



ASNA Newsletter



From the President

October 2010

Looking Ahead...

ASNA Board Meeting
November 10, 2010
4:00-5:00pm
AaNA office
Call in: 274-0801
or 1-800-276-2576

ASNA Annual
Conference:
Fairbanks, AK
Chena Hot Springs!
Date to be
announced soon!

This school year is flying by so fast that I haven't been able to catch my breath! I am sure most of you feel the same way. As each new school year starts, I feel ready to begin with a renewed sense of energy.



I think this year will be easier because I have had another year of school nursing experience. I think that the year will go more smoothly, I think that I will be more efficient; I think that I should be able to "breathe". I know I am more prepared every year. I take classes, complete online CEU's, and go to the ASNA Spring Conference and to the NASN Conference. And then every year it is just as busy, if not busier than the previous year. Why is that?

This is the nature of school nursing! Between documenting shot records, updating health histories, writing Care Plans, refilling Disaster Backpacks, staff and parents asking for help and students flocking to the nurse's office whether they need to or not; we continue to do everything we have in the past and then add to our workload when we become aware of a need. School nurses are pulled in a million different directions, helping students, staff and parents, while trying to get everything documented, because as we know "if it wasn't documented it wasn't done"!

As I struggle to keep my head above water I think back to the NASN Conference that I attended this past summer. I absolutely loved every minute of networking with other school nurses because we are all feeling the same way. We all work very hard, we give of ourselves until we go home exhausted, then fall asleep in the lazy boy while watching the 6:00 news.

I learned so much at the NASN conference that my brain was on overload by the end of the second day.



Besides learning new information regarding school nursing, I learned some interesting things about the conference speakers. The last speaker of the NASN Conference is the one everyone looks forward to; the motivational speaker who tells us to love ourselves, to take time to smell the roses, to exercise, to take a "real" lunch break. NASN generally saves that speaker for last so the school nurses will stay to the end. We even push ourselves to learn as much as possible at our Conferences that NASN realizes this by scheduling the speakers this way.



The ASNA Spring Conference in Homer was one of the best I have attended. The speakers were back to back and yet we had time to relax and visit in the outside hot tub while admiring some of the most beautiful scenery in Alaska. We had quality speakers, wonderful food, comfortable rooms (most with gorgeous views), and a fantastic Silent Auction that actually got pretty "hot" the last few minutes of bidding.



So after attending both the ASNA and NASN conferences for several years, I have decided to relax a bit more and spend quality time with all of you. The conferences have a wealth of knowledge for us. However, I have come to realize that when we share with one another, what we learn is priceless.

On that note, I am happy to announce that our ASNA Spring Conference will be held in Fairbanks at Chena Hot Springs. So save your money and get ready to increase your school nursing knowledge, relax and network. You'll see me in the Hot Springs "networking"!

Luann Fogels, RN
ASNA President



From the Vice President

School Nurse Certification

School Nursing is a specialty area of professional nursing that has minimum licensure and recommends minimal educational requirements. In addition, certification (NCSN) generally implies a higher level of expertise and more than a minimal knowledge base. As a nursing specialty, school nursing requires advanced skills that include the ability to practice independently, supervise others, and delegate care in a community health setting. (adapted from 'National Certification' link at nasn.org)

To begin studying for school nursing certification, go to <http://www.nbcsn.com/>

To see if you are eligible to take the exam, go to <http://www.nbcsn.com/examdefault.htm#eligibility>

What's new with certification?

1. Pacific Lutheran University is offering an online review course for taking the National Board for Certification of School Nurses (NBCSN) Exam.

For additional information, please visit the web site below or contact Terry Bennett at 253-535-7683.

Review Course for the National Board for Certification of School Nurses (NBCSN) Exam

<http://www.plu.edu/~ccnl/courses/nbcsn-review.html>

2. There is an online tutorial and sample test—learn more in the 'Handbook for Candidates' which you can download from <http://www.nasn.org/Default.aspx?tabid=292>

3. There is a candidate examination tutorial, found at <http://candidate.psiexams.com/tutorial.jsp>. It gives basic information about the test, shows the keys you use during the test, demonstrates how you can review your test and lets you take a sample test as many times as you want for free.

THREE YEARS OF EXPERIENCE IN SCHOOL NURSING PRACTICE ARE RECOMMENDED.

