

**FLORIDA
ASSOCIATION**



**OF SCHOOL
NURSES**

Volume 19, Issue 1

Summer 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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Every Child Deserves a School Nurse

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Welcome to the First Edition of FASN's Back to School Issue of FASNating News!

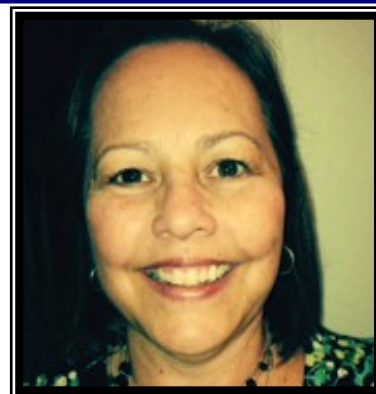


"Serving School Nurses Statewide"

www.FASN.net



President's Message



Where is the summer going? Seems like school just ended and already Target and Walmart have their school supplies on the shelves. The start of a new school year will be here before we know it. To prepare for it, FASN is pleased to bring you a pre-school edition of FASNating News. Welcome to the First Edition of FASN's Back to School issue of FASNating News! In the meantime, I hope everyone is enjoying some rest, relaxation and vacation time! Having just returned from the NASN conference in Philadelphia, I am reflecting on the how awesome that experience is both professionally and personally. To learn, develop professional skills and network with almost 2,000 School Nurses from across the country and internationally is an experience I hope all of you will have in the future. I personally enjoyed getting to know our Florida Members over dinner, coffee and our affiliate night out. Check out the photos – you'll see what a great time was had by all! It was a perfect balance of learning and comradery. Look ahead to NASN 2016 Indianapolis and NASN 2017 San Diego.

Closer to home, save the date for our conference February 5 and 6, 2016 at the Florida Hotel, Orlando. Start saving now! The conference

committee is busy planning now for an educational experience you want to be part of! Education and advocacy are just two of the issues FASN are addressing as we look to grow and flourish within our organization. School Nurses need to unite as a common voice to address issues impacting our profession and the students, staff and communities we serve. This Back to School Issue is just one way you as members are able to stay in touch with current issues being addressed at the state level, take advantage of learning opportunities through NASN and prepare for the 2015-16 school year. Please remember FASN is now participating in our own SchoolNurseNet for communications and discussion boards pertinent to your needs. Check out our Facebook page and follow me on Twitter (yes that was something I learned at NASN's Leadership Session). Our organization is only as strong as the voice we give it! Get involved; invite a colleague to join FASN and STAY #NASNSTRONG!

FASN: The Heart and Hope of School Nurses!

Shelley

Shelley Bumm

BSN RN NCSN. FASN President

Back to School Organization

NASN has your Back to School Toolkit ready to go! Click the link below.

www.nasn.org/ToolsResources/BacktoSchoolToolkit





**DAIRY
COUNCIL OF
FLORIDA**

The Dairy Council of Florida and the Fuel Up to Play 60 (FUTP60) program need your help. On your school campus, you have the opportunity to educate and reinforce positive messages about healthy eating and physical activity to students.

Fuel Up to Play 60 is an in-school nutrition and physical activity program created by the National

Get your school Moooving with Fuel Up to Play 60

Lori Nelson MS, RD, LD/N
Nutrition Manager, Dairy Council of Florida

Dairy Council and the National Football League that addresses these topics that are so important for a healthy, balanced student. The program encourages youth to consume low-fat and fat free dairy, fruits, vegetables, lean meats and whole grains while achieving at least 60 minutes of physical activity every day.

This program allows school nurses to be deeper engaged in student wellness, an opportunity to impact a broader audience and an opportunity to secure funding for your school. Schools can earn up to \$4,000 a year in funding based on ongoing or new healthy eating and physical activity initiatives they choose through the program. The grant process is simple and doesn't require a professional grant writer for our application.

You are a key player in your schools' wellness team so it's time to get in the game! The first step is to make sure you are enrolled

and link yourself to your school(s). Once you are signed up, log in and check the box to become a Program Advisor. A Program Advisor helps the students lead this program in their school. If your school already has a Program Advisor, that's okay you can be one too! The more leading the way in wellness the better!

You can also help your school team in leading the school wellness investigation to learn about areas that can be improved in student wellness. Your knowledge can be used to educate students and teachers about current health issues and challenges facing students today. This program will provide tools to select relevant activities to help make a difference in your school's student population.

To get started, learn more, or inquire about grant funding assistance, contact Lori at:

lorin@floridamilk.com.



