



FASNating News

FLORIDA ASSOCIATION OF SCHOOL NURSES

Volume 22, Issue 3

Spring 2018

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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Conference is a Wrap!

Janie Sailors, BSN, RN, NCSN-E

In a flash...it is here!!! The months of planning boil down to opening morning. Fingers, crossed, the Conference Team hopes we have addressed most of the potential pitfalls, while, more importantly, we have considered all the terrific suggestions, attendees' input, hotel's insight, and past lessons learned—each year building on the ones before. We gain confidence in successes—small and large!

Check-in moves smoothly—seems both our online and mail-in systems are working!!! We have 165 attendees!!! A new record!!! Everyone has a name-tag!!! Whoohooo!!! Small victory... Baskets are filling their space to overflowing...a great problem to have!!! The work and creativity they

demonstrate is amazing! Our vendors are settled and beginning to showcase their wares. We have soooooo many purses—hard to decide which ones to bid on! Our first presenter arrives with plenty of time for set-up—a model that is replicated all during the conference. As our speakers are all volunteers, we strive to stay on schedule so they can move on with the demands of their lives. We are much indebted to them for meeting all the CE documentation

demands without complaint. The evening reception, supported by our premier vendor, School Health, provides a critical occasion to renew ourselves and our friendships, and make new connections to nourish in this often-isolated nursing practice.

Our participants continue to be incredible!

They arrive at the Saturday "Meet and Greet" at the daunting 7:15AM appointed time—smiling!! New potential FASN Leaders are emerging! Love the energy! The space for the luncheon is transformed into a Valentine's Day celebration with colorful decorations abounding and bringing a smile to all. Everyone manages to find their region seating in a quick and gracious manner, even when it means sharing spaces with other

folks they do not necessarily know. The business meeting moves forward smoothly. What an honor to have the NASN President spending her weekend with FASN!!!

As the conference winds down, we are thankful for our many successes and note a few key changes to be made. From the many cheerful faces observed over these past two days, it feels like Conference 22 met most expectations and will now be a building block for.... our 23rd FASN Annual Conference!!! Deep breath...



School Nurses: Maintaining Balance as

We Care for the Whole Child

The Winner of the NASN
\$1000 Scholarship is
Karen McCormack,
FDOH, Sarasota County!

CONGRATULATIONS

"Serving School Nurses Statewide"

www.FASN.net



President's Message

Janet Jones, MSN, RN, NCSN, AHN-BC
FASN President



The 2018 FASN Annual Conference at the beginning of February was outstanding. It was a great honor to welcome Nina Fekaris, NASN President, and also our school health team from Tallahassee. We had some amazing speakers, great vendors, and of course, baskets, purses and the 50/50 raffle. Those of you who have been to recent conferences know I'm the 'Purse Person', and so I was delighted that this year, we had more purses than ever to offer in our silent auction. There was a tantalizing selection of baskets, which made it so hard to choose where to put your tickets. We had some great vendors who provided door prizes, and many thanks go to School Health who sponsored our reception.

A whole team of people volunteer their time to make your conference a success, and my special thanks go to Janie Sailors and Marcy Burnes, Education Chairs, and Shelley Bumm, Vendor Chair. Natalie Porzio does amazing work with the baskets and Robyn H., Teresa M., and Nancy L., stepped up to help with the purses. Lisa Kern, our State Director, sold an amazing number of 50/50 tickets and two lucky winners got lots of cash. I also want to thank Karen Snyder for providing the Blessing of Hands and Kathy Rose for organizing our scholarship helpers.

Outstanding Service Awards were received by Karen Bodwell and Gwen Parish. Karen is the Chair of the Communications Committee and also Chair of the Membership Committee. She works tirelessly behind the scenes, maintaining our website, keeping our Facebook page up-to-date, overseeing Twitter and facilitating our monthly conference call meetings. Gwen, you all know, as our Conference Moderator, but she is also the wonderful person who sorts through all the attendance forms, and submits our continuing education credits to CE Broker. Congrat-

ulations Gwen and Karen on your very well-deserved awards.

Each FASN Board member serves a two year term, excepting the State Director whose term is four years. To maintain continuity only half of the board is elected each cycle, so this year the President, President-Elect and Treasurer were installed during the 2018 business meeting. I wish to express my gratitude to Paula Alford, our Past-President for her guidance, as I move into the role of President. She has been a constant voice for school nurses, and has encouraged us to develop our roles as advocates. If you were able to attend the business luncheon at conference, I'm sure you were delighted by the beautiful table decorations and favors that Paula provided. They were an example of the thoughtful consideration and kindness that Paula shows towards everyone, especially her fellow school nurses.

