

**FLORIDA  
ASSOCIATION**



**OF SCHOOL  
NURSES**

**Volume 18, Issue 2**

**Spring 2015**

# 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.*

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## **HAPPY NATIONAL SCHOOL NURSE DAY: MAY 6, 2015**

Let's celebrate together as we applaud our profession and one another as School Nurses, and the difference we make every day in our school communities. The theme this year, "School Nurses: Caring for Others, Caring for Ourselves", speaks of the significance we make in the lives of our students, their families, our staff and the community at large. School Nurses lead the way by ensuring students are safe, healthy and ready to learn. To help you to celebrate, NASN has developed multiple

resources to assist you in highlighting the significant role you have as a School Nurse. Check our NASN President Carolyn Duff's letter and these resources at: <http://www.nasn.org/AboutNASN/NationalSchoolNurseDay>.

On behalf of FASN, I want to extend our appreciation to each one of you as we celebrate and applaud the work you do to support and enhance our children's health needs while ensuring positive learning outcomes for students statewide.

Happy School Nurse's Day!!!

*Shelley*

Shelley Bumm, FASN President and the Board of Directors

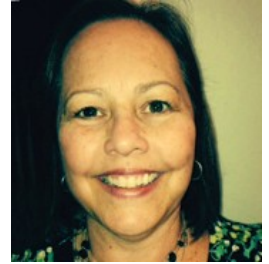


**"Serving School Nurses Statewide"**

**[www.FASN.net](http://www.FASN.net)**



## President's Message



As I reflect on the close of another school year, I realize it has been one filled with unusual challenges and successes as a School Nurse and also for our organization. We are continuing to address the health concerns and needs of our students, staff and community as we strive to deliver the very best of health services in our workplaces. FASN continues to address concerns facing School Nurses across the state, and to advocate for student health services. After a very successful conference at the Florida Hotel in Orlando on February 6th and 7th, your Elected Board met for a Transitional Retreat. We reviewed our organization goals, celebrated successes, revised and enhanced objectives that still need to be met, and determined that advocacy will be the main focus in the coming year. We also talked about the little things we do every day to "toot our horns", but FASN's Board is looking at the bigger picture of how to empower each of you to unite as a common voice. These challenges are difficult in the moment but make us stronger as individuals and as an organization. There is much work to be done, dialogs to be had and plans to be made. The process will take time to develop, with our goal lending itself to a common, united and equal voice in our professional organization. Our plans are lofty and successes can only be achieved with our members' 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. Your Board of Directors is actively working to connect with each member and to reach out to school nurses who are not yet members of FASN/NASN. (FASN is a unified organization with NASN).

Do you know someone who can benefit from our professional organization? Invite them to join today. FASN is the voice of school nursing statewide and leads the way in forging a positive school nursing image. However, every school nurse has the power to influence our professional image and grow our membership!

I speak often of my vision that what you bring to this organization is at the very heart of who we are, and it is the heart that is the hope for school nurses everywhere.

I hope you have an awesome summer, filled with rest, rejuvenation, family, friends and good times. And, I hope to connect with many of you at the NASN Conference in Philadelphia, PA, June 24-27. Stay in touch, visit and join our website at [FASN.net](http://FASN.net) and invite a friend to join FASN today.

FASN: The HEART and HOPE for School Nurses,

*Shelley*

Shelley Bumm

BSN RN NCSN. FASN President



## Florida School Nurse of the Year

Kathy J. Browning, BSN, RN, NCSN  
District School Board of Pasco County

It is with great pleasure that I introduce Kathy Browning as the FASN School Nurse of the Year for 2015-2016.

Kathy is a district liaison and school nurse at Lacoochee Elementary School. She has worked for Pasco County Schools since 1992 except for a brief period between 2007 and 2009. In addition to her current duties, Kathy has accepted the added role of district support liaison and is responsible for orientation and mentoring of new school nurses.

Kathy's supervisor reports that Kathy demonstrates a mastery of the nursing process through her work, where she embraces the school's mission, "to work together as a community to foster respect and integrity while creating a safe and nurturing environment to ensure that every child is empowered to reach his or her highest potential." Kathy works with families



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

in a migrant community, providing direct health care services, assisting parents to access community care and collaborating with school staff. Kathy stresses the need to provide culturally competent care to the migrant families she serves. She is a significant 504 team member, and is involved in IEP development/revision. She assists with the determination of hospital homebound services.

