

**FLORIDA
ASSOCIATION**



**OF SCHOOL
NURSES**

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FASNating News

FASN strives to improve the health and educational success of students and the school community by developing and providing leadership to advance school nursing practice.



The 15th Annual FASN Conference was a red letter event. From our “Big Red” photo celebrating Go Red for Women’s Heart Health, to our Help for Haiti collection, to outstanding speakers, to the installation of new officers, it was a conference you had to experience. Read the newsletter to get a feel for the conference and the knowledge we received. Then go online to www.FASN.net to read the full articles and the stories from Haiti, complete with photos! This is an issue you don’t want to miss!



Karen Thoennes
FASN President

Message From The President

“Spring: Renewing and Building Connections”

Spring is the season of renewal. Here in Florida the green leaves are budding on the trees as flowers burst forth in blooms. From the tropical flowers and palms in South Florida to the brilliant fuchsia and soft pink azaleas, purple wisteria and dog woods flowering in the Pan Handle, our spirits are lifted with the flowing colors and soft breezes. It is an energizing time to get up and get moving following our successful 2010 Annual Conference: School Nurses Going the Extra Mile! A special thank you goes out to our conference co-chairs Janie Sailors, Connie Blackwell, Marcy Taylor and their committee members.

Last year as president-elect, I questioned who would step up to fill the vacant Regional Representative positions. And some members did! Mary Stump responded to the call for Region 7, as did Paula Alford for Region 5. Then it was Barbara Roufa for Region 2 who was inducted as our treasurer at the 2010 Annual Conference. So, Jill Klein accepted Region 2 from Barbara Roufa, and Margaret Wooley stepped up to lead Region 3. And after marching into Tallahassee with FASN advocating for school nursing, Melissa Petty of St. Johns County said she can lead Region 4. The surge of energy continues on as Beth Wipf of Lee County accepted Region 9 from Donna Ramirez who had carried Regions 8 and 9 for multiple years. Karen Capps continues solidly for Region 1 as does Carolyn Seifert in Orange County for Region 6. Susan Taylor as Region 10 Representative needs a Co- Regional Representative. She will continue as Co-Representative for parochial schools, and we need a Co-Representative for Region 10’s public schools. There are many very capable members in Region 10. This co-chair representative will bring us to 100% regional representation. Who will step up? Please contact Susan, or President-elect Shirley Gordon who chairs the regional representatives.

Now that our membership has stepped up, it is time to take another action step by stepping out! It is time to step out to counties for county liaisons. Follow Edna Soomans of Region 4 who stepped out at the Conference and accepted county liaison position for Marion County. Who is your county liaison? Are you a member of FASN? Then it could be YOU! Contact your regional representative to serve as a liaison between your county’s school nurses and the Region. Step out to build the connections, county to county, region to region. School nurses have a commitment to our students. As student advocates we can promote best practice so that all of Florida’s students have a school nurse to remove all health barriers for students to be available in class and ready to learn.

Remember it was a school nurse, Mary Pappas, our conference’s keynote speaker from St. Francis Academy in New York, who alerted her school administration and took the steps that led to actions which stemmed the outbreak of the new H1N1 flu virus. We are still waiting for all the counties’ numbers to come in to tally the number of H1N1 vaccines that were administered statewide to our students this year. It has been a very busy school year!

As you are winding down this school year with class room presentations, health fairs and field trips, take time to enjoy the beauty of spring with a family outing. Also consider attending our NASN Conference in Chicago, Illinois on June 29, 2010. Feeling lucky? Submit an entry for one of FASN’s four scholarships for our members that will cover registration. I look forward to seeing you there.

Karen Thoennes, RN, BSN, NCSN
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Why School Nurses Need to Keep Fighting to Prevent Tobacco Use by Our Students

Beth Wipf, B.S.N., R.N.

Each day approximately 3,600 young people between the ages of 12 and 17 years try their first cigarette, and almost 90% of adult smokers began at or before the age of 18. While 82% of kids between the ages of 11-19 are thinking about quitting, 75% have tried to

quit and failed, with 70% wishing they had never started. Most kids are unaware of the programs, strategies and resources available to them to help them stop.

