



Happy New Year – Seems funny to say this as it feels more like our new year seems to start when school starts. I am hoping you had a restful, peaceful Holiday. I know I am already looking forward to Spring Break. Nice breaks and kids are why we love school health!

School Nurses made the Future of Nursing, 2018 Campaign for Action "Top 8" most-read blog list! <http://campaignforaction.org/our-top-8-stories-for-2018/> Check it out and let's move forward in 2019 to increase our visibility even more... It seems there are many eyes on our nursing specialty!

Congratulations to nurses for maintaining the number one spot in Gallup's annual honesty and ethics poll. The American public, for the 17th consecutive year, rated nurses the highest among a host of professionals, including police officers, high school teachers, and pharmacists. According to the poll, 84 percent of Americans rated nurses' honesty and ethical standards as "very high" or "high."

IMMUNIZATIONS:

I am hoping that many of you are participating in the personal exemption, Immunization Education Modules piloting in January. Maybe we will be able to implement this for next school year. The biggest advantages to this program are:

- 1) It would get your schools out of the business of dealing with immunization exemptions. Your staff simply directs parents who wish to exempt their children to the website. No more collecting forms or dealing with argumentative parents during enrollment.
- 2) It would make your process uniform across all schools.
- 3) We also hope that it will decrease the rising personal belief exemption rate, which will decrease the chance that one or more schools will suffer a disruptive outbreak. As you know, an outbreak in a school with a high exemption rate may result in a crippling number of students being excluded from class for at least 21 days, and quite possibly much longer.

The American Academy of Pediatrics has many resources for communicating with vaccine-hesitant parents. The link is here: <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/immunizations/Pages/Communicating-with-Families.aspx>

LEGISLATIVE UPDATES:

Both hearing and vision screenings are in legislation for revisions to the hearing rules and for mandating vision screening. Hopefully we will have updates on these and the personal exemption for immunizations at our summer conference.



Nadine Miller
SNOA President-Partners in Health and Education

**AAP Releases New Concussion Guidelines:
Earlier Return to Physical Activity, School and Screen Time**

Because of the new research, the AAP is changing its guidance. Prior to this update, the prescriptive advice included children with concussions staying at home, in a dark room with no screens and minimal stimulation, and it discouraged any physical activity. The AAP report reflects the latest research on recommendations that now call for reducing — but not eliminating — a return to some physical and cognitive activity in the days following a concussion, an AAP news release stated. Physicians and parents are given the green light to let children return to school sooner, use electronics and gradually build up activity after a couple of days of rest.

Effective management of the injury can shorten recovery time and potentially reduce the risk of long-term symptoms and complications that interfere with school, social life, family relationships and emotional well-being, the AAP news release stated. “Athletes absolutely need to take an immediate break from play after a concussion, but we find that, during the recovery process, it is best to encourage a reasonable amount of activity, such as brisk walking,” said Dr. Mark E. Halstead, MD, FAAP, lead author of the AAP’s clinical report, and an associate professor of pediatrics and orthopedics at Washington University School of Medicine in St. Louis, in the news release. There is also no research that shows that a child’s use of electronics, such as computers, television, video games or texting, is harmful after concussion. In fact, complete elimination of electronics may lead to a child’s feeling of social isolation, anxiety or depression, the AAP report •

For more information on the guidelines, read the full AAP report <http://bit.ly/2rx3H4F.stated>

Emergency Epi Nasal Spray – coming soon!

INSYS Therapeutics was granted Fast Track designation by the US Food and Drug Administration (FDA) for the company’s epinephrine nasal spray as an investigational treatment for anaphylaxis. The nasal spray would be an alternate means of emergency epinephrine delivery to the traditional auto-injector.

<https://snacksafely.com/2018/12/update-on-progress-of-emergency-epinephrine-nasal-spray/>

Governor Ducey’s State-of-the-State

Governor Ducey discussed his desire to reintroduce his “Safe Arizona Schools” proposal in his State-of-the-State address on Monday January 14th. This proposal includes a call for more police officers and mental-health counselors; in addition to, a school-safety tip line. There was much party debate the first time around regarding some gun restrictions, which were supported by the National Rifle Association.

School funding and School Safety are top agenda items to keep an eye on in the coming months.

Just for you: School Nurse

There’s no need to start from scratch. Whatever you need for your school IPM (Integrated Pest Management) program, there are tools available to get you started. If you have a specific pest in mind such as bed bugs, lice, scabies, etc. Free training modules and fact sheets.

A nurse should:

- Be aware of any children or staff with asthma, chemical sensitivities, or allergies to stinging insects.
- Have information on IPM strategies for pests that can affect student health.
- Keep a list of students who have serious reactions to stinging insects and communicate this information to the IPM Coordinator
- Assist the IPM coordinator with educating students, staff and parents about public health pests like head lice, bed bugs, ticks, and scabies.
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<http://schoolpestmanager.org/jobs.html?t=SchoolNurse>



NASN Corner:

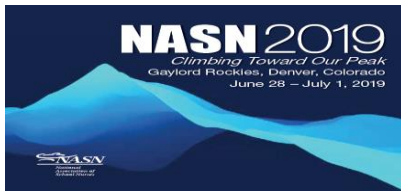
Mary Freeland, our NASN Director, will be traveling to Washing DC at the end of January for Capitol Hill Day - January 30.

NASN 51st Annual Conference

'Climbing Toward Our Peak' will be held in Denver, CO on June 28 through July 1st. (Pre-conference day is June 27th) The conference will be held at the Gaylord Rockies.

Registration will open in early February.

Check out [NASN website](#) for the Outcome Challenge and Special Research Opportunities.



School Nurses Organization of Arizona

Boardmember Results:

- President – Nadine Miller RN
- Vice President – Sarah Portle RN
- Treasurer – Tina Mahoney RN
- Secretary – Marilyn Wyant RN

[SNOA 32nd Annual School Health Conference](#), “Prepare, Promote, Prevent-School Health, Turning Knowledge into action”

June 20th and 21st @ Desert Willow
Conference Center, Phoenix



Measles Outbreaks Update

The Measles outbreak in Washington State and New York City has become a challenge for public health officials. To date there have been 209 confirmed cases of measles in New York State linked back to an out of country visitor and 37 confirmed cases in Washington State linked back to personal exemptions related to vaccinations. As a result of this outbreak, more than 6,000 children have been excluded from school for over two months.



[11th Annual School Healthcare Training Event](#): Saturday, April 13th U of A downtown campus, Phoenix

Mental Health First Aid Training: Just as CPR helps you assist an individual having a heart attack — even if you have no clinical training — [Mental Health First Aid](#) is an eight hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. You will receive a resource manual and three-year certification upon completion of the course.