She has led the development of onsite mental health and dental health initiatives at Rodney B. Cox Elementary School and is currently pursuing a wellness initiative at Lacoochee Elementary this year.

Kathy has been a member of NASN and FASN since 1999. She has served FASN on various committees and was the recording secretary from 2011-2013. She has been nominated again for this office. Kathy has also been a member of

Florida School Health Services Assoc. (FSHA) since 1992. She has attended FASN, NASN, and FSHA conferences on a regular basis. She has presented at the FSHA conference in 2009 and at the Florida DOE Administrative Management Meeting Conference in 2010. Kathy received her BSN from University of FL in 1983 and has retained national certification since 2001.

**Congratulations!**

# 2015 FASN Conference Highlights



# 2015 FASN Conference Highlights



# Congratulations! Lisa Kern

## Named Florida School Health Supervisor of the Year

Land O' Lakes, FL – (April 23, 2015) – Lisa Kern, Pasco County Schools supervisor of school health services, has been named Florida School Health Association 2015 Supervisor of the Year. Mrs. Kern was recognized for:

- managing the school health program through collaborative practices with the Department of Health, Department of Education, and various area community agencies;
- supervising approximately 40 school nurses and overseeing training, processes, and procedures for more than 80 clinic programs and nearly 20 LPN service programs for students with special needs;
- her recent election by the Florida Association of School Nurses to serve as Florida director for the National Association of School Nurses (2016-2020);
- serving on state committees and boards to hone and develop integrated student service models that



sional development and create and/or revise processes and procedures to improve learning and implementation of school health practices for all students.

Mrs. Kern has worked for Pasco County Schools since 2000. Superintendent Kurt Browning surprised her with news of her award during Tuesday's school board meeting, which was attended by her husband, children, granddaughter, and several school nurses. One nurse in attendance, Kathy Browning, was named the Florida Association of School Nurses 2015 Florida School Nurse of the Year in January.

- include school nursing as an integral component of the school problem-solving process;
- connecting school nurses with professional development and mentors with a continual focus on building capacity within the school health program; and,
- seeking collaboration with district departments to design profes-

Congratulations NICE GOING!  
GREAT! Way to Go!  
Yea! FELICITATIONS  
CHEERS Take A BEST  
BOW! WISHES!

## School Nurses In the News!

### 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](mailto:seashell53@att.net)



## Serving our Homeless Students

Deeya Davis, RN, NCSN

The McKinney-Vento Homeless Education Assistance Act is a fed-

eral law that ensures immediate enrollment and educational stability for homeless children and youth. But...what about the health needs of our homeless children and youth?

Debbie Price and Darla Spearing presented an excellent overview of homelessness at the recent FASN conference in February. We learned that a student is classified as homeless if they lack a fixed, regular night time residence. For many students this means that families are "doubled or tripled up," living in a motel, a car, or a shelter. An unaccompanied homeless student is one that is not in physical custody of a parent or guardian. Additionally, the presentation included many interesting points of information, of which most of us were probably not aware: There are 45 million people living in poverty; Florida has the 3rd highest rate of homelessness in the nation; and, 62% of bankruptcy can be attributed to health problems.

How did Debbie, Darla and Santa Rosa County respond to the homeless student situation in their schools? These two ladies are on the ground floor of a unique program in their county. During the 2013-2014 school year, Santa Rosa County began a collaborative program that addresses some of the concerns of the homeless student population. The School Nurse McKinney -Vento Program, focuses on an innovative approach to provide health services to the homeless students of the county. By utilizing

the community health approach to case manage and to provide direct care and referrals for students, many homeless students' health needs are no longer "slipping through the cracks." The program in Santa Rosa County integrates some of the McKinney-Vento services into their routine school health services as well as into the mandated screening services.

Debbie and Darla presented ways in which other counties could address the needs of their homeless student population. Santa Rosa County collaborates with the Federal Programs office of the school district as well as with other community organizations. The attendees were encouraged to network with their local area homeless coalitions, the FL Department of Health

in their counties, their school districts, as well the Children's Home Society and free/community clinics. Attendees were encouraged to not "re-invent the wheel," but to utilize this program and other resources in place that can assist them. Local health coordinators and McKinney-Vento liaisons in schools are excellent resources, too.



Image-http://stnonline.com

The audience was challenged to analyze their schools, meet with their local stakeholders, and determine what the needs are for serving their homeless student population. Helping to identify health concerns and finding resources to meet health needs can improve attendance and lead to greater academic performance!