We have an opportunity to educate these students on

the dangers they are creating within their own bodies as well as dangers to others around them. Students view school nurses as an authority on health issues. We can use that trust and respect to educate them on why and how to stop using tobacco. We can be the

link between the students and the community resources available to help them stop tobacco use. To learn more about ways to do this and the dangers from first, second and the newly discovered threat: third-hand smoke, go to www.FASN.net.

FLORIDA SHOTS: We Resolve to Help You Maximize Shot-Tracking *Aliera Peterson*

Can you believe it? We've now topped 50 million shot records that have been added to the registry via data upload, a process that exports immunization information from current electronic files and transfers it for import into the Florida SHOTS registry. Florida SHOTS is growing and expanding in reach, services, and capabilities. Over the past year, Florida SHOTS has introduced a blog, H1N1 vaccination ordering, and much more. We would like to share all the ways we are committed to helping you maximize Florida SHOTS' shot-tracking tools. Whether you need in-depth training or some quick tips, we've got a variety of helpful resources to assist you, including 24/7 web-based training and user guides and an online blog and forum for Florida SHOTS users. **As always, all tools, web-based training, and help desk support are free.**

National School Nurse Day

Leslie Adams, B.S.N., R.N., N.C.S.N., Scholarship Chair, FASN

School nursing has evolved by leaps and bounds over the years. One may wonder "What is the role of the school nurse?" "Where do school nurses typically work?" "What is the typical face of the school nurse?" Many may ask, "Why do they do it?"

While the answers may be varied and diverse and may differ from nurse to nurse, school nurses share a common bond which is their shared passion for wellness and the realization that education and health awareness are critical elements in improving the health of not only children, but families and entire communities as well.

School nursing is anything but ordinary – there is no typecast school nurse and the faces of our "clients" vary with each new day. We are teachers, counselors, and social workers. We are committee members, community leaders, and policy makers. We are crafty, creative, and resourceful. We possess a dichotomous nature - nurturers on one hand and tough health advocates on the other.

It's time to start thinking about an outstanding and

deserving school nurse to represent FASN as our next School Nurse of the Year. The purpose of the "School Nurse of the Year" award is to recognize the contributions of school nurses by honoring one school nurse who has demonstrated excellence in school nursing practice and leadership in school health.

The criteria for nominations are based on the National Association of School Nurses standards. Although these standards are high, FASN is confident that Florida has many awesome school nurses already doing outstanding work. Visit our website at www.FASN.net and follow the links to the School Nurse of the Year nomination form.

National School Nurse Day is May 12, 2010. Honor yourself and your fellow school nurses for making such a difference in the lives of our youth. Listen to the Florida Knowledge Network during the week of May 6 -12th (National Nurses Week) as the President of FASN, Karen Thoennes, proclaims National School Nurse Day. Check your local PBS station for times and listings.

Happy School Nurse Day!

Scholarships Available!

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www.FASN.net

SCHOOL HEALTH ADVOCACY DAY

Mary Jackman, M.S.N., R.N., Legislative Chairperson FASN

Our second annual School Nurse Advocacy Day on March 18, 2010 was another informative fun filled day. We started our day at 8 am meeting Dianne Mennitt at the DOE where we produced a video announcement for National School Nurses Day. Karen Thoennes gave a wonderful endorsement of the role of School Nurses in this speech. Be sure to watch us on The Florida Knowledge Network on your PBS station.

From there, our very own Dianne Mennitt, guide extraordinaire, took us

to the Capitol Building where we were able to sit in on open Senate and House of Representatives sessions. We followed this with a lunch at the Capitol cafeteria, taking time to enjoy each other's company and do some networking. Isn't it nice to find time to learn about other FASN members, their jobs, joys and frustrations? After lunch, we viewed the Old Capitol Building and then spent time talking with our individual county legislators.

