



ASNA Newsletter



From the President

February 2011

Looking Ahead...

ASNA Board Meeting
February 9, 2011
4:00-5:00pm
AaNA office
Call in: 274-0801
or 1-800-276-2576

ASNA Annual
Conference:
Chena Hot Springs
Resort
April 9th & 10th 2011
15 CEU's

ASNA's Spring Conference "School Nurses - Keeping the Future Healthy & Safe" is going to be very luxurious this year! The Fairbanks nurses have been working hard to make sure you get to enjoy and pamper yourself while you earn 15 CEU's (pending the application approvals). The conference will be held at Chena Hot Springs Resort April 9th and 10th. Please visit the website www.chenahotsprings.com and see what awaits you. The healing waters of the hot springs are a great place to relax and network with all your fellow school nurses. Don't worry about your meals as they are all provided in the cost of the conference. Rooms at the resort are available for conference attendees at \$99 per night. The resort gave ASNA a really good deal, as this is almost half of what they normally charge for a room! If you want to make your reservations early, call the resort at (907) 451-8104.

Transportation from the airport to Chena Hot Springs is possible via a Shuttle with your Chena Hot Springs reservation. The cost is \$50 to \$75 per person, round trip, dependent on the number of riders. The cost of the conference is still being worked out. The final conference cost will include all meals (Friday evening snack, three

meals Saturday and two meals Sunday), access to the hot springs, the aurora borealis ☺ and 15 CEU's. Watch for complete conference information and the registration coming your way in mid February.

What would make your visit to Chena Hot Springs even better this year? How about being recognized as ASNA's School Nurse of the Year (SNOTY)? In my mind, each and every one of you should be recognized as "SNOTY"! Unfortunately, there can only be one Alaska School Nurse Of The Year, per year. Please take some time and consider applying for this honor. You may be thinking that you don't have time to do this, or that you are not deserving of this honor. Please believe me; YOU do deserve this honor and you need to let us know what you have done. Tell us a story of how you changed a student's life. Tell us about a family who thanked you for your help. Tell us about your projects, your continuing education or research, your leadership, your service to the community, your love of school nursing and how it has enhanced your life. ASNA wants to hear your stories! The SNOTY eligibility requirements and the application are located on the ASNA website at <http://www.alaskasna.org/school-nurse-of-the-year.html> ASNA will be reviewing and updating the SNOTY requirements and criteria for next year's School Nurse of the Year. We are looking for nurses who would like to volunteer for the "SNOTY REVIEW" committee starting September 2011.

I would like to be a part of that committee as my tenure as ASNA President is coming to an end, however I still want to be involved with ASNA and continue to serve. Please email me at fogels_luann@asdk12.org if you are interested in this opportunity.

Serving your professional organization is an honor, a privilege and adds a layer of depth to your understanding of school nursing that you won't get in any other way. All the Board of Directors positions are open with the exception of the Director. Voting will take place at the Spring Conference in Fairbanks this April. See the article below "ASNA needs YOU to SERVE" for more information.

ASNA needs YOU to Serve!

Isn't it time for you to offer your leadership and expertise to your professional organization? Isn't it time for you to run for an ASNA office? Teleconferencing has made it easy to have our officers live anywhere in the state. Meetings are held once a month (from September - May) for one hour and you can attend while sitting in your very own home. At least once in your professional career you owe yourself this rewarding and exciting experience.

Please read the job descriptions below, pick the area that best matches your special talents and email your name to Luann Fogels or Patty Barker (see below for more information). If you would like to nominate a colleague please get their permission before writing in their name. You will never regret the time you spent leading your professional organization. The satisfaction is tremendous.

Eligibility: Only active members of the organization shall be entitled to hold office. All officers are eligible for re-election to consecutive terms.

Term of Office: The President, Vice-President, Secretary and Treasurer shall each serve for a term of one year, or until their successors are elected. The NASN Director shall serve for one four year term. All terms of office shall begin June 1.

The President shall:

1. Preside over all meetings of the Executive Board and Committee, the Annual meeting and at all Membership meetings.
2. Appoint such special committees as deemed necessary.
3. Be an ex-officio member of all committees except the Membership/Nominating committee.
4. Perform such other duties as may be required.
5. Attend the NASN annual convention while in office.
6. Fulfill term as president and one annual term as past president.

