

# What We Learned at the NASN Conference

Stephanie Blansett RN, Elaine Mauter RN

Lisa Nistler RN and Ricke Thompson RN

The background is a solid orange color with a pattern of various leaf and flower silhouettes in a slightly darker shade of orange. The silhouettes are scattered across the page, with some larger and more prominent than others. The overall aesthetic is warm and autumnal.

Ricke Thompson RN

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# Red, Pink, and Injured Eyes: What School Nurses Need to Know

# Assessment Tips

## Bacterial and viral conjunctivitis

- Both contagious
- Bacterial has purulent drainage
- Viral has enlarged preauricular node

# Assessment Tips

- Allergic conjunctivitis
  - Very itchy
  - Bumps to inner lids
- Crusty, red, brown line along eyelash line
  - Possibly lice (pubic lice)

# Treatment Expectations

- Viral conjunctivitis treated mainly with time
- Nasal lacrimal duct injuries are commonly overlooked
- Ammonia or airbag rupture causes alkali burn which has a poor prognosis

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# Pump it up: Invigorating Health Education Lesson Planning for School Nurses

# Many lesson plans and ideas on internet

- Professional Association
- Teachers Union websites
- <http://classroom.kidshealth.org>
- [www.fightbac.org](http://www.fightbac.org) (hand washing specific)



# Elementary Age Teaching Hints

- Keep fast moving and of short duration
- Age appropriate topics:
  - Hand washing
  - Safety (traffic, fire, bicycling, sun)
  - Basic first aid (prevention)
  - Dental
  - Nutrition

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# Middle/High School Teaching Hints

- To promote learning- summarize at the end of class
- 20-30% should be teacher talking, rest of class is student participation
- Teens relate to dramas-teen pregnancy, eating disorders, STD's
- Have questions before, during and after lesson

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Informatics: More Than  
Just an EHR (Electronic  
Health Record)

# Why Important

- National goal for every individual to have an electronic health record
- Increasing school nurse knowledge about informatics will increase likelihood of school health information being included in health record

# Nursing Informatics Concept

- Collect data
- Analyze information
- Develops nursing knowledge
- Which leads to wisdom

# Competencies

- Free competency training offered at <http://icdlus.org>
- 3 categories:
  - Computer literacy
  - Information literacy
  - Information management literacy

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# Creating and Delivering Dynamic Educational Presentations



# Don't Overwhelm

PowerPoint presentation

- 1 main idea per slide

- 3 words per line

- 6 lines max per slide

# Presenting

- Talk to people
  - look at their eyes
  - it's not about you, relax and focus on them
- Tell a story (scenes)
  - set up the message
  - give content with details
  - close with anchoring information

# Helpful Hints

- To get your groups attention
- Have them move physically before you start
- Make fun of yourself
- Do the unexpected
- Begin and end strong

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Stephanie Blansett RN



# An Introduction to Motivational Interviewing

Presented by

Sheila K. Stevens, MSW

Education Program Coordinator

Mayo clinic Nicotine Dependence Center

# Purpose of Motivational Interviewing

- To promote a partnership between the nurse and the student
- To help the nurse identify the student's readiness for change
- To develop techniques to respond to resistance.

# The Spirit of Motivational Interviewing

- Collaboration not confrontation
- Evocation not Education/advice
- Acceptance not authority

As School Nurses we should carefully elicit values, assumptions, fears, expectations and hopes from the student.



# Cultural Competency in School Nursing

Presented by

Erin D. Maughan, PhD, MS, RN, APHN-BC  
Beth M. Barrows, RN, MS



# Working with an Interpreter

- Do **not** use children as interpreters
- Gender is important
- Ensure the interpreter is speaking the same dialect
- Explain your expectations to the interpreter
- Remember you are talking to the family or student (**not** to the interpreter)
- Use short sentences
- Ensure the interpreter is trained in medical terminology.



# Resources

The screenshot shows the NASN website homepage. At the top left is the NASN logo with the tagline "National Association of School Nurses". To the right of the logo are links for "Join or Renew", "Press Room", "Find A Chapter", "Advertise", and a "DONATE" button. A search bar and a "LOGIN" button are also present. Below the logo is a horizontal navigation menu with items: Home, About NASN, Tools & Resources, Role & Career, Continuing Education, Policy & Advocacy, Research, Publications, and Member Center. The main banner area features the text "THE JOURNAL OF SCHOOL NURSING" and "NASN SCHOOL NURSE" with a sub-link "ACCESS NASN'S JOURNALS ONLINE" and an image of a woman at a computer. Below the banner is a "Home" link and the date "October 18, 2013".

The page is divided into three main content columns:

- Left Column:** Contains four vertical buttons: "School Nurses Network Let's Connect", "MEMBERSHIP JOIN OR RENEW", "BOOKSTORE", and "STRENGTH IN NUMBERS".
- Middle Column:**
  - NASN Spotlight:** Titled "NASN2014 Abstract Submissions", it states that NASN is accepting abstract submissions for poster presentations until October 13th, with a poster submission deadline of Friday, February 7, 2014. A "LEARN MORE" link is provided.
  - News and Announcements:** Features a news item titled "School Nurses: Partnering with Parents on Oral Health Care" and mentions "NASN's new videocast series" with a "Read More..." link. Below it is a link for "Quality School Health Services for Students".
- Right Column:** Titled "Programs & Initiatives", it features two initiatives: "SIGHT FOR STUDENTS" and "FIGHT the FLU" (with a logo) and the text "GET IN THE".