2015 FASN at NASN Conference In Pictures



FASN Board Members



Kathy Rose introducing Florida

Fun
In
Philly



Dianne Mennitt DOE school

2015 FASN Conference Highlights



Labs coats given by School Health
Hillsborough Nurses Patricia Hardy and Rebecca
With Shelley Bunn, FASN president



City Tavern Affiliate Night Out



NASN photo booth with FASN members in rally gear





Delivering Culturally Sensitive Care

Alina V. Soto

Statewide Quality Liaison for the Florida Department of Children and Families

Providing loving care for our children is at the core of our work. My motivation for going to work each day is my hope that something that I might do today, will benefit a child tomorrow. Each day **you** have an opportunity to make a difference in the lives of many children. Understanding the cultural makeup of each child may be a challenge, but close collaboration between home and your care, can be a major contributor to healthy outcomes.

I was speaking to a group of

child care providers recently and asked, "What do you think are some factors that contribute to the epidemic of obesity in early childhood"? One participant replied "laziness". Another said "parents". Yet another felt that "marketing" was a culprit. The fact is that it's not quite that simple. Contributing factors can include, but are not limited to, genetics, environment, current health challenges, social/emotional challenges and, yes, cultural diversity.

A danger in considering cultural differences is that of stereotyping. We are an amalgamation of hundreds, thousands of years of life experiences. Think of what your ancestors experienced. Where did their ancestors come from, and what might their beliefs, customs, and struggles have been? These are ques-

tions we can ask ourselves when working with children and families from diverse backgrounds. An ounce of cultural competence can go a long way in altering your outcomes. Individual values, beliefs, and behaviors about health and well-being are shaped by various factors such as race, ethnicity, nationality, language, gender, socioeconomic status, physical and mental ability, sexual orientation, and occupation. Cultural competence in health care is broadly defined as the ability of providers and organizations to understand and integrate these factors into the delivery and structure of the health care system.



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



Toothbrush Care

Thomas Reinhart, DDS, Diplomat,
American Board of Periodontology



The toothbrush has been around for nearly 5,000 years. The nylon bristle toothbrush that we use today was invented in 1938. Battery powered toothbrushes are available in addition to manual ones.

Both manual and powered toothbrushes can effectively and thoroughly clean teeth if used correctly. People who have difficulty using a manual toothbrush might find a powered toothbrush easier to hold and more comfortable to use. The size and shape of the brush should fit your mouth comfortably, allowing you to reach all areas easily. Your dentist or dental hygienist can offer suggestions about which type is suitable for your needs.

Most dentists recommend using a soft toothbrush, and in many cases even an extra soft one. A brush with a small and narrow set of bristles is also recommended, rather than a large and wide one. The smaller set of bristles will enable you to reach the very back molar teeth. Although hardly visible cosmetically, the molars actually do most of the work when we chew food. The American Dental Association recommends that you brush your teeth twice a day with a fluoride toothpaste. You can find the ADA's recommended toothbrushing instructions at this site: www.ada.org/~media/ADA/Science%20and%20Research/Files/watch_materials_brush.ashx

Follow this method and you will have healthy teeth and gums:

- Place your toothbrush at a 45-degree angle to the gums
- Gently move the brush back and forth in short (tooth-wide) strokes
- Brush the outer surfaces, the inner surfaces and the chewing surfaces of the teeth
- To clean the inside surfaces of the front

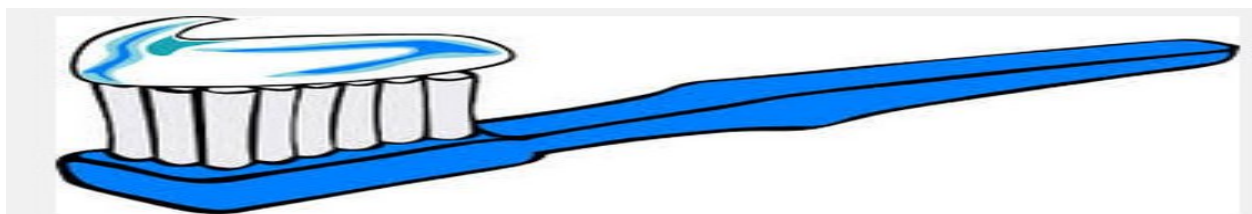
teeth, tilt the brush vertically and make several up-and-down strokes

- Never brush your gums, but brush your teeth at the gum line
- If you have a full set of teeth, it should take at least 2 minutes to brush all of them
- Brush your tongue every day or two to remove bacteria and keep your breath fresh

Be aware that toothpaste is abrasive because it contains polishing agents. Therefore, squeeze only a pea-shaped amount on your brush – not an amount that covers the entire brush. And don't brush aggressively, but brush thoroughly. Ideally, the bristles of the toothbrush should remain reasonably straight when brushing. If the bristles fan out, then you are brushing too hard.