More Information can be found online @

<https://www2.ed.gov/policy/gen/leg/recovery/guidance/homeless.pdf>

## LAWS & RULES GOVERNING THE PRACTICE OF NURSING IN FLORIDA

Presented at the 2015 FASN Conference by Peggy Deason Howland, RN

Review by Mary P. Davis, BSN, RN, NCSN



The Nurse Practice Act defines the practice of professional nursing in order to preserve the health, safety and welfare of the public. Knowledge of the laws and rules that govern the practice of nursing in Florida is so important that, beginning this year, each nurse must complete a two-hour course on this subject every biennium.

In the school setting, the RN delegates, trains and supervises LPN's and Unlicensed Assistive Personnel (UAP) but retains accountability for the care of the students. The RN must use critical thinking and professional judgment when determining what tasks may safely be delegated and to

whom. The RN must take into consideration the setting, the client's condition and the ability and scope of practice of the individual being trained. The RN must provide clear, concise directions, supervision and follow-up evaluations. The RN may not delegate activities, such as nursing assessments, that use nursing process and require special knowledge, nursing judgment or skill of an RN. The RN needs to be available to provide direction when needed, and to monitor and evaluate the UAP's performance and the student's progress.

Ethics in school nursing should be put into practice by showing respect for a student's dignity by:

- allowing a student the right to self-determination (giving the student a choice and allowing the student to be participatory),
- providing informed consent at the level the child can understand,
- keeping the student's interest of primary concern,
- resolving conflicts to ensure patient safety,
- collaborating with others to attain the health goal of the student,
- maintaining professional boundaries that establish appropriate limits to relationships,
- safeguarding the student's right to privacy (for physical procedures or personal discussions) and
- maintaining confidentiality.

School Nurses are responsible for communicating to students, staff and parents the values that will enhance the health of all those with whom we come in contact. Following the laws and rules that govern the practice of nursing in Florida will preserve the health, safety and welfare of the public. This short article cannot begin to cover all of the laws and rules that govern the practice of nursing in Florida. That is why each nurse must complete a two-hour course on this subject every biennium.

*Peggy Deason Howland, RN, is the Community Health Nursing Consultant and School Health Services Administrator for the Florida Department of Health.*

### ARE YOU RENEWAL READY?

#### HOW TO BECOME RENEWAL READY

The five-step process is streamlined to make this new change as simple as possible.

##### STEP 1 - CREATE AN ACCOUNT

Visit [CEBroker.com](http://CEBroker.com), select "Get started," and choose the type of account you wish to create. The "Basic" account is free.

##### STEP 2 - TAKE CE/CME COURSES

Search for courses from Florida-approved providers at [CEBroker.com](http://CEBroker.com) by selecting "Course Search."

##### STEP 3 - REPORT CE/CME COURSE COMPLETIONS

Florida-approved providers are required by law to report course completions on your behalf. If you took valid CE/CME courses from other organizations, you self-report these completions in your account.

##### STEP 4 - REVIEW YOUR RECORDS FOR COMPLETION

View your course history by logging into your CE Broker account. Even if your CE/CME provider reported on your behalf, it's still a good idea to check your records.

##### STEP 5 - YOU ARE RENEWAL READY!

Once you've reported all required CE/CM courses in your CE Broker account, you're ready to renew your license at [FLHealthSource.gov](http://FLHealthSource.gov)

## Frequent Clinic Visits: Could the Eyes Be the Reason Why?

### Nathan Bonilla-Warford, OD, FAAO, FCOVD

The school nurses that I know all have more to do than they have time to do it in. And quite a bit of that time is spent tending to students who frequently come to the nurse and have some kind of, often vague, complaint. It could be headache, stomachache, fatigue, or other common issues.

Sometimes these children have chronic conditions such as asthma or generalized anxiety that are causing their symptoms. But other times, it is not clear why they are not feeling well. While you are working with these children, keep in mind that problems with vision can cause a wide array of symptoms that go beyond blurry vision.

The classroom environment is visually challenging. Not only do children have to read what is written on the board, they have to continually refocus on their work on their desk. This requires fast and accurate ability to visually accommodate (focus) repeatedly throughout the day. If children have accommodative insufficiency (focusing problem) they may develop frontal headaches and fatigue, most frequently in the afternoon.

