunities to hone skills as we continue to develop our respective roles in the organization and impart knowledge to assist FASN as we move toward our Board goals.

Twenty-three Florida nurses represented FASN at the conference, some as Session Presenters, Poster Presenters or as lifelong learners. We networked

with each other and nurses from all 50 states, enjoyed the sights and sounds of San Antonio's Riverwalk and came away with lots of Texan hospitality. As we prepare for our own 19th Annual Conference with the theme "School Nurses: Leading the Way to a Healthier Generation", I hope you are planning on joining us on February 6 and 7, 2015, at the Florida Hotel in Orlando. The Education committee has been working diligently to provide you with opportunities to learn, network and celebrate. They have arranged many wonderful speakers. The topics represent several of the issues occurring on the state and national levels such as the new Diabetic protocols, food allergies, anaphylaxis, and the impact we as school nurses can have on our homeless student population. These sessions, and others, are designed to strengthen the knowledge and skills we need for day-to-day school nursing practice. The annual FASN conference inspires and reenergizes us!

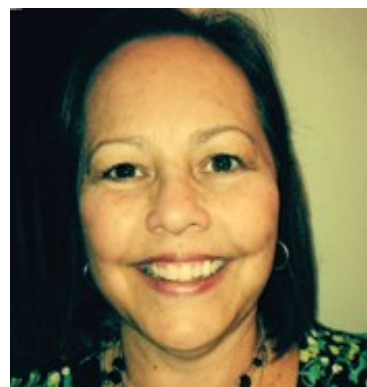
The conference is an opportunity to meet and network with school nurses

from all over the state. Your Board of Directors and the Education committee have worked hard to provide a quality, affordable conference for you to enjoy. Keep checking our website for conference updates and registration.

I want to reflect on part of my acceptance speech from February 2014: "I feel the strength of our organization lies within each of us and we will only be as strong as the voice you share. We, the members, the voice of Florida School Nurses, are the heart of FASN".

Shelley

Shelley Bumm, FASN President



National Standardized Data Set for School Health Services: Step Up and Be Counted!

Dianne Mennitt, DNP, MS, RN, CNS, NCSN, AE-C



NASN.org

The National Association of School Nurses and National Association of State School Nurse Consultants have developed a national uniform, standardized data set for all school nurses to collect specific data for the 2014-2015 school year on the number of nurses in schools, the number of children with diagnosed chronic health conditions, and the disposition of children seen in the school health office. Dr. Dianne Mennitt, School Nurse Consultant, invites all Florida school nurses to participate! The data points, data collection tool, talking points, frequently asked questions, and webinars are located at <http://www.nasn.org/Research/StepUpBeCounted>

For more information, please contact Dr. Mennitt at dmennitt@usf.edu.

Congratulations! Dr. Charlotte Barry

FASN wishes to congratulate Dr. Charlotte Barry on her recent induction as a Fellow in the American Academy of Nursing October 18, 2014 in a ceremony held in Washington DC. Being inducted as a Fellow (FAAN) is the highest honor in nursing! She is among the select few nurses who are recognized worldwide for their sustained contribution as leaders in education, management, practice and research.

Charlotte D. Barry PhD, RN, NCSN, FAAN is a Professor at the Christine E. Lynn College of Nursing, Florida Atlantic University, Boca Raton, Florida. Dr. Barry is internationally known for her expertise in caring science through ongoing practice, teaching, research and policy development for vulnerable families and populations at nurse-run, school-based health centers in the southeast US, sub-Saharan Africa and rural Haiti.

Nationally certified in school nursing, Dr. Barry's outstanding and sustained contribution to nursing has been the outcomes of her expertise in community nursing

practice, education and research. She has been on the leading edge of developing school based health centers dedicated to overcoming barriers in the delivery of quality care to children and families.

As Co-Director of the Center for School and Community Well Being, over \$7 million in grants and contracts was secured to fund nurse managed school based wellness centers and school nurse education programs in southeast U.S. The nurse managed centers in schools often provide the only ongoing access to health care for many children and families. The outcomes of improved health, return to class rate and attendance served as the impetus for a substantial and sustained policy change resulting in a school nurse present at every public school in one of the largest school districts in the U.S. serving over 176,000 students.

The positive outcomes of Dr. Barry's scholarship have transformed nursing practice through curricula change, community immersion and policy development. Her publications and presentations

at national and international conferences have fostered understanding of the value of caring for the most vulnerable and impacted the professional practice of school nursing, now recognized as an expert practice and venue for access to affordable and ongoing healthcare for children and families in the US, Africa, and Haiti.



