

Spotlight on



Bassett Medical Center in Cooperstown was awarded the 2011 Magnet Hospital Prize based on its model of school-based health centers (SBHC). The concept of the SBHC is attributed to Jane V. Hamilton, an experienced school nurse working in Delhi, NY (American Nurses Credentialing Center [ANCC], 2011). This concept highlights the successful collaboration of school nursing with community health care providers, an integral component of the future of comprehensive health care in this country.

Zone 7 nurses are active in promoting the mission of NYSASN by providing quality educational

Zone 7 includes the area around the Capital District. The eight counties of Albany, Columbia, Delaware, Green, Otsego, Rensselaer, Schenectady, and Schoharie make up this diverse zone. It includes the Hudson Valley, Schoharie Valley, Catskills, and foothills of the Adirondack Mountains as well as the urban areas of the Capital Region (Albany, Schenectady, and Troy). Seventy-six school districts are represented in Zone 7, which range from a one room school (North Greenbush Common School District) to a district with 8600 students in 15 schools (Albany City School District).

The most populated county is Albany County, with nearly 300,000 residents. Albany has an 11.8% poverty rate (NYSDOH, 2011). Delaware County has the fewest residents. Of the eight counties in Zone 7, rural Otsego County, the home of the National Baseball Hall of Fame in Cooperstown, has the highest poverty rate, 16.4%.



NYSASN Fall Conference Chairperson, Betsy Williams, RN, welcomes all to the conference held in Saratoga Springs. Betsy also was awarded the Excellence in School Nursing Award for Zone 7.

opportunities for nurses in their region and across the state. Regional offerings are held regularly during the school year in the Albany area, occasionally branching out to take advantage of onsite programs in other locations, such as HopeClub of the Capital Region, formerly Gilda's Club and the Lion's Eye Institute. Focusing on school nursing practice issues, presenters are culled from the local medical/health community and have included physicians, advance practice nurses, educators, social workers, as well as school nursing colleagues. Zone 7 has also successfully planned and hosted many of NYSASN's annual conferences, including, most recently, the fall 2012 Conference in Saratoga Springs.

Zone 7 is an active area with nearly 50 NYSASN members, as of November 2012. New members are welcomed and encouraged to join NYSASN and strengthen the voice of school nurses in the Capital Region.

References:

- American Nurses Credentialing Center (2011, October 4). Retrieved from <http://www.nursecredentialing.org/Magnet/MagnetNews/2011-MagnetPrizePressRelease.pdf>
- NYSDOH. (October 2011). County Health Indicator Profiles (2005 - 2009). Retrieved from <http://www.health.ny.gov/statistics/chip/>



Keynote Speaker, Gloria Boseman, PhD., RN (left) and Zone 7 President, Holly Hebb are all smiles after a fabulous presentation at the Fall Conference! Gloria energized us by sharing her passion on "Culture Counts: Clinically Competent = Culturally Competent." Our attendees also applauded Holly for picking Gloria "up and out" of Super Storm Sandy in New Jersey! Thank You both for your efforts in heading north and adding greatly to the success of our conference!



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.



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THE COMMUNICATOR
is published three times a year
by the

New York State Association of School Nurses.
website: 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
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Are you interested in adding
something to our newsletter?
Contact the Editor before May 1, 2013
with your ideas for the
Spring 2013 issue.

Editor's Note

Maryalice Smith, MLIS, RN, SNT, NCSN

A staff member recently asked if I was going to organize any staff wellness opportunities this year. Staff health initiatives are something I usually organize after the holidays and frankly, I really had not planned anything...but the question got me thinking about it. In all my years of school nursing, this year has been the most stressful for staff. Teachers and administrators have to cope with APPR requirements, demands on all staff are greater because staff who retired last year were not replaced, and probably biggest of all is the budget gap that needs to be closed for next school year. Many of us are looking around wondering who will not be working with us next year. I know these conditions are not limited to schools, but effect many places of employment in our towns. As the health care professional in our buildings, we are in a unique position to promote wellness amongst staff; to provide information on strategies for prevention of injury or illness; to contribute as best we can to a culture of wellness amidst this time of stress.

To meet the challenge of the teachers' request, I organized a 10 week plan for those who chose to participate. The first 5 weeks was related to weight loss. This ended with a staff wellness luncheon where staff members brought a healthy food item to share. I provided many resources for them to get ideas as many were used to bringing high calorie foods to luncheons. This luncheon ended up being one of the best we have had. We had more participate than ever before and the varieties of foods were fantastic! A number of people said it was the first time they had tried a certain recipe and they were excited to hear what people thought of their creation! Our current challenge is exercise based. The goal here is to move more each week for the next 5 weeks. Our physical ed teacher volunteered to offer a fitness class once a week, plus individuals set their own goals for this challenge. This will bring us right to our spring break and we can kick our heels together as we go out the door. ☺ Ahhhh...

