



ASNA Newsletter



From the President

April 2011

Looking Ahead...

ASNA Board Meeting
May 11, 2011
4:00-5:00pm
AaNA office
Call in: 274-0801
or 1-800-276-2576

NASN 43rd Annual
Conference
Washington, DC
June 30-July 3, 2011
18-21+ CEU Hours

Chena Hot Springs: A Beautiful Place to Network

Once, early in my career, my previous ASD Health Services Director told me that it was vital to "network" with other school nurses. She recommended that I identify two seasoned school nurses that I could call any minute of the day to ask questions. I was so overwhelmed with all I had to do that I didn't have time to call another school nurse to "network", whatever that meant.

My first year as a school nurse flew by with lightning speed. That year was a blur, but I managed to get everything done that I was supposed to. All the health screenings were done before Christmas, the PPD's were completed and the state report mailed before the deadline, and immunization surveillance was an everyday struggle in order to stay in compliance. I rarely called another school nurse. I figured it out along the way. I referred to the Health Manual regularly, and read it before bed at night. I wanted to make sure I was

following policy. I thought I was doing pretty good staying ahead of all the mandates, getting my documentation done (usually late into the afternoon after everyone else had gone home). Now, as I look back I realize what she was really trying to teach me about "networking".

It took several years for me to learn what networking really is. It is "meeting and greeting"; maintaining a group of connections, being aware of your co-workers' expertise and when they can best assist. My personal definition of networking is that it is a collective knowledge, a richness and depth of understanding that only comes with years of experience and, most importantly, sharing.

Chena Hot Springs was a brilliant location to host the ASNA Spring Conference. We only have a few chances a year to meet school nurses from other parts of the state and to absorb some of each other's collective knowledge. Chena Hot Springs was a lovely relaxing place to do just that. I honestly believe the time we spent soaking in the Hot Springs was as valuable as the CEU's we earned. I want to thank the Fairbanks nurses for working so hard to provide the rest of us with a quality conference and the chance

to share our knowledge. I would also like to give a very special thank you to Rosa Scouten for her dedication to have the conference in a place that was perfect for networking. I have slowly learned the importance of networking. As I think back all those years ago and remember the words of my past director, I remember a very wise woman.



Maureen Kauleinamokee (left) presenting Rosa Scouten, conference coordinator, with a thank you gift

Luann Fogels, RN, NCSN
ASNA President



From the Vice President

NCSN certification updates:

Out of the 57 nurses who attended the ASNA Spring Conference in Chena Hot Springs, 20 were NCSNs. Alaska currently has 59 Nationally Certified School Nurses (NCSNs). Nationally, as of November 2010, 3,334 school nurses are currently Nationally Certified School Nurses (NCSN). North Carolina continues to top the list with the greatest numbers of NCSNs at 763 and Massachusetts is second with 532 NCSNs.

In 2010, 406 school nurses took the national certification examination for school nurses, and 269 passed for a passing rate of 67%. Another 450 school nurses renewed their national certification by demonstrating 75 hours of continuing nursing education related to school health during the five years prior to their certification.

During the past year, the NCSN credential gained national support. There is now national support for the NCSN from the organizations that developed the National Board for Professional Teaching Standards--- American Federation of Teachers (AFT) and National Education Association (NEA). AFT and NEA Passed resolutions that recognize NCSN in the same manner that Teacher's Certification is recognized. School nurses in Alaska who are part of the professional union in their district may use this support to request their district establish a certification bonus for school nurses.

A section of the Alaska School Nurses Association's website is devoted to certification. It has the most current information and links for School Nurses interested in becoming certified. <http://www.alaskasna.org/certification-requirements.html> In addition, the revised 2010 Scope and Standards statement from NASN may significantly impact the content of the certification examination. Further work on reviewing this content will be dependent on the NASN document. Updates will be found in links to NASN and NBCSN at the ASNA website.

Important Dates for School Nurse Certification

Application Deadlines

05/31/2011

Examination Dates

07/23/2011 - 08/06/2011

Rebecca Hansen, RN, NCSN
ASNA Vice President



From the Secretary

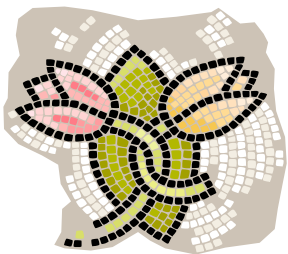
This past conference was a blast! Thanks for letting me be your master of ceremonies for our conference. I received a lot of positive feedback from you all. Thanks for taking the time to talk with me. It is truly an honor to be a part of the Alaska School Nurses Association. Needless to say I am looking forward to the 2012 ASNA conference being held in Anchorage next year. For those of you who missed the conference I missed you and invite you to join in the fun next year.