Here are 5 easy ways to make sure your toothbrush is truly clean:

1. Don't share toothbrushes. Using someone else's toothbrush exposes you to another person's body fluids and potential germs, which could make you sick.
2. Rinse your toothbrush after brushing. Give it a thorough washing to remove any leftover debris or toothpaste.
3. Store your toothbrush in an upright position. When you're finished brushing, store it straight up and allow it to air-dry until your next brushing.
4. Keep your toothbrush out in the open. Do not cover toothbrushes or store them in closed containers. A moist environment, such as a closed container, is more conducive to the growth of microorganisms than the open air.
5. Replaced your toothbrush every 3 or 4 months. Bristles that are frayed and worn with use will be less effective at cleaning teeth. Children's toothbrushes often need replacing more frequently than adult brushes.





Educating the Whole Child

Alina Davis, EdS

Schools are amazing places to grow the minds of our children. For those of us who work in these places, we play a critical role in nurturing their development to become responsible citizens, ready for whatever life experiences come their way. This

must be educating the Whole Child by providing a place where children can be *healthy, safe, engaged, supported, and challenged*.

As a school nurse, you may relate mostly to the Whole Child tenet *healthy*. You commit daily to providing quality care to each child you see, giving them care, and showing the compassion. You watch for signs of neglect, ill health, and nutritional issues. You administer medication to children that rely on its effects to help them focus and attend in class. Your role is important and appreciated.

According to [ASCD's Whole Child](#) website, the purpose of a Whole Child approach to education is that:

*Each student enters school **healthy** and learns about and practices a healthy lifestyle.*

*Each student learns in an environment that is physically and emotionally **safe** for students and adults.*

*Each student is actively **engaged** in learning and is connected to the school and broader community.*

*Each student has access to personalized learning and is **supported** by qualified, caring adults.*

*Each student is **challenged** academically and prepared*

for success in college or further study and for employment and participation in a global environment. (ASCD, 2015).

Looking beyond your traditional focus on health in schools, how else are you meeting the needs of the Whole Child? As school nurses, not only do you work to make students well, you teach them to become advocates of their own health. You actively work to provide an environment that is safe, where students can avoid their asthma triggers and their allergies, where insulin is administered safely. Studies show that school nurses spend 32% of their day dealing with the emotional needs of their students.

As you help a student to breathe normally or keep a normal blood sugar, you enable them to actively engage in learning. Many school nurses fill the role of the qualified, caring adult in a student's life. Through the efforts of the school nurse, barriers are removed, allowing students to be challenged academically.

As an active member of the Florida ASCD teaching, leading, and learning community I encourage you to look beyond your role as a health provider and think about your various roles in promoting, encouraging, and participating in the Whole Child approach to education. Browse through and share our resources to find ways to involve your school and community in educating the Whole Child.

Weblinks:

[School Improvement Tool](#)

[Florida ASCD Whole Child](#)

[Whole School, Whole Community, Whole Child](#)

Alina Davis is an educator for Orange County Public Schools and Florida ASCD Board Member. She can be reached at alinad@bellsouth.net.

Cont. from pg. 6: Delivering Culturally Sensitive Care

Language and communication barriers can make it difficult to read instructions on a prescription, or a bottle of medicine, or materials that you might send home. Some cultures may defer to "traditional" or "folk" remedies, perhaps because they have not benefited from a positive experience otherwise. Understanding and respecting those factors may be the "prescription" to better health in the children that you serve.

You will find a variety of scenarios, alternatives and references in The American Congress of Obstetricians and Gynecologists committee opinion "*Cultural Sen-*