Important Dates for School Nurse Certification

Application Deadlines

12/13/2010

05/31/2011

Examination Dates

02/19/2011 - 03/05/2011

07/23/2011 - 08/06/2011

Rebecca Hansen, RN, NCSN
ASNA Vice President



From the Treasurer

Save Your \$\$\$. The exact dates of the next Alaska School Nurses Association Conference will be announced very soon. (April 2011) The location of the conference is Chena Hot Springs, about an hour north of Fairbanks. This is a wonderful place and you'll hear more about it later. But I want to encourage everyone to start setting aside some funds now—every week if you can—so that you can participate in this spectacular event! The hotel rooms have been obtained at a super reasonable price (about \$99/night!). I was thinking of the costs: fly/drive, registration, shuttle to Springs, room, food, and figured out that if you start saving about \$25/week, you'll have enough to attend! If you are a latte/mocha aficionado, and you are willing, you can give up one each day and save enough for the trip! So think about ways to fund your way to the excellent conference where you can hang out in the hot springs and network with your statewide nursing pals. We really need events like this so I hope you will all start thinking of ways to support your profession, yourself and your fellow school nurses by planning to attend in April!

Nancy Edtl, RN, NCSN
ASNA Treasurer



From the Secretary

One by one I watched as the bundled up students walked in a line out to the icy frigid playground. I was in my elementary school nurses office bracing for recess. I had my ice packs ready, my band-aids staged, my heating pad warm...my stations cleared ready for triage. Soon I heard the call come in on the radio barking an alert. A customer was on their way to "see the nurse". Not long after that alert, I heard he had a tail, customer number two. As the two 1st grade boys, Sam and Joe, sheepishly walked into the main office, avoiding eye contact with the adults in the room, I asked them what happened. I learned there had been a fight on the playground. Joe had punched Sam in the nose. Sam came right into see me. Joe was angry and convinced he was able to talk himself out of the trouble. Does this scenario sound familiar?

Time with Sam, who was cripplingly timid, led me to realize how strategic our role as the school nurse is. We provide both the medical care as well as counseling. This moment of time I had with Sam was of utmost importance in addressing their incident and its implications. Character development happens at each stage of life. Moral goodness, also known as virtues establishes a student's ability to navigate through life's daily "playground" incidences.

How do students learn these virtues? Who teaches this character development? You and I do! But how?

While meeting with Sam the first grader, I listened to him, cleaned up his nose, and gave him an ice pack. With Sam I processed this "fight" from a non-disciplinary standpoint and influenced his perspective. Sam and I talked about 2 virtues, honesty and forgiveness. Both key elements in character development and pertinent to his recent situation.

After working at a title one school in Anchorage as a full time School Nurse I recognize the need for a firm foundation in student character development. Can you remember a student who you cared for that lacked that virtuous influence at home?

Based on the multiple students with this similar need I have selectively chosen to use a special kit that teaches these virtues. This is a standardized kit named "We Choose Virtues". It is a simple easy to use tool that inspires character that lasts. "We Choose Virtues" is designed for school staff to use while interacting with their class or individually with a student. In a classroom setting teachers use a 10- minute block to talk with their students about the chosen virtue of the day. There are 12 virtues identified and can be discussed at the instructor's chosen pace. As these virtues are taught, they provide easy opportunity through out the day to reinforce better behavior

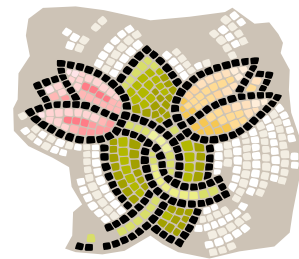
choices. The moment you receive your kit you can start using it! No worksheets to copy, no lesson to plan! Just read the very simple and easy to follow teacher's guide. Put up your posters, gather your students together and get started choosing virtue. "We Choose Virtues" brings memorable catchphrases, endearing characters, and just plain fun to simply inspire character that lasts. It's the best choice you can make for your students.

I encourage you to consider how this tool could be applied in your school setting. At your school what behavior model is in use and are you satisfied with the school wide results? Go to the web site <http://www.wechoosevirtues.com/> and start to build character that lasts.

You may contact me at 907-947-5491.

(The names of the students have been changed to protect the innocent)

Melody Vahl, RN, BSN
ASNA Secretary



Vision, Voice Visibility
Setting Sail toward Healthy Horizons

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

18-21+ potential CE Hours

From the Director

This year has already gotten off to a busy start. Since school began, we have all been caught up in all of the many activities involved with school nursing. It is hard to believe the first quarter is already over and winter is here.