Martha Hanna, our previous Treasurer has passed the finances to Nancy Mooney but we didn't let her off the hook as she is now Regional Representative for Region 1. Thank you Martha, for taking great care of the books, and also for volunteering to serve our members who work up there in the Panhandle. Kathy Browning, your new President-Elect, is the nucleus of our Regional Representative and County Liaison network. We still have some vacancies – Come and join us! We are a great team.

Lisa Kern and Kathy Browning created an awesome Webinar on Advocacy. Almost half the attendees were from other states – what a following! I hope it is the first of many educational experiences that we will be able to offer. Contact us; let us know what kind of topics you would find useful.

Our February began on a joyful note with the meet-

(Cont. on pg. 10)



Promote FASN—Like Us on Social Media



Instagram



Facebook





Leaders are needed!

Kathy J. Browning, BSN, RN, NCSN

"Leaders are needed!" YES, school nurses from every county in this state are needed as FASN members, county liaisons, regional representatives, committee members/chairs, and officers (Board of Directors)! We are happy to welcome a few new county liaisons and regional representatives who were recruited/volunteered while at the annual conference!

Perhaps you, too, are considering getting more involved. County Liaisons simply report to the Regional Representative what is "happening" in the local county on a monthly basis. We would love to have 67 county liaisons for our 8 regions! Regional representatives gather reports from the county liaisons on a monthly basis; these reports are submitted to the President-Elect for a report to the Board of Directors (BOD). Regional representatives and county liaisons also share information from the BOD with school nurses in the local areas.

Nominations for FASN officers are accepted in the fall of the year, and elections generally occur in November/December. Refer to the FASN Bylaws for a description of each of the officer positions: President, President-Elect, Immediate Past President, Affiliate Director, Membership Secretary, Recording Secretary, and Treasurer. All terms are two years, with the exception of Affiliate Director which is four. The Bylaws also describe the work of FASN Committees. Consider serving, and be brave! Be ready to submit your name!

The work required by an active organization throughout the year is significant and provides many opportunities for collaborative leadership. Each member has a unique perspective on school nursing from his/her community, and our strength as an organization will gain momentum if we have more involvement from everyone! Feel free to contact me directly if you have specific questions.



If you are interested in representing your county or region, are interested in sitting on a committee or have questions, [please complete this survey.](#)

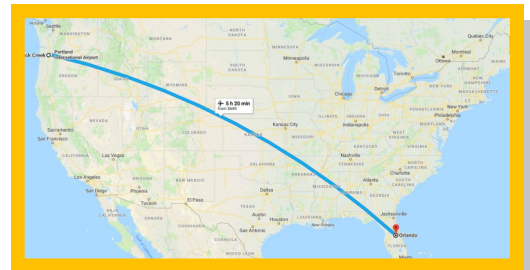
A Note from Nina Fekaris, President, NASN



It was my honor to be able to come share with school nurses from all over Florida at your spring conference. What I learned from being with you is, that it doesn't matter if our students are in Florida or Oregon, many of the problems they face are the same; anxiety about their future, hunger, insecurity, peer pressure, self-pressure and chronic and acute health care needs. And the skills and knowledge that school nurses need to help support our students is the same. I'm glad I was able to come share information on the 21st Century Framework so that can be used as a tool that can provide evidence to support our practice. I also had an opportunity to sit and visit with several nurses from Miami-Dade county, so the tragic events at Marjory Stoneman Douglas High School in Parkland, Florida

was made so much more real to me. NASN will continue to address the role that school nurses play in the supporting positive mental health. Thank you for continuing to go to work everyday and providing the support our students need to grow up healthy. And thank you for letting me come share with you during your conference; I learned and grew!

Nina Fekaris, MS, BSN, RN
Nationally Certified School Nurse
Rock Creek & Westview High School Nurse



Note from our Past President

Spring is the time for new beginnings. A fresh start, a new outlook! Leaving conference, I find that my batteries are rejuvenated. I've had a chance to fellowship with other school nurses. I've engaged in educational platforms that challenged me, while allowing professional growth. I strongly encourage each of you to participate in your annual FASN conference. If you have the ability to attend the NASN conference, you won't be disappointed.