Woo-Hoo! Congratulations! School Nurses In the News! Fran Oppedisano, BSN, RN



Receiving recognition for a job well done is sometimes a little embarrassing for school nurses. We're used to working behind the scenes, "just doing our job." FASN would like to see that change. We want to recognize and sing the praises of those who have done well. Two of our nurses were nationally recognized: Frances Oppedisano, Affiliate School Nurse of the Year; and Charlotte Barry, Outstanding School Nurse Educator.

Do You Know Someone Who Should Be Recognized?

OK, so you won't toot your own horn, but do you know someone you're proud of? Does your county have a School Nurse of the Year? Has a school nurse in your county been recognized by a partnering organization, such as the American Lung Association or the Red Cross? Do you know a nurse that has made a special presentation that enhances school nurse skills or recognizes the importance of school nursing in helping students stay healthy? Has the media: TV, radio or newspaper made a point of covering school nursing or the health of students or contacted you to get the school nurse's perspective? Has an organization such as the PTA or Lions Club supported school nursing by sponsoring an FASN membership or registration to our state conference? Please let FASN know! We may not have a brass band to honor them, but we can recognize them in our newsletter and present them with a certificate. We can honor them as they have honored us. If you have someone you wish to recognize, please send the information to: seashell53@att.net

P.R.E.V.E.N.T. Obesity Initiative

Alina V. Soto, Statewide Quality Liaison, Florida Dept. of Children & Families, Child Care Regulation

Skinned knees, bug bites, bumped heads, and bruised egos...all in a days' work for a school nurse. What if you could add cardiovascular disease, cancer, type II diabetes, stroke, asthma, sleep apnea, low self esteem, academic delays and possibly premature death to the list of maladies that you can prevent in your youngest students

Childhood obesity is one of the greatest threats to the future of our nation. Since 1990, the obesity rate has more than quadrupled in children ages 6-11, more than tripled in adolescents ages 12-19 and more than doubled among children ages 2-5. The risk is even higher in rural and minority populations, which face even greater challenges. The proportion of overweight and obese children can be as high as 40% within some African American and Hispanic communities (Prevention, July, 2013).

Dietary challenges are many, as changes in food environments over the past few decades have increased the availability, appeal, affordability, and consumption of foods and beverages that are low in nutrients, but high in fats, added sugars, and calories. In addition, food deserts, (neighborhoods with no access to fresh fruits and vegetables), and rising food



Image -ns.spps.org

costs can turn into unhealthy habits, with many consuming excess fat, added sugars, and calories.

With so many demands on the time of our teachers and nurses and the task of keeping kids healthy becomes "super-sized". Don't be discouraged, because your knowledge, expertise and experience can make a life-saving difference in the lives of your children and, perhaps, even their families.



(Image—floridahealth.gov)

Evidence suggests that physical habits learned early in life may track into adolescence and adulthood, giving even greater importance to learning healthy habits at a very early age. Daily physical activity (90-120 minutes per eight hour day for preschoolers) (American Academy of Pediatrics, March, 2012) may be a key to preventing childhood obesity. Some studies suggests that children may be able to learn better during or immediately after bursts of physical activity, due to improved attention and focus (Pellegrini, 2005).

How do we keep the focus on academics which so many districts emphasize, while increasing physical activity? Try integrating physical activity and cognitive learning. Listed below are several suggestions. Some are larger projects, some are simpler, many are very "hands on". Even if you or the teachers are not able to do a larger project, there may be some components of it that will work quite well in the classroom or the home.

Gardens provide an excellent source for learning math and science, where children can measure and count, while outdoors bending, reaching, lifting and moving. Work with numbered bean bags, give each child a bag, form two lines facing each other, work out a math problem and have the numbers race to the finish line, where the answer is. Check out *Alive With 5Food Groups* (Serving Up MyPlate), a great song for children to learn and dance to. Combining songs with dancing, skipping, jumping are healthy ways to learn and a great opportunity for phonics.

Families are so busy, so how can you engage them? Try a school based sociali-

zation opportunity, or even a fundraiser such as a Sock Hop, or Hula-Hoop-A-Thon, or Beary the Book Bear (I made that up), who hides books or manipulatives outdoors for the children to find and then have a parent read to the children. Serve healthy snacks and water. Have a school play using MyPlate characters and invite families to learn about healthy eating and age-appropriate portion sizing. Organize a family fitness walk on school grounds. Send home MyPlate artwork and recipes that the children have made in class. Write a monthly wellness letter (Healthy 4 Me), it need not be extensive, and include a fun recipe and family activity tip. Have a farmer's market on campus, with local farmers who provide local fresh, affordable produce.

