

# The NEW YORK STATE ASSOCIATION OF SCHOOL NURSES Communicator

## Spotlight on



*Carol Bumbolow, MS, RN*

Zone 4 is not one of the largest zones in New York State in terms of geographical distance. Nor does it have the greatest number of school districts. However, its defining feature is the cultural diversity and the variety of communities within its borders. Encompassing the area adjacent to New York City, the zone extends northward through suburban Westchester County with 48 public school districts and approximately 147,000 students to Putnam County with 6 districts, 22 public schools reaching almost 17,000 students. On the western side the two counties are defined by the Hudson River, on the east they are met by the state of Connecticut.

Both counties have a percentage of the population below the 14.5% average poverty rate for the state. However, Putnam County is suburban-rural in character and has a rate of 5.4% of residents living below the poverty level. There are no large cities. While the persons per square mile is approximately the same as the New York State average, in Westchester the number is over 5 times the state average.

Westchester has both urban and suburban communities and an overall rate of 8.9% of residents living below the poverty level. This encompasses a range of rates hovering around 15% in cities such as Peekskill, Yonkers and Port Chester down to 1.8% for Jefferson Valley and 3.8% for Eastchester. Both counties have a higher percentage of residents born in other countries and people speaking languages other than English at home. However, Westchester is more divergent from the state average than Putnam.

School Health Services in Zone 4 are consequently varied. In the northern sections of the zone the community resources are more geographically distant and sometimes difficult for families to access. Many families have moved from New York City yet the parents continue to work there or in lower Westchester. Support systems for the children in these families often live 45 minutes to an hour away. Communication with families and with healthcare resources has become a skill honed to perfection among the school nurses in this

area. Excellent assessment techniques are paramount since it is no easy task for parents to leave work and take the child immediately to a private healthcare practitioner. Traditionally, these providers have been in private practices but there has been a significant increase in the use of urgent care facilities. This leaves follow-up, teaching and wellness planning in the hands of the school nurses.

The southern sections of our zone in Central and Southern Westchester have more geographically compact resources available but these resources are not always easy to access for the children. Poverty levels, language barriers, and family structures make it necessary for the school nurses to act as liaisons in many cases. Some alternate structures are available. For example, the Yonkers City School District is the largest school district, comprised of 40 schools and a multitude of resources. In 1989, the Yonkers Spectrum School Health Program was established with continued funding by New York State Department of Health, financial support from St. Joseph's Hospital, and in-kind services provided by Yonkers Public Schools. Its' mission is to provide, "free, accessible, high quality health services to high-risk children." It provides a full

array of primary health services to students attending five elementary schools in economically depressed and medically disadvantaged sections of the city. In partnership with the Westchester County Department of Health, dental preventive services and referrals for dental treatment are provided. Currently, a school nurse and a part-time school health aide are in each school with five nurse practitioners and available medical support providing health care services to children enrolled in the Yonkers Spectrum Program.

The members of Zone 4 are fortunate to have access to excellent educational resources. Maria Fareri Children's Hospital of Westchester Medical Center has provided outstanding specialists to engage in discussions with our school nurses. Zone meetings have focused on topics of current significance such as head injuries, ocular emergencies, and asthma using a variety of community resources. With the strong support of NYSASN, significant strides have been made at the Zone level in educating school administrative teams and board of education about the irreplaceable role of the school nurse. Currently, the 4 members of the NYSASN board who serve in Zone 4 schools are mobilizing the membership to approach legislative representatives at the local level.

### References:

<http://quickfacts.census.gov/qfd/states/36000.html>  
<http://www.newyorkschoools.com/>  
[http://www.saintjosephs.org/outp\\_school\\_care](http://www.saintjosephs.org/outp_school_care)



*Zone 4 nurses enjoying the NYSASN 2013 Annual Fall Conference in Plainview, Long Island.*



## The New York State Association of School Nurses

### HISTORY

The New York State Association of School Nurses (NYSASN) was organized in 1986, to maintain, promote, and improve quality school health services and health education throughout the state.

### MISSION

The mission of NYSASN is to advance the practice of school nursing and to enhance the educational success of students by promoting quality health services.



©2013 New York State Association of School Nurses (NYSASN).

No part of this publication may be reproduced without permission.

### Editor:

Anita Mosher, AAS, RN  
Email: [newsletter@nysasn.org](mailto:newsletter@nysasn.org)

THE COMMUNICATOR  
is published three times a year  
by the

New York State Association of School Nurses.  
website: [www.nysasn.org](http://www.nysasn.org)

A one-year subscription to  
The Communicator  
is a benefit of membership in the  
New York State Association of School Nurses.

For membership information please visit  
[www.nysasn.org](http://www.nysasn.org)

Advertisers should direct inquiries to:  
Anita Mosher, AAS, RN  
716-640-0984  
Email: [newsletter@nysasn.org](mailto:newsletter@nysasn.org)

Are you interested in adding  
something to our newsletter?  
Contact the Editor before January 1, 2014  
with your ideas for the  
Winter 2014 issue.

## Editor's Note

By Anita Mosher, AAS, RN

As I contemplate what to write about, I reflect back to this past year. It is the middle of November already and all I did was blink on January first to arrive at this place in time. I have been looking around, observing the world that I have the privilege to exist in and consider what I have found. I personally have experienced much change in my life in the past few years, most especially this one. Along with those changes, I have faced some challenges that I did not want to face, have grown as both a person and a professional, and discovered one of the warmest, kindest, caring, supportive, and encouraging group of women I have ever known, the New York State Association School Nurses (NYSASN) Board of Directors. My journey with this lovely, intelligent group of women has allowed me to meet even more wonderful individuals, the membership of NYSASN, you.



Anita Mosher

My observations have led me to several conclusions. I have a raised awareness of the desperate need our world seems to have for compassionate, encouraging people that think nothing of nurturing those around them, for some it is as natural as breathing. I have concluded that it does not take much to turn someone's day around. A kind word, some simple praise, an extra moment of patience is all that is needed to make a significant difference for many. While these small tokens are often of little expense for the giver, I have noticed how meaningful they are for the receiver.

As school nurses, I feel we are in a position of power. We have the ability to change the path of a person's day with a simple word, a bit of praise, or a moment of patience even though we feel we are at the end of our ropes! While we face challenges every day, and change is always looming, I think it is important that we recognize our power and use it to create positive change for as many people as we are able. When I am feeling that my day is too challenging and my energy level is bottoming out, I have started consciously creating change. I change my attitude by finding a kind word to give another even when I am not feeling kind, doling out praise instead of criticism, and digging deep for the patience I thought was gone hours ago. I have found that my day is more enjoyable, I suddenly feel lighter, happier, and more energetic. By creating positive change for someone else, I have discovered that I too change for the positive. The act of consciously nurturing those around us has this crazy rebound effect of rejuvenation for the nurturer.

So don't be afraid of change. It brings good things when least expected. Make change a positive experience that nurtures you even while you are nurturing others. Look around, observe your world and seek out that which needs you the most. As the season changes from fall to winter and a new year approaches, continue to do what you do best and help create change for others.

### Notice of Disclaimer

In order for the New York State Association of School Nurses to remain in compliance with the mission statement of the organization, we are unable to accept responsibility for educational information printed or distributed by the faculty at any conference or workshop presented by NYSASN. The following disclaimer was reviewed by legal counsel and will appear on all literature distributed by faculty members at conferences.

"The NYSASN provides this compilation of information as a service to its members only with the intention that the materials be used as a convenient source of information. The materials are provided "As Is" and without warranties or representations of any kind, whether expressed or implied. NYSASN is not liable for damages of any kind, whether special, indirect or consequential, arising from the use of information supplied herein. Nothing is intended to constitute or to be relied upon as legal advice, which should be obtained from licensed professionals in those fields."



---

# President's Report

---

Constance Griffin, BS, RN, AE-C

## **"Leadership and learning are indispensable to each other."**

John F. Kennedy (1917-1963); 35th U.S. President

In 1995, I attended School Nurse Orientation after one year of school nursing. From that time forward I have been learning and growing with NYSASN. NYSASN has provided me with the courage and strength to grow as a person and as a school nurse. They have also provided the push I needed to challenge myself to become a leader. Rita Molloy, a past president of NYSASN, in 2008, told me it was time to step out of the box. I was very happy and felt safe with my role in NYSASN, as the promotional chairperson. My fear of life outside of the box was a blockade for me, stopping me from finding future success. However, with the support of the board of directors and members, I chose to take the challenge and found my voice as a leader.