I've moved into the role of Past-President. As Past-President, I will continue on the FASN board for two more years. We've had a successful growth of membership to include forward movement with multiple social media efforts. FASN has made great strides with financial stability and advocacy efforts.

Advocacy for school nurses across our great state lies within each of us!

Best wishes!

Paula Alfred



Bee a Pollinator for FASN

Thank you



First 1,000 Days: A Critical Window for Life

Summary by Victoria DiGiovanni-Court, LPN

I just attended the FASN Conference in Orlando. I won a scholarship and this was my first time attending. I have to say that I couldn't have been happier that I had a chance to be part of this amazing event!

One of the speakers was Diana Ragbeer, Managing Director for the Early Learning Coalition in Miami/Key West, who was excellent -- both interesting and knowledgeable. Her topic was the ["First 1,000 Days of Life"](#) which started from pregnancy to age 3. The first 1000 days includes 270 days of pregnancy, 365 days for the first year & 365 days up to age 3. She discussed how the brain by age 2 has reached 80% of its adult size and is developed through experience and stimulation. The First 1,000 Days of Life is when the most rapid development occurs in the brain; and it is a critical time for learning to see, talk, walk and think. The quality of experiences during this critical period of time either sets a strong or fragile foundation for all that follows. The brain develops through experience! This is a time that good nutrition, good parenting and a positive and nurturing environment will benefit the child's brain development. Negative experiences may stunt growth and restrict fu-

ture success. Parents must be sure that their baby's needs are met during this crucial window to increase its health & chances of success. These early days carry into their future during childhood and adulthood.

There was a video that was shared, the "Still Face Experiment" by Dr. Edward Tronich. It was quite interesting to see how a baby reacts to a mother interacting with them versus a mother who has a "still face"; a mother with no expression, no emotions and not interacting or playing with the baby. It was concerning to see the look on the baby's face - how upset and confused it became. A father's involvement is also as

important for a child's success!

A foundation of positive experiences for the child creates a safe and nurturing environment. The child also should be engaged with words and color. If these needs are not met it can be very damaging to the child. Being exposed to [Adverse Childhood Events \(ACES\)](#) put them at high risk for long-term physical, mental, behavioral and health issues. As school nurses we have a perfect opportunity to educate and show our parents how to nurture and engage with their children.



A big thank you to the Education Chairs and committee for their tireless effort working on the 2018 FASN Conference. Their efforts and dedication are appreciated.

21st Century School Nursing Framework: From Paper to Practice

Summary by Joahanna Perez RN, BSN

The presentation conducted by Nina Fekaris highlights the 5 principals of the 21st Century School Nursing Framework. The 5 principles are Care Coordination, Leadership, quality improvement, community/public health and the students.

Care Coordination refers to the case management, chronic disease management, collaborative communication, direct care, education, interdisciplinary teams, motivational counseling, nursing delegation and empowerment of students. It is imperative that all healthcare professionals and school staff collaborate to ensure the child's needs are met. For instance, a student that is performing poorly in class

may be referred to the school counselor by his teacher. Upon interview, the counselor may seek the aid of the school nurse who then determines the student has poor eyesight. The school nurse coordinates with the parent and healthcare provider to ensure the student receives glasses. Care Coordination is essential to ensure all of the students needs are being met.

Leadership objectives include advocacy, healthcare reform, lifelong learner, technology, policy development and implementation, professionalism and system-level leadership. Advocacy by far, is one of the most essential roles a school nurse will take part in. As nurses rank among the most trusted professions by the American public, they are also deemed a source of confidence for students. It is essential that we not only listen to our students but become their voice and advocate for them to ensure their safety and well-being. Nurses also seem to be viewed as "good, nurturing, or instinctive." It is imperative for the profession of nursing that nurses