We ended the day with an interesting

and informative in-service by Florrie Deaner. Florrie described the legislative process. Were you aware that everything starts in committees? She explained the difference between the Select, Standing and Conference Committees. She has a wealth of knowledge of policy and procedures. Her talk was timely, especially with State budget issues regarding schools that impact many of us.

If you did not have time to come this year, please seriously consider coming next year. You will not be disappointed!

Who Will Care For Our Children?

Young Caregivers: They're Just Muddling Through

Melody Alt, B.S.N., R.N.

Do you ever consider that many of your "Frequent Flyers" might be moonlighting as young caregivers? Your students may be caring for an aging family member, an adult, or a child with a chronic illness. These young caregivers are struggling to fit in. Everything is changing: school, friends and family. These students will cancel a sport or social event before they will neglect their family member.

These students are providing complex care that they were never trained to do – "just muddling through." Their immature brains are unable to make such complex decisions. To understand their background, how they came to this role, and how we can help, read the full article, "Who Will Care for Our Children?" at www.FASN.net

Meeting Student Health Needs: Problem-Solving/Response to Intervention

Anne L. Hedges, M.S.N., R.N., N.C.S.N.

School nursing as a specialized practice of nursing with the goal of advancing the wellbeing, academic success and life-long achievement and health of students. Dianne Mennitt, M.S., R.N., N.C.S.N., School Nurse Consultant at the Florida

Department of Education presented an update on Problem Solving/Response to Intervention (PS/RtI) and the school nurse's role. Although now, by law, all schools in Florida are now using the PS/RtI process, we can learn from the

40 schools in the eight counties across Florida who have been participating in PS/RtI for several years through a USF pilot project. For a more detailed look at Dianne Mennitt's presentation, go to our website, www.FASN.net

Much More on FASN.net!

Although we do our best to provide as much useful information as possible with every issue of our newsletter, inevitably, we run out of space for all of the incredible articles our members provide. To fully utilize the FASN newsletter, you will see many articles reference a more fully developed article that is presented, in its entirety, on our

website, www.FASN.net, where we are not restricted by the cost of printed space. In addition, the addendum to the newsletter posted on the website includes some articles that for whatever reason were not able to be included at all in the printed newsletter. This month, please head over to www.FASN.net for the School Health Services Program Report

from the Department of Health, Great Nutrition for Great Teeth, from the Dental Association, and Marcy Taylor's summary of the 2010 State Conference, as well as the full stories about the impact of our donations to the people of Haiti, complete with photos and many more articles summarized here.

NASN Director's Report

Charlotte Barry PhD; RN; NCSN

Highlights of the NASN Board meeting in Washington, DC:

- Revision of NASN Vision statement to include a global commitment to school age children
- Discussion of extending affiliate memberships in countries outside the US; a task force formed to study what those memberships would look like.
- Discussion of supporting a co-developed document focused on caring for children with diabetes at school. A heated discussion followed on the delegation of care of these children. Many states do not allow delegation of health tasks to others.
- Social Networking on the web site: Twitter and others are being developed
- NASN will conduct electronic voting

this year, see the web for details

- Awards for Research, School Nurse Educator, Legislative Actions and others are available, see the NASN website for details.

ADVOCACY ON THE HILL

The unfolding of the latest version of the Ruler "How does your state measure up?"

◇ Florida ranks 45th of 50 in school nurse to student ratios and gives a graphic look at a recognized quality indicator of children's health care in Florida. Find the new Ruler on the front page of www.NASN.org

◇ This new ratio calculation sends out a clarion call for advocacy on behalf of school nurses and children's health.

◇ The ruler was distributed to Florida Senators Nelson and Lemieux and Congresspersons Klein, and Wasserman-Schultz and the legislators were asked to support the **Student to School Nurse Ratio Improvement Act of 2009; The National School Nurse/Coordinated School Health position within the of Leadership of the US Department of Education; Support of HR 3798-The Child Safety Act of 2009 and/or S. 2898-The Child Safety, Care, and Education Continuity Act of 2010-** which would create funding to train school nurses in comprehensive crisis management for schools; and reauthorization of the **Child Nutrition Act** with recommendation revisions of the 1970's nutrition standards recommended by the National Alliance for Nutrition and Activity (NANA).

