

The School_Nurse Daily

By: Tamra Douglas

Devotional highlight

“True Change” - Ephesians 4:22-24

Has this ever happened to you? Introduced to something new, and suddenly ‘POOF’ changed your life! Many times, that’s what happens to those introduced to Jesus Christ. One minute they are a drug dealer, and some months or years after, they are a dedicated follower of Christ. Yes, some months or years after, because putting off the ‘old self’ is never a one day thing, it is not even a one year thing, but as long as we make intentional decisions to ‘put off the old self that is corrupted by its deceitful desires’, I don’t see why the Holy Spirit won’t help us to ‘put on the new self, that is created to be like God in true righteousness and holiness’.

Prayer: Dear God, thank you for never giving up on me or those that I love. I know that I fall short of the glory of God on a daily basis. So God, help me to continuously make daily intentions to repent and become transformed, and show me how I can become more like you.

Extract from Our Daily Bread

Diagnosis of the Week

‘Appendicitis’

I know, right? What is this? Why would Nurse even choose this illness to review this week? It’s not like it’s something that is common among us. Well, on the contrary, it is VERY much common, and I am just as surprised as you are.

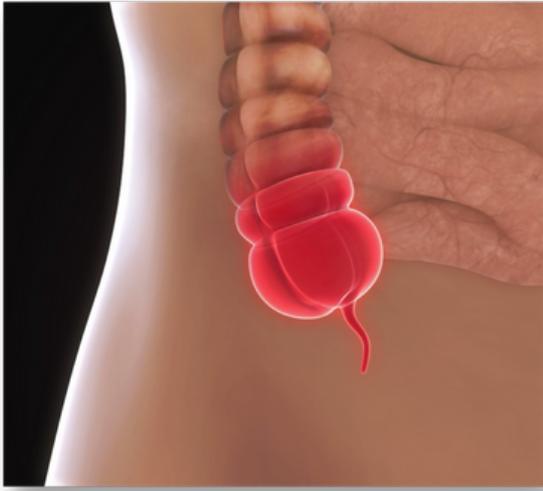


Within the past month and a half, I have seen at least 3 students with appendicitis, 2 of which had an appendectomy done, but still had lingering pain at the surgery site (months after). However, enough of these medical jargons, let's get educated.

Appendicitis is a painful inflammation of the appendix. It is a small, thin tube that’s attached to the large intestine.

The use of the appendix in the body is generally unknown, but some researchers believe that it protects good bacteria in the gut, when attacked by bad bacteria. And once the immune system destroys the bad bacteria, the appendix recolonises (redistributes) the gut with the good bacteria.





An appendectomy is done to treat appendicitis. An inflamed appendix has the potential to rupture (tear/burst), which can be very dangerous. If the appendix bursts it can spread infectious bacteria in the abdomen which can lead to more infections and inflammation in the body. So this is considered a medical emergency

With all that said, appendicitis is common among the adolescent group, and the symptoms at times go overlooked. **DO NOT OVERLOOK YOURS.** Yes, the pain can be alleviated by over-the-counter painkillers, but what happens when that appendix is ruptured? Let's be safe and not sorry, visit your medical doctor as soon as possible to get checked out, just to ensure your body is in top form.

And just in case you do have appendicitis and had an appendectomy done, you'll most likely have some pain and bruising for the first few days following the operation, and NO MORE. So, just in case you are having recurring pain to the surgery site for months on end after surgery, report it to your doctor and have that checked out

With that, let's keep our bodies in optimum shape and have our regular checks with our local clinics and doctors.