So now I challenge you, in these tough economic times, to continue to be the advocate for health in your building. We may not be able to solve many of the issues that surround us, but we can be a positive force for those who look to us for strength.

Be Well~



Maryalice Smith

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Clinical Pearls

by O. Jeanne Dolly, BS, RN, SNT, NCSN

Celiac Disease Facts

Celiac Disease is often under-diagnosed. The frequency in the US population is 1 in 3000 persons.

The mean age of diagnosis is 8.4 years.

What is Celiac Disease?

Chronic inflammatory disease of digestive tract
Interferes with digestion and absorption of nutrients
Gluten sensitivity
Gluten is a protein found in Wheat, Barley & Rye
Atypical subtle symptoms or asymptomatic
Untreated, it leads to destruction of intestinal villi and malabsorption syndrome

What are signs and symptoms of this disease?

Diarrhea
Foul odorous stools
Steatorrhea (stools are bulky, fatty, floating, gray)
Flatulence
Abdominal bloating or cramps
Weight loss
Fatigue & weakness
Anemia
Bleeding tendencies
Osteopenia & Osteoporosis
Seizure disorders
Stunted growth
Skin rashes
Hormonal disorders
Mucosal lesions

Treatment

Gluten Free Diet

Reference:

Goebel, S., & Katz, J., (2013) Celiac Sprue. Medscape Retrieved; January 27, 2013.

President's Message

O. Jeanne Dolly BS, RN, SNT, NCSN

Since taking office, I have confronted several tragic events that have changed New York forever. First, Hurricane Sandy devastated so much of our coastal areas. As this unfolded we watched in horror, our neighbors, families, and friends dealing with their losses. The only glimmer of hope came when our neighbors, the Massachusetts School Nurse Organization sent me an e-mail stating they had raised funds to help with our relief efforts and wanted to send NY, NJ and CT, \$400 each to distribute to school nurses hit by this storm. We were humbled by their generosity and happy to distribute these funds. We selected four school nurses from the hardest hit areas to disperse these funds as they saw fit. If we look hard enough after a tragic event, we can find compassion. We thank Massachusetts School Nurse Organization for their wonderful gift to the New York school nurses in need.



O. Jeanne Dolly

NYSASN sent proceeds from a special raffle to the Red Cross in honor of our founding President, Ann Reddington. Ann passed away unexpectedly last summer and we thought that she would have liked these donations sent in her memory to families in need across New York State.

The next event to have an impact on all Americans was the tragedy at Sandy Hook Elementary. This was such a horrific event that I have a difficult time expressing words to describe it. NYSASN and school nurses throughout New York State were saddened and concerned. We know first hand the stresses of our youth and the need for guidance. We have sent words of support, snowflakes, and letters, but we anguish over how to improve the future of our troubled youth. We will be discussing ways to improve services for our children to help support and improve outcomes for their future at our next NYSASN Board of Directors meeting being held this month.

I look forward to the New Year with renewed emphasis on improving our knowledge and being prepared for anything that should come through our doors.

ANAPHYLAXIS PROTOCOL

- Know your medication orders
- Clarify orders when received
- If in contact with a known allergen give Epipen and/or Benadryl at 1st Signs and Symptoms of Anaphylaxis
- Always call an ambulance
- Transport to ER

YOUR REACTION CAN SAVE LIVES!

Reference: CDC, FAAN, AAP, NASN, NYSASN



Did you know...

Regarding Cell Phones — you can text a parent even if their phone has been shut off by the phone company or if they are out of minutes. They will not be able to respond back but they will get your text.



Anaphylaxis Advocacy — What School Nurses Need to Know

Rita Molloy, R. N., NYSASN Public Relations Chair, Past President NYSASN, NYSASN SNO Instructor Anaphylaxis/Asthma, 2012 Food Allergy and Anaphylaxis Network “Making the Difference in the Food Allergy Community” Award Recipient (category of School Nurse).

Recently, the New York Statewide School Health Services Center sent out a memorandum to school nurses and medical directors because it had come to their attention that there may be some who were not aware of an important option that is available for the safety of our students and staff at school. A school medical director may write *non-patient specific* orders for emergency anaphylaxis treatment, particularly epinephrine, to be given by a school nurse (RN). This standing order permits the administration of epinephrine for the treatment of signs of anaphylaxis by the school nurse regardless of any history of allergies. I appreciated this reminder and want to share some new information and resources with you.

