



Dear SNOA members and school healthcare providers,

As nurses and health office staff, we communicate with parents, teachers, and our community. It is very important our communication be effective in talking and in documentation. Often what we think we said, might be understood very differently. This is an article from Nurse.com <https://www.nurse.com/blog/2018/09/06/nurse-leaders-how-good-are-your-communication-skills/>

There are many challenges in being a school nurse as we know or are learning quickly. Working in the educational institution is very different than what we know in a “medical” institution. We all come from different backgrounds but in our “world of nursing” we are usually surrounded by other medical or nursing staffs. School nursing is very autonomous and we need to learn the educational system and report to non- healthcare providers. I hope this article provides you some suggestions and comfort that you are not alone in your thinking.

<https://nursegrid.com/blog/the-challenges-of-being-a-school-nurse-and-how-to-resolve-them/>

Attached is information that SNOA/NASN is gathering to start collecting the same data, the same way across the US. This will help with local, state, and national policies to assist with good data and reports of identifying best practice and understanding student health needs. Please see the attached document



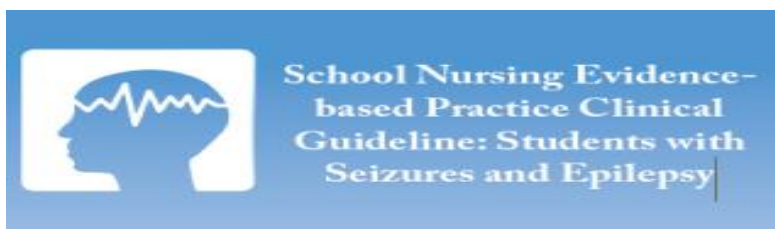
Nadine Miller
SNOA President-Partners in Health and Education

New Evidence-based Clinical Guideline: Students With Seizures and Epilepsy

NASN is introducing its new [Seizures Guideline](#), available free of charge, to assist school nurses in providing high quality care to students with seizure disorders to improve the health and safety of students with epilepsy.

"Students with seizures and epilepsy experience complex and unique issues in the school setting due to the unpredictable nature of seizures, medication delegation barriers, knowledge deficits, and lack of daily school nurse presence (Hartman, et al., 2016)."

This Guideline is based on the most recent and highest quality evidence available. The Guideline is a decision making tool to help improve the health and safety of students with seizure disorders, but is not intended to replace application of nursing judgement.



FDA Approves First Generic EpiPen

Good news for kids (and families) with severe allergies. They will soon be able to access a generic form of the EpiPen and EpiPen Jr. epinephrine autoinjectors, according to a recent Food and Drug Administration news release.

According to a related statement by the American Academy of Pediatrics (AAP), the organization recommended that children with serious allergies always keep two epinephrine auto-injectors with them and that they have a supply both at home and school.

According to [KnowYourDose.org](#),

When treating a cold or Flu Double-check your medicine labels to avoid doubling up on medicines containing acetaminophen when treating illnesses during cold and flu season. Americans suffer from an estimated 1 billion colds each year, and as many as 20 percent will get the flu. Seven in 10 people will reach for over-the-counter (OTC) medicines—many of which contain acetaminophen—to treat fevers, sinus headaches, and other unwelcome cold and flu symptoms. Check your labels and go to [knowYourDose.org](#) for more safety tips.

Mental Health America Releases Toolkit

Trauma can happen to anyone, at any age. It's important to be aware of how trauma can trigger mental health issues in young people to prevent mental health conditions from reaching a crisis, according to information from Mental Health America (MHA). Half of all mental health conditions start by age 14. By increasing understanding of trauma and recognition of early warning signs of mental health conditions, health professionals and school staff can get young people to seek help and support as soon as possible to help avoid getting to a crisis point, which MHA refers to as "Before Stage 4."

Toolkit includes:

- Fact sheets on trauma, depression, anxiety, psychosis and suicide prevention
- Poster for use in schools and youth centers
- Social media posts and images
- Sample article for use in school newsletters

A worksheet with grounding techniques.

www.mentalhealthamerica.net/back-school.



Source: mentalhealthamerica.net, 8/21/18

NASN Corner:

NASN is offering six presentations from the conference that were highly attended and thought provoking on topics impacting school nurses today. Here are the courses:

[Nursing Leadership: If You Don't Know Where You Are Going, Any Road Will Get You There](#)

[NASN and Nursing History: Power of the Past, Force of the Future](#)

[Enhancing the Capacity of School Nurses to Reduce Excessive Anxiety in Children](#)

[Telehealth at School: Connecting Schools, Communities and Students for Improved Health](#)

[The Crisis Facing America: Opioid Panel Discussion](#)

[When Students Are Not in School: Understanding the Source, Scale, Consequences, and What We Can Do About Chronic Absenteeism from School](#)



Does Icing an Injury Delay Healing?

When you click on the link within about "recent studies" you will see that the evidence is not definitive and more research is recommended. It is interesting to consider how inflammation is useful and maybe necessary.

<https://www.verywellfit.com/when-to-ice-3120707>



AAP Issues Flu Vaccine Recommendations for 2018-2019: aap.org, 9/3/18

-Children 6 months through 8 years of age need two doses when it is the first time they are being vaccinated against influenza. Children 9 years of age and older require only one dose, regardless of prior vaccination history.

-Children with egg allergy can receive influenza vaccine with no additional precautions than those considered for any vaccine.

-Pregnant women may receive injected influenza vaccine at any time during pregnancy.

-All health care personnel should receive an annual seasonal influenza vaccine, a crucial step in preventing influenza.

-Antiviral medications are important in the treatment and control of influenza,

Upcoming Events.....

-[Arizona Department of Education Emergency Preparedness-School Health & Safety Annual Conference](#), December 6th & 7th, Renaissance Phoenix-Glendale Hotel & SPA. For more information and to Register, click on the link above.

-4th Annual Arizona Cord Blood Conference: at the Double Tree Hilton, April 4th, 2019 8:00am-5pm
RSVP: <https://2019azcordbloodconference.eventbrit.com>

****A Big Thank you to Independence High School and Mary Freeland for hosting our SNOA Fall Conference this past weekend. We had a wonderful day of professional development with supporting sponsorship from Pfizer .**