



School Nurses Organization of Arizona

Partners in Health and Education



Dear SNOA members and school healthcare providers,

Welcome back it is an exciting time for the children, families, staff and especially, you as you prepare to address the health, safety and general welfare for all in your care.

I'd like to provide a few tidbits of information for you as you start the 2019--20 school year

- Post a photo of you, your health assistant and the hours you are there, remember to include your credentials (RN, BSN, MA, EMT, Health Assistant)
- Follow medication guidelines/checklist <https://snoa.org/resources>
- Utilize Emergency Guidelines <https://azdhs.gov/documents/prevention/womens-childrens-health/ocshcn/nursing/emergency-school-guidelines.pdf>
- Know who can perform procedures in the school setting – see the updated Delivery of Specialized Healthcare in the School setting <https://snoa.org/resources>
- Be a SNOA member – Your professional organization is important for resources, training, and support for your school practice. <https://snoa.org/membership>

SNOA is proud to be a part of the EMS/MVP Symposium 2019 –“ Making the Valley Prepared” presented by Phoenix Children’s Hospital, Phoenix Fire Department hosted by the Phoenix Suns. This is up to date pediatric trauma and emergency care. *Please refer to the SNOA.org website for registration and further information.*

Next year’s SNOA conference is scheduled for Monday June 8th and Tuesday, June 9th @ Desert Willow Conference Center. If you would like to take part in planning and helping for this event please email SNOA your contact information.



Nadine Miller
SNOA President-Partners in Health and Education

The Three-step Mindfulness Exercise

According to PositivePsychology.com, one quick mindfulness exercise requires only three steps and can be used at work:

Step 1: Step out of 'auto-pilot' to bring awareness to what you are doing, thinking and sensing at this moment.

Step 2: Bring awareness to your breathing for six breaths or a minute.

■ ■ the goal is to focus attention on one thing: your breath.

Step 3: Expand awareness outward; first to the body then to the environment.

■ ■ Allow the awareness to expand out to your body. Notice the **sensations** you are experiencing, like tightness, aches or perhaps a lightness in your face or shoulders. Keep in mind your body as a whole, as a complete vessel for your inner self.

Source: positivepsychology.com, 3/7/19

From ADHS Sensory Program:

The most recent updates to the statutory requirements for Hearing/Vision Screenings.

For hearing screenings:

- Screeners for school hearing and vision must complete a State approved training and hold valid and current certification for each.
- Hearing and vision certification must be renewed every 4 years. (If certified before July 3, 2019 certification is valid for 5 yrs.)
- Hearing screeners must complete 2 hearing screener continuing education units (CEU) each year provided by ADHS at no cost.
- These frequencies must be screened at 20dB in each ear: 1000Hz, 2000Hz, 4000Hz (a pass is 100%)



Continued.....

The following populations must be screened:

Preschool, kindergarten, Grade 1, Grade 3, Grade 5, Grade 7, Grade 9. All children with no record of screening and all students on IEP's must be screened within the first 45 calendar days. All students who failed the 2nd screening the prior year.

- If child does not pass first screening, you may re-screen 10-30 school days after date of first screening.
- Referrals are made to the parent within 10 school days of 2nd screening failure.
- Annual reports for both hearing and vision will be submitted electronically to Arizona Department of Health Services (ADHS) by June 30 each year.

**For more information please contact ADHS @
602-364-2446**

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

What Do I Do with Old Inhalers?

Used inhalers are an interesting item to dispose of. In fact, most people have no idea what to do with them and simply keep them or throw them in their garbage. There are a few obvious reasons for this, and some that might surprise you...

Why Can't You Just Throw Used Inhalers Away?

There are really two main reasons you can't throw used inhalers away. One, there may be medication left in it. Two, the can will explode when compacted or heated too much (like sitting in a garbage truck for a few hours).

Major pharmaceutical company GlaxoSmithKline did a study that showed 29% of inhalers that have been disposed of have leftover medication in them. If these inhalers go into a landfill, the medication will leak out and contaminate our local water supplies.

Also, some inhalers, when broken open, will release greenhouse gasses. Inhaler related greenhouse gasses are responsible for about 5 million tons of CO2 emissions across the world.

What Do I Do with Them?

Believe it or not, inhalers cannot be disposed of in your medical waste disposal box, pharmaceutical disposal box or sharps container. Most inhalers are considered hazardous waste, and the easiest way to safely dispose of them is giving them to your local pharmacy.



<https://www.medprodisposal.com/what-do-with-old-inhalers>

NASN Corner:

NASN2020-A Seat at the Table: Winning Together for Student Health

June 30 - July 3, 2020 (preconference June 29, 2020) The Cosmopolitan of Las Vegas



FYI: adding to the wide array of products now we have the.....Vape Watch

Marketed with the following statements:

A wearable, workable pod watch

The Vape is inconspicuous

Touch screen display

2 ml refillable pod

Button free and convenient to carry anywhere



BLUE LOOP

School Personnel FAQs

What is BlueLoop? BlueLoop® is an online and mobile tool for children with diabetes and their school. It provides care coordination among caregivers, improving a child's and family's ability to manage diabetes, especially when the child is away from home. BlueLoop was founded on the premise that communication, not just data, is the key to positive health outcomes. As data and notes are entered, they're instantly shared with designated caregivers (mom, dad, school nurse...) through email and text notifications. As a result, everyone stays in the loop and parents get much-needed peace of mind.

Where do I start? Sign up for the free school nurse interface through our website: www.MyCareConnect.com. It's a quick and easy process. BlueLoop will assign you a unique verification code, which you'll provide your parents. Parents will then enter your code into their Child's Profile within their account. Once the parents create this secure connection with you, you can access that student's account and make entries. If you have questions or would like us to set up your account and walk you through how BlueLoop is used, we're here to help!

www.mycareconnect.com