As advocates for the health and safety of our students, we need to be aware of the laws and policies that govern our practice. It is essential that we take measures to keep our school communities as safe as possible, and having a standing order for non-patient specific anaphylaxis treatment should be a standard that we all strive for. According to the voluntary NYSSHSC Data Reporting statistics, in the past 12 months, 57% of reported administrations of epinephrine in schools were done under a non-patient specific order, showing the importance of having this life saving treatment available for occurrences of new onset of anaphylaxis at school.

According to the Food Allergy & Anaphylaxis Network (now renamed FARE in a recent merger of FAAN and Food Allergy Initiative):

- As many as 15 million people in the US have a significant food allergy.
- One in every 13 children- or roughly 2 in every classroom will have this potentially life-threatening medical condition.
- Boys appear to develop food allergies more than girls.
- Food allergies may be associated with or trigger other allergic conditions such as atopic dermatitis and eosinophilic gastrointestinal disease.
- The prevalence of peanut allergies has tripled between 1997 and 2008 (FAAN 2012).
- The website www.foodallergy.org will continue to be supported to provide information for the combined resources of FAAN and FAI as FARE.

“FARE is committed to serving all those affected by food allergies through research, education, advocacy and awareness,” said John Lehr, CEO of FARE. “Food allergies are a serious and growing public health issue touching every aspect of our society, and it is critical for all of us – whether food-allergic or not – to know how to properly manage this potentially life-threatening condition.”

FAAN has been a supporter of the NYSASN School Nurse Orientation Program, providing educational materials for the use of school nurses in their health offices for many years.

An exciting new resource has come to my attention that I would like to share with you. A web-based resource, www.anaphylaxis101.com is available to use as an educational tool. This fun and interactive site will help you and your school community to become better

educated to prevent allergic reactions at school, and to respond to allergy emergencies should they occur.

Another valuable resource can be found at www.aanma.org, which is the Allergy & Asthma Network Mothers of Asthmatics website. Last summer, I took the AANMA Anaphylaxis Community Expert (ACE) course and found it clear and concise. To stress the importance of epinephrine availability, ACE training uses “Epi Everywhere! Every Day!” as their mantra. Early administration of epinephrine prevents needless loss of life caused by allergic reactions. Educational materials have been provided to me for trainings of school nurses, parents and school staff after completion of the training program. You can find a wealth of information on issues related to allergy, asthma and anaphylaxis on their website and in the AANMA publications.

Don't forget that a comorbidity of asthma increases the chance for serious allergic reactions to occur. Your Anaphylaxis Emergency Care Plans should reflect a known history of asthma, and any patient specific medication orders should also include medication to treat a respiratory response if ordered by the primary care provider.

Please click **here**: <http://www.aanma.org/publication/aat-subscription/flipping-the-lid-on-food-allergies/> to read the article, “Flipping the Lid on Food Allergies,” from *Allergy & Asthma Today*, Volume 10, Issue 4 ©2013; Allergy & Asthma Network, Mothers of Asthmatics, McLean, VA 22102. All rights reserved.

For additional family-friendly resources and information about joining AANMA, visit: www.aanma.org.

An additional resource to share with you is www.allergyhome.org. Here you will find an abundance of links with information on food allergy and teaching tools to help you provide training to others. The goal of this resource is “Providing practical teaching tools to those who care for children with food allergies. Our mission is to bring food allergy awareness and education to your community.”

On December 15, 2012 I participated as a faculty member on a New York Regional Anaphylaxis Advisory Board at the Grand Hyatt Hotel in NYC. The esteemed faculty was comprised of several allergists, and pediatric, emergency medicine, internal medicine, and family medicine specialists, plus a patient advocate, and myself, as a school nurse representative. Our dialogue was lively and designed to improve outcomes for those living with allergies. The objectives were to identify regional perspectives on the challenges of anaphylaxis, to uncover knowledge and practice gaps in the recognition of patients at risk for anaphylaxis, explore regional anaphylaxis guidelines and initiatives and how they have impacted the community, and to identify strategies and tactics to raise awareness of anaphylaxis among Health Care Providers and the lay public. Our Advisory Board developed key take away action items. One of our goals was to improve anaphylaxis education, and this article is shared with you in an effort to give you current, up to date resources to utilize every day.

Please take some time to review the resources that have been shared with you today!

Past-President's Message

Karen Cofino, BSN, RN, NCSN

Continuing as an integral member of the Executive Committee, one of my chief tasks as the Past-President is to assume the role of Chairperson for the Excellence in School Nursing Award. The Excellence in School Nursing Award is given to a nurse who excels in their specialty practice of school nursing in New York State. This year, I plan to work closely with our Zone Coordinator, Gail Hall, to continue to promote this school nursing award.



Karen Cofino

We ask that in each of our 14 Zones (see map) members submit candidates of their choice via a *Nomination Form*.