As this school year approaches the end, I am looking forward to enjoying the summer. I plan on working as a camp nurse in Homer for a couple months, then off to Hawaii with my husband for a couple of weeks. I hope you all make time to take care of yourselves because you deserve it! One of my favorite speakers at our past conference spoke on compassion fatigue. He discussed how many of us spend so much time caring for others that we as nurses can end up with an "empty cup" of compassion. Let's take this time to fill up our cups and do those things for ourselves that we've been wanting to do. For some it may be adjusting to a slower pace of life and "to do's". For others it may be learning a new hobby. For myself it will be stretching my limits and working in a new setting, meeting new people, and going on outdoor adventures I've never been on in Homer.

I would love to stay in touch with you all over the summer, my email address is: melodyvahl@gmail.com. In the future send me an email if you know you are going to be in Kodiak and I'd love to show you around our beautiful island.

Tip for the month: Goals- write them down. Put them somewhere you can see them daily. This will help you actually meet your goals leading to a feeling of accomplishment.

Melody Vahl, RN, BSN
ASNA Secretary



Congratulations on the reelection of our current board members!

President.....Luann Fogels
Vice President.....Rebecca Hansen
Secretary.....Melody Vahl
Treasurer.....Nancy Edtl

Their hard work and dedication is much appreciated.
They will be serving our association for another year.

*89% of votes cast were in favor of reelecting all board members. Only 19% of ASNA members voted this year.

What is happening on the State level?

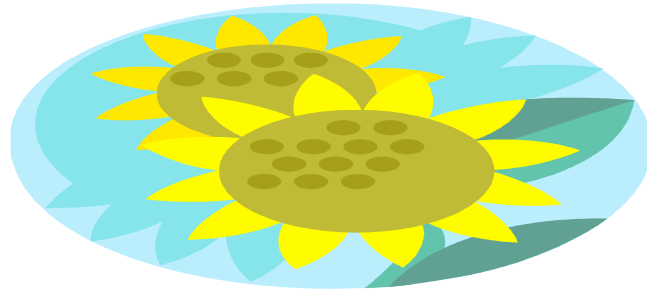
The School Health Nurse Advisory Committee met April 18th in Anchorage. Topics on the agenda included:

- ∞ release of the new "**Measuring Height /Weight and Calculating BMI: Guidelines for Schools**" (available on the State of Alaska School Nursing/School Health website <http://www.hss.state.ak.us/dph/wcfh/school/>)
- ∞ review of drafts for Vision Screening and Infectious Disease guidelines for schools
- ∞ review of draft for disaster planning for children/youth with special health care needs
- ∞ release of **Making a Difference: School Nursing: Impacting Student Achievement Every Day** PowerPoint (placed on CDs and provided to all ASNA conference participants; will be available on the School Nursing/School Health website soon)
- ∞ development of a brochure on school nursing in Alaska
- ∞ review of literature compiled on delegation and the establishment of a collaborative (see below) whose purpose will be to discuss, explore and determine safe and consistent care at school for students with diabetes
- ∞ update on Alaska Nurse Alert System (ANAS) and Emergency System Advanced Registration-Volunteer Health Professionals(ESAR-VHP) and CNE offerings available for disaster preparedness
- ∞ review of food allergy resources and information
- ∞ review of information on "do not resuscitate" orders
- ∞ plans for future needs and partnerships

The **Policy that Fits Collaborative** met April 19th in Anchorage. This collaborative was established through the Division of Public Health's Diabetes Prevention and Control Program to address delegation issues related to students with diabetes.

The participants include: school nurses, school nurse coordinators/supervisors, parents, school administrator (principal), health care providers, certified diabetes educators, American Diabetes Association advocates, SOA School Health Nurse Consultant, SOA Diabetes Prevention and Control Coordinator, SOA Public Health Nursing Chief, ASNA President and Director, AaNA Executive Director, PTA Chairperson for Health& Safety, and Alaska Association of School Board President.

The group reviewed the issues, background information, and research on delegation. Consensus was established that school nurses need to be central in assessing, delegating, training, supervising and evaluating school employees who provide emergency medications and diabetes cares in the school setting. The group is working on clarification of nursing regulations that have been unclear and/or contradictory in the school nurse's role in delegation.



Mary Bell, BSN, NCSN
School Health Nurse Consultant



From Left to right: Joy Arneson, Krista Grilliot, Wendy Parsons, Annette Johansen, Cynthia Bachert, Kathy Birch, Linda Sinclair, Debbie Corral, Jennifer Cottle, Gail White and Jordis Clark. Wonderful nurses representing districts around the state modeling our ASNA Vests at the Annual School Nurse Conference April 2011.

