



FASNating News

FLORIDA ASSOCIATION OF SCHOOL NURSES

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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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Successful Annual Conference!!!

FASN's 20th annual conference, School Nurse's: Today's Health.....Tomorrow's Future was celebrated at the Florida Hotel, Orlando the weekend of February 5th and 6th, 2016. It was there that 141 attendees gathered to further their professional knowledge, network with School Nurses from across the state, mix, mingle and meet new friends and renew old friendships. The conference itself provided School Nurses with a wealth of knowledge on topics ranging from Medication Errors and Safe Medication practice, Informed Trauma Care, Sexuality Education, FLAK-KA, and who could forget, Diabetic Dad and his tribute to our profession. Other opportunities for professional growth included review and discussion of research posters and how to become Nationally Certified as a School Nurse. Our evening reception recognized Penny Kehoe as our

tion of newly elected board members, Paula Alford, President, Anna Conaway, President Elect and Martha Hanna, Treasurer. Lisa Kern, our National Director, was recognized before jetting out for her NASN Board meeting in DC. Recognition was also given to our outgoing board, Shelley Bumm, Janet Jones, Shirley Gordon and Kathleen Rose. Also recognized were our Committee Chairs, Conference Committee, Regional Representatives and County Liaisons for their hard work. Socially, we relaxed at our Friday evening reception, shopped at the Florida Mall, had photo ops at the photo booth, enjoyed great break refreshments and meals, visited the Presidents Suite for some Sweets, were blessed and empowered at the Blessings of the Hands, and supported the vendors who enhance our daily growth and practice. Attendees also shopped at Marketplace, participated in the 50/50 raffles, tried to be the top bid on the Purses for Nurses or dropped those red tickets in the hopes of winning a great basket or two donated by our regions. The days were long, and sleep was little, but this conference was an overall success for its balance of fun and education in a great setting. Thanks to all who work so diligently behind the scenes to make it a success!



School Nurse of the Year and District Governor David Skillin, of District 35-I of the Lion's Club for their support of sponsorships of NASN memberships. Our annual business meeting celebrated the Installa-

Thanks to all who were in attendance. We hope you were inspired to grow professionally, share your knowledge with peers who could not attend and desire to return in 2017!



President's Message

Paula Alford, RN
President, FASN



March 2016 has brought beautiful blue skies across the state of Florida. Florida has so much to offer, I challenge our members to get outside and enjoy a bit of the beauty. School nurses spend their days caring for other's needs. I encourage each of you to be mindful of yourself; spring is a fabulous time for hiking, bicycle riding, running, and any outdoor activity that bring you pleasure and good health. Relax and replenish your spirit, it will enable you to better advocate for those we serve.

Wow, did you not just love our 2016 FASN conference? We experienced two fabulous days of education, fellowship, photo booth, food, vendor resources, membership enrollment, market place, door prizes galore, purses for nurses, and baskets (we had some beauties this year- so exciting)! I loved the facility and all that it provided. We had great service with attentive hotel staff. Our speakers and CE components were right on. We so enjoyed the beautiful and thoughtful table decorations and favors that our past president Shelley Bumm provided. She did a mighty fine job of acknowledging those who worked within FASN during her tenure.

I'm still a glow with everything about this conference. I hope everyone visited the photo booth, Karen Bodwell; our communications chair, set up- what a blast!! Janie and Marcy our education chairs work almost year round on conference preparations (they are tireless when it comes to conference preparations), we appreciate their hard work and their committee's efforts (lots of hard working members on this committee). Deb Ramos has done a wonderful job with our vendors; we've had great organization under her guidance. Dr. Shirley Gordon continues to chair our research committee and is responsible for poster presentations. We had several at this year's conference, if you've an interest, please make contact with Shirley. What a beautiful ceremony by Kathy Rose and Karen Snyder with Blessing of the Hands. Lisa Kern our new Florida Director looked fab in the pink boa selling 50/50 tickets. The awards committee and their work with the SNOY, thanks Fran. Jean and Janet worked to make purses for nurses a nice addition. How about those baskets, Anna, loved them! Natalie took control of marketplace and did a

great job. We have a nice husband posse in place, thank goodness, we really need their help. Gwen and her new found skills as conference moderator, no easy task, was prepared and did a great job keeping us on time. Her work with our CE's is a necessity, we appreciate her services immensely. I could go on and on with all the fabulous people who helped to make our conference wonderful, we have so many to be named, I've surely missed some. Sorry, if I missed you.