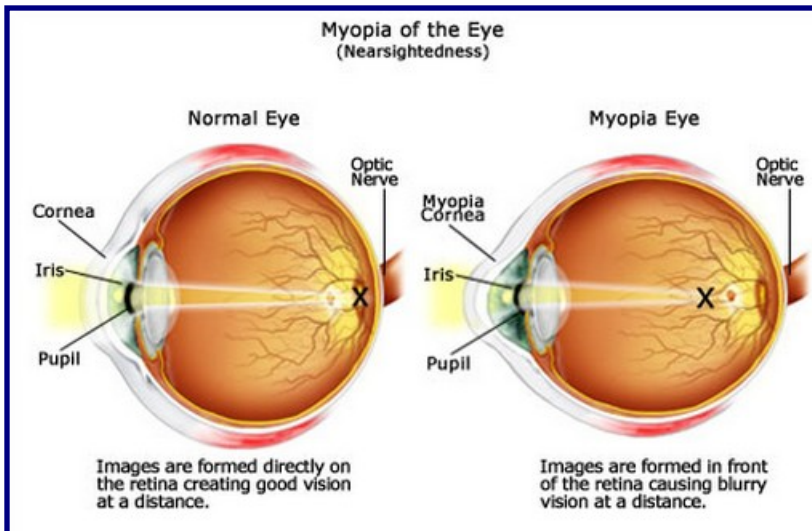
sitivity and Awareness in the Delivery of Health Care" at <http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Health-Care-for-Underserved-Women/Cultural-Sensitivity-and-Awareness-in-the-Delivery-of-Health-Care>),

Ensuring that our children are safe, healthy and maximizing their potential will make Florida a better place for us all. By learning new ways to approach diversity, you can make major strides in "advancing health equity, improving quality and eliminating disparities". Visit <https://www.thinkculturalhealth.hhs.gov/Content/clas.asp>

for more information.

The Myopia Epidemic (or Why We Need the VSP Vouchers More Than Ever!)

Nathan Bonilla-Warford, OD, FAAO, FCOVD



www.visionoptique.com/myopia

Myopia in the News

Do you feel that you see more students wearing glasses that you did in the past? It probably isn't your imagination. The rates of nearsighted children have increased dramatically around the world, including in the US. This has been called the "Myopia Epidemic". Some Asian nations have myopia rates as high as 80%. While the US is not that high, myopia prevalence here rose 66% over the last 30-Year period, from about 25% to 40%.

Why the increase?

A 66% increase in one generation cannot be explained by genetics alone; there must be more at work. While there is much that we do not understand about myopia development, vision scientists have made great progress. We understand that myopia development is regulated in part by the light the eyes receive. Interestingly, it is not the light that is focused on the most detailed, central part of our vision, but the peripheral vision that makes the most difference. We do also know that kids who spend more time outdoors when young are less likely to become nearsighted.

What is the harm?

We all know that children without glasses or without outdated glasses have a harder time seeing the board and learning visually presented information. Likewise teenagers and adults who do not see clearly may not be able to drive safely. What is not always understood is that when a child grows up to be severely nearsighted, they are also at greater risk for vision threatening conditions such as glaucoma and retinal detachments.

What can be done?

Fortunately there are many options for reducing the progression of myopia.

Time Outdoors – Getting kids outside and active is a good thing for more than just vision, but it does help prevent myopia.

Multifocal Contacts - These include special soft contacts. There is convincing evidence that multifocal contacts, similar to those that older adults use, can provide clear distance vision and limit the progression of nearsightedness. Orthokeratology - (Corneal Reshaping). There are several scientific studies that have shown that this can provide safe, clear daytime vision, and slow or stop progression of myopia.

Atropine drops. This method of myopia control involved the use of prescription eye drops to keep the eyes dilated. This has been used for years and is more popular in Asia, but did not catch on in the US, until studies were done using atropine safely in lower concentrations, such as 0.01%.

Note that bifocal glasses and intentionally providing children with lower-power glasses has not been shown to effectively reduce progression of myopia.

What should do?

In response to this worldwide trending of increasing myopia, scientists, professional vision care organizations, and eye doctors have increasingly put time and effort into myopia control. During vision screening or discussion with students if it appears that their vision has significantly deteriorated, refer them to an optometrist or ophthalmologist who specializes in myopia control and can evaluate counsel them on the best options.

Resources:

<http://www.myopiacontrol.org/>
<http://www.myopiaprevention.org/>
<http://www.caleyecare.org/myopia-control-clinic>

Florida School

Vision Screening Requirements

Frequency: Students in grades kindergarten, 1, 3, and 6 and students entering Florida schools for the first time in grades kindergarten through 5.

Florida Administrative Code §64F-6.003

Closing the Door to Cancer Why Teens Need the HPV Vaccine - Now Dr. Alix Casler, MD

Human Papillomavirus (HPV) causes at least 26,000 cases of cancer every year in the United States: about 18,000 in women and 8000 in men. In 2006 a vaccine was licensed to prevent most of these cancers as well as venereal warts. First recommended for girls, the victims of more HPV-related cancers, the HPV vaccine was soon recommended for boys as well. The Center for Disease Control and Prevention recommends HPV immunization for all preteens between the ages of 11 and 12 years, prior to any risk of exposure.