Remember how important you are to your children and their families. YOU have the right prescription! Here are some additional resources:

"Color Me Healthy Preschoolers" <http://www.colormehealthy.com>

"Motion Moments"-http://nrckids.org/Motion_Moments/.

"101 Tips for Increasing Physical Activity in Early Childhood"- http://wise.dpi.wi.gov/files/fns/pdf/101_tips_earlychildhood.pdf

"Serving Up MyPlate: A Yummy Curriculum"- <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>



Alina Soto is the Statewide Quality Liaison for the Florida Department of Children and Families, Child Care Regulation

Every Kid Healthy

Melodie Griffin, MHA, Florida Action for Healthy Kids State Coordinator

Action for Healthy Kids (AFHK) believes all children should be healthy and ready to learn. Sadly, they're not. One in three of our kids is overweight or obese, putting them at risk for a variety of health complications and chronic diseases, including heart disease, gallbladder disease, asthma, Type 2 diabetes and cancer. **If this trend continues, this generation will be the first to live shorter lives than their parents.** While this trend can seem overwhelming, AFHK believes the solution to this national epidemic is within reach. Parents, grandparents, educators, **school nurses**, and caring people everywhere can play a part in instilling in kids the lifelong habits they need for health and academic success. We are working to bring together these people with like-minded organizations and their programs, to join forces for a common cause; to make school healthier places so kids can live healthier lives. We call it the "Every Kid Healthy" equation.

AFHK believes in the Every Kid Healthy equation so strongly that our 2013-2016 strategic goal is to direct all efforts towards ensuring that all 130,000+ U.S. schools provide healthy foods, quality health and physical education, and comprehensive physical activity for all 55 million students by 2030.

We are making healthy kids a national priority by developing effective plans to implement direct wellness policies, health programs and practices, and school-family-community partnerships. These three components will work together to drive transformative change in health policies, systems and environments. By taking greater action today, we can prevent our children from becoming obese adults counted among the millions with preventable chronic diseases.

School nurses can play an extremely important role in the Every Kid Healthy equation by doing the following:

1. Take the Every Kid Healthy Pledge -

actionforhealthykids.org/everykidhealthy

Ask your friends and family to do the same. It takes just 10 seconds.

2. Review the Every Kid Healthy Equation <http://tinyurl.com/lp7qk9u>

The knowledge, resources, and community relationships the school nurse already possesses will meet the needs of many of the Every Kid Healthy equation components.

3. Encourage your school to form a school wellness team and play an active role on that team. This is your opportunity to serve as a leader as we help our students live healthier lives.

4. Help your school develop a school wellness plan

Review your district's wellness policy and refer to AFHK's website for additional information

5. Help link your school to community health and wellness resources. You will know about these better than anyone else at your school. Help make the link between the community organization and the needs within your student population

Image-Actionforhealthykids.org



.It's going to take a nation of moms, dads and other caring individuals – people just like you – to raise their hands and lend their voices to the fight against childhood obesity so every kid can be healthy and ready to learn. Working together, we can give kids the keys to health and academic success, one school at a time

What School Nurses Should Know About E-Cigarettes

Heather Youmans, American Cancer Society

Use of electronic cigarettes (also known as e-cigarettes, hookah pens, hookah sticks or vapor product) is increasing in young people at an alarming rate. The Centers for Disease Control and Prevention (CDC) has found use of e-cigarettes among middle and high school students across the nation more than doubled from 2011 to 2012. The CDC's National Youth Tobacco Survey shows that e-cigarette use among high school students who reported ever using them jumped from 4.7 percent in 2011 to 10 percent in 2012, while the percentage using e-cigarettes in the past 30 days rose from 1.5 percent to 2.8 percent. Use also doubled among middle school students.

There is, at this time, no definitive, scientific evidence to prove these products are safe. We do know, however, that it is important to safeguard kids from the risks of life-long nicotine addiction, no matter the delivery method.

With that in mind here are **five things you should know about e-cigarettes**.