As the newly installed president, I am once again facing another challenge. Once again I am looking towards each of you to support and work with me. Personally and with NYSASN, we continually face challenges, how we view these challenges defines us! Do we choose to see the challenges as stepping-stones or as obstacles?

If we choose to see them as obstacles, then the challenges we face will be viewed as problems or blockades to achievement. Negative mindsets like "I can't," "I won't," "I don't want to," and "I shouldn't have too," merely assist in keeping success from happening. I choose to see challenges as stepping-stones, opportunities that we encounter along the way for us to use, to "step on," and to lead us, so that we can use these challenges, to be recognized for, sought after for, and to achieve more.

Among the many challenges that face us currently are the training of lay people for insulin administration, poor school nurse to student ratio, loss of school nurse jobs, and increasing membership. So, what do we do? NYSASN members need to be committed to caring for New York's future. We need to draw on experience and hold onto what works. We need to introduce new thinking and approaches where feasible and stop, change, or challenge what isn't working. We need to encourage and increase membership. Professional membership in NYSASN is a standard of school nursing practice. Yet our membership remains low. Chuck Mangione, a Jazz musician, has stated;

"With four people you can create one very strong kind of energy, but if you can get 65 people working together, and swinging together, that's a whole other kind of energy."

Can you imagine what kind of energy could be created with a NYSASN membership of all NYS school nurses? Imagine the positive influence we could have. NYSASN reaches out to all school nurses.

We welcome city, rural, suburban, small, large, private, parochial, charter, and public school nurses. We come from different areas and settings. Some may choose to see this diversity as an obstacle, dividing rather than unifying. I see this diversity as a stepping-stone. Each school nurse has strengths and these strengths can be utilized by our organization to create a well thought out plan of action for change and advocacy. We are fortunate to have BOD members that enhance our goals with their special talents, talents given voluntarily. We need every school nurse in NYS to share their talents and voice with us.

My goal during my presidency is to take on the challenge of membership. I see it as a stepping-stone to a stronger and more recognized professional organization. There is power in numbers. With more numbers, we have a stronger voice for children, school nurses, and for health and safety in general.

I thank all of you for the opportunity to serve NYSASN and steer the bus for a while. I promise to put my best efforts forth. To continue the growth past leaders and members have initiated. I will not work alone as I have every member alongside me. I am not walking ahead, but I am walking with each of you as we grow and advance with each challenge we face.

As Jane D. Hull, politician and former governor of Arizona stated, "We're helping those children who cannot help themselves and giving a push to those who can. We've done it by working together for a common purpose. I see no reason to stop now." Furthermore, as our past president, O. Jeanne Dolly stated, "when we work together, we shine." I look forward to working with all NYSASN members in building our membership and voice. We can shine, we can achieve, and we can advocate successfully for the safety of students in NYS.



Connie Griffin

---

## 2013 School Nurse of the Year Constance Griffin BS, RN, AE-C

---

O. Jeanne Dolly, MS, FNP-C, SNT, NCSN

This spring NYSASN announced Constance Griffin as the winner of the 2013 School Nurse of the Year Award at the School Nurse Conference in Orlando Florida along with 30 other Nurses from across the nation. As Past President, I have the great honor of recognizing Connie as the NYSASN Board of Directors choice for this prestigious award.

Constance Griffin exemplifies the characteristics we look for in a great leader. She has pursued higher education while serving on both the NYSASN Board of Directors and the National School Nurse Association Board of Directors for four years preceding her election as President-Elect for NYSASN last year. She has just been inducted

to the position of President of NYSASN and continues to astonish us with her wit, her drive, and ability to grow.

The School Nurse of the Year award is given to just one nurse in the great state of New York each year. This individual is nominated by the Board of Directors of NYSASN to receive this national recognition. This nurse needs to possess the skills, drive, and talent to excel as a leader amongst school nurses. Connie displays a dedication to advancing the profession of all school nurses and improving the NYSASN Board of Directors. It gives me great pleasure to recognize Connie Griffin as 2013 School Nurse of the Year.

---

# Past-President's Message

---

*O. Jeanne Dolly, MS, FNP-C, SNT, NCSN*

---

My presidency has been very productive and fruitful. NYSASN has worked hard to bring some new tools to its members. We have designed several algorithms for easy reference by the school nurse. We plan to continue to develop these resources for succinct guides to evidence based practice that we hope you will find useful. Log in to the members only section on our website at [www.nysasn.org](http://www.nysasn.org) to find the first algorithms developed for your use.



*O. Jeanne Dolly*

The NYSASN Board of Directors is working diligently to educate and enlighten our legislative body on the risks and safety issues involved with the proposed diabetes legislation. This legislation would allow unlicensed volunteers to give insulin in our schools. These lay people would be trained by you, the school nurse, according to this proposal. We are named in this proposal but have never been consulted by any representatives from the House or Senate related to this bill. NYSASN is upset and

---

**This legislation would allow  
unlicensed volunteers to give insulin  
in our schools.**

---

very concerned about the potential consequences of enacting this legislation. We have walked the halls of the capitol with a memorandum of opposition to this law. We have talked with leaders in State Education, Statewide School Health Services, and Department of Health to express our concerns. Our hope is to have a grassroots effort to educate the legislative leaders in each zone throughout NYS. The key goal is to communicate our concerns regarding the safe management of the student with diabetes should this proposal pass.

The reality is that we, as nurses, help train not only the students, but the parents and grandparents as well, when managing this disease. Diabetes can be very scary and dangerous for these young children and their parents or guardians, especially in the early years. We often work as a team with great success. We, as school nurses, are extremely vested in their care. We develop that long term relationship with the child that becomes meaningful and special to them.

We want to make it clear that the school nurses' role is to help prepare the students to be autonomous in their own diabetic care. We want all children to be competent and capable when it comes to managing their diabetes well before reaching adulthood. Students need to be self-sufficient in safe practices not only with the physical process but also by truly understanding the seriousness of the risks of unmanaged diabetes. This is a gradual process which builds on itself. This takes time. The care we provide is often fluid and changes each day.

The amount of insulin given is usually ordered on a sliding scale and calculated with both the carbohydrates eaten and sensitivity

factors individualized for each child. These problems are often challenging for a practiced nurse let alone a lay person who has not learned the whys behind the management. The administration of insulin is very dangerous and can be deadly if an incorrect dosage is given even in the smallest of increments.

As we care for our students we bring more to the table than just our technical skills regarding treatment. We also bring an expertise and knowledge that can only be developed through years of working with diabetic children. When focusing on the safety of our school aged diabetic children, the school nurse will always be the better choice. The training of lay people would not only provide inferior care but a liability to possibly both the district and the nurse who is training the volunteer. School nurses are in place to provide medical care for those students who need it in order to receive the safe education they rightfully deserve. Why would we want to train unlicensed volunteers to administer this intricate medical care? We don't support this. We believe each school needs a school nurse to provide comprehensive care to students with many different medical conditions not just a single disease model of care.

These are the issues all of us need to be thinking about and talking about with our local legislative leaders and local school leaders. We need the members of the governing bodies to understand both the intricacies and risks involved in the care of the diabetic.

We need your help in accomplishing this goal, by getting involved and learning what you can do to help bring these issues to your area. Join with your local zone representatives and find out when and where they will be meeting so you can let your voice be heard.

I have thoroughly enjoyed serving you as President this past year and look forward to my role as Past-President ahead.

---

## President-Elect's Message

---

*Janice McPhee, MSN, RN, NCSN*

---

In upholding the mission of NYSASN, "to advance the practice of school nursing and to enhance the educational success of students by promoting quality health services" we strive to offer opportunities that will assist each of us in developing our school nursing practice.

Like other nursing specialties, membership in our professional organization is recognized as a standard of school nursing practice, and is characteristic of an exemplary school nurse. Remind your peers that becoming a member and adding support to our professional organization leads to a unified voice that is speaking for school nurses on the state and federal level. A stronger voice is more likely to be heard! This is a crucial time in NYS for school nurses to speak with a united voice to advocate for the children in our care.



*Janice McPhee*



# School Nurse Orientation — Save the Date!

August 11 – 14, 2014



Janice McPhee presenting at SNO 2013.

Join us for the 26th Annual School Nurse Orientation at the Welch Allyn Conference Center in Skaneateles, New York. Orientation will be held August 11 -14, 2014. The presenters are current school nurses joined by speakers from the NYS Education Department. More information regarding the center and Welch Allyn can be found at (<http://thelodge.welchallyn.com/>).

