

Vermont State School Nurses Association Winter Newsletter

2016

A Letter From Our President.....

As the President of the VSSNA beginning in July of 2015, I would like to introduce myself. I began school nursing 15 years ago at the St. Johnsbury School, where my three daughters were enrolled. They have moved on, but I am still there, in my role as school nurse, health educator, member of the leadership and healthy schools team. The job of school nurse is tiring, but I don't get tired of striving to improve my nursing practice, and I do love being greeted by school children in the grocery store!

Before beginning my term as president, I went to my first National Association of School Nurses (NASN) conference, in Philadelphia this past June. It was a powerful experience to be with so many other school nurses all working toward the same goal of improving school health. I left inspired by the speakers to improve my own practice and lead the VSSNA.

Our board of directors began this fall by revisiting our Strategic plan to prioritize our work over the next two years on advocacy, education, leadership and communication. To that end, in October, the board decided to enter into a contract to develop a well designed website. This contract comes at a cost but we felt that the rewards of a professional looking, accessible site will help us to reach our members in order to provide information and service to them. The website will help us accomplish a number of goals outlined in our strategic plan.

Related to advocacy, the site will help us promote school nursing regularly, provide political updates, be an active voice in the VT-NEA and VSNA, and promote membership in NASN. Through the website, we will be able to facilitate nurses collaborating with other nurses for support and information. The site will also assist us in the communication of educational offerings in the state, districts and communities.

In addition to the web site contract, we also voted to begin using Pay Pal. Through this payment method, our goal is to promote membership and conference attendance by eliminating the barrier of payment by mail. Pay Pal is simple and used by many at minimal cost to the organization. Our hope is that membership will increase with a professional looking site and an easy payment option.

At our Spring conference, we will vote on whether or not to unify with NASN, another opportunity to advance our organization. I am excited about the direction we are headed and the opportunities for growth of the VSSNA. If you are interested in becoming a more active member, please contact me at www.president@vssna.org.

*Louisa Driscoll RN BSN
President, VSSNA*



THE
University of Vermont
HEALTH NETWORK

Central Vermont Medical Center

The Vermont State School Nurses' Association thanks the Central Vermont Medical Center for its continued support.



NASN Director's Report February 2016

I just came back from the postponed National Association of School Nurses board of director's meeting in Washington D.C. They had a bit of snow two weeks prior to my trip, which changed the date of the original meeting.

As always, I am incredibly impressed by the women (all women this year) who serve as the National Association board and officers. The long working day, preceded by a quick committee meeting got a lot done from going over a complicated budget to setting direction and objectives for the next year. The actual meeting on Monday was again an exercise in deliberation, compromise, and understanding. It's an honor to serve on such a board.

I participated in "hill day" this year, and had a talk with Representative Welch's staff member on health care delivery. The talk ranged from issues of nursing delivery of care and the need for a bill to assist Title 1 communities that have no nurse in their schools (think Flint MI), to assisting children with mental health issues in the foster care system. I was not able to see the senator's staffs this year, but have a good relationship with them.

I am a member of the NASN research committee, which has been involved in investigating what to do with all of the varying papers that NASN creates. We did a presentation at the board meeting about what should be covered in position papers and other educational documents. Sounds dry, but helpful in the long run.

The Research committee will be writing two new position papers between the January and June board meetings. I will be a co-leader of a working group on revising the "volunteers in the classroom" position paper.

I also served as on an ad hoc scholarship committee, helping to choose 2016 NASN scholarship recipients.

Piper Largent, the NASN director of Government Affairs, asks us to consider the following:

The Senate is due to take up an amendment by Senators Debbie Stabenow and Gary Peters that will provide an additional \$400 million to the Environmental Protection Agency to help Flint, MI repair their water infrastructure. The drinking water in Flint has been contaminated with lead since the spring of 2014