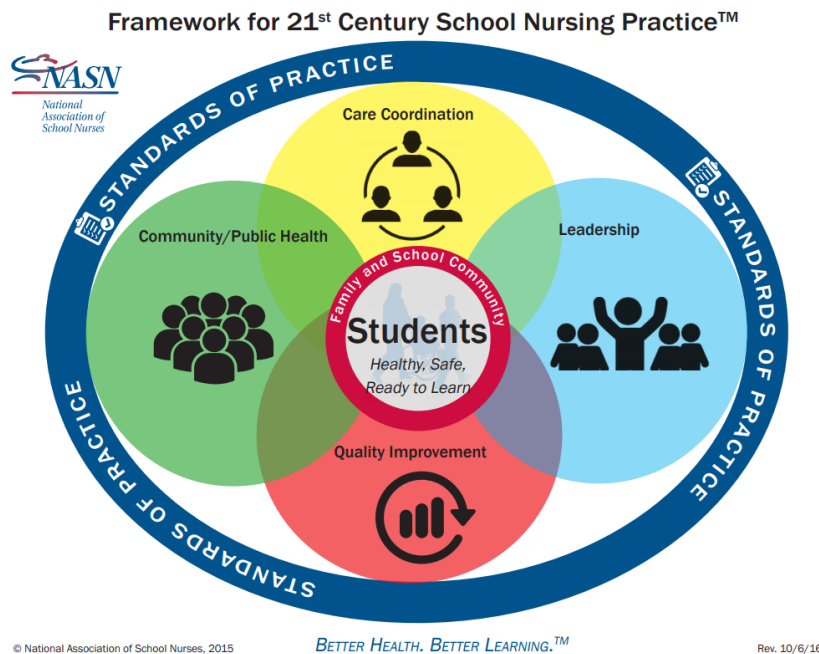
use their voice to change the mindset of "nurses rely on instincts" to "nurses are professionals that deliver care according to evidence-based practice," so that they are respected in their field of work as all other professional careers.

The basis of Quality Improvement entails continuous collection of data and documentation, evaluation, meaningful health and academic outcomes, performance appraisal, research and uniform data set. In order to improve the quality of practice, you must establish a culture of quality. Determine and set priorities in areas that need improvement. Data must be collected and analyzed. In the words of W.

Edward Demings, "If you cannot measure it, you cannot improve it." Therefore, it is imperative that data is collected in order to evaluate the effectiveness of the approach. Results must be communicated to effect change elsewhere and commit to ongoing evaluation. Better is always possible.

The principles that constitute Community/Public Health are access to health, cultural competency, disease prevention,

environmental health, health equity, health promotion, outreach, population based care, risk reduction, screenings/referrals/follow-ups, social determinants of health and surveillance. School nurses play such an important role in community health because together, we reach more children than any other healthcare provider. We are their voice and their advocate. As school nurses, we are able to determine who the students are that do not have access to health care and play a role in aiding them to get health insurance, or refer them to a community health provider. We educate our students when there are outbreaks to prevent



(Cont. on pg. 10)



FASN Director's Message

Lisa Kern, RN, MSN, NCSN
FASN Director

FASN - Looking for a Motivated Millennial!

Millennials (born between 1980 and 2002), who are the most ethnically and racially diverse generation group yet, are entering our workforce. Their numbers will surpass the baby boomers at estimates of 88 million strong. Interestingly enough, it seems that millennials are attracted to the nursing profession – they are entering the workforce at nearly double the rate of the boomers and that is sure good news for folks like me who are part of the soon to be retiring boomer generation!

Millennials are extremely technologically savvy; they are comfortable using all types of devices. They've received a great deal of positive support from parents (like me!) and teachers, are goal-oriented and have great respect for rules and authority. They've been influenced by events such as Columbine, Oklahoma City and 9/11 to name a few. They are connected to one another in ways that I could only dream about as a child - computer, Internet, YouTube, Instagram, Facebook, Twitter, text message, Face Time and more.

This generation is our hope for a new and better future and they are waiting to be embraced, mentored and accepted by their older nursing colleagues. Older generations can certainly learn from millennials – especially when it comes to finding a better work-life balance. Millennials have the intelligence, skills, passion and drive to do meaningful work that can benefit humanity. So it makes perfect sense that they would choose nursing - a profession where collaboration, teamwork, compassion and caring for others are key tenets.

So in the spirit of bringing the generations together for a common purpose, the National Association of

School Nurses (NASN) is asking each affiliate to find a passionate, committed, tech savvy millennial school nurse who would like to assume a leadership role in FASN. We realize that in order to engage, embrace and support millennials, we must change our way of work and find out what our members need now and in the future. Millennials - we need your help in order to transform so please consider reaching out if interested. Attendance at the NASN Leadership Academy during the NASN 50th Anniversary conference in Baltimore is part of this leadership commitment. If you are interested, contact Karen Bodwell Kbodwell@arcpbc.org our Membership Secretary for more information.