The Windows taskbar at the bottom shows the system tray with the date and time: 11:34 AM, 10/18/2013.



# Providing Care for Students with Special Healthcare Needs on Out-of- State Field Trips

Presented by

Karen J. Erwin, RN, MSN

Education School Nurse Consultant

Kentucky Department of Education District Support Services

Frankfort, KY

# Concerns

- Increasing numbers of students with medical conditions requiring nursing interventions on a daily basis
- Schools are mandated by federal laws to provide all students equal opportunity to participate in academic and extracurricular activities including school-sponsored field trips.

# Considerations

- Scope of nursing practice varies from state to state.
- Nurses are responsible for knowing the scope of practice for nurses in the states they will be traveling.

Specific areas of concern are:

Delegation

Medication administration

Emergency care

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Lisa Nistler RN

# School Nurses As Agents of Change

## Johnson & Johnson School Nurse Fellows Program

- Mission: To empower and develop school nurses as leaders in community health services teams to improve practices that impact student health.
- The program is available for teams of 2-4 school nurses and 1 executive sponsor.

# Curriculum

- School nurses as leaders
- Creating a mission and vision
- Coalition building
- Needs assessment
- Evidence based interventions
- Interactive skill-building activities
- Enduring change plans



# Example from Framingham, MA

- Goal: 90% of all students will be in compliance with immunization requirements at the start of the school year.
- Application process has begun for next session July 2014  
<http://alcoholstudiespdd.rutgers.edu/jjshlp>

# Developing An Elevator Speech

- Deliver a message in time it takes to ride in an elevator (30 seconds-3 minutes)
- Compelling, Creative, Deliverable

# Compelling case

- Intention clear
- Logical proof or Illustration
- Clear Call to Action

# Creativity

- Grab listener's attention
- Thought provoking
- Use of storytelling
  
- Be confident in delivery
- Be energetic and use movement

# Mobilizing Your Community to Prevent Youth Suicide

- Suicide is a multi-factorial event
- Since there are so many factors there are many places to intervene

# Prevention Programs Goals

- Increase knowledge
- Encourage help-seeking for self and on behalf of friends
- Reduce stigma
- Engage parents and school staff as partners

# SOS Suicide Prevention Program

- Universal school-based suicide prevention program
- Evidence based
- [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

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Elaine Mauter RN




# When the Private Duty Nurse Comes to School

- Provided a legal framework & guidelines for Private Duty Nurses in Schools based on Federal Civil Rights laws & Supreme Court Case Law
- Legal Issues to Consider:
  - FAPE: includes Health (Nursing) Service
  - LRE: setting driven by *need*, NOT *disability*
  - Nurse Practice Act
  - Education Laws
  - District Policies
  - Contract Agency Policies/Regs; Union Agreements

School Nurse assessment of need determines level of care based items such as:

- \*Health history & status
- \*Stability
- \*Meds/Procedures
- \*Transportation needs
- \*Technology dependency
- \*Potential for life-threatening events

Decision includes consideration of safe delegation, SN staffing ratios, SN accessibility, SN training/ monitoring/ and supervision

- Must look closely at options:
- District Employs Direct Care Nurse: direct control/training/supervision/ salaried
- District Contracts with Agency: indirect control/supervision; annual fee or per diem?; substitutes?
- Financial implications:
  - Family pays - ≠ FAPE    District pays - 
- Private Ins has no obligation to pay!
- May consider Medicaid disability eligibility/ Medicaid billing/ waivers for Medicaid hrs or private services.

# When Mom Isn't Around: Innovative Use of a Migraine Action Plan to Decrease Headache-Related Disability in School

- Migraine: over 4/month; use of prophylactic meds; tension-type-
- NOT: chronic daily HA; cluster HA; intractable HA; migraine variants – cyclic vomiting, abd migraines, benign paroxysmal vertigo of childhood
- WHY? Childhood Migraine Headache (CMH)
  - Prevalence of childhood migraine increasing ; 1 in 9 children affected; affects 2.7 – 11 % school aged kids
  - Significant impact on school attendance (8% of school-aged children with CMH miss at least 6 days per year)
  - Loss of job productivity & work attendance by parents

- Learn each child's usual symptoms – esp important in younger children who have difficulty describing HA
- Prophylactic pharmacological treatment – includes antihistamines, antidepressants, antihypertensives; anticonvulsants
- Episodic treatment of CMH- includes use of OTCs, ketorolac, triptans, dihydroergotamate nasal spray, combination products, antiemetics

○ **PEARLS:**

- Treatment.....***Sooner is Better*** – within 15-30 min of start of HA
- ***Individualized care plan*** – makes identification and treatment easier – give child a laminated copy of plan to carry at all times
- ***Prevention and Early Treatment*** means the child is in class and ready to learn!

# DEAL WITH IT!!

## How to Increase the Power of Your Influence

- **A** – accept your circumstances as they really are. Have the courage to face reality without judgment
- **T** – take responsibility. Successful people have the courage to take ownership of their behavior & results
- **T** – take action. DO SOMETHING!
- **A** – acknowledge progress. Focus on incremental progress and celebrate successes
- **C** –Commit to new habits – gratitude & curiosity
- **K** – kindle new relationships – what relationships or elements of your organization need new life?