Penney Kehoe is our FASN School Nurse of the Year for 2016. What a wonderful choice for this very special honor. Be sure to check the pictures out on SchoolNurseNet and her bio on our FASN website.

The advocacy committee chaired by Melissa Glover and Lisa Kern (state director) will be working with our communication committee, can't wait to hear what they bring to the table. Lots of exciting things coming our way!

Anna Conaway your new President Elect has been working on filling region representative and county liaison positions. If you have an interest, let her know.

Martha Hanna, is our new treasurer, we are excited to have her in this role.

Kathy Browning continues as our recording secretary. I'm delighted, she brings depth to the position.

Brenda Register continues as our membership secretary. Brenda has done a good job tracking and assisting with membership renewals and retention.

Lastly, please check out the FASN website and SchoolNurseNet. Karen (communications chair) has been very busy updating with new pictures and listings. She has a great collage of conference pictures. I love how she set the collage up- check it out! I think you'll be pleasantly surprised.

Your board continues to work for you, our FASN members. My goal is to facilitate leaders within FASN. We are most strong when members are actively participating and facilitating growth.

Steps To Ensure Medication Safety

Karen McCormack, RN, BSN



As a School Nurse, I am fully aware that we are a unique entity in our profession. Our goal is the care and well-being of students in our schools. Part of that care is receiving and administering medication in a school health room. Although it is most desirable to have a student take needed medication at home, if there is an underlying health problem, we must work collaboratively to insure that the student receives the prescribed medication safely. In my ideal world, I would have responsibility for one school. My reality is five schools where it is my responsibility to

know that medication is dispensed safely through delegation to unlicensed personnel.

Florida Statute 64B9-14.002 allows for delegation to unlicensed personnel. As I use my nursing judgement, I consider the suitability of the task to be delegated. Delegation includes Procedures, Training and Supervision. This should occur annually via a skills checklist. If delegation cannot be assigned safely, performance-based training and supervision must be implemented. It is at the nurse's discretion, that if after multiple attempts to effectively train unlicensed personnel, to request another individual to dispense medication in the school health room.

Medication errors are the most common error in healthcare. Observation of the 8 rights of medication administration is paramount to the student's safety. School personnel should administer only FDA and over-the-counter medications. Controlled substances are frequently administered to students. The substance Schedule 1-5 should be counted monthly by two

individuals and documented. Health room staff must receive the medication from a Parent/Guardian in an unopened, original container with an appropriate expiration date. A medication/ treatment authorization form should accompany the medication. This form should include the student's name, medication name, dosage, route and frequency (including time), Health Care provider name and signature. A treatment log should be available to document medication administration. These are just a few common sense steps within the 8 rights that we must follow to prevent medication errors.

In Sarasota County, we utilize an on-line resource that addresses the needs in the school health room. This may be viewed at www.sarasota.k12.fl.us/schoolhealth/Manual. There is a large chapter titled Medication and Treatment Administration Guidelines for reference.

Ms. McCormack is a Nursing Program Specialist in School Health at the Florida Department of Health in Sarasota County.