The orientation covers a wide range of topics. Common health office visits are described emphasizing best practice responses to the most frequent complaints. This will include interviewing, con-



Diane Lightfoote models some of the promotions merchandise at SNO 2013.

ducting physical assessments, and appropriate care. In addition, NYS laws and guidelines are reviewed. Sessions also include: medication administration, child protection, concussion management, emergency preparedness, and much more.

Please share this information with new school nurses in your district. Preference is given to school nurses with less than 3 years of experience. Go to [www.nysasn.org](http://www.nysasn.org) for more information or call Janice McPhee, MSN, RN, NCSN at 518-885-7435.

**Take advantage of your  
NEW YORK EXCLUSIVE  
from School Nurse Supply!**



**Purchase ANY Nickie Special Needs Manikin  
and receive a FREE Pulse Oximeter!  
(A \$54.50 Value)**

#57602	Caucasian Girl.....	\$569.00 ea
#57601	Caucasian Boy.....	\$569.00 ea
#57603	African American Girl.....	\$569.00 ea
#57604	African American Boy.....	\$569.00 ea
#57605	Hispanic Girl.....	\$569.00 ea
#57606	Hispanic Boy.....	\$569.00 ea



**Please reference promo code  
NYPULSE at time of order to  
redeem this special offer.  
Offer Expires on 12-31-13**

**P: 800-485-2737    [www.schoolnursesupplyinc.com](http://www.schoolnursesupplyinc.com)    F: 800-485-2738**



# Fall Conference

*Lois Haque, BS, RN, NCSN and Mary Fitzpatrick, BSN, RN*

This year's Fall Conference was held at the Holiday Inn in Plainview, Long Island. Zones 1 and 3 were the co-hosts. The conference opened on the evening of Oct. 18th with a banquet and the installation of officers. Congratulations to all those installed! We are looking forward to a wonderful, successful year under their guidance. Statewide School Health Services gave an enriched presentation and we all learned important facts regarding requirements the school nurse needs to fulfill. They tossed popcorn filled gloves to attendees that answered questions correctly.

The conference continued Saturday morning, Oct. 19th, with our keynote speaker Suzey Delger, MSN, FNP. She presented on HEENT and abdominal assessment. Suzey captured her audience with her wit and helpful facts. Having many years' experience as a school nurse, the stories Suzey shared made learning fun and realistic.

Unfortunately, Congresswoman Carolyn McCarthy was not able to speak to us. However, a representative from her office came and accepted a citation from NYSASN for her support of school nurses. Congresswoman McCarthy has been a strong voice for school nurses for many years.

We were honored to have Nassau County Clerk Maureen O'Connell discuss the importance of nurses' involvement in poli-



*The 2013-14 EBOD: President-Elect Janice McPhee, MSN, RN, NCSN, Past-President O. Jeanne Dolly, MS, FNP, SNT, NCSN, President Connie Griffin, BS, RN, AE-C, Secretary Diane Lightfoote, BA, RN, NCSN, and Treasurer Jackie O'Donnell, RN (left to right).*

tics. Her topic was extremely timely with the legislation pending in Albany (S: 4473) that would allow non-licensed personnel to administer insulin to school children. Maureen spoke passionately about nurses' involvement and our scope of practice. She fired us up for the tough fight ahead.

Mary Dino, LCSW spoke about PTSD and offered different ways to view students' behavior. She addressed compassion, fatigue, and burnout. We all shared ideas for taking time to care for ourselves.

EISN award winners were announced and the winners received a certificate and pin during our annual membership meeting. This prestigious award indicates these women exhibit Excellence in School Nursing and should be considered a role model for all. The board was introduced and their reports were shared.

Overall, the conference was successful and presented education, fun, and networking opportunities. Also, there were plenty of freebies from vendors and donors and raffle prizes.

Thank you to all that supported the conference.



*O. Jeanne Dolly, MS, FNP, SNT, NCSN inducts Connie Griffin, BS, RN, AE-C, into office as the new NYSASN President!*



*Nassau Nurses with Nassau County Clerk, Maureen O'Connell at the 2013 NYSASN Annual Fall Conference.*



# 2013 Excellence in School Nursing Award Winners

*By Gail Hall, RN*

Plainview, NY was the site of the NYSASN Fall Conference and the acknowledgment of several of the 2013 Excellence in School Nursing Award winners.

Zone 2's winner is Joan Verardo, BSN, from Centerport, NY. She works at Harbor Fields School District and was awarded for her dedication to school nursing and in providing exemplary care to her students. Diane Kay, RN, from PS 132 in New York City, Zone 3's EISN winner, was given the award as she is an exemplary nurse who has inspired many zone members to become more active in NYSASN. Mary Beth Guyett, RN, from Zone 4, works at Thomas Jefferson School in Yorktown Heights, NY. Mary Beth was nominated by her colleagues for her exemplary knowledge and expertise. She inspires everyone around her with her dedication and caring.

Zone 7 proudly awarded Sherry Roy, RN, from Schoharie Elementary School in Schoharie, NY, with this prestigious award. She was awarded for her expertise in school nursing and for providing excellent care to her students. Zone 8's EISN winner for 2013 is Maryalice Smith, MLIS, RN, SNT, NCSN, from Saranac Lake Central School in Saranac Lake, NY. She was nominated by her colleagues for providing exemplary care to her students and her dedication to school nursing. Her kindness and warmth radiates to everyone around her. She has held many roles on the NYSASN board in the past few years and is also active in her zone. Theresa Leeson, BSN, RN is the Zone 9 winner from Indian River School in Theresa, NY. She was nominated for displaying professionalism by continuing her education and completing her Bachelor of Science Degree of Nursing. She keeps her clinical nursing skills up to date by working on weekends and during the summer for the Public Health Department.

Nancy Penfield, RN, the Zone 10 winner from Weedsport Central School in Weedsport, NY, was nominated and awarded the 2013 EISN award. Her dedication to her zone is apparent as she faithfully attends every meeting. In the school setting, she takes her responsibilities seriously and is attentive to accuracy and completeness in

all that she does. Zone 11's winner is Deborah Dvorsky, RN, from Binghamton City School District. She has promoted positive student academic outcomes for her entire 20 years as a School Nurse-Teacher. Most recently, when her school was lost to the flood in September 2011 her efforts to restore normality were extraordinary. Her valiant (and largely unpaid) efforts to restore all records, health histories and immunization records were successful. Families not only lost belongings that were in school, but many lost their homes as well. Debbie served as moral support and as a resource and guiding light to many families. Debbie has served as Zone 11's secretary for several years and is very active in all of the zone activities, including helping to plan NYSASN conferences.

Zone 12's Flora McEntee, MS, SNT, BSN, RN, from Monroe 1 BOCES, Rochester City School District, was nominated for her vast amount of knowledge and expertise in nursing. For the past 9 years she set up the Lens Crafter program for free vision care and service. Flora is NYSASN's Education Chairperson and adjunct faculty member at Keuka College, educating nursing students. She is always accessible to problem solve numerous issues and is a strong advocate for the students and staff under her care and supervision. Deborah Kampff, RN, from Zone 13 is the Annunciation School Nurse in the Iroquois School District in Elma, NY. She was nominated by her colleagues as she is the model of what a school nurse should be. Her intelligence, work ethic, kindness, and calm demeanor have a positive effect on all with whom she works. She is the Zone Representative from Zone 13 and a co-chairperson of NYSASN's 2013 Summer Enrichment Academy. Zone 14's award winner is Joetta Pollack, BSN, RN, from Pine Valley Central School District in South Dayton, NY. She was nominated for her exemplary nursing skills and expertise. She is NYSASN's Membership Chairperson and a Co-Chairperson of NYSASN's 2013 Summer Enrichment Academy. She was formerly the Zone 14 Representative and a mentor to all.

Congratulations to all of this year's winners, you make us proud to be school nurses!



2013 EISN Winners honored at the NYSASN Annual Fall Conference: Mary Beth Guyette, Sherry Anne Roy, Deborah Dvorsky, Deborah Kampff (top row left to right). Maryalice Smith, Flora McEntee, Joetta Pollack, Theresa Leeson (bottom row left to right).

# Zone Meetings & News

## 1 Nassau County Association of School Nurses

Zone 1 started off the year with our first meeting on October 1st. Our speaker was Dr. Michele Sanzone-Goodrich, PhD, LCSW. The topic was "Cyberbullying and Self Concepts." It was very informative.

Our next endeavor was the NYSASN Annual Fall Conference here in Plainview. We wish to thank the members for their generosity in donating items for our raffle. Details of the conference are in the article in this issue.