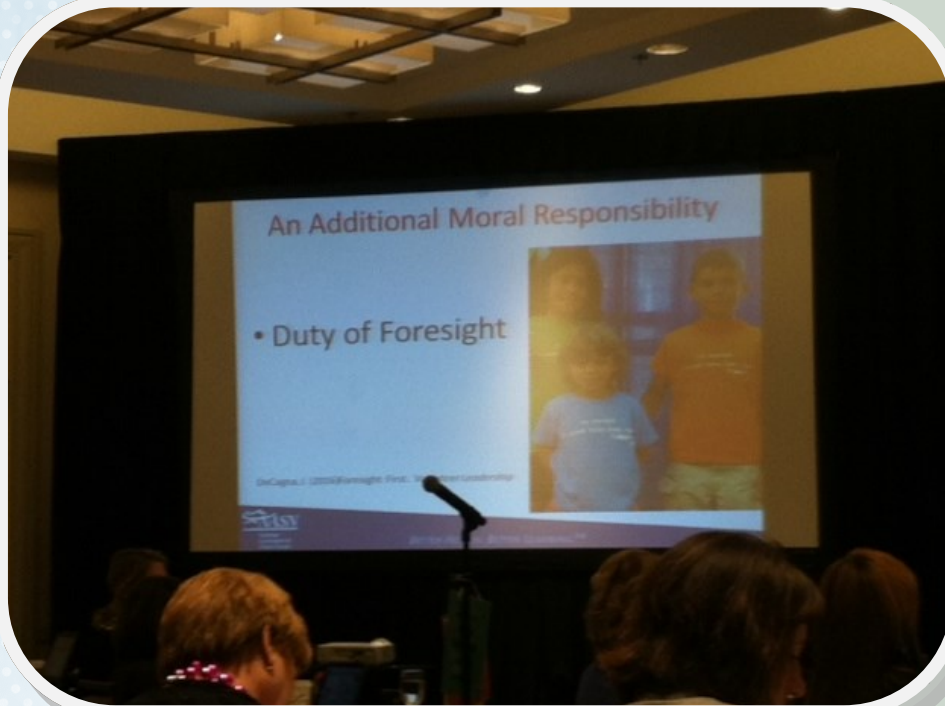
*Please take a moment to call your Senators at **202-224-3121** and urge their support for this important amendment. Tell them to support the Stabenow-Peters Amendment in the Energy Policy Modernization, S. 2012.*

The board spent a long time discussing how we can help the nurses in Flint. At this point, there is only one nurse (with only 5 years experience) serving all 9000 students in Flint. She is, of course, unable to see students regularly, and relies on unlicensed assistive personnel for daily care. The government of Michigan has promised 9 new nurses, but I want to emphasize "new nurses", and the experienced educators in that system are afraid that other needed services will be taken from the school system in an effort to put nurses in. So supporting this bill seems like a small action, but may make a big difference to the children in Flint.

The other big issue I want to bring up is the idea of unifying with NASN. Currently, one joins VSSNA and NASN separately, and many nurses are members of one but not the other. Others join both, but manage their membership separately. These organizations are not only NOT mutually exclusive, but are mutually beneficial. I will discuss this in another article, but membership in any professional organization serving the subspecialty of school nursing is important and vital to our growth and strength as school nurses. It is not only our professional duty to join our organizations, it is a privilege not afforded to all. Please join.

Respectfully submitted, Claire Molner RN NCSN
School Nurse/Health Educator
Proctor Junior Senior High School, Proctor VT
VT Director for the NASN Board of Directors





NASN BOARD MEETING



Dear Vermont School Nurses,

First of all, thank you for your hard work keeping Vermont school children safe and healthy. Evidence clearly demonstrates the need for registered nurses to support desired patient and student outcomes. Your work and your leadership to educate school personnel, school administrators, and school boards are crucial. You are the health professional in the building or school district who can speak to the needs of students. To that end I would like to recommend that you consider attending the two day School Nurse Leadership 101 Workshop in August. This program is designed in collaboration with nationally recognized Vermont nurse leader Susan Boyer at Vermont Nurses in Partnership, Inc. School nurses will increase their communication, leadership, and professional development skills designed to increase the use of evidence based clinical school nursing practices. The dates are Tuesday, August 16 and Monday, August 22. We are alternating from a southern location last year to a northern location this year. Flyer and location: TBA.