Promote FASN—Like Us on Social Media



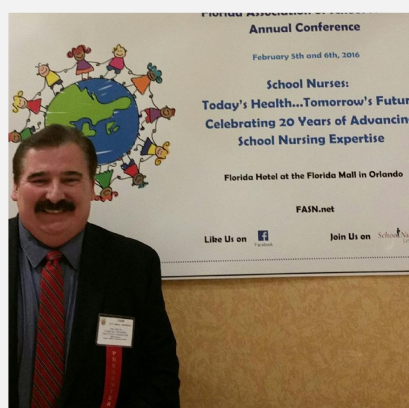
Vision Vouchers



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 or click the link above to apply. They're free!

“A Journey To Make A Difference”

Karen Snyder, RN, MSN, NCSN



Tom Karlya, the very last speaker for our 2016

FASN conference, approached this position in the agenda with comedy, making us laugh and renewing our spirits.

Tom is the Vice President of the Diabetes Research Institute

Foundation. His mission was to tell us his story of how diabetes changed his life and how he is proactive in a cure.

A professional actor, in 1992, his wife, regarding the serious condition his 2-year-old daughter was in, urgently called Tom to the emergency room. Scared to death, he approached his daughter in the emergency room and she looked up at him and said “daddy fix”. This was the beginning of Diabetes Dad. Then in 2009 at age 13, his son was also diagnosed with type 1 diabetes. He promised to keep working for a

cure until one is found and he is, to this day still actively supporting organizations that are working for a cure.

Tom's priority is education for health professionals, education professionals and parents. Being aware of the symptoms of diabetes is the key to early diagnosis.

For awareness and support, Tom suggests 3 websites:

Diabetesdad.org - This blog about being the dad of a diabetic child is also a forum to ask questions and find support.

Getdiabetesright.org - This site contains resources for education and awareness that can be shared with teachers and other family members. The posters are free downloads.

<http://www.diabetesresearch.org/> - This website contains the latest research being done to find a cure and to make the life of a diabetic easier.

Tom's presentation was a refreshing alternative to other diabetes presentations. His was personal and you could easily see the dedication he has for a cure.

Note from our Past President

There are many things I love in my life – my family, my friends, beautiful sunsets, the beach and the mountains. Professionally, I love being a school nurse. It's been my passion now for 27 years. And from that passion grew a desire to be involved in my professional organization – FASN. I started out attending conferences just like many of you. I volunteered where help was needed, joined a committee or two, served as Membership Secretary. When a vacancy occurred in the President Elect position, I felt a call to step forward and run for the office. It has been my privilege to lead and serve FASN these past 2 years as your President. I like to think that the passion in my personal life combined with my love of School Nursing has inspired others to share the good works and need for involvement in FASN. When I was installed as President, I shared with you this

thought: We are only as strong as the voice you give us, we are only as strong as a united membership, and we can grow our group to continue the good work of School Nurses in the state and beyond. But, it takes you. So my challenge to you today – where is your voice, let FASN hear it, find your passion and be involved! You'll be glad you did! FASN: The Heart and Hope of School Nurses

Thank you for the honor and privilege of this Presidency. Best wishes to the newly installed officers and the leadership of FASN under the Presidency of Paula Alford.

Shelley Bunn



FASN School Nurse of the Year

Penny Kehoe, RN, BSN, CRRN, NCSN, CLNC



Penny currently works with the Early Childhood Program since 2012. Her work at the district level includes medical reviews, professional development for school personnel, and school health program activities such as screening programs for vision and hearing, and the care of students with health impairments. Penny has brought increased accountability to the Early Childhood Program by updating documentation components and establishing program evaluation. She has developed a classroom protocol to assist teachers to capture the necessary documentation information

pertaining to the Individual Education Plan (IEP) Matrix Health Services Domain. She also developed and implemented a safety protocol for Pre-K students who ride the school bus and may require the administration of emergency medication during transport-

school transportation staff.

Penny's supervisor and colleagues describe her as dependable, calm, a lifelong learner, well organized, and a team player. Penny has worked in pediatrics throughout her career. She has been a school nurse since 1990

and has been in Leon County since 2009. In addition to national certification as a School Nurse, Penny has maintained certification as a Certified Rehabilitation Registered Nurse, and a Certified Legal Nurse Consultant. Penny lives by her motto: "Treat others how you wish to be treated."