Children who have underdeveloped binocular vision have difficulty keeping both eyes on the same item of attention. While you may not observe a crossed or wandering eye, they may be experiencing clumsiness, motion sickness, double vision, and difficulty reading.

In my experience, the very best teachers tend to have stimulating classrooms crammed with all manner of projects, materials, books, and art. While these are wonderful opportunities for learning, they may be visually over-stimulating for children with visual information processing problems. This may appear as distraction, poor memory, and lack of comprehension of the subject at hand.

Additionally, [research](#) has shown links between attention and vision problems. For example, there have been studies linking binocular vision problems and attention problems. And suggests that children with ADHD should be evaluated for treatable eye coordination problems.

In summary, the [American Optometric Association](#) states children with vision problems may exhibit any or all of these:

- Frequent eye rubbing or blinking
- Short attention span
- Avoiding reading and other close activities
- Frequent headaches
- 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

Thorough pediatric vision exams are important to ensure that children have the skills necessary for school success. The National PTA recognizes that vision can be a problem for some children in school by stating in a [position statement](#): "Early diagnosis and treatment of children's vision problems is a necessary component to school readiness and academic learning; and that vision screening is not a substitute for a complete eye and vision evaluation by an eye doctor."

I recommend that every school nurse identify one or more local eye doctors that are specialized in evaluating and treating children. If you are not familiar with one, you can visit the [Doctor Locator](#) on the website for the College Of Optometrists in Vision Development.

*For more see the American Optometric Association's [Patient Care Guide on Pediatric Patients](#).*



[eye-clarity.com](http://eye-clarity.com)



## NASN Director's Report

One of FASN's elected positions is that of State Director. For four years the State Director serves on the Board of the National Association of School Nurses. In that role, she brings to the national level news and concerns of her state. In return, she brings back to the state the direction and decisions of the national organization.

Although the State Director never loses sight of her own state's concerns and priorities, when she is making decisions as a national director, she is looking at those things that affect all school nurses and which will benefit school nurses nationwide. This is a summary report of the activities that occurred at the January Board of Directors meeting.

### NASN Board Priorities (from their Strategic Plan)

- **Governance Outcome** - The Board of Directors will fully function in their legal, moral and ethical governance roles.  
**Strategy** - Evaluate governance structures in membership organizations.
- **Finance Outcome** - NASN operating budget will be supported totally by NASN internal activities by 2017.  
**Strategy** - Create an expanded business model that will provide new opportunities for growth in revenue.
- **Membership Outcome** - Grow membership to 20,017 members in 2017, and consistent renewal rate of 90%.  
**Strategy** - Create infrastructure to grow membership; public relations campaign; use of communication technology.

### Membership

- Current NASN membership is 16,448. Florida is among the top 10 going from 298 members in August 2014, to 333 members as of January 2015, an 11.7% increase.
- A Membership Toolkit to help increase FASN/NASN membership is being developed as a Member Only benefit.

- April 1st will bring an increase in NASN dues of 5%. For an active member, this will mean their NASN dues will increase from \$100 to \$105 and the total dues for our FASN/NASN membership will be \$125.

### National Board for Certification of School Nurses

- The Executive Director, Nadine Schwab, will be retiring in July.
- Three new members joined the Board of Directors for a 2-3 year term, including Shirley Gordon of Florida.
- CCI is their new credentialing company to make sure we meet national standards.
- All NBCSN testing is now on the computer. Three testing periods are planned: 2 weeks in February-March; 2 weeks in October and 3 weeks in July.
- Retired Status is an option for someone who values their certification but is retired. It is not an active status to be used in lieu of NCSN. If the person decides to go back to work, they would need to recertify either through an exam or through the online recert system if they are still within their recert time. It is a one-time fee and will be retroactive.

### Research

- Actively working with the National Association of School Nurse Consultants on a National Data Set to gather data on what school nurses see and do. Florida is a part of this!
- Working from a proposal first developed by Florida, a Medication Administration Survey will be sent out to school nurses at the end of February. It may be similar to the one nurses will receive from FASN, but we encourage you to do both.

### Advocacy

- NASN has 3 legislative priorities at the national level: School Nurse Grant Bill, Children's Health Insurance Program (CHIP) Reauthorization, and Elementary and Secondary Education Act (ESEA) Reauthorization/ Specialized Instructional Support Personnel (SISP)
- I made visits to 5 legislators and spoke with their staff: Senator Bill Nelson, Senator Marco Rubio, Representative Curt Clawson, Representative Kathy Castor and Representative Fredericka Wilson.
- You can follow me on #Healthyschoolnurse, our Advocacy Twitter account. I try to tweet once a week.
- NASN has a new tag line:  
**Better Health. Better Learning.**
- I serve on the NASN Advocacy/Public Relations Strategic Committee.



