



# School Nurses Organization of Arizona

Partners in Health and Education



Dear SNOA members and school healthcare providers,

Welcome back to another exciting school year! I hope you had a wonderful summer vacation and are ready to start the 2018-19 school year.

We had a great summer conference learning new information, sharing with colleagues, meeting new school health care providers.

As we know, nurses are advocates for students and leaders for health. This is supported by the School Nursing: Scope and Standards of Practice (NASN, 2011) and the core values of child well-being, diversity, excellence, innovation, integrity, leadership and scholarship (NASN, 2105).

Framework for 21<sup>st</sup> Century School Nursing Practice of NASN fosters the development of leaders who empower and advocate for nurses and create an environment that protects the safety and well-being of students through evidence based practices The framework includes: Standards of Practice, Care Coordination, Leadership, Quality Improvement and Community/Public Health (<https://www.nasn.org/nasn/nasn-resources/professional-topics/framework>).

As school nurses, we need to:

- increase awareness and recognition of issues of our school nursing practice- policy development/guidelines/procedures
- provide knowledge of ethical issues and ability to professionally share the knowledge with others- case management and interdisciplinary teams.
- empower school leaders, school boards and legislation to act on the part of children
- be a part of our school/district policy and decision making for staffing
- Data collection/Documentation
- Disease Prevention/Education

If you are interested in becoming more of a leader for school nurses, join SNOA and become involved. Elections for all SNOA Board positions will be opening next newsletter, contact me if you would like to be on the ballot.



**Nadine Miller**  
**SNOA President-Partners in Health and Education**

## Free Educator Resource Kit from Children's Mental Health Matters! Campaign

As a school health professional, you are in a unique position to notice mental health problems that children may have, as well as help families and educators understand these issues.

The campaign's Educator Resource Kit provides the tools to help. Included in the kit are 21 fact sheets for teachers/school personnel. And it provides resource information and links for educators on a wide range of behavioral health issues, including depression, suicide, self-injury, substance use and bullying.

The campaign encourages school health professionals and others to make photocopies of any of the enclosed fact sheets and share them with teachers, administrators, assistants and other school personnel. The campaign is cosponsored by the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF), with support and resources provided by the Maryland Department of Health and Mental Hygiene Behavioral Health Administration. The campaign's goal is to raise awareness of children's mental health needs and enhance outreach efforts to families, communities and schools.

- School Nurses Certify in Youth Mental Health First Aid - <https://www.mhamd.org/school-nurses-youth-mental-health-first-aid/>
- Educator Resource Kit: [www.childrensmentalhealthmatters.org/educators-providers/educators-resources/](http://www.childrensmentalhealthmatters.org/educators-providers/educators-resources/)

### The Arizona Department of Health Services Immunization Updates:

The process for obtaining a personal exemption will remain the same as ADHS conducts an extended pilot period for the online Immunization Education Course. Only pre-approved pilot schools in Maricopa County may continue to refer parents to the online course."

<https://azdhs.gov/preparedness/epidemiology-disease-control/immunization/index.php#schools-immunization-forms>, under the Immunization exemption Forms section.

### Arizona Asthma Coalition Clinical Conference Saturday, September 29th, 2018

SAVE THE DATE!!!! The Arizona Asthma Coalition will hold its 12th Annual Asthma and Allergy Clinical Conference on Saturday, September 29, 2018, from 8 a.m to 4 p.m. at Mayo Clinic Campus on Mayo Boulevard in Phoenix. The conference will explore best practices in various outpatient, inpatient, school and community settings.

Registration is open now. For details go to <http://events.r20.constantcontact.com/register/event?oeidk=a07ef83jstnc4c432ce&llr=ulsa9txab>

### Social Media missteps could put your nursing license at risk...

Approach all social media posts with caution, several high-risk areas deserve extra concerns:

- Breaches of patient privacy and confidentiality
- Unprofessional behavior – unbecoming of the nursing profession

Avoid social media pitfalls by:

- Don't post photos or videos of students or identify them by name
- Avoid connecting with parents on social media
- Don't access personal social media while at work
- Use caution when promoting health care services online
- Know that your behavior off the job, such as social drinking, could be discussed or photos posted.
- Online tweets, posts are not private and can be used in an investigation with the BON.