Penny was honored at the statewide Florida Association of School Nurses 20th Annual Conference, February 5-6th, in Orlando, Florida. We congratulate Penny on being named FASN School Nurse of the Year!



The Florida Association of School Nurses is pleased to announce the selection of Penny Kehoe, RN, BSN, CRRN, NCSN, CLNC, as the 2016 FASN School Nurse of the Year.

tation. She takes the lead to develop student's individualized health care plans (IHP) and provides child-specific training to the appropriate school personnel and



Sharing Your Passion and Supporting Your Cause

Karen Snyder, RN, MSN, NCSN



Tom Karlya, FASN Conference speaker on Diabetes, also spoke about fundraising. He titled this talk "Understanding Fund Raising Techniques To Better Achieve Raising Income." He recognized that most people do not consider themselves good at fundraising and don't like asking people for money. His first question was "how can you become good at asking for money?" The general consensus was having a passion for what you are asking for. In the case of the Diabetes Research Foundation, Tom has a passion for diabetes research and is able to share this passion with those he approaches for money. Tom shared some tips school nurses can use to financially support their passion.

1. Know about the person or organization that you are approaching. Do they support children's charities? Are they passionate about animals, children, health issues? What is their passion?

2. Ask for advice. Tell them what your passion is and ask them how they can help you to support that passion. They may or may not be willing to help you, but they may be able to give you other organizations or names of those who are willing to help you.
3. Look for organizations that have a national base but don't forget those that are local. An example would be fraternal organizations such as the Elk's or Moose Clubs that have national and local affiliates. Banks and elected officials are also good sources.
4. Your most powerful tool is silence. Tell the person about your passion and then sit back and allow them to tell you how they can help you.

Tom encouraged us to not be afraid of fundraising and to look at it with a different angle. You have nothing to lose by sharing your passion with someone. They may support you financially or connect you with someone who can.



Conference



FUN!!

School Nurses: Community Immunity Superheroes

Kathleen C. Rose, RN MHA-N NCSN-E

Healthy eating, getting enough sleep and exercise, avoiding sugary drinks, washing your hands frequently - all of these do their part to keeping our students healthy but if immunizations are left out, there is a big gap in the circle of protection. Dr. Alix Casler spoke to conference attendees on the importance of the adolescent vaccines. She also became very passionate about the role school nurses can play in encouraging parents to obtain the needed vaccines. "Nothing would please me more than for a patient to come into my office and when we begin discussing the need for additional vaccines, mom would say, 'Oh, I've already heard that from the school nurse.' You have the power to make that happen!"

Of the four recommended vaccines, only one is mandated. Our role as Immunity Superheroes is even more important to assure our students are protected and are providing herd immunity to those students with medical conditions such as cancer that cannot receive immunizations at this time. The four vaccines are Tdap, Meningococcal, HPV and the Flu.

The Tdap vaccine helps protect against three serious diseases: tetanus, diphtheria, and pertussis (whooping cough). It is a mandated vaccine for 7th grade and important as pertussis cases continue to increase across the nation. Interesting note: tetanus (lockjaw) still causes 12 deaths per year.

The meningococcal vaccine protects against some of the bacteria that cause meningitis and septicemia. Although not required for 7th graders, more and more colleges are

requiring this immunization. Deaths from meningitis average about 10-15/100 cases, but 11-19 of 100 survivors suffers with long-term disabilities, including loss of limbs and deafness. In 2014, a new vaccine that protects against meningococcal B (that causes 40% of the meningitis cases) was released.