Consider becoming a follower of the  
**#HealthySchoolNurse** twitter account.

Cont. on pg. 14: NASN Director's Report

## The School Nurse's Role in the Reduction and Prevention of Communicable Diseases

Melissa Glover, RN BSN MBA CEN



As School Nurses, we place a high priority on the need to prevent the spread of infectious diseases in schools. By utilizing the information, tools, and resources outlined in this article, it is hoped that the health and regular school attendance of students can be improved so that they may attain their maximum potential for learning.

According to Dr. Charles P. Gerba, PhD who is widely considered the world's leading expert on infectious disease, the two primary causes of school illness and absenteeism in the U.S. are noroviruses and influenza. This article focuses on norovirus.

Noroviruses (previously known as calicivirus, Norwalk virus, or Norwalk-like virus) are a group of related viruses that cause gastroenteritis with vomiting and diarrhea. Though norovirus is often incorrectly called the "stomach flu", the influenza virus does not cause it. Norovirus is hearty and differs from other viruses in that its minimum infectious dose is only 18 particles compared to that, for example, of influenza or other viruses which take hundreds to thousands of particles to cause infection. And because there are so many different types of norovirus, people can be infected multiple times during their lifetime. In addition, it is much more difficult to kill than other viruses because norovirus is constantly evolving - It can live for 12 hours on hard surfaces and up to 12 days on fabrics. It can survive for months, even years in contaminated still water.

Outbreaks of norovirus infection are common particularly from November to April when 80% of cases occur. Cases typically occur within institutions such as schools and childcare settings as well as residential facilities, hospitals, and long-term care facilities. Norovirus is easily spread from person-to-person through direct contact, contact with contaminated surfaces, and ingestion of contaminated food. Naturally, the school setting is an ideal breeding ground for Norwalk virus: many busy little hands, closed doors and windows, and a multitude of "high touch" areas in the classroom offer countless opportunities for this contagion to rapidly spread.

Heijne and Teunis, et al reported that one outbreak at a scouting event in the Netherlands in 2004 showed a phenomenal rate of transmission: each infected person quickly infected an average of 14 others before increased hygiene halted its spread ([http://wwwnc.cdc.gov/eid/article/15/1/08-0299\\_article](http://wwwnc.cdc.gov/eid/article/15/1/08-0299_article)).

The incubation period (time from exposure to onset of symptoms) is 12 to 72 hours. People with norovirus illness are contagious from the moment they begin feeling sick until at least 3 days after they recover. Excretion of the

virus can be as long as 13 days after the onset of symptoms.

### Preventing the Spread of Norovirus

Although School Nurses aren't responsible for the actual classroom cleaning, they certainly can take an active role in the prevention of spreading the norovirus by educating those who are responsible for this crucial task as well as by educating teachers.

Of course, handwashing should be stressed. However given how few particles are necessary to cause the infection, simply washing them or using hand sanitizer isn't enough.

According to the CDC, the norovirus is destroyed by using a simple chlorine bleach solution with a concentration of 1000–5000 ppm (5–25 tablespoons of household bleach [5.25%] per gallon of water). Additionally, many other commercial agents are available that successfully destroy the virus ([http://www.epa.gov/oppad001/list\\_g\\_norovirus.pdf](http://www.epa.gov/oppad001/list_g_norovirus.pdf)). By providing factual information to the school's housekeeping supervisor and to administration, the School Nurse likely has influence on which disinfecting methods are employed.

For many School Nurses, allotting time in the classroom isn't always feasible given the tight academic curricula adopted by many school districts. Alternatively, educating and training teachers on virus prevention techniques should be your goal.

A very useful tool that can be adapted for use with any age group/grade level is a worksheet developed by Against the Odds, a collaborative group comprised of the NIH, the National Library of Medicine, and the USDHHS. This tool guides the instructor through the topics of infection, route of transmission, and prevention in a way that engages the audience.