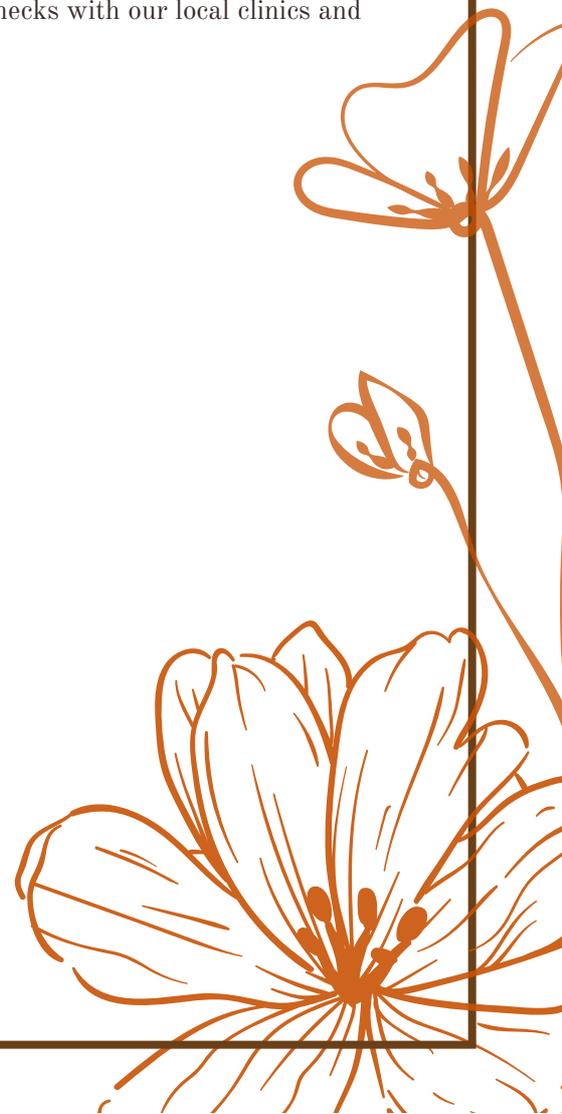
Though this theory is known, many still believe that the appendix has no real function, and as such, has limited effects on the body when removed.

Appendicitis occurs when the inside of your appendix is blocked due to infection by a bacteria, virus or parasite, or when it is blocked or trapped by stool.

It is not very difficult to note when you have Appendicitis. It usually starts with pain that is in the middle of your tummy or abdomen, that may come and go. This pain travels to your lower right side (of the abdomen - this is where the appendix is located), and becomes more constant and severe as the hours go by. Coughing, walking, or pressing on this area makes the pain worse.

You may also have other symptoms such as nausea, loss of appetite, constipation (or diarrhea), or a high temperature.

Now, with all of this you may still be wondering why this is important. Well, Appendicitis is more common in the age group of 10-30 years. In the US alone, at least 300,000 appendectomy is performed - appendectomy being the removal of the appendix.



A Herbal Remedy

(Hurley, J.B., 1995, pp 377-378)

Tight muscles, aches, and pains - rub the pain away

In light of the diagnosis of the week, we will take a look at home remedies that may help with our aches and pains. It is not specific to appendicitis, but may help in alleviating its pain.

Whether it is a stiff neck, tight shoulders, a painful lower back, or most minor aches and pains, it can all be relieved by using these remedies.

- **Tiger Balm** - there are two kinds, the red and the white; the red is stronger. Rub it into the achy area until it feels warm, and you should feel relief in minutes to come.
- **Ginger oil** - helps with relieving pain in achy areas. Make your own oil by grating fresh ginger roots, squeeze the gratings in your hand to remove the juices, then add a few drops of olive oil. For best results ensure the ginger is fresh for each use. Squeeze and rub in achy areas to relieve pain.

- **Hot bath remedy** - this is good for soothing sore legs and back muscles, more so if herbs are added.
 - Herbs that can be added are dried rosemary or peppermint. Then add a tablespoon of cider vinegar, lay and relax for 15 minutes.
 - For extra achy muscles, add a tablespoon or two, of epsom salts or ginger juice.
 - Adding dried chamomile also helps to increase relaxation, and add some dried lavender if you'd like to keep the skins smooth.

Happy healing!



Read a book with me!

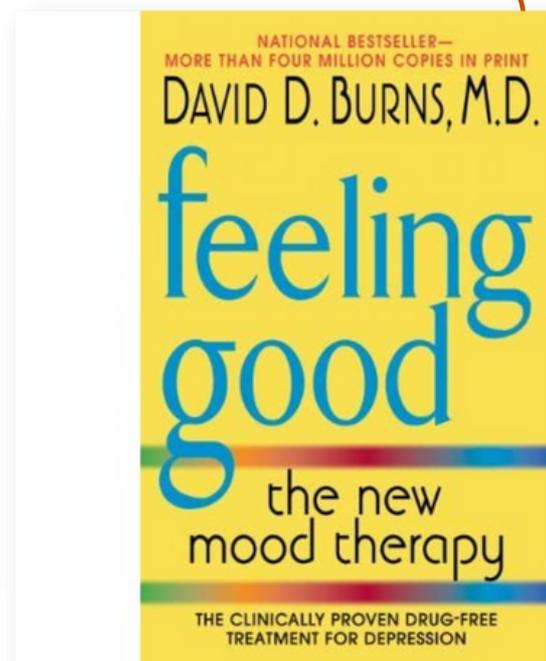
'feeling good - the new mood therapy'

The clinically proven drug-free treatment for depression by David D. Burns, M.D

Chapter 1 - A Breakthrough in the Treatment of Mood Disorders

Depression is said to be the world's number one public health problem, to the point where it is considered the 'common cold of psychiatric disturbances'. The only difference is, depression can kill you.