As this school year gets busier, your calendars will fill up rapidly with commitments. Please make time to take care of yourself. Take time to socialize and to network with you colleagues. Join us for our informative and educational meetings for Zone 1 school nurses. The schedule is as follows: January 8th, 2014, March 19th, and the school nurse day dinner on May 7th, 2014. All meetings are held at the North Bellmore Library, North Bellmore at 4:15 PM.

Our speaker for January 8th is Warren Zelman, MD, FACS, FAAP. Dr. Zelman is a Pediatric and Adult Otolaryngologist as well as a Head and Neck surgeon. We will have a Q & A informal meeting with him. The topic is, "All You Want to Know, But Have Not Had the Chance to Ask About Ear, Nose, and Throat Issues in Children and Young Adults." We will also form the Nominating Committee during this meeting. Please consider joining a wonderful, nurturing group of nurses as an officer. I am looking to mentor a replacement for myself as the Zone 1 Representative.

Please keep updated by checking the NYSASN website@ [www.nysasn.org](http://www.nysasn.org), to learn about NYSASN's endeavors in fighting legislation that was introduced in Albany on April 3rd, 2013. This bill S.4453 (Marcellino) allows NON-LICENSED personnel to administer INSULIN to diabetic students. Please encourage your colleagues to become state members. Now more than ever, we need to increase our membership and give support to fighting this cause.

I wish to thank all that have helped in planning, preparing and working, both local school nurses and the board, to make the conference the success that it was. Last, but not least, my thanks to Mary Fitzpatrick, Zone 3 Representative, who was always there through all of the ups and downs.

Contact: Lois Haque, RN, BS, NCSN  
Zone Representative  
[zone1@nysasn.org](mailto:zone1@nysasn.org)  
516-484-0192



## 2 Suffolk County Association of School Nurses

We are looking forward to an exciting and enriching school year. Our new officers this year will be Stephanie Bland as Past-President, Noreen Maynes as President, and Joan Verardo as President-Elect. Sandy Poshka will continue as treasurer and Noreen Killeen will be the new secretary. Our meetings are held at the BOCES Sherwood Center in Holbrook from 4:30-6:30 PM. We have an exciting year planned with informative speakers.



*Noreen Maynes,  
Zone 2 Representative  
featured in the Summer  
2013 Communicator.*

We started our year with a wonderful turnout of over 50 school nurses on Wednesday, October 9, 2013. Mary Karnavogel, RN, a NASN trained Epinephrine Resource nurse from Shelter Island School District presented, "Saving Lives @ School: School Nurses Train Staff to Respond to Anaphylactic Emergency Program." The presentation was very informative and led to a wonderful dialogue among the membership.

At the NYSASN Annual Fall Conference, which was held on Oct. 19, 2013 in Plainview, NY, Joan Verardo RN from Harborfields School District was the recipient of the Excellence in School Nursing Award. Congratulations Joan!

Zone 2 future meeting dates are as follows. Wednesday January 15, 2014 when Dr. Wesley Carrion, Pediatric Orthopedist from Stony Brook University Hospital, will speak to us on orthopedic injuries in the school age child. Wednesday, March 26, 2014, the New York Organ Donor Network will speak to us about the importance of organ donation and a new program that they present to schools. Wednesday, May 7, 2014 will be the School Nurse Day Dinner with the location TBA at a later date.

Contact: Noreen Maynes, BSN, RN  
Zone 2 Representative  
[nmaynes@millerplace.k12.ny.us](mailto:nmaynes@millerplace.k12.ny.us)  
[zone2@nysasn.org](mailto:zone2@nysasn.org)

## 3 Metropolitan Association of School Nurses

The Zone 3 Metropolitan nurses had their first meeting of the 2013-14 school year on September 19th, at PS/IS 178 in Jamaica Queens. Marty Citrola, a drug representative from Sanofi Pasteur discussed a new product for treating head lice. He shared with us a PowerPoint, "Going to School on Head Lice," which could be put to good use when instructing school personnel or parents about head lice. He has forwarded the PowerPoint to us for further use. We are not permitted to promote products, but it was interesting to learn about this new product and the PowerPoint was very informative.

Turnout was very poor. One reason could be because the meeting was too early in the school year and another the topic. We planned

*Continued next page*



# Zone Meetings & News **Continued**

to have the meeting early this year because the NYSASN Annual Fall Conference was in October. Next year we will have our first meeting in October and hopefully have a better turnout. Our next meeting is scheduled for November 21st and we are discussing ideas for speakers. Jesse Warren, Program Coordinator is finalizing details for the November 21st meeting, information will be posted on the webpage and I will email members.

Lois has been an outstanding mentor as we worked extremely hard on the NYSASN Annual Fall Conference and are hopeful for its success.

Contact: Mary Fitzpatrick, BSN, RN  
Zone 3 Representative  
[zone3@nysasn.org](mailto:zone3@nysasn.org)

## **4** Westchester / Putnam Association of School Nurses

The start to our school year was action packed but not nearly as eventful as the fall of 2012 when many of us were out of school for a week due to Hurricane Sandy! Several zone members attended and greatly enjoyed the NYSASN Annual Fall Conference in Plainview, Long Island. Congratulations on a job well done to our neighbors in Zones 1 and 3!

The Dine-Around venue at Maria Fareri Children's Hospital at Westchester Medical Center will continue with the first meeting on Tuesday, November 12th. Unfortunately it has become difficult for the medical staff to accommodate large numbers of school nurses so we are working hard to develop other plans. A meeting of the membership will be held on Thursday, November 7th to develop a plan of action regarding proposed legislation to change regulations for administering insulin in schools.

Educational offerings we have planned for the future include a presentation by a Sports Medicine Physician regarding sports injuries of all types and another by a Professor of Pharmacology/ Director of Clinical Pharmacy who is well versed on the types of medications administered to the pediatric and adolescent populations in our communities.

Finally, we are planning a "Wellness Day" for the school nurses in our zone which will feature participation in relaxation, Zumba, Yoga, and other fun activities. Stay tuned!

Contact: Carol Bumbolow, MS, RN  
Zone 4 Representative  
[zone4@nysasn.org](mailto:zone4@nysasn.org)

## **5** Southeastern Association of School Nurses

Hi everyone! I hope you are all settled in for this school year. Zone 5 had their first dinner meeting of the school year on October 30, 2013, at the Hilton Garden Inn in Newburgh, NY. We had over 50 school nurses come and hear our guest speakers, Pat Sarino and Jennifer Ostrow, certified Youth Mental Health Trainers from United 4 Change. Their topic was, "Introduction to Youth Mental Health First Aid." This presentation gave us information about their program for training professionals like us to best assist children with mental health issues. They work with area groups to get the word out to better help everyone understand mental illness and the affect

a poor understanding of mental illness has on children and their families. Oh, yes, I forgot- We also had Goliath as a special guest (such an appropriate name when you meet him). He is Jen's service dog who took time off from his coach to be with us.

Connie Griffin, NYSASN President & Zone President, spoke about the diabetes legislation that is looming in the halls of the legislative body of New York State. The school nurses were given a packet with the proposed law and NYSASN talking points explaining why we do not support this legislation. A template for a letter to be sent to our representatives was also included. Our children's safety is our concern and this legislation compromises that completely. Connie encouraged all school nurses to join NYSASN so that we would have a stronger voice as the experts in school health within NYS.

The meeting was well received and everyone had a great time networking with fellow colleagues and winning the beautiful raffle baskets donated by the Zone 5 Board of Directors. We are looking ahead to planning the NYSASN Summer Enrichment Program that we are hosting with Zone 4, Thursday, July 17, 2013 here at the Hilton Garden Inn in Newburgh, New York. More details will follow so please keep that date open. You will not be disappointed!

In closing- everyone have a safe and healthy school year and we will see you in July in Newburgh real soon.

Contact: Joanne Bardin, RN  
Zone 5 Representative  
[jbardin@poughkeepsieschools.org](mailto:jbardin@poughkeepsieschools.org)  
845-451-4810

## **6** Northeastern Association of School Nurses

**Zone representative needed.**

Interested?

Contact: Gail Hall at [zone11@nysasn.org](mailto:zone11@nysasn.org)

## **7** Capital Association of School Nurses

Zone 7 Educational programming for the 2013-14 school year includes the following presentations. On Thursday, October 3, 2013, the topic was, "Lyme Disease," with Dr. Kari Bovenzi, local pediatrician, presenting. Next, on Wednesday, November 20, 2013, the topic will be, "vonWillebrand's Disease," presented by Maria Peart, RN of the Hemophilia and von Willebrand's Treatment Center of Albany Medical Center.