School Nurse of the Year 2011

I am proud to announce Elizabeth Miller, from the Kenai Peninsula Borough School District, as this year's Alaska School Nurse of the Year. Elizabeth has been a nurse for 35 years. She has worked as an office nurse, a hospital nurse and a home health nurse. However, Elizabeth states her true calling is school nursing, which she discovered 26 years ago. She has been a National Certified School Nurse since 1990.

Elizabeth is lovingly referred to as "Nurse Betty" and has served students from pre-school to high school. Betty has weaved together her various nursing experiences, her life experience and her Master of Education in Counseling and Guidance to care for her students, their families, her staff and the community.

Betty was directly responsible for initiating, developing and writing the original Health Curriculum for the Kenai Peninsula Borough School District before the Alaska and National Health Curriculums were ever in place. She also served on the committee that wrote the State of Alaska Health Curriculum. When the State of Alaska mandated teachers be trained in Child Abuse Reporting and FAS Training, Betty wrote both curricula for the Kenai Peninsula Borough School District.

Students and faculty both have benefited from the groups lead by Betty on various social, affective and physical health issues. She mentors students, staff, and community by modeling healthy behavior. Betty is an Alaska School Activities Association (ASAA) certified coach and has coached cross country running and distance track for 20 years. She serves on various committees and maintains certificates too numerous to mention.

Betty is committed to Alaska's children in her job, her community and her state. She is the consummate professional in all that she does and epitomizes school nursing at its best. Alaska is proud to have such a deserving School Nurse of the Year.



Mary Bell and Luann Fogels presenting flowers and plaque to "Nurse Betty"



Congratulations Elizabeth Miller !
School Nurse of the Year 2011

From the NASN Director

This past month the Alaska School Nurses Association had their annual spring conference in Chena Hot Springs. If you were unable to attend you missed out on a most wonderful conference. The Fairbanks nurses did an excellent job preparing for the conference and I hope that they will someday do it for us again. The speakers were amazing and we were able to get quite a few CEU's for such a short weekend. The food was good and the school nurses in Fairbanks made a ton of homemade goodies to tide us over at different breaks over the weekend. There were a ton of great door prizes and the silent auction brought in over \$1000 for the association. I cannot even begin to say enough about the location. Chena Hot Springs was the perfect setting for fun and relaxation. I want to say thank you to everyone who made our conference possible this year. You did an amazing job!!!

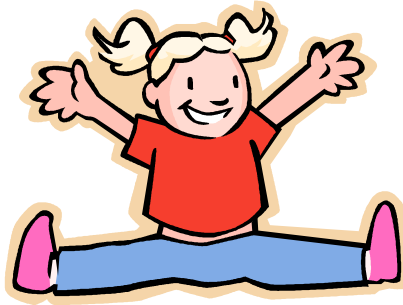
If you take our spring conference and magnify it 1000 times, you will be at the national conference. This year the National Association's School Nurse conference will be held in Washington DC, and I would like to encourage all of you to attend. This conference usually has over 1000 school nurses in attendance from all over the world. It is a neat way to network and make new friends. The speakers are quite good, and the breakout sessions allow you to attend trainings that are meaningful for you. There is a lot of time built in for sightseeing and exploring our nation's capital. This year we also have the opportunity to go as a group of Alaska school nurses to the Hill to talk to our legislators about school nursing issues. The dates of this year's conference is June 30-July 3.

Included in this newsletter is information on the NASN Voices of Meningitis Campaign. Please take time to look it over and consider whether or not you would like to participate. You could win an all expense trip (up to \$2000) to next year's summer conference in San Francisco.

No matter what you choose to do this summer, I hope you take time to relax and enjoy every second. Be good to yourselves in every way. I look forward to "seeing" you all again in the fall.

Patrica Barker, RN, BSN
ASNA Director





"A Day in the Life of a School Nurse"

School Nurses Make A Difference

Story shared by Maureen Kauleinamokee, RN, Fairbanks School District

Rosa Scouten, RN had this experience to share from her school in the Fairbanks School District:

Barnette had a 50 year celebration/open house Saturday. It was not possible to leave all rooms open but guests could request a look @ any room with a guide. Our principal was initially surprised by the requests to see the nurse's office. She was very touched by the recurring stories of school nurses providing care, compassion, advocacy, and a safe haven for students over the past 50 years. She was frequently told " I would not have made it through school without the school nurse".

2010 - 2011 ASNA Board Members

President: Luann Fogels, RN, NCSN
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Treasurer: Nancy Edtl, MBA, BSN, RN, NCSN
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Secretary: Melody Vahl, BSN, RN
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State School Health Nurse Consultant:
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ASNA is a non-profit organization affiliated with AaNA. The mission is to support school nurses and school nursing within Alaska