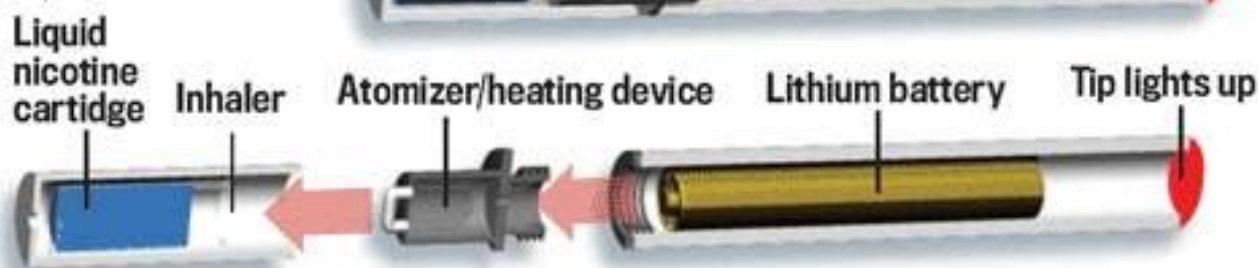
1. The jury is out on whether e-cigarettes are safe, especially in the long-term, or effective tools to help someone quit smoking. More research is needed.
2. As a result, the American Cancer Society does not recommend e-cigarettes to help quit smoking.
3. The American Cancer Society Cancer Action Network (ACS CAN) strongly supports Federal Drug Administration (FDA) regulation of e-cigarettes.
4. Without proof that e-cigs are safe, ACS CAN will support laws that treat e-cigarettes like all other tobacco products.
5. ACS CAN opposes attempts to change laws for e-cigarettes that could undermine state or local tobacco control laws.

During the 2014 Legislative Session here in Florida, the legislature passed Senate Bill 224, which prohibits the sale of "Nicotine Dispensing Devices" to persons under the age of 18. While this bill made an important first step, additional regulations are needed to appropriately protect our kids from these potentially dangerous products.

For more information or to become involved with ACS CAN in Florida, visit our website at www.acscan.org.

How an electronic cigarette works

The electronic cigarette contains a battery that activates a heating device, atomizing liquid nicotine inside a cartridge and producing a vapor that is inhaled.



Source: allhookah.net

Tim Summers / The Detroit News

Environmental Health and the School Nurse

Belinda Johnston, MEd, BSN, BA, RN, NCSN

There are many environmental hazards in the school environment. Children are more vulnerable to these hazards than adults, however legislation that regulates chemical toxicity testing only allows tests to be evaluated on adults before approval for use. As a result, children ingest, inhale, and absorb chemicals that have not been approved for immature humans. Children's increased vulnerability to chemicals is due to four factors. First, children have more exposure to chemicals through food, drink, and direct contact with dirt through play. Second, their systems are still developing and the chemicals become integrated into tissue. Third, children cannot fully metabolize toxins. Fourth, the longer duration of a child's lifespan, compared to an adult's, after an exposure allows more time for complications to occur.

Schools are one place that children are exposed to environmental hazards. A commonly recognized one is fragrances, which are already notorious for being an asthma trigger. Many of the fragrances used in cleaning products contain carcinogenic petrochemicals. Neurotoxicant-containing pesticides can be found on the playground and volatile organic compounds (VOC) are used in school building renovations. In classrooms, dangerous chemicals can be found in chemistry labs and vocational programs. Additionally, foods in the cafeteria contain chemicals in the form of pesticides, hormones, artificial flavor, and artificial coloring.

As student health promoters, school nurses are in a unique position to influence the condition of environmental health at school. This can be accomplished through education and advocacy. School nurses can teach both faculty and parents about the environmental hazards that can be found at their school and how these chemicals affect student health and educational success. Advocacy can occur in the form of committee formation to address issues with environmental hazards at school and also suggesting non-toxic, chemical-free alternatives to reduce the children's exposure to hazards.

For more information about environmental health at school, access the 2014 NASN conference general session entitled Environmental Health and School Nursing presented by Barbara Sattler, DrPH, RN, FAAN and Nsedu Obot Witherspoon, MPH, BS. This presentation provided information to school nurses about environmental hazards at school, how these hazards affect children and actions the school nurse can take. A copy of the presentation can be found at NASN.org

Image & resources—www.epa.gov



PTA/PTO/Booster Club



Do you know your PTA? Do they know you or what day you are at the school?

A simple note will do the trick!

Have you asked your PTA to sponsor your membership or your registration to the state FASN conference?

Many are happy to do so.

Good Vision: A Key Component in Effective Learning

Nathan Bonilla-Warford, OD, FAAO

For children, parents, and school nurses, fall is an exciting time. New schools, new teachers, and new challenges await every student. Good vision is among the many skills children need to read, write and learn their best in any grade. Nurses begin their year identifying those students with glasses. Soon after, they begin the mandatory screening of kindergarten, first, third and sixth graders.

School nurses realize that vision is more than being able to see the words on a page or board clearly, but it is actually a form of fine-motor skill. Just like it takes years to master the fine motor skill of controlling the tiny muscle of the fingers to write legibly, it takes years to master the coordination of the even smaller muscles that move and focus the eyes. Now that the school year is underway, teachers may be contacting the school nurse about students who can't seem to see or remember what they have read.