NARCOLEPSY IN CHILDREN

Eveline Honig, M.D., M.P.H., Executive Director, Narcolepsy Network, Inc.

Narcolepsy is a serious neurological sleep disorder that can begin at any age and will continue throughout life. The onset typically occurs during the teens or early twenties, but it can occur earlier or later in life.

One of the symptoms of

narcolepsy is excessive daytime sleepiness. This can occur as a sleep attack which may be uncontrollable. Sometimes children can "daydream" a lot and are awake, but very drowsy and sleepy. To counteract the sleepiness, young children can be hyperactive and they can have difficulties with attention

span.

Children with this condition may be misdiagnosed with attention deficit disorder, or a drug or alcohol problem or another sleep disorder. Diagnosis is usually made with sleep studies in a sleep laboratory.

If children with narcolepsy are treated properly, these children will have much better chances of succeeding in school. To learn more about the symptoms, diagnostic tests and treatments, as well as where school nurses can receive more information, please go to www.FASN.net.

The Value of Attending the FASN Conference Session: Getting Started with Young Children with Autism Spectrum Disorders

Penny Kehoe, B.S.N., R.N., C.R.R.N., N.C.S.N., C.L.N.C.

Daily, I see and work with students who fall within the wide spectrum of autism. Only 30% of children with autism have a mental deficit. It was interesting to learn that children with autism look at mouths, not eyes. When asked to look at our eyes or faces when we speak their stress increases. The flight/flight response takes over which in turn reduces their ability to focus and learn. It has been said "I cannot listen and look at the same time" Interventions and specific training

allows children to learn to look at eyes, speak and show affection, eat with peers, toilet train, share, dress themselves, clean up after themselves and tolerate things they do not love. Autistic children have difficulty understanding rules and dangers, understanding the perspective of others, making friends, carrying on a two-sided conversation, waiting without something to distract them and tolerating certain sensory input. Effective interventions can be used in both the home and school

setting.

It is important to remember the parents of autism spectrum children are seeking a cure. At present there is no cure and medication will only treat the symptoms. Parents will need to learn of reliable and valid resources and support systems. They will also need someone to trust and advocate for them. To learn more about autism, its diagnosis and treatment and resources to help both the school nurse and the family, go to www.FASN.net

The Dollars and “Sense” of Data Collection

Barbara Roufa, B.S., R.N., N.C.S.N., FASN Treasurer

School Nurses function in a uniquely independent practice, which is sometimes hard to articulate. In her presentation, “The Dollars and Sense of Data Collection,” at the 15th Annual FASN Conference, Kathy Browning, B.S.N., R.N., N.C.S.N. brought home to us the critical importance of reporting school health services — often known as coding. Accurate data collection, followed by

evaluation of outcomes, enables us to “respond vs. react”. Collecting data in a standardized manner, analyzing it, and publishing it both quantifies services provided and contributes to evidence-base practices. Assuring the accuracy of your school health services data is challenging because it is dependent upon all providers reporting. Capturing services from all providers becomes

complicated for several reasons. Perhaps the most prevailing problem is that providers, feeling overwhelmed with the responsibility of being the “health expert” in the educational setting, are tempted to let coding slip by the wayside. To learn more about Mrs. Browning’s presentation and the importance of data collection to support school nurses and their work, go to www.FASN.net

Going the Extra Mile Poster Session

Shirley Gordon, PhD., R.N. N.C.S.N.

For the fourth year, FASN celebrated a successful poster session! The poster presentations provided an opportunity to view posters of current research and best practices, as well as visionary ideas and emerging trends. Conference participants had an opportunity to earn 1 CE for the poster session. Poster

awards were given in the categories of student, individual and/or group presentations for research or best practices. For more information on the poster session, our judges, and who the awards went to, go to www.FASN.net.

