



School Nurses Organization of Arizona  
Partners in Health and Education



Dear SNOA members and school healthcare providers,

Food for thought.....

According to National Association of School Nurses, the definition of School Nurse is as follows: School nursing, a specialized practice of nursing, protects and promotes student health, facilitates optimal development, and advances academic success. School nurses, grounded in ethical and evidence-based practice, are the leaders who bridge health care and education, provide care coordination, advocate for quality student-centered care, and collaborate to design systems that allow individuals and communities to develop their full potential. Adopted by the NASN Board of Directors February 2017.

The phrase we would like to highlight is “leaders, who bridge health care and education” We are the front line workers right now, we have a duty and responsibility to advocate for our school communities in providing safe care, resources, and expertise to our students, staff, families and communities. This is not a time for personal bias, politics, or personal opinion; more than ever, it is a time for us to lead by example and use our medical expertise, training, education, and knowledge to advocate, teach, support and care. We can do this!

FYI: The ADHS Sensory Screening Considerations and Checklist for Schools is now posted online. I am including the link below. Attachment 1 includes considerations for early childhood settings.

<https://www.azdhs.gov/prevention/womens-childrens-health/ocshcn/index.php#hearing-screening>

Feel free to share this update and link with your stakeholders. I appreciate your assistance in developing this tool and during the review process. Please encourage partners to use our sensoryprogram@azdhs.gov email for questions as it helps us better track our responses.



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

## Resources

[Centers for Disease Control and Prevention](#)

[School Nurses Organization of Arizona](#)

[Arizona Department of Health Services](#)

[Arizona Department of Education](#)

[American Academy of Pediatrics](#)

Text RNCONNECT to 31996

### Steps to Counteracting the Drama and Misinformation Highway.....

1. Do not participate in discussions at work that are not grounded in reality not assumptions, rumors, or gossip
2. Lead by example without drama
3. Establish and exemplify new behavioral expectations and team values

#### Examples:

- Practice empathy
- Demonstrate good intentions
- Assume accountability
- Adopt a solution-based approach
- Foster Teamwork

#### We all must ask ourselves:

- How is my behavior contributing to what is happening her?
- What ideas do I have that can improve this situation?
- How can I help improve the situation?

[American Nurse Journal Volume 15, Number 6](#)

### New Glucagon Option



Administer into upper arm, stomach or thigh.

It is back to school time, and this year many of your students with diabetes will be coming back with different forms of glucagon.

HypoPen is the first autoinjector for severe hypoglycemia in adults and children with diabetes ages 2 and above. Gvoke HypoPen offers simple administration, with the certainty of delivery. It is:

- Easy to Use: premixed and ready-to-go1
- Reliable Method of Delivery: 99% of people were able to use it correctly, in a study2
- Proven to Work: 99% of adults and 100% of kids had their blood sugars raised to safe levels1

Anyone can use Gvoke HypoPen in 2 simple steps. AZ rep: April Sabo asabo@xerispharma.com

<https://m.youtube.com/watch?v=ev--4OIzvWc>

<https://m.youtube.com/watch?v=L6AV0XHDw5Q>

### **Self-Care tips from the Mayo Health System during the COVID-19 Pandemic**

The Mayo Health System has a great website of resources for COVID-19 and we wanted to share a snippet of their self-care portion as we tend to forget about ourselves when caring for others.

1. **Physical Health:** Eat Healthy, drink plenty of water, aim for 8 hours of sleep, spend time outside, stretch or exercise, and avoid risky behaviors.
2. **Mental Health:** Set a routine, focus on what is in your control, utilize technology to maintain social connections, find a hobby you enjoy, take mental health breaks, focus on the present and think positive, look for ways to volunteer or help your community, ask for help, limit your exposure to negative news and media

**The Symptoms they say to watch for are:** Trouble focusing on daily activities, anxiety that runs into feelings of being out of control, Strong feeling that interfere with daily activities, Having emotions that become difficult to manage, and any feelings of hopelessness or helplessness.

#### **Their links:**

[Strategies to help kids cope with COVID-19](#)

[How to Maintain Human Connection during Social Distancing](#)

<https://www.mayoclinichealthsystem.org/covid19>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/self-care-tips-during-the-covid-19-pandemic>

### **The 7 rules of Virtual Meeting Etiquette Every Professional Should know**

1. Leave the Keyboard alone
2. Dress appropriately
3. Be aware of your surroundings
4. Mute your microphone when you are not talking
5. Speak up
6. No food allowed
7. Stay seated and stay present

### **AZDHS/Maricopa County/Governors Office Benchmarks for in-person learning**

1. Decline in cases or less than 100 cases per 1000,000 individuals for two consecutive weeks.
2. Two consecutive weeks with percent positivity below 7%.
3. Two consecutive weeks with no hospital visits for COVID-like illnesses in the region below 10%

<https://www.azdhs.gov/documents/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/novel-coronavirus/covid-19-safely-return-to-in-person-instruction.pdf>

### **Professional Development Courses/Resources**

Coursera [COVID-19 Contact Tracing](#)

National Association of School Nurses:  
[NASN](#)

Centers for Disease Control and  
Prevention: [CDC](#)

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/training.html>

American Association of Colleges of  
Nursing: [AACN](#)

[healyschoolscampaign.org/covid-19-resources-for-school-nurses/](http://healyschoolscampaign.org/covid-19-resources-for-school-nurses/)

[Johns Hopkins school of Nursing](#)

[School Health](#)

[American School Health Association](#)