The *Nomination Form* is then submitted to the respective Zone Representative. Once candidates' names have been submitted, the Zone forms a committee, along with their Zone Representative from NYSASN, to review the submissions and together they choose the person best qualified for this honorable award. Once the committee has chosen their winner, the Zone Representative completes a form called the *Winning Candidate Submission Form* and forwards it to the Zone Coordinator for NYSASN, Gail Hall. The *Winning Candidate Submission Form* has all the pertinent candidate contact and cre-

dentiaing information needed so that NYSASN can plan ahead to honor the winner in the upcoming months.

Each one of these tasks has a deadline for submission. Therefore, please make sure to pass the word along in your Zones to begin to think about whom you would consider deserving of this prestigious award. As we all know, we work very hard and often for little recognition. Being the recipient of an award because your nursing colleagues have chosen you is truly an acknowledgement of the great work you do.

Deadlines for submission include:

- *Nomination Form* = Send to your Zone Representative by March 15th

You can find a downloadable version of this form on our Website:

<http://nysasn.org/index.php/advocacy/award-for-excellence-in-sn>

You can type directly on this form. When you are finished completing the form, print it out and send it to your Zone Rep.

- Zones to form committees = Immediately after March 15th.
- Committee/Zone Rep. to send Winning Candidate Form to Zone Coordinator = May 1st.

Winners of the award are announced on School Nurse Day, which is May 8th. I am hoping to have 14 very happy winners!



Zone Meetings & News

1 Nassau County Association of School Nurses

Zone Rep Needed For This Area

2 Suffolk County Association of School Nurses

Stephanie Bland is serving as our president this year and is currently planning our next meeting for April 16.

We are planning the NASN HANDS workshop in conjunction with SUNY Stonybrook Children's Hospital for Saturday, April 13, 2013. This workshop will present current information for school nurses who work with students with diabetes. Please look for details and sign up at the NASN website.

Contact: Fran Dellasperanzo, RN
frandella@optonline.net
zone2@nysasn.org

3 Metropolitan Association of School Nurses

Due to the devastation Hurricane Sandy left behind in the metropolitan area our first meeting of the year was delayed until early December. We held an open forum and discussed how it affected our personal and professional lives. I loved learning from the nurses

who volunteered at the shelters and the obstacles they faced. We discussed getting students from other areas where schools were damaged and not able to open. It was an informative meeting as we shared and learned from one another.

Program Coordinator, Jessy Warren has set up a meeting for January 24th at PS/IS 178. Diana Bernier BSN, RN AE-C will discuss understanding pediatric food allergies. We are also planning on having a meeting March/ April and a dinner to celebrate School Nurse Day, May 8th 2013. Information will be posted on the web and emailed to members. I encourage members to nominate a deserving nurse for the Excellence in School Nursing Award and return forms to me no later than March 15.

Plans are under way for the NYSASN Fall Conference to be held in Plainview on October 19, 2013. I am working with Zone 1, and we are in the process of selecting speakers.

We heard from the President-Elect of West Virginia School Nurse Association as they wanted to adopt a family for the holidays that was affected by the hurricane. However when we got back in touch with her they had already adopted a family from New Jersey. It warmed our hearts nonetheless.

Contact: Mary Fitzpatrick, BSN, RN
zone3@nysasn.org
718-479-7534

continued next page

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Zone Meetings & News **Continued**

4 Westchester / Putnam Association of School Nurses

Westchester / Putnam began the school year with enthusiastic participation in two events.

On October 2nd the Lower Hudson Emergency Nurses Association invited the school nurses in our Zone to a presentation on "Anaphylaxis and Asthma from the Schoolyard to the ER". This informative offering was given by Dr. Daniel Mooney, ER Attending at Westchester Medical Center. Over 50 school nurses attended this program in White Plains and evaluations were overwhelmingly positive.

On October 16th the Dine-Around Conference was hosted by the Director of Community Pediatrics at Maria Ferari Children's Hospital and attended by 60 school nurses and 3 Pediatric Specialists from Westchester Medical Center. Our first zone meeting of the year was held immediately prior to the dinner with a focus on Zone and NYSASN membership recruitment. We also extended our gratitude to Karen Cofino, zone member, who has just completed her tenure as President of NYSASN and begins her Past-President activities.

In November we expanded our board to include Terri Richards as Zone Membership Chairperson/ Treasurer, Caithleen Zikorus as Recording Secretary and Educational Outreach Coordinator, Carol Bumbolow as Zone 4 Representative to NYSASN and Corresponding Secretary, and Susan Adams as Zone President.