Cognitive therapy is a mood modification you can learn on your own. It can help you eliminate the symptoms and experience personal growth that can help you minimise future occurrences and help you better cope with depression.



Cognitive therapy provides the following simple, effective mood-control techniques:

1. **Rapid Symptomatic Improvement:** for milder depressions, provides relief from symptoms experienced in 12 weeks or less.
2. **Understanding:** gives a clear explanation of why you get moody and what you can do to change your moods, how to differentiate 'normal' and 'abnormal' emotions and how to assess the severity of your upsets.
3. **Self-control:** you'll learn how to apply safe and effective coping mechanisms that will make you feel better when upset. Learn how to develop a step by step self-help plan, where you can gain more control over your emotions.
4. **Prevention and Personal Growth:** you'll learn how to assess your basic values and attitudes that are at the center of painful depression, as well as how to reevaluate and challenge your assumptions of basic human worth.

The *first principle* of cognitive therapy (CT) is that ALL your moods are created by your 'cognitions' or thoughts. Our emotional thinking is generated not by the sentences you are reading, but by the way you are thinking. The moment you believe a thought, you will have an immediate emotional response. Your thoughts actually create emotion.

The *second principle* of CT, is that when you feel depressed, your thoughts are dominated by pervasive (extensive) negativity. You look not only at yourself, but at the world in dark, gloomy terms. You'll even come to believe things really are as bad as you imagine.

The *third principle* is of fundamental, theoretical (logical), and therapeutic (restorative) importance. Research proves that the negative thoughts that are the cause of emotional disorder, nearly always contain massive distortions (misrepresentation). Although they may appear real, you will learn that they are irrational or just plain wrong.

What many do not know is, when you learn how to deal with your moods more effectively, if you master methods to help you find and eliminate the mental distortions, and begin to think more objectively, you'll feel much better.

A study done by the author shows that patients with depression treated with CT, improved more quickly than those treated successfully with drugs. The effectiveness of CT should be encouraging to those who prefer to not be treated with drugs, and rather to understand what is bothering them and how to do something about it.

After being treated with CT, the average patient experiences considerable elimination of symptoms by the end of treatment. Many report they have never felt this happy in their entire lives. They also emphasised that the mood-training brought a sense of self-esteem and confidence.

Are the effects of this said to last? The individuals treated in this study maintained the gains they had from the treatment, even though they experience the regular mood swings that we have in our daily lives. Part of being human means that we will get upset and be on the down side from time to time, so there is no guarantee that you will achieve a state of never-ending bliss.

So, with that said, are you ready to give bibliotherapy and or cognitive therapy a chance?



Ask the Nurse!



Question: How has the journey been as a School Nurse so far?

Response: It has been great so far. In this position, I now have the capacity to get in touch with the more intuitively caring aspect of myself. The part that loves helping and making others lives better in the ways I know how. I have also discovered parts of me that I had no idea was there. It's a journey, one that I am absolutely loving

Dear Parents:

“I hope your month has been going great for you. This week I’d love to touch base on paying more attention to our children, with a focus on where ‘weird things happening to them’ are concerned. Have you noticed that your child is eating less, or more, for that matter? Noticed that their food choices have changed, but not in a way that is suitable for their developmental age (growth)? Have you realised that they have been having more headaches, tummy aches or earaches, than usual? Does your daughter’s period seem to be off - whether the cycle has changed, has a change in the colour/shade of the blood, or it has a pungent odour? Is your son telling you that he’s feeling an occasional flutter in the upper left corner of his chest?

It’s possible we need to get them checked out. At times we tend to disregard what our children say to us, or what is happening to them. Because in our head, ‘it will go away soon’, I’d prefer we not take that chance.

Many times we have illnesses that could have been prevented, or lessened if we had just taken it seriously earlier. It’s always better to be safe than sorry.”

Departmental Highlight

This week’s Departmental Highlights comes to us from the **Deans Office**, on the topic of: **Conflict resolution**.