**Protect yourself – carry your own malpractice insurance**



## Back-to-School Checklist for School Nurses

*All plans and procedures should be in compliance with local and state laws, rules, and regulations.*



### Standards of Practice

- Identify new laws for mandatory screenings or health-related activities.
- Confirm that equipment is in working order, e.g., eye chart, vision tester, and audiometer.
- Review new practice guidelines, policies, and documents. Identify any changes needed.



### Care Coordination

- Set up desk and health room.
  - Identify place for proper secure storage for all medications.
- Bookmark [nans.org](http://nans.org) and [SchoolNursesNet.NASN.org](http://SchoolNursesNet.NASN.org) in your website browser.
- Identify which students need an individualized healthcare plan (IHP) and emergency care plan (ECP).
  - Obtain healthcare provider (HCP) orders for health procedures to be administered in school.
  - Collaborate with family and HCP to develop evidence-based IHP and ECP.
  - Train school staff as appropriate to implement IHP and ECP at school.
- Obtain HCP orders and any school forms for medications.
  - Develop a daily schedule, as needed for medication administration.
  - Train other school staff as appropriate regarding medications to be administered in school.



### Leadership

- Identify student-based and personal growth goals for the school year.
- Identify and schedule required and self-imposed reporting deadlines for the year.
- Identify school committees of which you should be a member; e.g., wellness, IEP, and disaster planning.
- Send a message to teachers and parents and/or guardians introducing yourself and outline your role in keeping students and schools healthy.



### Quality Improvement

- Set up documentation system for the year.
  - Include the Stop Up! data points in your documentation system.



### Community/Public Health

- Case-find and prioritize students with special health care needs and/or chronic conditions. Plan accordingly to work with those students, their parents and/or guardians, and appropriate staff.
- Provide training to school staff and others regarding universal precautions, CPR, first aid, disasters, and other potential health emergencies according to needs in your school, e.g., seizures, food allergies, and stock emergency medication.
- Distribute universal precaution supplies, as needed.
- Work with parents and/or guardians, school staff, and community HCP to identify and follow up with students needing required and recommended immunizations.

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## Southwest

Starting Aug. 1, Southwest Airlines will no longer distribute peanuts as a free, in-flight snack. The policy change was “to ensure the best on-board experience for everyone, especially for customers with peanut-related allergies.” The peanuts will be replaced with small bags of pretzels. Southwest will continue to allow passengers managing food allergies the opportunity to pre-board to wipe down seats and tray tables. To learn more about the food allergy policies of many domestic and international airlines, consult the [airlines and allergy policies directory](#) published by Allergic Living magazine.

### NASN Corner:

SNOA/NASN Delegate, Mary Freeland RN  
**NASN's New Data Initiative** - NASN announced its new data initiative and how frontline school nurses can get onboard. The link and further information: <https://www.nasn.org/research/everystudentcounts>

Be part of the solution, be united, and join the data revolution. Come to our meeting on Nov 3<sup>rd</sup> to learn more.



## Techniques to Prevent Worsening Student Behavior

Whether the behavior is on the bus, classroom, or health office – students do and can act out. The first step in behavior prevention is to realize that the behavior you can control most effectively is your own.

Here are some tips on how to prevent the situation from becoming worse with students:

1. Use Empathy- try to understand what is behind the behavior
2. Be Clear – communicate clearly
3. Be Aware of Body Language – appear as relaxed as possible
4. Listen Acutely – do not assume they are challenging authority
5. Allow for Venting- let them release energy verbally
6. Provide Students a Choice – they have some control and can make a choice

Source: [asumag.com](http://asumag.com) 3/2010