The Vice-President shall:

1. In the absence or disability of the President, perform the duties of the President.
2. Perform such other duties as may be required or assigned by the President.
3. Serve as member of Legislative or Professional Development committee.

The Secretary shall:

1. Record the proceedings of all meetings of the organization.
2. Perform such other duties as may be assigned by the President.

The Treasurer shall:

1. Have general supervision of the financial affairs of the organization.
2. Perform such other duties as may be assigned by the President.
3. Act as chairperson of financial committee.

The NASN Director:

1. Attend two meetings of the National Association of School Nurses annually.
2. Act as liaison for ASNA/NASN.
3. Perform such other duties as may be assigned by the President

EMAIL nominations to:

Luann Fogels at fogels_luann@asdk12.org

Patty Barker at barker_patricia@asdk12

Luann Fogels, RN, NCSN
ASNA President



New Online Continuing Education Available (Many FREE for NASN members!)

Effective Ways to Be Heard: School Nurse Advocacy

1.0 CNE Contact Hour

Free to NASN Members! (Non-member price: \$15.00)

The Current State of Teenage Drug Abuse: Trend Toward Prescription Drugs

2.0 CNE Contact Hours

(This CNE program was mailed as a Supplement to the June Journal of School Nursing)

Free to the First 2,000 Members! (Non-member price: \$30.00)

This activity is supported by an educational grant from PriCara, Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc. administered by Ortho-McNeil Janssen Scientific Affairs, LLC

How School Nurses Can Help Prevent Meningococcal Disease Through Education and Immunization

2.0 CNE Contact Hours

Free to the First 2,000 Members! (Non-member price: \$30.00)

Issues and Emerging Therapies in the Treatment of Head Lice

1.0 CNE Contact Hour

Free to NASN Members! (Non-member price: \$15.00)

This program is funded by an unrestricted educational grant from Sciele Pharma, Inc.

Making the Difference in Caring for Students with Food Allergies

1.0 CNE Contact Hour

Free to NASN Members! (Non-member price: \$15.00)

Managing a Pertussis Outbreak in the High School

1.0 CNE Contact Hour

Free to NASN Members! (Non-member price: \$15.00)

This program is funded by an unrestricted educational grant from sanofi pasteur.

Identifying Core NIC Nursing Interventions for School Nurses

0.5 CNE Contact Hour

Free to NASN Members! (Non-member price: \$10.00)

The Media Is on the Phone. What Now?

1.0 CNE Contact Hour

Free to NASN Members! (Non-member price: \$15.00)

Adolescent Vaccines: What School Nurses Need to Know

Module 1: Adolescent Vaccines - A Primer for the School Nurse

1.0 CNE Contact Hour

Free to NASN Members! (Non-member price: \$15.00)

This program is supported by an unrestricted educational grant from sanofi pasteur.

Adolescent Vaccines: What School Nurses Need to Know

Module 2: General Aspects of Adolescent Immunization, Useful Information for the School Nurse

1.0 CNE Contact Hour

Free to NASN Members! (Non-member price: \$15.00)

This program is supported by an unrestricted educational grant from sanofi pasteur.

Adolescent Vaccines: What School Nurses Need to Know

Module 3: Strategies for the School Nurse to Promote Adolescent Vaccines

1.0 CNE Contact Hour

Free to NASN Members! (Non-member price: \$15.00)

This program is supported by an unrestricted educational grant from Sanofi Pasteur.

Try also: ***American School Health Association's Adolescents: They're Worth A Shot!***

<<http://www.ashaweb.org/i4a/pages/index.cfm?pageid=3286>>

A Companion Guide to Give It A Shot! Toolkit for School Nurses and Other Immunization Champions

1.0 Continuing Nursing Education Contact Hour

Free to ASHA Members (Non-Member Price: \$30.00)

Managing Students with Seizures: A Training for School Nurses

3.2 CNE Contact Hours

Free for all audiences!

This training was made possible by a grant from the Centers for Disease Control and Prevention (grant number 5U58DP00606-03) and its contents are solely the responsibility of its authors and do not necessarily represent the official views of the CDC.