Zone 7's Saturday, March 29, 2014 program is from 8 AM- 1PM and there will be two presentations. Presentations will include, "Common Hand and Upper Extremity Injuries," with M.Mulligan, MD and "Anxiety disorders and Self-Injurious Behaviors in Children," by Jeffrey Daley, MD. Continuing Education Contact Hours will be offered for this event.

Educational programs are held at the Bone & Joint Center Auditorium, 1367 Washington Ave, Albany NY. Programs are free of charge and all are welcome! An optional pre-program light dinner is available

*Continued next page*

# Zone Meetings & News **Continued**

by reservation. For more information, contact Joanne Reynolds, Zone 7 Representative. Finally, don't forget to SAVE THE DATE! Wednesday, May 7, 2014, is the Annual School Nurse Day Dinner. Details to follow in early 2014!

Congratulations to Sherry Roy of Schoharie Central School District who is Zone 7's recipient of the NYSASN Excellence in School Nursing award for 2013. Sherry joins award recipients from other zones across the state in being honored at NYSASN's Annual Fall Conference, October 18-19, 2013 in Plainview, Long Island.

Contact: Joanne Reynolds, MSN, RN  
[Zone7@nysasn.org](mailto:Zone7@nysasn.org)  
518-386-4312

## **8** Northern Association of School Nurses

I have recently become our Zone 8 Representative and attended my first Board of Directors meeting before the 2013 Annual Fall Conference in Plainview, Long Island. It's an understatement to say that I am overwhelmed by the commitment, dedication and motivation of our current Board. I hope I can live up to that standard in representing our zone.

Our first meeting of the school year is planned for December and our second meeting is still in the planning stages but will hopefully be held on May 7, 2014, School Nurses Day. Please check out the Zone 8 website on [www.nysasn.org](http://www.nysasn.org) for the most current information. You can also contact me at the email addresses below if you should have any questions.



*Beth Besaw, RN, Zone 8 Representative*

Contact: Beth Besaw, RN  
Zone 8 Representative  
[bbesaw@saranac.org](mailto:bbesaw@saranac.org)  
[zone8@nysasn.org](mailto:zone8@nysasn.org)

## **9** North Central Association of School Nurses

Zone 9 nurses gathered together for a dinner meeting at the Savory Downtown, in Watertown, NY to celebrate the start of the new school year on Wednesday, October 2, 2013. There were fourteen in attendance. Our speaker for the evening was Catherine Moore from Cornell Cooperative Extension Office of Jefferson County. Catherine is a Registered Dietician with a Masters in Exercise Science. She has been the Program Leader for the Nutrition Program but will be transitioning into the Agriculture Program and continuing her role as the Parenting Education and Fort Drum Family Program Leader. Our topic for the evening was, "The Community Coalition." She explained what it is, who is involved in the coalition, and told us about their functions. She talked about our role as school nurses and gave us a unique perspective on how communication can impact the wellbeing of our students. As school nurses, we face the challenge of the epidemic of obesity and resulting co-morbidities. We learned

about some valuable resources available in the area that we may be able to access to help our students and their families.

Zone 9 was well represented at the Fall Conference in Plainview, Long Island. Theresa Leeson was the Zone 9 recipient of the Excellence in School Nursing Award and was present to receive her award. O. Jeanne Dolly was honored for the successful completion of her term as President of NYSASN.

Five of our Zone 9 nurses, Mary Boucher, Rita Saidel, Debbi Morrel, Lynne Rigabar, and Lou Ann Gleason, attended the School Nurse Diabetes Teaching Day 2013 that was held at the Joslin Diabetes Center in Syracuse NY on Saturday, October 26. Dr. Roberto Izuerido was the host for this event that was designed to help school nurses have a better understanding of the special needs of students with diabetes. Some of the topics were Carb Counting, Review of School Orders, and Pump Therapy with a time set aside for some hands on learning. There was also a time for questions. I was given an opportunity to speak to the school nurses that were present about the legislation that is pending on diabetes and encouraged them to visit the NYSASN website to learn more and become involved in their professional organization.

Our next Zone 9 Meeting will be held on February 2014. Watch for more details coming soon @ [www.nysasn.org](http://www.nysasn.org).

Contact: Lou Ann Gleason, BSN, RN  
NYSASN Zone 9 Representative  
[zone9@nysasn.org](mailto:zone9@nysasn.org)

## **10** Central Association of School Nurses

Hi, I am Diane Belton the Zone 10 Representative to NYSASN. Zone 10 is made up of Cayuga, Herkimer, Madison, Oneida, Onondaga and Oswego Counties. Our Zone President is Fran Greenman, [fgreenman@fmschools.org](mailto:fgreenman@fmschools.org), Vice President is Anne Werksman, [awerksma@nscsd.org](mailto:awerksma@nscsd.org), Treasurer is Roseann Gardinier, [rgardinier@canastotacsd.org](mailto:rgardinier@canastotacsd.org), and Secretary is Pamela Marmon, [pmarmon@oswegoboces.org](mailto:pmarmon@oswegoboces.org). Our first meeting of the year was on November 3rd.

We had a light dinner meeting at Ophelia's Place from 4-6:30. Ophelia's Place is the umbrella organization that encompasses Café 407 (the profit) and the Upstate Eating Disorder Services Program (treatment component) on Tulip Street in Liverpool, NY. The meetings focus was on, "Eating Disorders: Disordered Eating and Body Dissatisfaction Affecting Individuals and Families." There were about 40 in attendance with 4 speakers on a panel.

Mary Ellen Claussen had the vision for Ophelia's Place when she had 2 daughters who had an eating disorder. Founder and director for many years, she is still involved with Ophelia's Place. This is a not for profit service. The café, which is a quaint coffee house, is open to the public and helps provide funding for the services provided. There is a group meeting room, several therapy rooms for psychotherapy, art therapy, dialectical behavioral therapy, skill-focused groups, yoga, supervised eating, and goal setting. The Intensive Outpatient Program is designed for individuals in transition to a higher level of care. They meet 3 evenings a week from 4:30-7:30.

They provide metabolic testing and body composition analysis to evaluate the nutritional status of each individual. Carolyn Hodges

*Continued next page*



# Zone Meetings & News **Continued**

Chaffee, MS, RD, explained the testing overview which was fascinating. She showed how in a "fat state" the body burns fat, and in an "underfed state" the body burns lean tissue. The body composition component is done at the Elmira location, not at Café 407. Therapist Lorna Boyer Chase, marriage and family therapist from Manlius, explained the vicious circle of trigger, emotional response, addictive thinking, addictive behavior, remorse and vow to change, and how she works to break this cycle.

Another panelist was Linda Dubansky, a school nurse and member of Zone10, who arranged this program. She also had 2 daughters who suffered from anorexia. The oldest didn't show severe signs till in her 20's but, in retrospect, there were subtle clues along the way. Linda stressed the point that even though you "know" about anorexia and mentally don't want to have it, you can still lose control. Her daughter was a college graduate with a good job in Boston when she began losing weight. In about 9 months she fell to 76 pounds. She knew she needed to eat and wanted to but could not mentally make the food get to her mouth. When her younger daughter started exhibiting symptoms Linda was right on it however, her road to recovery was even longer. She stressed the shame involved in this illness. Linda volunteers at Ophelia's place and is a huge advocate of the work that goes on there.

The officers will meet in December to update email lists and to work on meetings for January and March 2014.

Contact: Diane Belton, RN  
Zone 10 Representative  
[Zone10@nysasn.org](mailto:Zone10@nysasn.org)

## **11** Southern Association of School Nurses

Zone 11 has reduced the number of their meetings to two per year unless another meeting is requested. Because our area is so large, travelling can be difficult for many. Our first meeting of the school year is planned for the fall and the second meeting will be held on May 7, 2014, School Nurses Day. Please check out the Zone 11 website on [www.nysasn.org](http://www.nysasn.org) for the most current information. You can also contact me directly if you should have any questions.

Contact: Gail Hall, RN, President, Zone 11  
[Zone11@nysasn.org](mailto:Zone11@nysasn.org)

## **12** Central Western Association of School Nurses

Congratulations to Flora McEntee, MS, BSN, RN, SNT our Zone 12 EISN recipient. Flora is the Educational Chair for NYSASN and an excellent resource because of her vast amount of knowledge and expertise in the nursing field. We are so honored to know Flora and would like to thank her for all the help and support she has given us over the past year. Congratulations again Flora and to all the other EISN recipients.