Originally, we had scheduled a meeting for January 15th to feature Pediatrician and School Health Physician, Dr. Louis Corsaro, presenting on Concussion and Head Injury Management. This date coincided with a seminar provided by JDRF and many of our members wanted to also attend this valuable program about Diabetes. We have rescheduled our meeting and program for January 29th. Meanwhile, our Education Outreach Coordinator, Caithleen Zikorus MS, RN, FNP, has devised a survey monkey which we distributed to school nurses in our zone to elicit such essential information as the existence of policies, procedures, management teams, standardized tools, administrative and athletic department support.

Contact: Carol Bumbolow, RN
cbumbolow@lakelandschools.org
914-739-4262

5 Southeastern Association of School Nurses

I hope everyone is surviving the flu and is healthy! We are looking forward to seeing you all real soon.

Zone 5 had the first dinner meeting of the school year on November 7, 2012 during our first seasonal snow ice storm. Who would have thought that we would see snow so early?? Even in those conditions, 21 members attended the meeting in snowsuits and boots! Heather Scism, the Outreach Manager of the JDRF organization and Dr. Jill Brodsky, the pediatric endocrinologist from the Mid-Hudson Medical Group presented valuable information of how to support and manage our students who have diabetes.

At present, the plans for the next meeting are "in process!" Look

for the flyer in your email with more details of our next meeting date. Again, wash those hands and cover those coughs and we will see you before long!

Contact: Joanne Bardin, BS, RN
jbardin@poughkeepsieschools.org
zone5@nysasn.org
845-451-4810

6 Northeastern Association of School Nurses

Contact: Donna J. Briner, RN
zone6@nysasn.org
518-654-2960 X115

7 Capital Association of School Nurses, Continued

Despite the challenges created by Super Storm Sandy in early November, the 2012 Annual Fall Conference, hosted by Zone 7, was very successful and received positive evaluations from participants. 115 nurses were registered for the conference and although a handful of nurses were not able to attend due to the weather-related problems, most did. Many of the participants, as well as presenters, from the storm affected areas capitalized on the opportunity to enjoy the comforts of electricity, heat and hot water — elements missing in the storm affected areas. Many thanks go out to all who contributed to the success of this conference.

Zone 7's spring educational offering will be held on March 20, 2013 at the Bone and Joint Center in Albany. Lyn Sutton, RD, CDE will present on the on the nutritional needs of the school-aged child. The program is free of charge and open to all. For more information contact me via the information below.

Rounding out the year's events will be the annual School Nurse Day Dinner on Wednesday, May 8, 2013. All school nurses from the Capital Region... and beyond... are invited to celebrate with colleagues in honor of our specialty practice of School Nursing. Event details will be available later in the spring on the NYSASN website ("About Us" tab, click on Zone Representatives, Zone 7 Happenings). Invitations will be mailed to members.

Contact: Joanne Reynolds, RN
zone7@nysasn.org
518-386-4312

8 Northern Association of School Nurses

Zone Rep Needed For This Area

9 North Central Association of School Nurses

Contact: Lou Ann Gleason, BSN, RN

Zone Meetings & News **Continued**

10 Central Association of School Nurses

I am Diane Belton the Zone 10 Representative; a liaison between Zone 10 and NYSASN.

Our President is Fran Greenman, email fgreenman@fmschools.org

Treasurer is Roseann Gardinier, email rgardinier@canastotacsd.org

Vice President and Interm Secretary is Anne Werksman, email awerksman@nscd.org

Future meetings of Zone 10 are:

- Saturday January 26th at Natur-Tyme from 9:30 am - 1:00 pm. Cost is \$10.00 for members and \$15.00 for non-members. A light breakfast will be served. The speakers are: Dr. Eric Croucher who will present Chiropractic and Holistic Medicine relative to children and adolescents. Also, Dr. Ran Anbar will discuss using Hypnosis with children. You should have received an email with an RSVP to attend. Please contact me if you are not receiving our correspondence.
- Zone 10 has a meeting planned for March 9th at Golissano Childrens Hospital. Dr. Blatt a pediatrician at the hospital will present on whatever topics we choose. If you are interested in a specific topic please contact me ASAP. Please check the website (www.nysasn.org) for more information on this as we get closer to the date.
- We are very excited to be hosting the Pediatric Emergency Workshop for School Nurses at the Doubletree Hotel in East Syracuse on March 23rd. The registration form is posted under Educational Offerings on the NYSASN website.
- On May 8th we will meet to honor ourselves at the annual School Nurse Dinner. We hope to have a motivational speaker at this meeting.

NYSASN continues to work hard for the school nurses of NYS by providing educational opportunities, promoting legislation to have a School Nurse in every building, and is a source of current information and guidance to school nurses. I feel so fortunate to be able to participate in such an esteemed organization.