Championing School-Located Influenza Immunization: The School Nurse's Role

3.0 CNE Contact Hours

FREE for NASN Members! (Non-member price: \$45.00)

Supported by an educational grant from MedImmune

Compassion Fatigue, Burnout and Care for the Caregiver: Addressing the Physical and Mental Health Needs of Helping Professionals Serving in Crisis Situations

1.0 CNE Contact Hour

FREE for NASN Members! (Non-member price: \$15.00)

School-Located Vaccination Clinics - Lessons Learned from Fall 2009

1.3 CNE Contact Hours

FREE for NASN Members! (Non-member price: \$20.00)

This program is supported by an educational grant from MedImmune.

Teachable Moments: The School Nurse's Critical Role When Parents Opt Out of Vaccinating Their Children

1.0 CNE Contact Hour

FREE for NASN Members! (Non-member price: \$15.00)

Supported by an educational grant from MedImmune

A Nurse's Approach to Handling Sexting and Cyberbullying

1.0 CNE Contact Hour

FREE for NASN Members! (Non-member price: \$15.00)

Important Dates for School Nurse Certification

Application Deadlines

05/31/2011

Examination Dates

07/23/2011 - 08/06/2011

**Vision, Voice Visibility
Setting Sail toward Healthy
Horizons**

**NASN 43rd Annual Conference
Washington, DC
June 30th - July 3rd, 2011**

18-21+ CEU hours

From the Secretary

~District Highlight~

Kodiak Island Borough District Nurses

Nurses that work in this school district include Christy Kinter, Judy Rogers, Joy Arneson, Betty Hall, Melody Vahl, and Margaret Stewart. Melody was able to net three of the six nurses here in Kodiak for a brief description of their experience working as a school nurse.

Nurse Judy Rogers works at Kodiak Middle School 4 hours a day serving 575 students including her assigned villages. Part of Nurse Judy's school year includes traveling to the village of Larsen Bay and Ouzinkie by small plane. While at the village she works with a team to complete annual health assessments. Additionally like all Kodiak school nurses she is responsible for addressing health concerns that arise throughout the school year. Judy has 30 years of experience in nursing and has worked at the Middle school for 2 years. Currently she is part of the team of school nurses working on updating our school nursing policies. Judy's vision for the future of Kodiak school nursing is to collaborate with the district and increase school nurse coverage hours. She would like to become more involved in working with children with special needs.

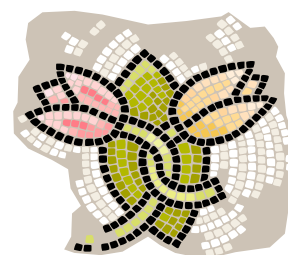
Nurse Betty Hall received her nurses' training at the University of Hawaii. Her school nursing experience started in an 1800+ student high school in the state of Washington. After working there for 5 years, she moved back to her hometown of Kodiak, and is now in her 4th year as an elementary school nurse. At least once a year, she travels to the small schools at Chiniak, on Kodiak Island, and Danger Bay, on Afognak Island for health assessments. The challenges of flying to remote village schools on Kodiak Island include the high likelihood of poor weather conditions extending a one-day visit to several days, sometimes overnight on the floor of a one-room school. The wise visiting nurse includes in her travelling equipment and supplies inventory a sleeping bag, PBJ sandwiches, granola bars and instant coffee!! The positives far outweigh the negatives though. Staff and families are generous and appreciative of their school nurse. The students, ranging from K-12, show such caring for one another. It's always an enriching experience. Locally, Betty is currently working with community and school district colleagues in the educational and medical fields to hold a "Child Find" evening event, to identify children ages 3-6 that might benefit from Special Services programs. Betty loves working as a school nurse in the Kodiak Island Borough School District. Her school principal and school staff are very supportive. Fellow school nurses and the amazing Public Health Nurses in Kodiak have a special camaraderie, making Betty's job a pleasure!