Secondly, the School Nurse Advisory Committee (SNAC) made up of 5 practicing school nurses and one education professional from the Agency of Education (AOE). In keeping with its goal of rotating SN participation we are recruiting two new nurses. The three primary Committee responsibilities are maintaining the Manual, the New School Nurse Orientation, and oversight of workforce development, i.e. leadership training and the SN Leader framework. Work on this Committee can be applied to your SN licensing endorsement requirement for *Professional Learning activities*. Please let me know of your interest at sharonlee.trefry@vermont.gov. Workforce development includes reminding you to use the many resources available for continuing your Professional Learning activities; another free example includes your regional professional SN organization district meetings.

Thirdly, as new challenges emerge the SNAC and I try to stay ahead of them and to respond as soon as possible while maintaining existing program and Vermont Department of Health demands. New challenges include naloxone and narcotics prescribed for students attending school. If you have heard that there might be free naloxone and are interested please look for the memo to be released after the writing of this newsletter report. As for the administration of narcotics in school you may want to consider the drug's impact on learning and safety concerns, i.e. the potential for student impairment after receiving the medication at school and then leaving the school grounds, etc. You will find some guidance in the following links: http://healthvermont.gov/hc/med_board/documents/opioid_pain_treatment_policy.pdf and <https://www.sec.state.vt.us/professional-regulation/list-of-professions/pharmacy/statutes-rules.aspx>. It is considered good practice to have a medication contract that can be signed by a student and parent/caregiver. For a sample *medical contract*, you can contact me.

On-going activities include SN Leadership 201 (a SN Professional Learning Community), immunizations, and Medicaid Administrative Claiming (MAC) Annual Reinvestment Planning. Participants of the SN Leadership 201 have completed the two day SN Leadership 101 Workshop. They are currently meeting via WebEx every other month for a one hour learning discussion. The last program included Suzanne K. Murdock, MSN, APRN-BC, GNP, Director of Nursing Education and Research at UVM Medical Center talking about protocol writing. Three SNs from the group will share their draft protocols at the April Leadership 201 meeting.

Immunization updates will be posted online, February 29th and sent to you on March 1; stay tuned.

As you know, now is the time that Supervisor/school districts (SU/SD) are meeting with the VDH School Liaison in your area to evaluate the previous year's plan outcomes and to make recommendation for spending of the reinvestment funds in the 2016/17 year. The VDH strongly encourages all reinvestment planning meetings to include the school nurse. The Whole School, Whole Community, Whole Child model is the ideal framework for this type of planning activity. Please contact your VDH School Liaison for a copy of the *Recommended Spending Priorities for Annual Reinvestment Meetings* document to help assess student needs in your SU/SD and ideally to reinvest in those needs. As always, it is a pleasure to serve you and Vermont's students.

Sincerely, **Sharonlee Trefry, State School Nurse Consultant, Vermont Department of Health, Maternal and Child Health Division.**

VSSNA Continuing Education Scholarship Application

Applicant:

Name _____ Date _____ Address: _____

Telephone: H: _____ W: _____ Cell: _____

Employer Name & Address _____

Your Position: _____ Number of years as school nurse: _____

Present Credentials: _____ Current Endorsements: _____

Membership to Professional Organizations (include number of years as member)

_____ VSSNA _____ years _____ NASN _____ years others _____

Coursework:

Sponsoring Institution/Agency: _____ Dates of program _____

Name of course/workshop _____

If this activity is related to a certification you are planning on attaining, please describe. N/A

Please attach paperwork associated with your professional development (ex: flier, course outline, objectives).

Include the following with this application:

Photocopy of your VT RN license

Photocopy of your VT Educator's license

Written verification of current employment as a school nurse

Comment on the following statements (no more than 1 page total) Please attach to application.

The benefit of this continuing education activity to my School Nurse Practice.

List your educational goals.

The value of VSSNA support (financial or otherwise) in supporting and achieving my goals.