I urge you to please consider joining NYSASN so we can continue providing valuable conferences and workshops and have our voices heard at the legislative level.

Contact: Diane Belton, RN
dbelton@caz.cnyric.org
zone10@nysasn.org
315-655-1332

11 Southern Association of School Nurse

Zone 11 will meet in at the Waverly High School on March 13, 2013. We are having a low cost, easy to travel to, informative meeting that will provide excellent information to help our uninsured families. Joseph Bassage from Fidelis Care will speak about meeting the needs

of students/families without health insurance as well as updating us on the recent changes in Medicaid.

Menu: Pizza, Salad, Dessert, Beverages for \$10.

Please RSVP to Gail Hall no later than March 11th to: Gailhall124@aol.com

This information is posted on the nysasn.org website. (Look under the "About Us" section at the top of the page, click on "Zone Representatives" then click on Zone 11.)

Our School Nurse Day Celebration will be held on May 8th, School Nurses Day, at the Owego Treadway in Owego, NY. You will find more details posted on the web site in April.

If any school nurses in Zone 11 have not been receiving emails from me, please let me know. All of the Zone Representatives are continuing to update their distribution lists in order for you to have the most up to date information regarding zone and NYSASN activities.

Contact: Gail Hall, RN
Gailhall124@aol.com
zone11@nysasn.org
607-589-7128

12 Central Western Association of School Nurses

Contact: Diane Houseknecht
zone12@nysasn.org

13 Western Association of School Nurses

Greetings from the WNYASN (Western New York Assoc. of School Nurses)! Our next meeting is March 18th. After our business meeting we will be watching the new documentary just released about the homeless youth in Buffalo followed by a speaker from Plymouth Crossroads where "Abused and homeless young men 16 - 20 find a safe place to call home in Lancaster, New York." At this meeting, our membership will also be bringing in donations for these young men.

Our meeting location has changed! Meetings will be held at:

Cheektowaga Central Schools
3600 Union Road
Cheektowaga, New York 14225

Our schedule for the remainder of the school year:

April 15th will be our last meeting
May 20th will be our annual banquet

We continue our 50/50 which helps us with our annual scholarship for a graduating high school senior entering a Bachelors program in Nursing. The recipient will be recognized at our May Banquet.

Contact: Debbie Kampff, BSN, RN
zone13@nysasn.org
716-681-1327

Zone Meetings & News **Continued**

14 Southwestern Association of School Nurses

Zone 14 meets twice a year. This seems to work for the busy nurses in our zone. We have been communicating through email blasts to disseminate information that pertains to or may be helpful for the nurses in our zone. I have sent e-blasts regarding free epipens through the "Epipens 4 Schools Program." In addition, I have forwarded information regarding several free meetings and conferences on concussion. I also 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 include the contact information for the local, state, and national school nurses organizations.

Our spring 2013 meeting will be held in mid- April. This will be a late afternoon or early evening meeting to accommodate working hours. A speaker that is being considered will speak about head injuries and concussion. More details to follow. Please check the NYSASN website for more details at: <http://nysasn.org> . Rosann Morales and Stephanie Buccola from Falconer School District will keep us updated.

Contact: Anita Mosher, RN
amosher@dunkirk.wnyric.org
zone14@nysasn.org
716-366-9300 x- 338

News from the Zone Coordinator

Gail Hall, RN

NYSASN is pleased to introduce you to two new Zone Representatives; Joanne Reynolds from Zone 7 and Diane Houseknecht from Zone 12.

Joanne Reynolds is a former president of NYSASN. She has been a nurse for 35 years, a graduate of Samaritan Hospital School of Nursing and currently pursuing a Master's of Science degree in Nursing. She has been married to her husband, Rick for those same 35 years and they have 4 grown children. She is the proud grandmother to Mason, 3 years old, and Leo, 2 months old. She is in her 29th year as a school nurse at Glen-Worden Elementary School in the Scotia-Glanville Central School District. What she likes most about school nursing is that it affords her the opportunity to truly practice the art and science of nursing in the care of students, families and staff. You can reach Joanne at: zone7@nysasn.org



Joanne Reynolds

Diane Houseknecht is the new Zone 12 Representative. She has worked in the Letchworth Central School in Gainseville, NY for the past 15 years. She is married, lives in Castile, NY and has 3 children and 2 grandsons. What she really loves about school nursing is the relationships she has with the students and their families. You can reach Diane at zone12@nysasn.org.

All of the NYSASN Zone Rep-representatives have been diligently working on compiling an email distribution list for their zone. It is a very tedious process, but one that will allow us to easily contact and communicate with school nurses in our zones. If you would like to contact your Zone Representative directly, please go to www.nysasn.org and "click" on "About Us" on the top of the page, then click on "zone representatives". It will take you to the page which lists the names and email addresses of the zone representatives. If you do not know what zone you are in, the counties are listed for each zone. Don't be afraid to contact your Zone Rep! They represent YOU on the board and always welcome input and feedback from our colleagues.

