A Message from our President: Nancy Mattucci

Welcome to 2017…May it be filled with new adventures, happy moments and love of school nursing.

January 1st brings a sense of freshness and renewal. With great intentions we make lofty resolutions to eat healthier, exercise more, or maybe drink less. It is my goal this year to keep my resolutions simple, attainable but impactful. Our profession can sometimes be both physically and emotionally draining. I urge you to consider one or some of the following resolutions in 2017 to improve your inner happiness and professional gratification.

1. Be nice when you don’t want to be. Smile at people and see the magic that transpires. This simple choice will improve your mood tremendously as well as the mood of those around you.
2. Volunteer to mentor a new nurse. Sharing your knowledge and experience is a professionally rewarding experience and can positively impact one’s transition to the school nursing role.
3. Once a month write a thank you note to someone who makes a difference in your school.
4. Set professional goals such as publishing an article, doing a presentation or even going back to school to get another degree. Okay, I admit, this resolution isn’t simple but it is worth-while and I believe you CAN accomplish this!
5. Get at least 8 hours of sleep every night, you will be amazed at how it will improve your day.
6. Join a national nursing organization or encourage a colleague to do so. Consider it a professional duty.
7. Support local, state or national legislative activity that impacts school health. Remember, we are school nurses because we want to advocate for children and the legislative process is one of the most effective ways to do so.
8. Take care of yourself physically, this means TAKE A LUNCH BREAK! Pack nutritious snacks and stay hydrated throughout the school day.
9. Spending time worrying is not a good use of your energy. Confront problems and strategize how you can solve them.
10. Make time to visit a new place in our big beautiful world. Travel to a new city, state or country and immerse yourself in the culture. Then bring back photos and mementos to share with your students.

There is so much to experience and learn from our students and our school communities. Embrace it all, be positive and accept that we cannot fix everything. Remember that we can make a positive impact even in the most difficult situations simply by letting others know that we are their school nurse and we care.

Nancy Mattucci, RN MSN
MASHN President
MASHN CONFERENCE

November 12, 2016

The annual MASHN conference was held on November 12, 2016 at the Princess Royale Oceanfront Resort in Ocean City, Maryland. Over 150 school nurses from across Maryland, Virginia, Delaware, Pennsylvania, and Washington, DC joined their colleagues for an enriching, informative, but most of all enjoyable weekend. The warm hospitality of the resort and scenic ocean views contributed to the overall enjoyment of the conference events.

Nurses gathered early to register, enjoy the sumptuous breakfast buffet, visit suppliers, and connect with old and new colleagues.

Our keynote speaker, Kathryn Rockefeller, JD, opened the conference with her presentation “Managing Conflict from the Health Room”. She shared her vast knowledge and experiences through an interactive format about dealing with difficult individuals within the workforce. She left us with practical information and resources to use in our individual practices.

Edie Brous, RN, JD presented “Licensure Hygiene for School Nurses: Protecting your Livelihood”. Her encore performance was as informative and enlightening as her past lecture about seven years ago at Rocky Gap. She left us with not only new information and guidelines, but practical application in our individual practices.

During lunch our attendees had the opportunity to enjoy a delicious and bountiful buffet as well as visit with our sponsors who have so graciously supported our organization throughout the years. Although feeling full and somewhat guilty for eating the tempting and delectable desserts, nurses reconvened for the afternoon sessions.

Ashley Davis, CPNP began the afternoon sessions with her presentation entitled, “Sudden Cardiac Death in Student Athletes: A Game Changer in the Field of Pediatric Medicine.” Her focus involved her recent research into the necessity of EKGs prior to participation in athletic sports as well as spending sometime delving into case studies dealing with cardiac anomalies. She left nurses with clinical knowledge about each cardiac condition and as well as guidelines for referral for medical intervention.

Malinda Duke, CPNP closed the afternoon with her very informative and interactive lecture on Diabetes, “Mind, Body, and Technology: A Modern Approach to Diabetes Care”. Malinda discussed new challenges both emotional and technical in the caring of our diabetic students. She left us with much information about new technology and treatment on the horizon in the management and care of Diabetes.

Wrap-up, evaluations, and awarding the eagerly awaited CEU’s closed the conference day. Some nurses bid farewell, others lingered, and some stayed overnight to view the surf and enjoy the sights of Ocean City. The planning committee will gather soon to review the evaluations and begin planning for next year’s annual conference.

Barbara Masenior, Conference Chair
Maryland celebrated 2016 with 50 Nationally Certified School Nurses with the addition of the following Nurses who have met success: Stacey Bailey, (Washington Episcopal School), Elizabeth Rudolf, (Baltimore County Public School), Susan McHale, Kelly Tabak, Karen Torpey, and Kerrie Wagaman (Howard County Public School System). Congratulations to you all!