Saturday November 2, 2013 was our fall meeting. Our speakers were from NAMI (National Alliance on Mental Illness). The program is delivered by a trained team which includes a facilitator, a parent, an individual with mental illness and an educational professional. Covering issues frequently faced by school professionals, parents and caregivers is the main focus. Our meetings speakers consisted

of a retired teacher, a Registered Nurse, a parent and her daughter. Each one of these speakers shared their personal life experiences with mental illness. It was very interesting and informative. It was held at the Rochester Psychiatric Center Outreach Clinic Auditorium on 1111 Elmwood Ave, building #16. NAMI has agreed to speak for us at the 2014 NYSASN Annual Fall Conference.

The next meeting date and venue will be announced at a future time. Stay tuned to the Zone 12 webpage at [www.nysasn.org](http://www.nysasn.org).

Contact: Donna Ryan, RN and Diane Houseknecht, RN  
Zone 12 Co-Representatives  
[Zone12@nysasn.org](mailto:Zone12@nysasn.org)

## **13** Western Association of School Nurses

Greetings from Zone 13 and the WNYASN, Western New York Association of School Nurses! We have begun the school year with three excellent speakers! September's speaker was Susan Conners, presenting, "Tourette Syndrome." The October meeting's presentation was by Nicole Abruzzino, "Child Protective Services." November's meeting will feature Mary Travers Murphy. She will present, "Family Justice Center."

We will soon determine our community service project for the year and our monthly meetings resume in January 2014! Please check the NYSASN website, Zone 13 page for the speaker schedule for 2014.

Contact: Debbie Kampff, RN  
Zone 13 Representative  
[zone13@nysasn.org](mailto:zone13@nysasn.org)

## **14** Southwestern Association of School Nurses

Zone 14 continues to meet twice a year. This seems to work for the busy nurses of our zone. We have had some changes recently in our zone and will be rescheduling the fall meeting to November 13, 2013. It will be held at the Mustard Seed in South Dayton, NY at 5pm. Officer Jen Alessi will be speaking about, "Prescription / OTC Drug Abuse: How to Assess and Handle."

We continue to communicate through email blasts to disseminate information that pertains to or may be helpful for the nurses in our zone. I send e-blasts out intermittently regarding the importance of belonging to our professional organization to all the school nurses in our zone. In this e-blast, I included the contact information for the local, state, and national school nurses organizations.

I also brought to the attention of the Zone 14 nurses, the insulin issue that is currently of great concern in NYS in this particular e-blast. We will be discussing this topic during the business portion of our meeting. We need to have strong numbers at all three professional association levels, local, state, and national, in order to pull weight with the issues that affect our students. The Zone 14 "welcome letter" was sent out at the end of September welcoming our nurses back to school, encouraging promotion of new members, and offering contact information for any questions or concerns.

Of great significance is our Zone 14 EISN winner. It was an honor and privilege to witness Joetta Pollock, BSN, RN, accept the EISN

*Continued next page*

# Zone Meetings & News Continued

award for Zone 14 at the fall conference in October. Joetta is an exemplary example of school nursing at its best. She is not only kind, caring, and considerate of Pine Valley's students and staff but an expert in her field. She invests in her profession by belonging to her local, state, and national associations as well as serving on NYSASN's Board of Directors as the Membership Chair and as the past Zone 14 Representative. Joetta has been a faculty member at School Nurse Orientation and is a mentor to many. Congratulations to Joetta Pollock and thank you for all that you do to advance the

practice of school nurses.

We are looking forward to a great meeting November 13th!

Contact: Anita Mosher, RN  
Zone 14 Representative  
[amosher@dunkirk.wnyric.org](mailto:amosher@dunkirk.wnyric.org)  
[zone14@nysasn.org](mailto:zone14@nysasn.org)  
716-366-9300 \* 3388

## News from the Zone Coordinator

Gail Hall, RN



Lois Haque

Welcome back to Lois Haque, BS, RN, NCSN from the Board of Directors. Lois is coming back as the Zone 1 Representative. Lois resides in Searingtown, New York with her husband. Lois has two grown children as well as grandchildren. Lois relaxes by reading, traveling, and spending time with her grandchildren. She is a school nurse for the Mineola Union Free School District. Lois has worked as a school nurse for twenty-eight years. Prior to school nursing, Lois initially worked as a staff nurse on a medical surgical floor. She quickly moved into supervision and has supervisory experience in surgery and pediatrics. Lois finds the benefits she receives from school nursing easily out ways the frustrations. Lois feels that, "every smile and hug I receive makes being a school nurse very worthwhile."

## Clinical Pearls: School Nurses need to have "Marfan Eyes"

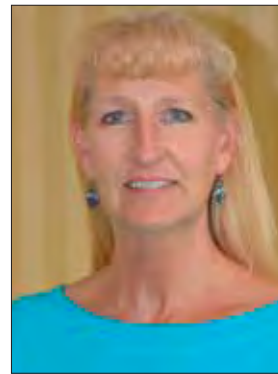
O. Jeanne Dolly, MS, FNP-C, SNT, NCSN

Once you have seen Marfan syndrome a couple of times you start to develop a keen ability to assess for the signs and symptoms of this particular syndrome. Not everyone will have all these symptoms. In fact, most will have a variable expression of the syndrome. The criterion for diagnosis is to have three symptoms. Here is what you look for:

- Disproportionately long arms and legs (wing span longer than height)
- Tall and thin body type
- Long fingers
- Flexible joints ("Double Jointed")
- Scoliosis or Kyphosis
- Pectus Excavatum (chest sinks in) or Pectus Carinatum (chest sticks out)
- Flat feet (Pes Planus) or high arched feet
- Teeth that are too crowded due to high palate
- Mitral Valve Prolapse (Arrhythmia)
- Enlarged or Aortic Aneurysm
- Myopia (near sightedness)
- Dislocated Lenses (Extopic Lentis)
- Retinal Detachment
- Headaches

Marfan syndrome is more common than you would think with

The Board of Directors would like to welcome Donna Ryan, RN as the Zone 12 Representative. Donna lives in Lima, New York. She is married with two grown, married children. In addition to school nursing, she has her own business. Donna has been a nurse for thirty-five years and has a wealth of experience. She started her nursing career in OB & special care nurseries. Donna has worked in pediatric offices as well. She later began subbing in school nursing and loved the experience. She has been a school nurse for twenty-two years. She currently practices in Canandaigua City School District as the high school nurse with a population of 1200 students. Donna has worked as the school nurse as well as in a managerial position. Over the years, Donna has practiced in three different school districts caring for students from Pre-K through twelfth grade.



Donna Ryan

a ratio of 1:3,000 or 1:5,000. Some are identified as being a genetic malformation of the Fibrillin-1 gene while others have no identified genetic predisposition.

In our daily screening of children we have an opportunity to be astute and identify some of the features listed here. The school nurse while screening for vision, scoliosis, BMI, sports physicals along with observing general appearance may see some of these symptoms and should refer a child for further evaluation and diagnostic workup.

I have seen several cases that presented as chest pain or shortness of breath while exercising. With further assessment and by being a good detective, I have heard a murmur then found a child had some flexible joints. "Wallah" two and two may equal Marfan. Don't be afraid to dig deep, stick your neck out, and send a child to get a full exam. It is within your scope of practice to point out the signs and symptoms that you think need some attention. You are in the right position to really pick this up and help save a life.

Reference: National Marfan Foundation, (2007). Marfan Syndrome: Need to Know information for the School Nurse.

Additional resource: [www.marfan.org](http://www.marfan.org)



---

# New York's Proposed Diabetes Legislation: A Call to Action

---

Mary Beirne, LLM, BN, RNCBC, NCSN

---

## **The Issue:**

Earlier this year a bill was introduced to the New York Legislature which, if passed, will have profound effects on the provision of health services in New York's schools and other healthcare settings in New York. The bill proposes to amend the education law in relation to care for pupils with diabetes.

The New York State Association of School Nurses (NYSASN) takes the position that the proposed structural and process changes outlined in A 4987/S4473 which would permit non-licensed school personnel to administer insulin to students with diabetes will pose serious safety risks to New York's students with diabetes, and will set an alarming precedent which will effect patient care in every healthcare setting in New York State.

## **Background:**

Federal laws guarantee health care services, including nursing services, for students with chronic health conditions who qualify under Section 504 of the Rehabilitation Act and the Individuals with Disabilities Education [IDEA] of 2004.