If you work or live within Zone 1 we are looking for someone to represent them on the NYSASN Board of Directors. It is a wonderful opportunity to work in a leadership position along with other leaders



Diane Houseknecht

of your professional organization! If you are interested in finding out more about becoming a zone representative, please email me at zonecoordinator@nysasn.org.

I would not be doing my job if I did not take the time to remind you of the importance of maintaining your NYSASN membership. Membership in your professional organization is considered to be a standard of excellence and shows that you strive for best practice standards for your students and school community. I have always seen the value of being a member of my professional organization in helping me advance my career and gain knowledge to do my job more efficiently and effectively.

If you have already joined NYSASN – Thank you! If your membership is up for renewal, I invite you to renew it and also ask other school nurse colleagues to join. Where else can you affiliate yourself with fellow school nursing professionals who have common goals to advance our profession and protect the rights of nurses as a whole!

I wish you all the best in our new year!



Fall conference attendees enjoying a networking break after visiting our vendors.



NEW YORK STATEWIDE SCHOOL HEALTH SERVICES CENTER

Making the Difference. Every Student. Every Day.

Report to NYSASN BOD – December 2012

Linda and Gail attended the November NYSASN Conference in Saratoga and presented information related to NYSED Guidelines, NYSSHSC website resources and new guidance pertaining to school health. We value our collaborative relationship with NYSASN, and look forward to future opportunities to support the organization. In addition to presenting information, we also were able to promote our own professional growth by attending the other presentations offered. We commend the education committee and the entire organization for obtaining speakers who are not only knowledgeable in content, but are able to relate that content to the specific issues that school nurses see in their practice daily. We were so impressed with the speaker on mental health services for youth, that we attended a follow up conference in Albany in November, where he presented additional information on Bipolar disorder in children.

We will be providing on-site training across NYS through our School Health Services Update Seminars. Our goal is to collaboratively address the needs of all NYS nurses. Our 2013 sites include: March 26—Rochester, April 9—Lake Placid, April 10—Latham, April 23—Riverhead, April 24—Melville. We have completed 6 webinar presentations, and they along with associated resources are available on our website on the Professional Learning tab at www.schoolhealthservicesny.com.

We continue to add resources to our website to improve access and enhance our ability to keep school health professionals current with NYSED and NYSDOH information. Some of the resources recently added include: Hurricane Sandy Resource Page with emergency preparedness and mental health resources, Group A Hemolytic Strep Letter for parents, Service Animals in Schools Resources, Technology in School Health & Social Media Page, School Based Health Centers Page, an updated Mental Health and Counseling Resources, and our newly released webinar on Diabetes in School.

The listserv called HIP (Health Information Portal) remains the primary source of information updates from NYSED. Current membership is 5,417 members. Please encourage your colleagues to join the listserv.

Dr. Cindy Devore, Statewide School Health Services Medical Director Consultant provides guidance to School Medical Directors' questions received via our website contact page, and provides oversight for the School Medical Directors webpage. Recent additions to this page include information on Hand Sanitizers in School. School Medical Directors may access the page using a password, which they can obtain by registering for our listserv via the HIP. Please encourage your district's school medical director to subscribe to the listserv if they have not already done so.

NYSSHSC Data Collection Activities on behalf of NYSED and the CDC

Data collection is number 13 of the Standards of Professional Nursing Practice: "The school nurse integrates research findings into practice". Each year the Center conducts surveys on behalf of NYSED for the CDC on student health behaviors which affect student safety, health and school success. The results of this data collection are then shared on the Data Collection page of the NYSSHSC website. The value of collecting data is in identifying areas of need to provide additional programs, resources, or policy and procedure changes which can help education or support students in the areas of health and safety. It is important that school health professionals all work

together to share this information with administrators and the general education staff so they can see the linkages between health and learning. We have provided of a brief description of the two surveys so you may be knowledgeable regarding their value and usefulness.

2013 Youth Risk Behavior Survey (YRBS)

NYSSHSC will begin conducting the CDC 2013 YRBS Survey in January. Information for schools conducting the YRBS in 2013 as well as 2011 New York YRBS data and customizable resources for staff, students and parents are now available on our website. The YRBS provides valuable information that staff, parents and students can use to learn about youth risk behaviors in New York and all other states. We have created customizable YRBS New York Fact Sheets with information which can be used by your school. You may view them by [clicking here](#).