Spring Private, Parochial School Nurse

Special Interest Group Update

Ann Birkmire, M.S.N., R.N.

The PPSN Special Interest Group continues to grow. The ultimate outcome of this progress is success for the students in our care. The first quarter of 2010 has seen wonderful progress for Private, Parochial and Charter school nurses in Florida. The keynote speaker for our state conference, Mary Pappas, RN, BSN, is the school nurse at a private school in Fresh Meadows, N.Y. Her down to earth, stirring and, at times, humorous description of how her

quick response to an unknown illness in her school catapulted her into the world news demonstrated how nurses in private school settings play a key role in effecting positive outcomes for the students in their care. At next year’s state conference, I would like to see an opportunity for PPSN’s to meet through a break out session or even designated tables at which they can congregate and network.

For more information on Ann’s luncheon with Mary Pappas, past PPSN events, upcoming events and how you can become a member of this special interest group, see www.FASN.net. Private, parochial and charter school nurses continue to partner with the Florida Association of School Nurses in supporting all school nurses to fulfill their goal of helping students, regardless of their health status, achieve optimal outcomes in school

The Use of Professional Portfolios in Nursing

Mary Beirne, B.Nurs. R.N.-B.C.

School nurse evaluation is a challenge, but we must not neglect our professional and personal growth just because we are not serving in a traditional nursing situation. The reality is that for many school nurses, the school principal is the individual assigned the task of evaluating the school nurse in many

schools, despite their experience, or lack thereof, in the supervision of nursing staff. Many nurses face a large challenge in articulating their professional growth in a way that is meaningful for their non-nurse evaluators. A professional portfolio can serve this need - giving school principals a good grasp of the

professional school nurse role, and an understanding of how effectively their school nurse meets the performance expectations and standards articulated by the school nursing profession. To learn more about developing your own professional portfolio, go to www.FASN.net.

Help For Haiti

Kathleen C. Rose, M.H.A., R.N., N.C.S.N.

“What does love look like? It has hands to help others. It has eyes to see misery and want. It has feet to hasten to the poor and needy. It has ears to hear the sighs and sorrows of men. That is what love looks like.” - St. Augustine of Hippo

When the earthquake hit Haiti, thousands of Floridians and numerous groups began rescue efforts. One group was our own Florida Association of School Nurses. FASN identified three members who not only had contacts in Haiti, but went themselves to help the Haitians. We contacted them with three questions: what supplies were needed, did they have a contact in Haiti and, if supplies were collected, could they get the supplies to Haiti. All three gave an affirmative response, so we sent out the word!

The results were amazing! One nurse left the 2 front seats in her van and the rest of the van was filled to overflowing with donations. Another nurse wanted to know what to do “if I can’t bring all the supplies with me to the meeting.” Another spoke of the support her church has given to Haiti for the last 20 years. In Region 7, Patty Caulfield donated a basket full of nursing supplies, some with hearts on them. Could they do a “Have a Heart for Haiti” raffle and use the money for supplies? Individual nurses brought supplies that filled every available box. School Health, a vendor at our conference, gave boxes of supplies.

Meanwhile, our State NASN Director, Charlotte Barry, had a meeting at NASN with state directors from across the country. She brought with her greetings from Florida and presented our donation from FASN’s General Fund and a donation from each of the regions in the state. Our donations joined others from NASN that went to the American Red Cross.

Before the conference ended, all the supplies were divided into 3 piles to go to each of the FASN members:

Marie Confident, herself Haitian, works with Dr. Vilma Vega, founder of Hearts Afire. She said, “I do appreciate all the help going to Haiti... it will be a very long term process.” For the rest of Marie’s story and pictures, go to www.FASN.net, “More FASNating News,” Marie’s Story.

Sally Heier works with three orphanages in Haiti. She said, “Thank you, thank you, thank you from us and from the orphans... It took two trips but all the great supplies you gave us are in Haiti and distributed. I will never be able to describe the faces of the children as we handed out soap, toothbrushes, toothpaste...” For the rest

of Sally’s story and pictures (including the baby she delivered!), go to www.FASN.net, “More FASNating News,” Sally’s Story.