A word about advocacy: - we hope that you had an opportunity to join our first webinar: School Nurses in Action: The Compelling Why Webinar - March 2018. We received a lot of positive feedback and we hope to continue to provide opportunities for more learning in the near future. All of us are responsible for advocating for students as professional school nurses - students are our

"compelling why". Be sure to use the resources provided in this webinar and reach out to make your voice heard. Become involved in big ways and small. Students are depending on you! I'll be traveling to Baltimore for a NASN Executive Committee meeting on March 21 and will be in the DC area through March 24th. I plan to join students and families for the March for Our Lives. You can find more information and sibling march locations near you at <https://marchforourlives.com/>

Lisa Kern 

Advocacy for Healthy Kids

Summary by Andrea Simmons, BSN, RN, CPN



What a pleasure to hear Superintendent of Pasco County Schools, Kurt S. Browning, MPA present "Advocacy for Healthy Kids" at the 22nd Annual FASN Conference. Prior to being elected as superintendent 6 years ago, Mr. Browning served as Supervisor of Elections for 27 years and Secretary of State for 4 years. He is married to a school nurse and will tell you he really loves school nurses!

Pasco County is the largest county with an elected Superintendent. Their district consists of about 90 schools and health services for those schools are provided by a team of 37 registered nurses, 15 licensed practical nurses and 88 clinic assistants. Currently their district holds a Silver Healthy School District Award and they are working towards becoming a Gold district.

Superintendent Browning spoke briefly about mental health. He recommended the movie "Listen" for those who haven't seen it. The dramatic movie shows the conflicts of adults and children who are struggling with mental health. Mental health awareness is needed in all of our schools and he shared his belief that a statewide strategy needs to be put into place to help address this problem that in his opinion is only going to get worse. He went on to say that it takes a village to raise these kids and get them out of the system successfully and ready to make it in a competitive world.

He stressed the significance of relationships. Most everything is driven by relationships and relationships are "how things get done". Relationships within in the community with companies like United Way can provide many opportunities such as grants and volunteers. Also engaging with groups like PTA, SAC and different clubs who want to be involved and may only need to be asked. Developing relationships and partnerships within your community will help to effectuate the change you desire.

"Silent voices are never heard" said Superintendent Brown-

ing. Rather than depending on others to deliver your message to Tallahassee he strongly recommends going to Tallahassee during a session and meeting your legislators.

He gave some great tips on to lobby and advocate:

- Make an appointment with the legislator while they are home.
- Legislators are busy and you may have to meet with their staff, don't be offended.
- Remember you are the expert.
- You have 5 minutes or less to get your point across.
- Be on time, be prepared, and know the bill number.
- Limit written material to one page, keep it to the point, use bullets.
- Make it personal.
- Don't use jargon or acronyms. Be clear and concise.
- If you don't know, say so.
- Be polite and professional, don't be intimidated and don't argue.
- Say thank you.

He spoke of the importance of knowing who the members are for your district. This information can be found on your supervisor of elections website. Developing a good relationship with your members is imperative, you want them to know your name. If you develop a good relationship it is possible they may reach out to you in the future for your opinion on a bill.

Superintendent Browning was a captivating speaker. He was able to engage the audience and bring awareness to addressing the whole child. He connected with a room full of nurses, he made them laugh, and he received nods of approval and agreement as he spoke. He educated on ways to make a difference and motivated all to advocate and invoke change within their districts.

Finding your local legislators

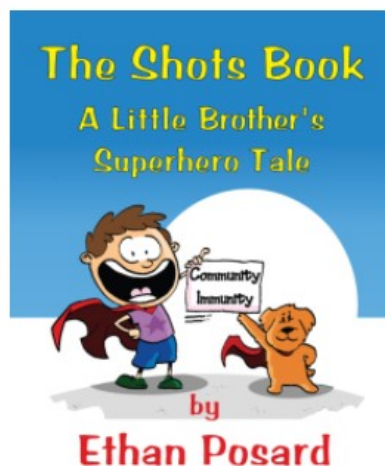
- Senate: <https://www.flsenate.gov/Senators/Find>
- House: <https://www.myfloridahouse.gov/Sections/Representatives/myrepresentative.aspx>
- Email [Governor Rick Scott](#)

Finding your national legislators

- [United States House of Representatives](#)
- [United States Senate](#)
- You can also phone the U.S. Capitol Switchboard at (202) 224-3121. A switchboard operator will connect you directly with the office you request.