Your one sentence vision statement for the future of School Nursing

Return application and above documents to current VSSNA Continuing Education Chair
Kary Towne, RN M.Ed
511 W. Milton Road
Milton, VT 05468



The VSSNA proudly presents

The Vermont State School Nurses Association
Spring 2016 Conference

Strengthening School Nurse Professional Practice

Saturday April 2, 2016

8:00 AM to 4:00 PM

Lake Morey Resort

1 Clubhouse Rd, Fairlee, VT 05045

(802) 333-4311

Keynote Speaker

Framework for 21st Century School Nursing Practice

Beth Matthey MSN, RN, NCSN NASN President

The Vermont School Nurse and the Vermont Nurse Practice Act

Phyllis Mitchell MSN, RN, Executive Director VT State Board of Nursing

Protocols and Evidenced Based Practice

Suzanne Murdock MSN, APRN-BC, GNP Director Nursing Education and Research University of VT Medical Center

Creating an Enduring Care Plan of Awareness, Education and Change

Rebecca King MSN, RN, NCSN

Conference Objectives:

1. *The School Nurse will be able to describe how the 5 domains of the 21st Framework relate to their practice.*
2. *The School Nurse will be able to describe how the Vermont Nurse Practice Act informs their practice.*
3. *The School Nurse will understand how the Position Statement on Delegation is informed by the Nurse Practice*
4. *The School Nurse will be able to describe key components of creating protocols.*
5. *The School Nurse will utilize the NASN position statement and create a naloxone protocol*

VSSNA Spring Conference

Saturday April 2, 2016

8:00-8:30

Registration & Vendors & Coffee

8:30-8:45

Introduction, Housekeeping Details

8:45-10:15

KEYNOTE SPEAKER

Framework for 21st Century School Nursing Practice

Beth Matthey MSN, RN, NCSN NASN President

10:30-11:30

The Vermont School Nurse and the Vermont Nurse Practice Act
Phyllis Mitchell MSN, RN, Executive Director VT State Board of Nursing

11:30-12:00

Business meeting

12:00-1:00

Lunch and Stackpole Award

1:00-2:00

Protocols and Evidenced Based Practice

Suzanne Murdock MSN, APRN-BC, GNP

2:00-2:15

Break

2:15-3:15

Creating an Enduring Care Plan of Awareness,
Education and Change

Rebecca King MSN, RN, NCSN

3:15-3:30

Closing and Evaluations,

Have a safe trip home

Certificate of Attendance

will be provided with 4.5 contact hours

REGISTRATION FORM

Name: _____ License: _____

School Address: _____

Telephone: (H) _____ (W) _____

Email: _____

Make Check payable to: VSSNA by March 26, 2016 OR Charge my Credit Card Visa _____ or MasterCard _____ only.

Expiration date ____/____/____ CCV # _____

Name as appears on card _____ **No purchase orders accepted**

VSSNA Member 2015-2016 _____ Members **\$85.00** ; _____ Non-member **\$105.00** ; _____ ADN/BSN Student, retired
school nurses or mentoring Project member **\$45.00**

Complete and mail to : Karolyn Towne 511 West Milton Rd. Milton VT. 05468 ; townehouse@msn.com

Sorry no refunds, may substitute fellow School Nurse

VERMONT STATE SCHOOL NURSES' ASSOCIATION

2015-16 MEMBERSHIP APPLICATION

MISSION STATEMENT: TO ADVANCE PROFESSIONAL SCHOOL NURSING PRACTICE
AND TO PROVIDE LEADERSHIP IN THE

DELIVERY OF QUALITY HEALTH SERVICES IN VERMONT SCHOOL COMMUNITIES.

Participation of every Vermont school nurse empowers the VSSNA Board of Director's to achieve
the established goals for advocacy, education, leadership and communication.