2012 School Health Profiles (Profiles)

NYSSHSC was successful in obtaining evidence based data for the 2012 New York State School Health Profiles which will be used in program development to improve health education programming for young people. Nurses clearly understand the linkage between health education and healthy students, and we are grateful for the help many school nurses provided in completing this endeavor!

We remain very impressed with the quality of conferences that NYSASN offers and encourage our listserv members to become an active member of NYSASN!

Please check our website for updated school health information: www.schoolhealthservicesny.com

Call or e-mail us with any questions or concerns:

Linda Khalil	lkhalil@monroe2boces.org	585.617.2381
Gail Wold	gwold@monroe2boces.org	585.617.2380
Debbie Karpowich	dkarpowi@monroe2boces.org	585.617.2384

25th Annual School Nurse Orientation

August 19 - 23, 2013

This is the 25th Annual School Nurse Orientation sponsored by the New York State Association of School Nurses.

Join us at The Lodge, <http://thelodge.welchallyn.com/home/about-the-facility/> the Welch Allyn Conference Center in Skaneateles, New York, August 19 - 23, 2013. A variety of topics, ranging from dealing with students with chronic diseases to the role of the school nurse will be taught by current school nurses with additional speakers from the NYS Education Department.

The faculty of SN Orientation emphasizes best practice responses to the most frequent complaints, including interviewing, conducting a physical assessment, and care. Sessions include: concussion management, medication administration, child protection, legal issues, 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 for more information or contact Janice McPhee BS, RN, NCSN at 518-885-7435.

President-Elect Report

Constance F. Griffin, RN

My NYSASN Membership and its Many Benefits

As I wind down my role as NASN Director and begin my role as NYSASN President-Elect, I want to share with all members what my membership in this professional organization has meant and means to me. My NYSASN membership has and does provide me with...

- School nurse colleagues and friends from all areas of NYS as well as the United States
- Networking resulting in new ideas or changes in practice
- Education and knowledge through conferences, webinars, e-communications and written materials
- Resources and research in school nursing
- Updates on skills, laws, and regulations
- Information and a voice on school nurse, health, and child/family issues that affect my practice
- Encouragement
- Confidence

- A drive to continue my education
- Affiliation with other school and/or health related organizations, companies, and groups

NYSASN has helped shape me into a well-rounded school nurse. My gratitude to this organization is unending as I know I am a better person. I implore each of you to reach out and inform other school nurses about the wonderful inspirational membership benefits of NYSASN and ask them to join, as I will do.

The stronger our membership, the stronger our voice in "Caring for New York's Future!"



Constance F. Griffin

News from NYSASN Webmaster

Cynthia Sharpe, RN

Have you had an opportunity to check out our new website? The NYSASN Board of Directors passed a motion last spring that enabled the webmaster and her committee to move forward with a project to re-design our website. We felt it was time to give it a fresh, new, professional look, while at the same time making it easier to navigate and be more resourceful for our members.

After many months of planning and editing, the new website went live on September 1, 2012, just in time for the start of a new school year. We made our mission statement prominent on the homepage and kept our President's message front and center. I'm sure you noticed the bright colorful pictures of students and School Nurses that highlight our homepage. It was fun picking and choosing just the right combination of pictures to make the homepage look sharp and captivating, while at the same time, complimenting the beautiful royal blue and black colors chosen for the background.

You'll notice several drop down items at the top of the page, such as "About Us", "Advocacy", "Calendar", "Education" and "Membership". Each drop down menu has its' own categories. Under "About Us" you'll find information on NYSASN's officers, committee chairs and zone representatives along with a way to contact them by email. "Advocacy" highlights such things as our scholarships, awards, position statements, legislation, public relations, job postings and health-related links. The "Calendar"

feature is still a work in progress as I learn how to best utilize that feature. Next you'll want to check out the "Education" link that will give you information regarding all of our educational offerings including the Spring Regional, Summer Experience, Fall Conference and our signature event, School Nurse Orientation. We've also included links to webinars for professional development. Lastly, you'll find the "Membership" link that will enable you to either join online or download an application to "snail mail" if you so choose. There's also a "Member's Only" feature that is password protected for our membership, along with instructions on how to log in to the password protected site if you've never been there before.

Besides the colorful, enticing layout of the home page, you'll see more current articles of interest for School Nurses. There is a "Health Tip of the Day" that we hope you enjoy. And, in keeping up with technology and current trends, you have the ability to "like us" on Facebook! If you have a Facebook account, just click on the "like us" button on our home page. You can find us on Facebook at New York State Association of School Nurses. It's that simple!

If you haven't checked us out, please do so at <http://nysasn.org/>. We certainly hope you enjoy the new website and find it user friendly. Comments and suggestions are always welcome and you can reach me by email at webmaster@nysasn.org.



Cynthia Sharpe