ASNA has been very busy as well. We have talked about some of the things we would like to address this year and our lists are long. I think we are off to a good start, and hopefully now that H1N1 is not an issue, we will be able to get a lot accomplished.

One of the things we would really like to see happen is for some of you to volunteer to be on the nominations committee. This would involve talking with the colleagues that you think would be good as future board members, and encouraging them to run for office. Many of you have served on different positions on the ASNA board and have a good idea of what would be expected. For the last few years, board members have had to hunt down people and beg them to run for office. Unfortunately, once someone has agreed to run, the process stops and then we end up with only one person running for each office. It would be wonderful to get a few people on the ballot for each position. The ASNA website has information on what each position involves. If you are interested in helping us with this, please let me know.

The school nurses in Fairbanks have graciously agreed to host the 2011 spring conference and Rosa Scouten is the coordinator for this event. We are very happy that Rosa and the Fairbanks nurses are already working hard in planning this for us. If you would like to assist in any way, please let me know and I will pass the information on to Rosa.

NASN has made some changes to their SNOTY program this year. I do not know exactly how it will work yet, but it is my understanding that they will be recognizing one nurse from each affiliate. Because they have made some changes with their program, the board decided that maybe we could as well. If you are interested in working on a committee to decide on how we should do SNOTY here in Alaska, please let me know. We would like to make it easier to apply and get more people running for it.

NASN is working on a big project right now and they are trying to get 1000 new members in 100 days. I would really like to see Alaska do its part in this. There are so many benefits to being a member, and when you become a member of NASN, you are also automatically of ASNA. Nancy Edtl, Mary Bell and I are all trying to get the word out by sending every school nurse in the district a pamphlet from NASN explaining the

benefits of membership. All school nurses and Health Treatment nurses are eligible to become members. If you do not get a pamphlet in November let me know and I will personally send you one. NASN's website is full of good information regarding this as well. I would also like to encourage current members to talk to people who have not yet joined and invite them to try it. We need you - and you need us.

During the last spring conference, I won an opportunity to try out the school nurse certification practice test for free. It is 75 questions long and gives people a good idea of what the real test is like. I plan to write about my experience taking the test in the next newsletter, but until then I would like to encourage you to try it out yourself. If you have questions at all about becoming nationally certified, please contact Becky Hansen.

We would love to get your input on our newsletter. It belongs to all of you, so it would be great if you would send us your submissions. Tell us what is happening in your community. Share a funny school nurse story. Take the opportunity to recognize a school nurse who is doing a great job. Brag on yourself. The next newsletter will be coming out in January and Jennifer will need your articles by January 21.

I hope all of you have a wonderful winter and a happy and relaxing holiday season.

Patrica Barker, RN, BSN
ASNA Director



School Nursing/School Health Program

Launched in 2009, the State of Alaska (SOA) School Nursing/School Health Program is housed in the Department of Health & Social Services, Division of Public Health, Section of Women's, Children's, & Family Health. The program's manager, School Health Nurse Consultant

Mary Bell RN BSN NCSN, assembled a group of school nurses, school nurse coordinators, a nursing educator, and itinerant public health nurses in April 2010 to identify priorities for school nursing/school health across the state.

This group, now the School Health Nurse Advisory Committee (SHNAC), has identified the following goals and outcome measures:

- 1) **GOAL:** Attain consistent school nursing practice across Alaska in all school districts that have professional school nurses or are served by public health nurses in the school.

OUTCOME MEASURE: In 12 months, school nurses will have guidelines for practice that reflect best practice and national standards that are accessible statewide online and include a process for evaluation and regular updating.

- 2) **GOAL:** Work collaboratively with the State of Alaska Board of Nursing to clarify professional nursing practice as it pertains to the educational setting.

OUTCOME MEASURE: Written document or regulations additions/changes from the Board of Nursing that guides nursing practice in the educational setting by July 2011. Written document posted on SOA School Health/School Nursing website to guide school nurses in daily practice by December 2011.

- 3) Increase understanding of the important role school nurses play in student success.

OUTCOME MEASURE: Community members and school administrators will describe the school nurse's role in promoting student health by May 2011.

The SHNAC will continue to meet quarterly to identify further needs or directions for growth of the School Nursing/School Health program. Smaller sub-committees have been formed and meet regularly to work on the necessary steps to attain the goals and outcome measures prioritized. If you would like to be involved in the work identified above, please contact Mary Bell at mary.bell@alaska.gov or 907-269-7368.

2010 - 2011 ASNA Board Members

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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