Children with diabetes are entitled to a "Free Appropriate Public Education in the Least Restrictive Setting." However, wide inconsistencies in care have been identified between states and between school districts within the same state, and schools within the same district. In order to provide consistency and to ensure that schools provide the necessary care for students' with diabetes, the ADA has advocated for the introduction of legislation in several key states including New York.

## **Best Practice:**

The gold standard for the provision of health care services to pupils with diabetes in New York's schools is the New York State Department of Health's, "Children with Diabetes: A resource guide for families and schools." The proposed legislation seeks to codify most of this standard into NY Law.

## **NYSASN's Specific Concern with the Proposed Law: Insulin Administration by non-Licensed School Personnel:**

While NYSASN is very supportive of efforts to codify the NYSDOH best practice standard into New York State law, we are very concerned that the proposed law deviates from this best practice standard in a very significant way: it would permit non-licensed school personnel to provide health services and to "administer insulin or other oral diabetes medications to students with diabetes" as part of their duties as trained diabetes care personnel in accordance with the student's diabetes medical management plan.

## **Insulin: Identified as a "High-Alert" Medication:**

Insulin has been designated a 'high-alert' medication by the Institute for Safe Medication Practices (ISMP). High-alert medications are so named because of their potential to result in serious harm to the patient, including death. According to the American Society of Health-System Pharmacists, insulin "is constantly implicated in causing the most preventable patient harm in hospitals through reporting systems maintained by the US Pharmacopeia and Institute for Safe Medication Practices." To guard against the potentially deadly effects of an insulin error, hospitals and other healthcare

institutions have specialized procedures in place to mitigate and respond to errors with high-alert drugs.

## **The Proposed Legislation: A Major Shift in Public Policy:**

It has been argued in the Memo accompanying the proposed legislation that a precedent for the proposed law already exists in New York jurisprudence. Under the New York Social Services law, non-medical caretakers in daycare settings are permitted to provide diabetes care - including the administration of insulin - to children under their custodial care. NYSASN argues that no such precedent exists. There is no law in New York which permits trained, non-medical staff to provide health services including the administration of high alert medications to patients in the healthcare setting.

In New York, school health services exist as a legally authorized clinical microsystem within the broader educational macrosystem. In this care model, the services being provided to students are professional health services, not custodial care as is the case in the daycare setting.

The proposed legislation, if enacted, would represent a major shift in public policy. For the first time, non-licensed personnel would be authorized by law to administer insulin to patients in a legally-recognized healthcare setting. This is an alarming precedent; one which we believe poses a downstream threat to the safety of patients in every healthcare setting in New York State.

## **The Establishment of School Health Services as a Clinical Microsystem:**

The professional health services provided to students in New York are provided under a well-defined regulatory framework, and are authorized by and explicitly defined under Article 19 of the Education Law § 901 et seq.

While the term 'clinical microsystem' was unknown in the 1930's when the laws authorizing the provision of health care services in the schools were enacted, this legislation effectively established school health services as a clinical services microsystem within the surrounding educational macrosystem.

Why this Law was Required: Understanding New York's Corporate Practice of the Professions Doctrine

In the 1930's it was a matter of established public policy under New York's Corporate Practice of the Professions doctrine that non-professionals were prohibited from employing professionals.

The rationale underpinning this doctrine is that such a relationship between a non-professional employer and a professional employee could undermine the professional-patient relationship, and thus impede the licensed professional's exercise of independent professional judgment in the sole interest of the patient. In addition, as corporate entities are not licensed, they are therefore not subject to the same professional standards or regulatory control as licensed professionals.

Therefore, in order for licensed professionals to provide professional services in the schools, enabling legislation was required to exempt school health services from New York's corporate practice of the professions bar. It has been the intention of the New York legislature from the start that licensed professionals employed in school health settings will be free of non-professional control

*Continued next page*

---

## New York's Proposed Diabetes Legislation: A Call to Action

---

*Continued from previous page*

through the various provisions of New York Education Law, Article 19, § 901 et. seq.

By providing clear definitions of the various health services to be provided as well as definitions of the various titles to be used, the New York Legislature sought to ensure that licensed professionals would be free to provide clinical health services in the school setting without a layperson's control over professional decision-making.

### **The Erosion of Nursing Control over Professional Nursing Practice in the School Setting:**

New York Education Law, Article 19, §901 et seq., was updated in the late 1990's. The current definitions were added at that time. However, many school district school administrators continue to hold the now protected title "Director of Health Services". This may seem inconsequential; however, it undermines the intent of the law which is that professional school health services be independent of a layperson's control.

Due to the unrelenting pressures of unfunded mandates and budgetary constraints, a pattern is emerging whereby school districts are taking an increasingly austere approach to the provision of professional school nursing services. Nursing by proxy – that is to say having non-licensed school employees provide nursing services by following a healthcare plan – may seem like an attractive alternative to school districts looking to scale back their budgets. Legislation which normalizes and validates this practice, such as A4987/S4473, will only hasten the erosion of nursing control over nursing practice in New York's schools.

The combination of the complex legal, economic, organizational and systemic factors outlined above ultimately has the effect of constraining the professional school nurse's capacity to practice autonomously and ability to advocate for a safe and appropriate level of professional nursing services in the school setting.

### **Downstream Effects of the Proposed Legislation:**

According to Peter Senge, an influential systems thinker at MIT, "today's problems come from yesterday's solutions." (ASHP Foundation, 2012) What is seen as a fix for one problem may in fact initiate unforeseen and unintended problems downstream. Recent events in other states have demonstrated that legislation which seeks to train non-licensed school employees to provide nursing services by following a healthcare plan can have very negative downstream effects on students with chronic medical conditions in the school setting.

For example, over the past few years, students in schools without school nurses have died as a result of a failure to rescue. Mercedes Mears, aged 10, died in a Washington State school, Ammaria Johnson, aged 7, died in a Virginia school, and Laporshia Massey, aged 12, died this past September in Pennsylvania. In healthcare, the term 'failure to rescue' is used to describe a death from a treatable complication of an underlying health condition. A failure to rescue is a measure of how effectively providers respond to adverse occurrences that occur on their watch.

While an emergency healthcare plan can provide in great detail the steps a registered professional nurse would take in a medical emergency, it cannot transfer to a layperson a nurse's assessment skills and professional judgment. It also cannot replace nursing surveillance, a nursing intervention that has been identified as an important strategy in identifying and preventing adverse events.

We know all too well from the tragic deaths of Mercedes, Ammaria and Laporshia that there are times when nurses cannot be replaced

by a plan, however good that plan is. There was a plan in place in Mercedes' school; however the plan was not implemented in the panic that ensued as her condition rapidly worsened. We do not know whether Laporshia had a plan in place, or how she communicated her distress to school officials. What we do know is that there was no school nurse in school that day to assess Laporshia and act on that assessment.

If the New York Legislature is prepared to relax the rules on insulin administration by trained non-family school employees, NYSASN holds that the school setting is arguably the last place they should do this, because should an error occur, the school is less prepared than other health care settings to respond and rectify the error in a timely manner. Indeed, in the absence of a school nurse, unlicensed school personnel may not even recognize that an error has occurred resulting in a failure to rescue tragedy.

### **Concluding Comments:**

The New York State Association of School Nurses recommends the highest standards for school health care services and believes that student safety must be the top priority in all legislation which affects the provision of school health services to New York State's students. Practice changes can only be driven by safety considerations, not as a pragmatic response to a real or perceived shortage of school nurses or funding for school nurse positions.

In keeping with current best practice in professional nursing, NYSASN believes that it is incumbent upon New York's school nurses to demonstrate annual competency in their clinical practice area. In order to provide consistent care to student with diabetes across all schools in New York, NYSASN recommends that school nurses be required to complete an annual mandatory competency in diabetes care. This competency would be based on the best practice guidelines developed by the New York State Department of Health's, "Children with Diabetes: A resource guide for families and schools," and presented by the Statewide School Health Services Center.

---

## New Legislative Chair

---

*Anita Mosher, AAS, RN*

---

It is a pleasure to welcome to the Board of Directors as the Legislative Chair, Mary Beirne, LLM, BN, RNCBC, NCSN. Mary has recently completed her Master's in Law Degree with a concentration in Healthcare Law and Ethics. Mary has worked as a Registered Professional School Nurse for almost sixteen years. Mary comes to the board with a wealth of nursing experience. Her experiences as a nurse include labor and delivery, emergency, critical care and intensive care. Mary lives in Armonk, New York with her husband. Mary has two adult daughters, one works in Germany and the other is going to college. She is the school nurse of three hundred and fifty students at a school in White Plains New York and has the privilege of caring for all levels of students throughout her day.