PLEASE JOIN NOW – Membership Year from **9/1/2015 to 8/31/2016**

New School Nurse? Y_____ N_____ Please check if you are willing to serve as a Mentor_____

Name/Credentials_____

Mailing Address: Home _____

City_____ST_____ Zip_____

Work Address:_____

City_____ST_____ Zip_____

School/Employer/Position_____

Home Phone_____ Work Phone_____ Ext._____

Home Email_____ Work Email_____

_____ \$40 Active Member (School Nurse, Associate School Nurse, School Nurse Administrator)

_____ \$40 Allied Member (LPN, Health Care Assistant, Health Educator, Nursing Student, other)

_____ Check enclosed made payable to VSSNA (**unable to accept purchase orders**)

_____ Credit Card Payment: Visa MasterCard Expiration Date: Month_____ Year_____

Credit Card Number:_____ CCV:_____

Name as it appears on the card Signature_____

Complete mailing address for the card_____

Mail Completed form to:

Kathy Gorton, BSN, RN

953 Northrop Rd, Sheldon, VT 05483

WARNING

ANNUAL VSSNA BUSINESS MEETING

THE CURRENT MEMBERS OF THE VSSNA ARE HEREBY WARNED AND NOTIFIED TO
MEET AT

THE ANNUAL BUSINESS MEETING TO BE HELD AT THE LAKE MOREY INN, FAIRLEE,
VERMONT

ON APRIL 2, 2016 TO TRANSACT THE FOLLOWING BUSINESS:

1. TO SEE IF THE MEMBERSHIP WILL AUTHORIZE THE UNIFICATION OF THE
VSSNA WITH THE NASN

DATED THIS ___ FEBRUARY 16 ___ DAY OF ___ 2016

LOUISA DRISCOLL RN

VSSNA PRESIDENT

VSSNA EXECUTIVE COMMITTEE

President- Louisa Driscoll, contact information, email - president@vssna.org, or ldriscoll@stjdsd.org

President-Elect- Betty Stewart, contact information, email- president-elect@vssna.org or bstewart@onsu.org

Secretary- Carol Wright, contact information, email- secretary@vssna.org or cwright@nesu.org

Treasurer- Kary Towne, contact information, email- treasurer@vssna.org or townhouse@msn.com

School Nurse of the Year..... Congratulations Louise Mangeon



INTERESTED IN BECOMING A NATIONALLY CERTIFIED SCHOOL NURSE?.....

Professional certification in school nursing provides an ongoing, quality credentialing process for eligible school nurses. Certification represents a national standard of preparation, knowledge, and practice. To assist with this recognition, the NBCSN provides the opportunity for school nurses to set the standards for their specialty area through voluntary professional certification. In 2016 the testing windows are from July 11-30 and November 7-19. The exam is a written computerized exam composed of a maximum of 200 multiple-choice, objective questions with a total testing time of four hours. The exam is weighted in approximately the following manner:

- 27% health appraisal
-
- 28% health problems and nursing management
-
- 20% health promotion/disease prevention
-
- 13% special health issues
-
- 12% professional issues
-

If you go to their website, **nbcsn.org/** and download the *Handbook for Candidates*, all details related to the application, fee schedule and sample questions can be found. The application is due 30 days prior to the testing dates.

The VSSNA has two *School Nursing Certification Review* books to lend out to anyone wanting this study guide. Please let us know if you would like to borrow one.

Contact either of your VT NBCSN Liaisons with questions.

Louise Mongeon RN, BSN, M.Ed, NCSN What email do you want to use?

Kary Towne, RN, M.Ed, NCSN townehouse@msn.com

Community Collaboration:

Some of the great community resources available to us as school nurses are just a phone call away! District 3 nurses were fortunate enough to have our local hospital's Emergency Room Medical Director engage in an evening of collaboration. Dr. Mark Depman, Medical Director of the ER at the University of Vermont Health Network Central Vermont Medical Center along with the nursing supervisor of the ER shared their expertise with the nurses of District 3. A preliminary survey of nurses was conducted to include pressing questions that were shared with Dr. Depman prior to our meeting. Dr. Depman came well prepared to answer questions and also engaged in discussion with nurses about the role of the nurse in the school setting. We discussed ways to better collaborate, care for children and meet current needs. Dr. Depman took a few ideas and questions back to his staff, including the new recommended exclusion criteria for conjunctivitis and ideas to address challenges in getting medication orders to school for students seen in the ER. Overall, this process was encouraging to help facilitate ongoing collaboration and instill a greater understanding of the role of school nurses. Dr. Depman shared that he has a "new and deepened respect for the work we all do and the demands on our profession!"

Respectfully Submitted,
Alison Conyers

