What We Learned at the NASN Conference
Stephanie Blansett RN, Elaine Mauter RN
Lisa Nistler RN and Ricke Thompson RN
Ricke Thompson RN
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
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](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
Elementary Age Teaching Hints

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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
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](http://icdlus.org)

- 3 categories:
  - Computer literacy
  - Information literacy
  - Information management literacy
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
Stephanie Blanssett 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
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
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](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
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
* Meds/Procedures
* 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?