About 80% of us will contract HPV in our lives. Fortunately, most HPV infection is cleared by the immune system without long-term consequences. The unfortunate few go on to develop devastating disease. Sadly, the immunization rate of U.S. teens against HPV is very low. By 2013 less than half of all teens had received even one dose of an HPV vaccine. Currently only 24% of preteens aged 11-12 years have begun the series. Florida rates are among the lowest in the nation. We are leaving hundreds of students vulnerable to a preventable cancer that will occur later in life.

One major reason for low rates of HPV immunization is that people often receive misinformation about the vaccine. Getting a vaccine is less risky than driving across town in a car or playing a sport. Vaccines are safe, effective, and easy. While they can result in some side effects, severe reactions occur in fewer than one in a million doses. The most common side effect of the HPV vaccine is an achy arm. Severe side effects have not been reported. The health consequences associated with not immunizing far outweigh the risks of vaccination.

HPV vaccines are given as a series of three shots over a six-month period. All expert recommendations, including the CDC, conclude the vaccine offers the best protection to girls and boys who receive all three doses at the age of 11 or 12. This is the same time in life that we immunize against diphtheria, pertussis (whooping cough), tetanus, and meningitis; three of the four of these diseases are very, very rare, compared to HPV, which is exceedingly common.

HPV is difficult for parents to think about. Some form of sexual contact transmits most HPV. As much as they don't want to think about their children becoming sexual beings, they will. Their goal as parents is to have their children grow up and have families. Thus, acknowledging

that their children may at some time in their lives contract HPV is their responsibility, albeit, a very difficult one at times.

How can school nurses increase HPV vaccination rates? We can educate ourselves and our staff about HPV disease and the importance of immunization according to CDC guidelines. We can listen to our students and parents, answer their questions, and offer valid information so that families understand the value of this vaccine in protecting children from cancer.

One pediatric group in Orlando made immunization a priority. The results were quite impressive. Their doctors and nurses assessed patients' immunization status at every office visit and administered any needed vaccines. They stressed that the vaccine offers the best protection to girls and boys who receive all three doses before age 13.

As of 2015 their "series starts" (patients 11-12 who have had at least one dose of HPV vaccine) have increased from a dismal 20 percent to over 50%, with some practices exceeding a 70% immunization rate. National immunization rates for this same age group remain at about 24%. This shows the power of awareness and education.

As school nurses, pediatricians and parents, we share the common goal of delivering our community's children into adulthood as healthy as possible. We can make the HPV series a priority.

HPV vaccine
is **CANCER PREVENTION.**
www.cdc.gov/vaccines/teens



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

As the CDC says, "You're not opening the door to sex. You're closing the door to cancer."

Dr. Alix Casler, medical director of pediatrics at Orlando Health Physician Associates contributed a column on this topic to LiveScience's [Expert Voices: Op Ed & Insights](#).



NASN Director's Report

Kathleen C. Rose, RN MHA-N, NCSN

Are you enjoying your member benefits, those things that your dues pay for? Here are some to consider:

Advocacy - For members only, NASN has developed an Advocacy Tool Kit. Go to www.loomag.com/magazine/nasn-toolkit-better-health-better-learning/0715266001422985248?short to view it.

CE's - NASN has free CE's for its members that are school nursing related. Get your CE's and increase your knowledge about the things that matter to your practice. Go to www.nasn.org and look under the Continuing Education tab.

Information - During some of your summer downtime, pull out some of your unread Journals of School Nursing or the NASN School Nurse. (You know, the ones you didn't get to read be-

cause school was way too hectic when they arrived!)

Membership - Be #NASNStrong! Encourage others to join FASN/NASN and have them tell NASN that you're the reason they joined. For each new member who names you, you get \$10 in NASN bucks to spend in their gift store or to reduce your own membership cost.

Position Statements - Do you need some research-based information to support your practice or to make a change in the new year? Go to www.nasn.org under the Policy and Advocacy tab to see the current position statements.

VSP Vouchers - Now is a good time to order your VSP Vouchers for the coming school year. They are valid until this time next year and you'll have them ready for your needy students as soon as a vision problem is identified. Go to www.nasn.org and look under the Member Center tab.

Six ways to use your NASN member benefits - one for each week of the summer. Rest, relax and enjoy what your dues have already pro-



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





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



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 and click under the Member Center tab to apply. They're free!