Conflict is an unavoidable part of life, and it can begin early. A toddler who takes away a toy from another youngster is an example of an interpersonal conflict. In older children, it often presents in disagreements, arguments, or other forms of confrontation.

Here are a few tips on how to resolve conflicts appropriately.

5 Steps to Conflict Resolution for Kids

The earlier that children can learn how to manage disputes, the sooner they begin cultivating their emotional intelligence, which factors into conflict prevention and tolerance. This model can help students resolve conflicts on their own:

STOP. Don't let things get out of control. Take a step back and try to calm down, since anger makes conflicts more difficult to resolve.

SAY what the conflict is about. Make sure you both have a clear understanding of what is causing the disagreement and clarify what each of you wants or doesn't want.

THINK of positive options. What's a fair solution that meets both of your needs?

CHOOSE a positive option that everyone can agree on.

RESPECT the opinions of others, even if you can't agree.

Effective conflict resolution also requires children to remain **positive, patient, and sincere**. Some tips on what NOT to do include:

- Resorting to name-calling
- Using physical violence
- Interrupting the other person
- Refusing to listen
- Insulting someone's intelligence

What Are Some Conflict Resolution Activities?

Family and peer activities can help students learn how to handle conflict in a controlled way. Some activities that can help children learn how empathy, communication, and self-esteem work in conflict prevention and emotional resilience include:

- Play games. Games have rules, and rules are great for starting disputes. Working through a "questionable call" without getting emotional is the foundation of conflict resolution.

- Create something. A writing or art exercise that involves a problem and solution encourages kids to share how they resolve conflicts and learn how other's do it.
- Put on a play. Students can write their own scripts or collaborate on a story about what caused a dispute and how the various players contributed to its resolution.

What Are Special Conflict Resolution Strategies for Teens?

As kids move up the academic ladder, they can start putting pressure on themselves to achieve. That pressure can cause stress, and stress leads to an inner conflict as potentially harmful as a run-in with a bully. Stress can present as mood swings, acting out, physical ailments, or a sudden change in school performance, either external or a self-imposed pressure to achieve academic perfection. Parents can help their students resolve that internal conflict by encouraging them to:

- Work on challenging, yet realistic tasks that match their ability.
- Develop skills in order to attain an appropriate challenge.
- Increase the challenge to a proper level when work is too easy. (If a student is only working to perfect something, they are not getting the most out of that particular assignment, paper, or project.)

Also, remind your student that conflict can be constructive if they remember it can help them:

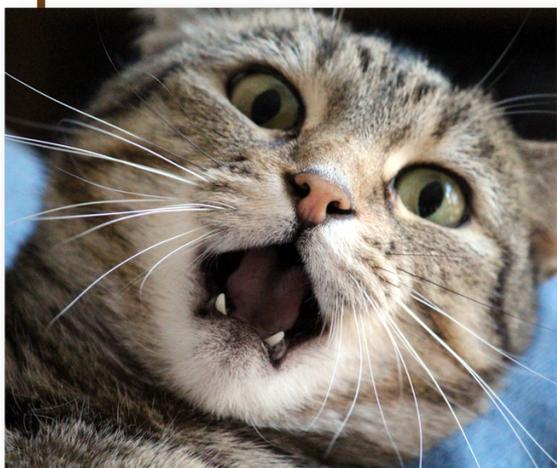
- Learn more about yourself and your set of beliefs and values.
- Build self-confidence and understand how to express and assert yourself.
- Develop solid communication and negotiation skills.
- Accept criticism gracefully and be open to new ideas.
- Understand when to stand up for your beliefs and when to reevaluate them.

- Choose your battles wisely.
- Respect the views of others, whether or not you agree with them.
- Strengthen relationships with others by finding common ground.

Explore the Power of School Choice

Developing these dispute-resolution skills helps children become more positive, productive, and kind, and less anxious and stressed. Treating others—and themselves—with respect and compassion is something that everyone should aspire to do. And it can help children avoid unnecessary conflict.

Den Cu Yah!



There are a few [misconceptions](#) known about pain. One of the major one is:

It's better to tough it out and just live with pain.

Truth is, it is never better to tough out your pain. There are way too much treatment options available for us to 'tough anything out'.

Ignoring your pain can have serious consequences, especially if you choose to self-medicate in unhealthy ways rather than see a healthcare professional.

Disclaimer: The content on this newsletter should not be used in place of medical/professional consultation or advice, but to be used for educational purposes only.

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Thank you