Finally our third representative, Ruthanna Vincent, went to Haiti with the American Red Cross, but also worked with the Salvation Army. She told us that the water, food and half the



medical and dental supplies were taken in weekly shipments to Leogane, Haiti, a city of 134,000. The UN established that 80-90% of the city was destroyed in the earthquake. The remaining supplies were sent to the Salvation Army in Port au Prince for use in a school and clinic operated by the Salvation Army. For the rest of Ruthanna’s story, go to www.FASN.net, “More FASNating News,” Ruthanna’s Story.

Bell’s Palsy in Children

***A Presentation at the 2010 FASN State Conference by Dr. S. Gordon & Dr. C. Blum
Jan Musick, B.S.N., R.N.***

Bell’s Palsy is an acute, rapidly progressing, idiopathic, unilateral facial paralysis. Bell’s Palsy is caused by an irritation or damage to Cranial Nerve VII. The direct cause is unknown or idiopathic. It can possibly be due to an autoimmune response or infectious disease. The school nurse may be the first to evaluate facial muscle weakness. The student presents with the complaint “my face feels funny”. All students with facial muscle weakness must be referred for further evaluation. Urgent referrals should be

seen by a primary health provider within 2 hours. Emergent referrals are to be seen immediately by a primary health provider, a 911 call if the parent cannot get to the school immediately, or if the parent is readily available to take the student directly to the ER. The presenters are working on a checklist tool to assist in determining if the referral is emergent or urgent. For more complete information about Bell’s Palsy, its diagnosis, treatment and recovery, go to our website: www.FASN.net.

Keynote Session: 2010 FASN State Conference

Corinne Nelson, B.S.N., R.N., N.C.S.N.

On April 23, 2009, Mary Pappas, B.S.N., R.N. went to school like she did the day before, expecting the routine flux of students to come through her clinic. Mary expected the everyday challenges which most school nurses face in the late spring: a few colds, earaches, skin rashes, and “everyday teen student angst!” Little did she know she would be thrust into the midst of a multitude of over 100 pale, feverish and bewildered students before 9:30 a.m.

Students crowded into the small cubicle clinic, the school hallways near the clinic and on the floors in offices, anywhere they could find a place to sit and wait for Mary to assess them. Necessity became the mother of invention. The security guard was called in to take temperatures as Mary, the school nurse, assessed the lined up students. All complained of aches and pains, with or without nausea, coughing, general flu-like symptoms and all had fevers. She made contact with her local health department’s epidemiology department, shared her nursing assessments and asked for guidance.

As the health department started their community surveillance, Mary had to find a way to contact over 100 parents. With only one phone in the clinic, she had students with their own cell phones call their parents as she walked down the line speaking with parents to get the students home. By 9:30 a.m. that Thursday morning, 102 students were sent home - all with the same symptoms! On the second day (Friday,) she sent another 80 students home with the same symptoms. At that point the health department and

school administrators decided to close school Monday and Tuesday of the following week in hopes of breaking the communicable cycle.

This was HUGE, this was Ground ZERO for what we now know as the H1N1 flu. Mary has been on multiple platforms to speak about her experience. She has been featured in an article in the American Journal of Nursing and has been asked to testify at the national level. She has used each experience as a platform to advocate for school nursing.

It was this experience that started the media campaign, Homeland Security’s presentation to the Strategic Planning Flu Summit of 2009, and the CDC’s/Pharmaceutical/and National HHS collaboration for free flu vaccine and the multiple national flu clinics. The media and community voted Mary, “FLU HERO of the Year.”

Mary believes “We are advocates all day, every day!” She states “Every teacher deserves to have a school nurse so they can stay in their classroom to teach. Every student deserves a school nurse so they can stay in their seat, able to learn. Every parent deserves a school nurse so they can go to work knowing their child is safe.” Mary is living proof that school nursing is a vital and integral part of the education community.



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