*Mary Beirne*





## New York Statewide School Health Services Center

[www.schoolhealthservicesny.com](http://www.schoolhealthservicesny.com)

160 Wallace Way, Rochester, New York 14624

Phone: (585) 617-2380 Fax: (585) 247-7667

The New York Statewide School Health Services Center (NYSSHSC), housed at Monroe 2-Orleans BOCES in Spencerport, NY, is a contracted office of the NYS Education Department. 2013 is the third year of our five year contract which runs January to December, but we embrace each new school year as a new beginning in providing resources and support to NYS school health professionals. Since the website continues to be a significant resource for school nurses throughout NYS, we have spent the summer months creating, reviewing, updating and organizing website resources. Center staff also spent a significant amount of time on creating a resource page for the newly released Health Examinations Guidelines. Formerly known as the Health Appraisal Guidelines, they provide guidance for developing and implementing effective policies and procedures for health appraisal/certificates. In addition, the new sample health examination form included in the guidelines is available in word format so that it may be customized for your district's needs. This FAQ page has been reorganized with questions related to the new guidelines. It can be found under, "FAQ – Health Examination," on the NYSSHSC website.

Concussion training, using a NYSED approved course, continues to be required every two years for school nurses, certified athletic trainer, physical education teachers, and coaches. Concussion in Sports-V2.0, from the National Federation of State High School Associations, has been added to the approved list of training courses for coaches. This can be found on page 24 of the NYSED Concussion Management Guidelines, updated in August, 2013.

Another new change is that registered dental hygienists may now complete the dental health certificate. It no longer needs to be completed specifically by a dentist.

In late August, the NYSDOH released the Children with Diabetes: A Resource Guide for Families of Children with Diabetes. It is a comprehensive, up-to-date resource which has practical tools and great information for school personnel. It is available for download from the NYSDOH website and can also be found on the NYSSHSC website, the A-Z Index, under "D" for Diabetes. A limited number of copies may also be ordered from the NYSDOH.

NYSSHSC, again, had the privilege of presenting at the NYSASN School Nurse Orientation, which is held each year in August. The vast amount of information shared by the NYSASN leadership during this week-long event is truly remarkable and nurses new to the practice of school nursing continue to find attendance invaluable. We value the collaboration which allows us to participate at this conference.

To maintain our own professional growth, Gail and I attended the NASN National School Nurse Conference in June and I attended the NYSASN Enrichment Academy in July. We will be sharing what we learned by creating and adding new resources to the website and incorporating content into the Update Seminars for next year.

In 2013, we completed administration of the Youth Risk Behavior Survey on behalf of the CDC and NYSED. We have been informed that the Center has obtained the response rate required for weighted data for this administration. A large part of our success in obtaining this data is due to the support school nurses gave to this effort. We are grateful to those who gave their time in assisting us with this important data collection tool which provides a snapshot of risk behaviors impacting NYS youth.

This fall, we are preparing for administration of the 2014 School Health Profiles Survey (SHP). This survey is completed every other year. We are planning to use Survey Monkey for the survey and are busy learning all about Survey Monkey!

The NYSSHSC listserv called HIP (Health Information Portal) is the primary source of information updates from NYSED with a current membership of 5,522 members. Whenever there is new guidance provided to us from the NYS Education Department or school nursing information which can improve practice, we share that information via our listserv notes. If you missed a note, it is always viewable via the website link, "In Case You Missed It" on our home page. If you or your colleagues have not yet joined, we encourage you to do so to ensure that you have the most up to date information and guidance. Dr. Cindy Devore, Statewide School Health Services Medical Director Consultant provides guidance to school medical directors and has provided oversight for content on the school medical director web page located on the NYSSHSC website. This summer we added protocols for Anaphylaxis Management, How to Write Non-Patient Specific Orders to Obtain Epinephrine for School Districts, Sample Non Patient Specific Standing Orders and Standing Order for the Administration of Non-Patient Specific Antihistamine for Life Threatening Anaphylaxis. Currently we have 82 Medical Directors signed up but would love to have EVERY Medical Director! Please encourage your district's school medical director to subscribe to the listserv if they have not already done so.

Contact us with your questions, ideas or concerns!

Phone: 585.617-2380

[www.schoolhealthservicesny.com](http://www.schoolhealthservicesny.com)

Linda Khalil MEd., BSN, RN, Director,  
New York Statewide School Health Services Center  
[lkhalil@monroe2boces.org](mailto:lkhalil@monroe2boces.org) 585.617.2381

Gail Wold, BSN, RN, Coordinator,  
New York Statewide School Health Service Center  
[gwold@monroe2boces.org](mailto:gwold@monroe2boces.org) 585.617.2380

Deb Karpowich, Health Service Support Specialist  
[dkarpowi@monroe2boces.org](mailto:dkarpowi@monroe2boces.org) 585.617.2384



*Connie Griffin, O. Jeanne Dolly, and Diane Lightfoote show off their popcorn hand prizes at the 2013 NYSASN Annual Fall Conference made by those crafty Statewide School Health Services ladies, Gail Wold and Linda Khalil.*

---

# The Judith Harrigan Award

---

*By O. Jeanne Dolly, MS, FNP, SNT, NCSN*

The Judith Harrigan Award is one of the highest honors that the New York State Association of School Nurses (NYSASN) awards. This award is given to a school nurse that serves above and beyond the call of duty for all school nurses in New York State. The nurse has to have volunteered on the NYSASN Board of Directors and served with distinction. The award is given to a practicing school nurse in recognition of exemplary service to NYSASN and the children of New York State. The recipient must demonstrate strong leadership skills, commitment, and dedication to achieving the goals of the organization, as evidenced by: years of service, positions held on the BOD, and other responsibilities or contributions to NYSASN.

Karen Cofino has served on the Board of Directors since 2006 in multiple roles, including most recently a three year term on the Executive Board as President. She has served as Zone Coordinator, Zone Representative, Conference Chair, and most recently Operational Guidelines and Bylaws Chair. Karen has brought to NYSASN a commitment to improving our organization and continues to dedicate her time and energy to this goal. We want to thank

Karen Cofino for her strong loyalty to School Nurses across New York State through her work on the NYSASN board.



*O. Jeanne Dolly presents Karen Cofino, BSN, RN, NCSN with the Judith Harrigan Award.*

---

## NYSASN Summer Enrichment Academy

---

*By Joetta Pollock, BSN, RN*

The 2013 NYSASN Summer Enrichment Academy was hosted and organized by Debbie Kampff, BSN, RN Zone 13 and Joetta Pollock, BSN, RN Zone 14. The conference was held at the Byblos Niagara Resort and Spa in beautiful Grand Island, NY. The theme for this year's summer enrichment was, "Nursing the Brain".

The speakers at the conference presented various topics including, "Recovery from Traumatic Brain Injury," presented by Matthew Faulkner and "Social, Emotional and Behavioral Health Screening/ Adolescent Suicide Prevention," presented by Margaret Root. Both topics were of great interest and well received by the attendees.

In addition, "Anxiety Disorders in Children and Adolescents," was presented by Dr. Kristine Augustyniak. This was a great presentation with pertinent information for any school setting. Susan Connors presented, "Understanding Tourette Syndrome." Miss Connors is a warm and interactive speaker with a wealth of knowledge on this particular topic. The featured speaker was Dr. Adam Kampff presenting, "Children on Drugs: How Do Common Behavior Medications Affect the (Young) Brain? The Neuroscience Perspective." The speakers presented relevant topics which affect each school nurse on a daily basis in school nursing practice.

---

## Winners of Charlotte Grace Memorial Scholarships

---

*Connie Griffin, BS, RN, AE-C*

The Charlotte Grace Memorial Scholarship is available to NYSASN members who are furthering their nursing education. Up to two, one thousand dollar (\$1,000.00) scholarships are awarded yearly at the NYSASN Annual Fall Conference. Eligibility for the scholarship includes employment as a school nurse for at least three years (including current year), membership in NYSASN for the current and preceding two years (3 years total), and either 30 credits com-

pleted towards a Bachelor degree or 15 credits towards a Masters or Advanced degree.

This year's winners of the Charlotte Grace Memorial Scholarship are Joanne Bardin, BS, RN, from Zone 5 and Lou Ann Gleason, BSN, RN, from Zone 9. Both recipients are completing their Master's Degree in Nursing.

Congratulations Joanne and Lou Ann. You make NYSASN proud!