[http://apps.nlm.nih.gov/againsttheodds/pdfs/ss/teacher\\_preventing\\_infectious\\_disease.pdf](http://apps.nlm.nih.gov/againsttheodds/pdfs/ss/teacher_preventing_infectious_disease.pdf)

Educating parents is also vital. Dispelling myths and ensuring that parents receive solid facts in a timely manner is essential, particularly during the winter months when norovirus is flourishing. Posting signage throughout schools, writing informative articles for your schools' newsletters, sending out mass e-mail literature, speaking on the school's news, or holding educational presentations are all methods of disseminating information to parents. Encourage not only sick students to stay home, but also sick teachers, staff, administrators and.....don't forget the School Nurse!

## 2015 NASN School Nurse Survey Results

Gathered from the recent 2015 NASN School Nurse Survey, in the newsletter you will find Florida-specific information about those who took the survey. Enjoy learning more about those who do school nursing in our state!

The questions are listed in bold followed by the top answers.

### Which best describes your primary employer?

Public School District	56%
Public Health Department	22%
Local, State, or Federal Government/Military (NOT public health department)	6.5%

### My immediate supervisor who evaluates my performance is:

A Registered Nurse	69%
A non-nurse	23%
Other (please explain below)	8%

### Who funds your school nursing position? (Select all that apply)

Regular education budget	44.4%
Health department (local or state)	34.3%
Other (please specify)	18.5%
Special education budget	15.7%

### Which of the following best describes your current position or primary role?

School Nurse (for any age group)	77%
School Nurse Administrator/Supervisor	10%
Retired	3.8%
Public/Community Health Nurse	3.8%

### If your role is classified as full-time, what is your annual salary?

\$40,000-44,999	19.8%
\$45,000-49,999	12.3%
\$35,000-39,999	12.3%
\$30,000-34,999	10.4%

### Where is (are) the school(s) you provide health services for located? (check all that apply)

Suburban (more residential)	63%
Urban (city)	30%
Rural	17%

### What best describes the population(s) you serve? (Select all that apply)

Elementary	65.7%
Culturally diverse/minority populations	50%
High School	42.6%
Middle/Jr. High	39.8%
Special Education	36%
Head Start/Pre-K/Nursery	29.6%

### How many students are you providing school health services for? (Select from the ranges below)

251-500 students	11.21%
2001-2500 students	11.21%
1501-2000 students	10.28%
More than 5001 students	9.35%
2501-3000 students	9.35%
501-750 students	9.35%
3501-4000 students	7.48%
1001-1500 students	5.61%



## The Importance of Accessorizing for the Nurse



The vital role that accessorizing plays in a nurse's wardrobe cannot be overemphasized. Did you know that 25% of your nursing uniform budget should go toward your accessories? Many nurses are fearful of accessorizing; yet here are five valid reasons why the addition of accessories to your uniform wardrobe is a fabulous and cost-effective idea!

### REASON #1:

You may be wondering why adding more to your shopping list will save you money. Here's the reason: The more accessories you own, the fewer scrubs you will have to buy! Largely, a nurse's wardrobe is basics driven: it's the accessorizing that changes up the looks. The more accessories you have – which are often less expensive to buy than scrubs and can be worn multiple times each



week – the more eye-catching your look will be! So, imagine having one set of uniform scrubs that you can accessorize four different ways simply with a shoe change or a different necklace! This will cost you much less than having several stand-alone uniforms.

### REASON #2:

If accessorizing is an additional step, how can it possibly save time you ask?? Time is saved via accessorizing because you can go for trusted and basic scrubs that you know work and use the accessories to transform the look and make your uniforms more stylish and exquisite. Accessories can give one scrub set in your wardrobe various looks. This takes a lot less time than the time you spend staring at your scrubs trying to figure out how to pull a whole new uniform together.

### REASON #3:

Okay, so you're tired of being "just another acceptably dressed nurse", you feel bland & boring and like "just another face in the hospital/school hallways". It's your lack of accessorizing that may be prompting those feelings and thoughts. Picture this: you and another nurse are standing side-by-side, both of you wearing a pair of scrub pants and a V-neck scrub top. The nurse who stands out is the one who chooses an interesting pair of shoes and finishes her look with a stunning & chunky necklace, a colorful

bangle bracelet, sparkling & faceted dangle earrings, an eye-catching beaded ring, and a double face cross-hatched leather crossover Kate Spade signature bag with matching trim and 14 Karat hardware! If you want to be striking, then accessorize! When you accessorize, you can wear your versatile basic scrubs without looking hum-drum.