Nurse Melody Vahl graduated from the University of Alaska Anchorage School of Nursing with a BSN degree. For the past two years Melody worked at Russian Jack Elementary school in Anchorage. Recently, she moved to Kodiak and is working as the North Star Elementary School Nurse. Melody has successfully accomplished transitioning off the sub nurse list to permanent school nurse in Kodiak. Additionally, Melody serves as the current secretary for ASNA. So far, Melody hasn't visited any villages, however she is looking forward to her first Kodiak village travel this coming fall. Melody has been a school nurse for 3 years. Her specialty of school nursing is Elementary (K-5). Melody is currently working on promoting student health by supporting her local school nurses. Additionally, she is looking forward to teaming with the Kodiak Island Borough School District and increasing the school nurse hours to full time. Melody's vision for the future of North Star Elementary includes implementing age appropriate school nurse instructed health classes.

Through monthly school nurse meetings our body of diverse Kodiak Nurses meets challenges with a teamwork mentality that promotes open communication and advancement of school nursing here in Kodiak's "Emerald Isle". We look forward to meeting you all at the Spring Nurses Conference in Fairbanks at the Chena Hot Spring's resort in April.

Next time I go "fishing" for school nurses, I will try to use a bigger hook to catch Christy Kinter, Joy Arneson, and Margaret Stewart.

Melody Vahl, RN, BSN
ASNA Secretary



Did you know.....

Alaska ranks 10th on the current NASN student to nurse ration ruler with 1:631. Fifteen of the 54 Alaska school districts hire school nurses but some schools have only part-time school nursing services. 79% of Alaskan school children have access to a school nurse.

**Mary Bell, RN, BSN, NCSN
School Health Nurse Consultant**

Play, Then Eat by Wendy Parsons, RN

Are there benefits to switching to recess before lunch? According to research studies, an article in the Jan., 2010 New York Times, info on the internet, and testimony by school nurses, there are many positives for making the change.

Some of them include:

- ❖ More healthy food consumed - students come in hungrier after recess, so they are more likely to eat nutritious foods like fruits and vegetables and milk
- ❖ Less food waste - students eat more of their lunch
- ❖ Less behavior problems - they are better able to focus on eating after burning off energy outside
- ❖ Less complaints of digestive problems that might occur if students run around after lunch on a full stomach
- ❖ Students return to the classroom ready to learn

After an informal survey of school nurses in the Anchorage School District, I found that:

26 schools have switched to recess before lunch

17 schools have a mix of recess before and after lunch

only 5 schools reported having lunch before recess

In this era of efforts to prevent Childhood Obesity, this is a simple way to add to the elements already incorporated in a school's wellness policy.

Tips for success:

Provide a nutritious morning snack in the classroom

Provide hand sanitizer

Work out the logistics of storage of cold lunches and lunch money issues

Contact Parsons_Wendy@asdk12.org for article reference



"A Day in the Life of a School Nurse"

Being from the South, I have not had to deal with the threat of frostbite often, but I thought I might have my first real case of frostbite this January. A first grade girl came in from recess crying hysterically and saying her fingers were so cold and hurt so badly. However, when I took her gloves off I noted they were indeed very cold but her capillary refill in her fingers and nail beds was less than 3 seconds. She did not want me to run water over her hands because it hurt too much. I tried to get her to put her hands next to her warm body, but she would not calm down enough to do that. Finally I got her to slowly put her hands into a sink filled with warm water and she began to calm down. Once she was calmer, I discovered the real reason for the hysteria. She told me that a male classmate had told her last week that if "the SNOW BUG bites your fingers, you will have to have them cut off!" She was terrified that the SNOW BUG had bitten her and she was doomed to have her fingers cut off. It was a good teaching moment as I reassured her that her fingers were going to be okay and that there really is not a SNOW BUG. I then called her dad and let her talk to him. He had a good laugh when I told him about the SNOW BUG scare.



Nelda Walker, RN, NCSN
Anchorage School District

2010 - 2011 ASNA Board Members

President: Luann Fogels, RN, NCSN

Fogels_luann@asdk12.org

Vice President: Rebecca Hansen, RN, NCSN

hansen_rebecca@asdk12.org

Director: Patricia Barker, RN

barker_patricia@asdk12.org

Treasurer: Nancy Edtl, MBA, BSN, RN, NCSN

edtl_nancy@asdk12.org

Secretary: Melody Vahl, BSN, RN

melodyvahl@gmail.com

State School Health Nurse Consultant:

Mary Bell, RN, NCSN

mary.bell@alaska.gov

ASNA is a non-profit organization affiliated with AaNA. The mission is to support school nurses and school nursing within Alaska