The HPV vaccine is for both girls and boys. One in four young adults have HPV. You can immunize against HPV and genital warts, but there is no treatment for an HPV infection. A series of 3 shots, they develop the most effective antibodies when given at ages 11-12. Interesting note: Every day, 33 new cases of cervical cancer are diagnosed;

every hour, 40 new cases of genital warts are diagnosed. If you had a vaccine to prevent cancer, wouldn't you want your daughter or daughter-in-law to have it?

The annual flu vaccine is the best way to reduce the chances of getting the seasonal flu and spreading it to others. This vaccine is especially important for those with chronic health conditions such as asthma, diabetes and heart disease. Considering that an average 23,600 deaths occur yearly, flu is one of the most deadly diseases.



Additional information including fact sheets and Tips for Talking with Parents can be found at www.CDC.gov/vaccines/teens or at Preteenvaccines@CDC.gov

(1) Posard, Ethan, The Shots Book, n.d., ISBN 978-0-9861965-0-8



School Nurses In the News!

Do You Know Someone Who Should Be Recognized?

Do you know a nurse or have you been recognized in school nursing? Have you 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 would like to recognize our school nurses in the newsletter and present them with a certificate. We can honor them as they have honored us. Please send the information to: kbodwell@arcpbc.org.



FASN Director Message

Lisa Kern RN, MSN, NCSN
FASN Director

I am privileged and honored to represent Florida school nurses as your new NASN Director.

This past October the NASN released the [Framework](#) for 21st Century Nursing Practice that embraces a whole school, whole community, whole child model calling for a collaborative approach to learning and health. In keeping with this new framework, I would love to hear how YOU are working collaboratively with others to improve student health in the school setting. Please reach out to me at lkern@pasco.k12.fl.us and share YOUR stories ☺

One of my responsibilities as your new NASN Director is to 'shine a light' on advocacy and this included reaching out to state legislators during NASN Hill Day to share the legislative priorities of NASN. It extends also to a responsibility to share member information with legislators about how they can assist school nurses in their daily practice.

The signing into law of the reauthorization of the [Every Student Succeeds Act \(ESSA\)](#) presents school nurses with a visible presence in federal education law. School nurses are referenced as managing chronic disease and are listed as members of specialized instructional support personnel (SISP) who will provide an environment supportive of student learning. NASN will disseminate information that will help school nurses join ESSA conversations about safe and supportive learning environments for students.

During the 2016 Winter BOD meeting, two [position statement](#) updates were approved and are accessible on the NASN website: [LGBTQ Students: The Role of the School Nurse](#) and [Head Lice Management in the School Setting](#). Remember - the [NASN website](#) is designed to provide support and resources for YOU! Please consider spending some time reviewing the wealth of information that is available there. Check out the [membership benefits](#) and [share with others!](#)

Here's some other initiatives I am working on as NASN Director:

- I submitted information about outreach efforts to

the NASN President and was asked to submit a blog. The NASN plans to release this blog and others as we approach National School Nurse Day (May 11).

- I was asked to provide feedback for an upcoming revision of Selekman's *School Nursing: A Comprehensive Text* – using the NASN's new framework as a guide!
- NASN was asked to participate in submitting recommendations to the Institute of Pediatric Nursing - Choosing Wisely®! I will participate in several webinars related to this initiative.
- Members of my NASN committee are tasked with reviewing and updating (or retiring) the position statement [School Health Education about Human Sexuality](#). If you have feedback for this area of school nurse practice, please contact me at lkern@pasco.k12.fl.us. Your viewpoint is critical to this review process!
- I have been asked to participate in additional committee work related to Twitter – as a new Tweeter, this will be an adventure for sure. Please follow me on Twitter @Lkern12. You can follow the NASN Twitter conversation at @schoolnurses, and I encourage you to create your own Twitter account and join in!

I hope I see some of you at the NASN [conference](#) in Indianapolis this summer that includes fun activities like the 1st NASN Endowment Fund 5K Run/Walk, Race to Get Your "Purse"sonality On, and a Dance Party! Click icon below to register!





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!

REFER
a
FRIEND!

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!



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