In addition to acceptable visual acuity, every child needs to have the following vision skills for effective reading and learning in school.

Eye tracking — the ability to keep the eyes on target when looking from one object to another, moving the eyes from word to word in a book, or following a moving object like a thrown ball.

Eye Focusing — the ability to quickly and accurately maintain clear vision at different distances, such as when looking from the board to a paper on the desk and back. Eye focusing allows the child to easily maintain clear vision over time like when reading a book or using a computer.

Eye teaming — the ability to coordinate and use both eyes together when moving the eyes along a printed page, and to be able to judge distances and see depth for class work and sports.

Eye-hand coordination — the ability to use visual information to monitor and direct the hands when drawing a picture or trying to hit a ball.

Visual perception — the ability to organize images on a printed page into letters, words and ideas and to understand and remember what is read.

If any of these visual skills are lacking or not functioning properly, a child will have to work harder, leading to problems. School nurses and teachers need to be alert for symptoms that may indicate a child has a vision problem. Generally, a child will not report a vision problem because it is "normal" for them and they may think the way they see is the way everyone sees.



Signs that may indicate a child has vision problem include:

- Frequent eye rubbing or blinking**
- Avoiding reading and other close activities**
- Frequent headaches, especially after near work**
- Covering one eye**
- Tilting the head to one side**
- Holding reading materials close to the face**
- An eye turning in or out**
- Seeing double**
- Losing place when reading**
- Difficulty remembering what he or she read**

If you work with a student in your school who exhibits any of these behaviors, a referral to eye doctor that is comfortable with children is appropriate. If you do not already have a relationship with one, <http://aoa.org>, <http://covd.org> and <http://www.aapos.org/> are good places to start. ‘

If you have any additional questions about children's vision, the connection between vision and learning, or management of children's vision issues, please free to email me at Doc@BrightEyesTampa.com.

Nathan Bonilla-Warford, OD, FAAO

Bright Eyes Kids

Chair of the Children's Vision Committee, Florida Opto-

Create a Basket of Sunshine to Make Your County Shine at the 2015 FASN Conference

Anna Conaway, RN, BSN



We're really looking forward to your county school nurses attending the FASN state conference. It provides us with guidance in continuity of care throughout the counties, the most up to date information on the issues affecting the success of our students in the school setting, networking and forming friendships throughout our state, and of course having fun while we are learning! Historically, FASN raises money to provide school nurses scholarships, which pay their conference fees.

A fun way of fundraising for our fellow school nurses is the basket raffle! Not only does it provide the funds for our nurses to attend, but it allows nurses from other counties to see what your county is all about! As you know, Florida is the hub of tourism!

The tough part of putting a basket together is **STARTING!** To repeat Nike's slogan, "**Just Do It!**"

This is a great opportunity for you and your colleagues to share ideas, have fun and create a theme to encourage participants to visit your county!

One way to start is to elect a "Basket Weaver" for your county to initiate the weaving of creativity for your basket.

To ignite the fire, here are some theme basket ideas:

Picnic Basket

Spa Basket

Beach Basket

Theme Basket – movie, sports, shopping

Craft Basket

Night out Basket

Then of course, there's the – Breakfast in Bed Basket

Creating Memories Basket

Historical Basket – museum tickets, visitor passes, books, etc.

Ideas for items to put in the basket –

Picture frames

Candles

Dinner certificates

Lotions/ creams/soaps

Wines

CD's of classics – 50's, 60's, 70's, 80's, jazz, classical, etc.

Coffees & Teas, cups, "steepers", interesting sweeteners, gift certificates

Then, give a "Shout Out!" to your county . . .

When your basket is done - put a "HOT SPOTS IN OUR COUNTY" card on the outside.

Give your school nursing colleagues great places to check out as they are travelling through your county or take their loved ones on a stay-cation to your county.

Ideas to place on your signage:

Restaurants: (Funky, fun, Michelin 5 rated, etc.)

Museums

Gardens

Beaches

Tourist Traps

Historical Sites

Hot Spots

I hope this starts the fire of creativity burning and you all get out there and start having fun!! I know there's a Basket Weaver in every county who can get you all started! **Just Do It**, and have **FUN!**

For further encouragement or questions, please don't hesitate to contact me – Anna Conaway, Broward County Schools, Medical Fragile Nurse
Office: 754.321. 1575

E-mail:

ann.conaway@browardschools.com

Enjoy and have fun! Anna

NASN Director's Report

Kathleen C. Rose, RN MHA-N, NCSN



I hope everyone had a chance to relax this summer at least for a few days. If you were like most, you still had a lot of projects going to keep you busy! The NASN Board has two major meetings every year: January, when new Board members are inducted, in Washington, DC and June, just before the annual NASN Conference. This year the June meeting was in San Antonio, TX. The following is a recap of my activities between January and October.