Immunized and #SchoolReady

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



“Why do I have to get a shot?” When school nurses address immunization barriers, we look at the parental or healthcare provider barriers. We forget to answer the question students ask. People receive immunizations to protect themselves and others. Every time

we get an immunization, we get to be a “community immunity superhero”.

Ethan Posard had the same question and his parents explained herd immunity to him. At 14, he wrote an illustrated children’s book, *The Shots Book: A Little Brother’s Superhero Tale*, because “sometimes it takes a kid to explain something to another kid.” Ethan is 17 now and developing an “Immunized and #SchoolReady” Toolkit for school nurses using the community immunity superhero character from his book. Using the materials in the Toolkit, school nurses can help their students, especially those entering Pre-K and Kindergarten, to become “Immunity Superheroes”, too.

Free for Florida school nurses, the “Immunized and #SchoolReady” Toolkit includes stickers (similar to the “I voted” stickers, except theirs says “Immunized and #SchoolReady” and features his superhero character posing after getting his vaccines), social media messages, suggested twitter and Facebook post, and possibly a poster. Nurses can order one Toolkit for each school at no charge.

Fifty percent off is *The Shots Book*, an excellent addition to the Toolkit. Available in English and Spanish, the book explains herd immunity and how each student can be a super hero. To get 50% off *The Shots Book* use the code **BTUX-Y3UH** when you order the books on his website.

THESHOTSBOOK.COM is Ethan’s web site. Be sure to check it out. You can order the books there, see the stickers and see free 30, 60 and 90 second PSAs that you can download for you school news or the school or district website. To get the toolkit use the contact page on the website.

School nurses, this is our opportunity to spread the importance of immunizations among our students, not with lots of words or time, but with the power of a sticker! Since the majority of students have their shots, just giving a sticker to those who are immunized sends a powerful, nonverbal message that being immunized is the cool thing to do. As we give the stickers out, just a simple “Thank you for protecting yourself and others. You’re a superhero!” can help them realize they are making a difference. The book, whether read by you or the teacher, reinforces this by explaining herd immunity to the students.

Will your students be “Immunized and #SchoolReady”?

Immunization References:

- <https://www.cdc.gov/vaccines/index.html>
- Rose, K. (2017). Adolescent vaccines: latest recommendations, addressing barriers, and improving vaccine rates. *NASN School Nurse* 32(4), 217-222. doi:10.1177/1942602X17709319
- THESHOTSBOOK.COM

NASN 2018

June 30 – July 3, 2018
Baltimore, Maryland

President's Message (Cont. from pg. 2)

ing of old friends, and the making of new ones, at our conference. Little more than a week later, on Valentine's Day, a disturbed youth entered Marjorie Stoneman Douglas High School in Broward County and fired at staff and students with a semi-automatic rifle. Fourteen students and three teachers were killed and several more people were wounded. Once news of this this terrible tragedy was broadcast, messages began pouring in from school nurses, and school nursing associations, including NASN. I spoke to the Director of Broward Schools Coordinated Health Services on behalf of FASN, and offered our condolences and support. Together we are planning to hold the School Emergency Triage Training in Broward County, at the kind suggestion of Donna Mazyck, Executive Director of NASN. It is something positive that we can do to assist staff and students to respond to disaster situations.

Mark Twain said, "What is joy without sorrow...There is always going to be suffering. It's how you look at your suffering, how you deal with it, that will define you."

Like Phoenix rising from the ashes, the Stoneman Douglas students turned their pain and their fear into action. They are determined and articulate and have already had a major impact. They are our future, and all of a sudden, I see that they are making the future brighter. The sense of despair that I felt two weeks ago has turned to hope and admiration. Hope, that we may never be discussing this kind of tragedy again, and admiration, for the young people who are making that happen.



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!

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

Framework Summary (Cont. from pg. 6)

the spread of disease. We screen our students to assist in evading preventable diseases. We know the needs of our population and we understand that we are their voice. The fifth principal, which is the overall outcome of integrating Care Coordination, Leadership, Quality Improvement, Community/Public Health in the practice of the school nurse is to ultimately have students that are healthy, safe, and ready to learn. A student that does not have all basic needs met will not be able to learn. The school nurse focuses on aiding the student in meeting their basic needs, not limited to physical and mental health. The framework fortifies the current mission of the school nurse, which is to optimize student health and learning by advancing the school nurse.

[Framework for 21st Century School Nursing Practice](#)



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 members' 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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