### REASON #4:

Are you frustrated with "nothing to wear" syndrome? When you start purchasing accessories, a whole new exciting world of possibilities opens up with the uniforms you already own. When you're frustrated with your scrubs, don't buy more of them – buy accessories!

### REASON #5:

Feeling confident about yourself comes from within and, as counterintuitive as it may sound, that good feeling often comes when you know the "outer you" is aligned with the "inner you". Want to feel better about yourself? Start working on your outer appearance and how you present yourself to your coworkers and students. When you realize that who you are on the inside is being expressed and that people are "getting" who you are simply by your presence, you'll have to overcompensate less and your life will start flowing much more smoothly.

Accessories aren't just "jewelry", they're all "non-clothing" items that include (but are not limited to): shoes, handbags, scarves, temporary body art, lanyards, hosiery, and belts. Your 25% work uniform budget covers all of these categories. With this important investment, you and the scrubs in your wardrobe will definitely make a statement!

**If you have read this far, I hope you'll join the other school nurses across the state that collaborated on this article to remind us that "laughter is the best medicine."**



Cont. from pg. 10: NASN Director's Report

**Our Advocacy priorities are:**

- ~ Influence stake holder support for school nursing
- ~ Identify and expand funding models for school nurse practice

**Our Public Relations priorities are:**

- ~ Awards
- ~ Document review groups
- ~ Strategic discussion and reporting
- ~ Legislative priorities
- ~ Web site and social media

**Excellence in School Nursing**

Our FASN School Nurse of the Year, Kathy Browning, will receive national recognition at the NASN Conference in Philadelphia this July.

The submission, which can only be made by a Director, is due each year by March 1st.

**Safe and Healthy Schools**

David Esquith, Director, Office of Safe and Healthy Students, spoke to the Directors prior to our "Trip to the Hill." He stated that as a result of the tragedy at Newtown, CT., his office has received funding for 4 major projects.

When questioned by a Director about when the Department of Education was going to put a school nurse on the staff as a School Nurse Consultant, he replied that when there was a health need, they would consider it. The Di-

rector pointed out that all 4 initiatives are a regular part of each school nurse's role and we could bring a perspective that would make their efforts even more effective.

**Policy and Position Statements:**

*Evidence-based practice (EBP) is a problem-solving approach that encompasses research, clinical expertise, patient values and circumstances. Using EBP will improve student care, reduce your risk from legal action and protect yourself from litigation if an untoward event occurs. The position statements are research-based and can be used to develop or defend district policies.*

I will be the co-author, representing NASN, of a new American Heart Association Policy document on Pediatric Cardiac Emergency Response Policy in schools.

The following Position Statements were approved by the NASN Board of Directors at the January 2015 meeting and can be found on the NASN web site:

- ~ Immunizations
- ~ Individualized Healthcare Plans: The Role of the School Nurse
- ~ The Complimentary Roles of the School Nurse and School Based Health Centers
- ~ School Nurse Workload: Determining Staffing for Safe Care
- ~ The Patient Protection and Affordable Care Act: The Role of the School Nurse
- ~ Unlicensed Assistive Personnel: Their Role on the School Health Services Team

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<http://schoolnursenet.nasn.org/nasn2015/home>



## End Notes



### Join the FASN Website!

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:  
[FASN.net](http://FASN.net)
- 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!



### And Watch Us Grow!

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!

### Free Online Resources for School Nurses



[www.schoolnurse.com](http://www.schoolnurse.com)  
[www.gonoodle.com/plus-for-schools](http://www.gonoodle.com/plus-for-schools)  
[www.cdc.gov/headsup/schools/index.html](http://www.cdc.gov/headsup/schools/index.html)  
[www.sharemylesson.com/article.aspx?storycode=50010614](http://www.sharemylesson.com/article.aspx?storycode=50010614)  
[www.aap.org](http://www.aap.org)  
[www.floridahealth.gov/index.html](http://www.floridahealth.gov/index.html)  
<https://patiented.solutions.aap.org/handouts.aspx>  
[www.sads.org/](http://www.sads.org/)  
[www.nlm.nih.gov/medlineplus/medlineplus.html](http://www.nlm.nih.gov/medlineplus/medlineplus.html)

Summer is Coming...



Facebook

### Promote FASN—Like Us on Facebook



Facebook

<https://www.facebook.com/pages/Florida-Association-of-School-Nurses/708612582517010?ref=hl>



### Vision Vouchers



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