Letters of Welcome: Were sent to 26 brand new members between January 2014 and July 2014.

Lapsed Members: beginning in June, the Directors are being sent a list of members whose membership is about to lapse. They are asking us to make contact with these members to prevent a lapse in membership or to discover why their membership is lapsing. If you get an email from me, just shoot me an e-mail back, OK?

Current NASN Committees:

- Advocacy and Public Relations (Strategic Committee)
- Asthma Advisory Committee
- Scoliosis Advisory Committee

Strategic Committee Activities:

- Supporting Legislative Priorities
- Continued advancing the Healthy School Nurse campaign
- Began the #HealthySchoolNurse Twitter account
- Position Statements
 - Presented two for adoption in June
 - Assigned two more for January:
 - The Role of the UAP in the School Setting (K. Rose, lead)
 - The Role of the LPN/LVN in the School Setting

NASN Activities

I was asked to represent NASN on a national Pediatric Cardiac Emergency Guideline workgroup. This is a collaboration of the American Heart Association and Project Adam with input from others including NASN.

June Board Meeting:

We received **reports** from Staff, Officers, and Committees. CFO, Chris Cephas, gave us our financial reports. It was broken out into Revenue & Support and Functional Expenses. As we

looked at each item, it was classified by the percentage of either Revenue or Expense in relation to the total budget.

The **Strategic Priorities** include Membership, Advocacy, Financial Stability, Research, and Governance. We received the priorities in a chart that listed the Priority, Status (on track/needs attention), Key Initiatives (proposed outcomes), Lead Person, and Proposed Next Steps (action steps). NASN does not have a stagnant strategic plan!

Many **Media and Communication Channels** are used to keep NASN at the forefront of school nursing. They include: media interviews (45+), Blogs, Education Radio, Social Media (including Twitter and Facebook), Affiliate Newsletters, School-NurseNet, Partnership Campaigns (e.g. Voices of Meningitis) NASN has over **140 Partnerships and Liaisons** with other groups who are also interested in school health.

Directors

Three Directors were either elected or appointed to the Executive Board in June. 13 Directors retire in January. I have mentored 3 new Directors so far. In January, I begin my 4th year as Director.

Resolution

A newly revised and modified resolution on **Global School Nursing** was approved at the June meeting.

New Position Statements (PS)

A "new position statement" may be brand new or may be a former Issue Brief or it may be a Position Statement that is nearing 5 years old. Unless the PS is revised every 5 years with updated references and information, it is automatically retired. Here are the ones that were approved in June:

- Service Animals in Schools
- Delegation to the UAP in the School Setting
- Use of Restraints and Seclusion in School
- Emergency Preparedness and Response

FASN Outreach:

At the end of May, I attended the Florida Action for Healthy Kids Board of Director's meeting and the Florida School Health Partnership meeting in Tallahassee. I represented FASN in both meetings. Contact was made with 4 people to do articles for our Fall FASNating News; FASN received an invitation to attend the Florida State PTA Health Fair and to attend the HPV Roundtable Discussion in Tampa hosted by US Representative Kathy Castor.

FASN attended State PTA Health Fair as a non-profit vendor, encouraging PTAs to either support FASN membership or pay the registration fee for the nurse to go to the state conference. Had drawing for either a pedometer (2) or a Starbucks card (2).

FASN is still actively working with Lions Clubs around the state to sponsor memberships. Spoke to Homosassa Springs Lions Club who wanted to renew the memberships of 3 nurses to FASN. We also spoke to the Vision Chair for the City of Sarasota Lions Club who sponsored 12 memberships for school nurses who have schools within the city of Sarasota.

Do YOU Know Your PTA/PTO Officers? Do They Know YOU?

Kathleen C. Rose, RN MHA-N, NCSN NASN State Director

One of the greatest allies the school nurse can find in the school is the PTA/PTO. It may be known as the Parent-Teacher Association or the Parent-Teacher Organization or the Parent-Teacher-Student Association or the Booster Club. This is the group whose fund-raising activities support teacher and school activities. What we may forget is that it is the PTA Board that determines where the funds will be spent. If the PTA knows you and what you do, they may fund a line item or a mini-grant for you.

FASN was invited to man a table at the Health Fair held prior to the State PTA Conference and again at the Pinellas County PTA Workshop Day. I asked those stopping by our FASN booth to consider two things: sponsoring the registration of their school nurse to our state conference or paying for their membership to FASN.

Those who knew their school nurse were very open to either or both possibilities. Those who did not know their school nurse usually nodded politely and walked on, but some were brutally honest. "I have no idea who my nurse is! Why would I allocate funds to someone I do not know?" "You know, I'm at the school volunteering almost every day. I have absolutely no idea if we even have a school nurse." "You want us to sponsor our school nurse?

Really? How about she do one thing to deserve it? Like introduce herself!" Honestly, we had at least 3 school nurses last year. Every time I learned the name of one, they changed the nurse. Apparently our school isn't worth a nurse. We get whoever is left over. We won't budget money for an unknown person."

Harsh words, yes, but I'm thankful they cared enough to be honest with me. And I made a promise that I would make sure that our members knew how important it is to make contact with their school's PTA. When we talked, really talked, I discovered that the PTA is deeply concerned about the health and safety of their children. If the PTA doesn't know us, then they don't know what we do.

They have no idea how many students have asthma or how many days are lost due to asthma, not to mention the students with diabetes, seizures, allergies, etc. We don't have to break any HIPPA or FERPA laws to give the PTA a picture of their school and what you are doing to keep their children safe.

When you are serving more than one school, it is even more important that you identify yourself as the school nurse. Otherwise, whomever cares for their child is the "school nurse." In 30 years of school nursing, I have always served more than one school - and felt pulled in ten different

directions as a result. Here are some ideas to handle that "one more thing!"

~ Put an article in the school newspaper introducing yourself, what days you are at the school and who cares for your child when you are not there.

~ Send a note to the PTA with the same information and asking to meet them at some point in time.

~ Offer to do a short PTA program about the health services in their school or on a particular topic like asthma.

~ If your school has a TV show, do a weekly segment, "Nurse's Notes on Health and Safety" - a 30-90 second segment on different health and safety topics. See the attachment on the FASN web site for a year's worth of topics.

~ Or take the Nurse's Notes on Health and Safety" and make a weekly article for the school's web site or newsletter.

Your efforts to reach out to your PTA will have multiple benefits. The school nurse will have a face and not just be the unknown "they" out there. It is a wonderful way to advocate for school nursing and its role in the educational process. It helps parents feel their students are safer at school. You will have developed powerful allies in your PTA contacts. And yes, they may be willing to support your presence at our conference or your membership in FASN!

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Bulletin!!! Bulletin!!!
Calling all Early Birds!!!
FASN 19th Annual Conference February 6 and 7, 2015



Registration is available **ONLINE** or by **MAIL**. To register online, please go to the FASN website at www.FASN.net and click on "FASN 19th Annual Conference 2015" under "Upcoming Events". You will be asked to complete the information below on the website. Payment with a **credit card** can be made when registering **ONLINE ONLY**, using secure server.

If desired, the registration form can be downloaded and mailed to: FASN Registration, 12606 Chelmsford Ct, Orlando, FL 32837 with **CHECK OR MONEY ORDER** payable to **FASN**.

Registration includes:

Sessions, Reception, Vendor Access, Continental Breakfast, Saturday Lunch, Breaks, Program Materials, CE's
 No less than **12 CE Credits** can be earned if participants complete **preconference** and **poster** sessions



Early Birds!!!

REGISTER EARLY!!! Registrations received by midnight December 15, 2014 include preconference session on Legal Issues (2 CE) at **NO CHARGE!!!**

Direct **Registration Process** or **FASN Conference** questions to Janie Sailors at SailorsRN@aol.com

Please fill-in ALL blanks to ensure proper registration.

Name _____ E-mail Address _____

Address _____

City/State/Zip _____

Telephone _____

License Number _____ Employer _____ County _____



☐ \$99 (Member), inc. FREE CE—by Dec. 15, 2014

☐ \$120 (Non-member), inc. FREE CE—by Dec. 15, 2014

☐ \$99 (Member) + \$10 CE Fee= \$109—Dec. 16, 2014-Feb. 1, 2015

☐ \$120 (Non-member) + \$15 CE Fee=\$135—Dec. 16, 2014-Feb. 1, 2015

☐ \$120 onsite + \$15 CE fee=\$135

Onsite rates will be charged after February 1, 2015

Yes, I will be attending the Friday, February 6, 2015 ☐ Reception ☐ Evening Session

Special Dietary Needs: _____

There is no separate registration fee for attending only one day. Fee for registration is as above.

Cancellation Policy: Refund (less \$10.00 processing fee) will be made if cancellation notice received before February 1.. Sorry, we cannot refund registration fee after February 1, 2015.

Call for Poster Abstracts

Florida Association of School Nurses 19th Annual Conference 2015

February 6 -7, 2015

We invite school nurses and nurse researchers to submit abstracts for the poster session. The purpose of the poster session is to communicate best practices in school nursing, share research findings and initiate discussion among conference participants.

Posters should fall into one of the following categories:

1. Best Practice: Development of a “best practice” demonstrating exemplary school nursing that reflects the theme of the conference. (Share the programs, projects, interventions, etc. you have found to be effective in your setting!) Posters can be submitted by individuals or groups.
2. Research: Research studies investigating clinical questions relevant to school nursing practice.

Submission of Abstracts

Electronically submit your abstract and submission form as an MS Word File attachment to: Shirley Gordon sgordon@fau.edu by December 15, 2015. Submission forms, poster guidelines and tips on preparing your poster are available at our website www.fasn.net

IMPORTANT NOTE: If you do not receive e-mail confirmation that the abstract was received, please send it again or contact Dr. Shirley Gordon (561-297-3389).

Abstracts are limited to 250 words or less.

Abstract Guidelines: Abstracts should must contain the following information:

- Poster Title
- Author(s) names and e-mail addresses
- Category: ☐ Best Practice Individual / ☐ Best Practice Group or Organization or ☐ Research Project
- Brief content description:
- Best Practice: Introduction, purpose and description of your selected practice/program/intervention.
- Research: Significance of the research, the question or hypotheses, methods, conclusion and significance.

Poster Guidelines

Florida Association of School Nurses 19th Annual Conference 2015

Posters should be self-explanatory and convey content in a clear, concise fashion.

Posters will be displayed on easels and must be able to stand upright (3 fold poster board, foam mounted, etc).

Best Practice Content:

- Title and Authors: Place the poster title and names of authors at the top center of the poster. The title should be legible from 10 feet.
- Introduction: Give a brief background and then state the purpose of your practice intervention or program.
- Practice Description: Provide a description of your selected best practice. Include appropriate graphics/pictures. Include evaluation information if available.

Research Content:

- Title and Authors: Place the poster title and name(s) of author(s) at the top center of the poster. The title should be legible from 10 feet.
- Introduction: Give a brief background/foundation, and then state the purpose of your research as either a question or hypothesis.
- Methods: Brief description of the techniques, data collection, replicas and statistics you used. Omit unnecessary detail.
- Results: Include tables and graphs that are easy to read and understand.
- Conclusions: What did you find out? Did you accept or reject your hypothesis?



End Notes



Continuing Education Requirement on Laws and Rules That Govern the Practice of Nursing in Florida for License Renewal

Beginning with the biennium ending in 2015, each licensee shall complete a two hour course on the laws and rules that govern the practice of nursing in Florida. To receive Board approval, each course must include content on Chapters 456 and 464 of the Florida Statutes and the rules in Title 64B9 of the Florida Administrative Code. <https://www.flrules.org/gateway/ChapterHome.asp?Chapter=64B9-5>

The presentation to be given by Peggy Howland during the FASN 2015 pre-conference session will provide Continuing Education Credits that meet the above license renewal requirement.

Call to Join the FASN Website!

Shirley Gordon, Past President

If you haven't joined the FASN Website already, please take a few moments and join as a follower. By joining you will receive announcements, event invites, group communications and access to the member's only areas. The steps are easy:

Go to the FASN website <https://fasn.nursingnetwork.com/>

Click the "sign up" icon at the upper right hand corner of the screen

Enter the *required ID information

Create a password

Click create your account

You are now ready to start receiving e-mail updates and stay connected with FASN!

Refer a Friend

Refer a friend for FASN membership. It's an easy way to earn \$10 in e-commerce credit.

You can use your Refer a Friend credit to help decrease your own membership fee!

Viruses in the News

Enterovirus D-68

Did you know that alcohol hand sanitizers don't work against D-68, but soap and water does? Encourage good and frequent hand washing!

Unless your school's cleaning solution is strong enough to kill the norovirus, it won't kill D-68, but a properly mixed bleach/water solution will!

Ebola

Want to know more about the Ebola virus? Go to our web site, www.FASN.net.

Remember! Wearing personal protective equipment (PPEs) including gloves, is for your safety. PPEs are about you, not the patient!

Vision Vouchers

Have you applied for VSP vision vouchers to help needy families? It's a member benefit! Go to www.nasn.org and click under the Member Center tab to apply. They're free!

VSP Vision Vouchers news flash! They've lifted the limit on the number of vouchers you can get. And each voucher is good for a full year.