The exam will be available during three testing windows in 2017:

- Winter/Spring Testing Window: February 27–March 11
- Summer Testing Window: July 10–July 29
- Fall Testing Window: November 6–November 18

The application cutoff date is 30 days prior to the start of the testing window. More information and register at http://www.nbcsn.org/

Recertification News – Keep your certification current! Remember that recertification is required 5 years after your initial certification and 75 credits are needed. Enter your 5.5 contact hours into your online account if you attended the Nov 12th MASHN conference. Keep a paper file of certificates and transcripts handy and ready to fax if you are 1 in 5 who are audited. Check your eligibility – you can apply for the MASHN National Board Certification School Nurse (NBCSN) Retrospective Scholarship Reimbursement. See the MASHN website for updated details.

Feel free to contact your Maryland liaisons: Jan Brant at jbrant@parkschool.net or Donna Lyman at lymandk@gmail.com.

Follow us on Twitter @NCSNNurse!

Qualifications for Retrospective Scholarship Reimbursement:
- 3 yrs. continuous active membership in MASHN/NASN (because 3 yrs of school nursing practice recommended prior to application).
- 3 yrs. can be determined from time of application.
- Pass the Board exam in the previous 2016 year.
- School nurse has not received funds from any other professional resource.

Application includes:
- Answering how they would like to become involved with MASHN (MASHN BOARD involvement supports the re-certification process).
- Sharing activities at school that enhance their school nurse program.
- Demographics: name, address, school district, years in school nursing, years a MASHN/NASN member.
- Area of school health.
- Statement disclaimer of not having received funds from other professional resources such as school district reimbursement.

Details:
- Create a document and email as an attachment to lymandk@gmail.com AND jbrant@parkschool.net

Make sure the attachment is electronically signed, dated, and contains all contact information and aspects of the application as listed above.

Submit by MARCH 1st of 2017.

If there are more than 1 Nurse applying for the scholarship, the MASHN/NBCSN liaisons will review to select. All decisions will be final.

The award:
- A decision will be made within 30 days.
- The scholarship reimbursement recipient will be notified by phone and email and the reimbursement check will be mailed.
- The name of the recipient once notified will be posted on the website, noted at the annual conference and whichever way we can celebrate.

Final submissions for 2017 year need to be received by Dec 31st 2017.

Maryland’s Nationally Certified School Nurses

<table>
<thead>
<tr>
<th>Aiken, Rebecca</th>
<th>Bailey, Lorraine</th>
<th>Bailey, Stacey</th>
<th>Boutin, Cynthia</th>
<th>Boyle, Mary</th>
<th>Brant, Jan</th>
<th>Broderick, Mary</th>
<th>Butler, Sarah</th>
<th>Colt-Ferguson, Rebecca</th>
<th>Crooks, Janet</th>
<th>Deselms, Karla</th>
<th>Diaczok, Maureen</th>
<th>Eggerl, Sandra</th>
<th>Escobosa, Joanna</th>
<th>Figliuzzi, Coleen</th>
<th>Flanagan, Catherine</th>
<th>Floyd, Elaine</th>
<th>Foraker, Victoria</th>
</tr>
</thead>
<tbody>
<tr>
<td>George, Julia</td>
<td>Healy, Marilyn</td>
<td>Hutchins, Carolyn</td>
<td>Knode, Christine</td>
<td>Lutzelere, Deborah</td>
<td>Lutz, Cynthia</td>
<td>Lyman, Donna</td>
<td>Martin, Bernadette</td>
<td>Mazyck, Donna</td>
<td>McDuffie, Jeanne</td>
<td>McHale, Susan</td>
<td>Metcalf, Tammatha</td>
<td>Nasuta, Mary</td>
<td>Ness, Michelle</td>
<td>Polack, Barbara</td>
<td>Ratych, Christine</td>
<td>Regan, Anne</td>
<td>Reilly, Jacalyn</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Reilly, Jacalyn</td>
<td>Rothesen, Katherine</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Rudolf, Elizabeth</td>
<td>Schoendorf, Anne</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Storm, Stacey</td>
<td>Tabak, Kelly</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Torpey, Karen</td>
<td>Vickers, Cathleen</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Walsh, Mary</td>
<td>Ward, Amy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Walsh, Mary</td>
<td>Wentz, Kristy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Ward, Amy</td>
<td>Wince, Patricia</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Wise, Sharon</td>
<td></td>
</tr>
</tbody>
</table>
Please consider becoming more involved in MASHN by becoming a member of the Executive Board. Nominations are being taken for the following positions:

- President-Elect
- Secretary
- Treasurer
- Nomination Committee (two seats)

Interested individuals should submit a letter of interest and your CV by February 28, 2017
Email to MDschoolnurses@gmail.com

Elections will take place in March 2017
Terms take effect on August 1, 2017

The National Association of School Nurses 2017 Convention will be in San Diego, California!

Please consider applying for the Carol Costante NASN Scholarship! The application is available at our website:
https://mashn.nursingnetwork.com/ The scholarship is available for school nurses who are first time attendees to a NASN conference and provides $500 towards NASN registration. Applications are due by 3/31/2017
This nomination for School Nurse of the Year is to honor someone who exemplifies the best in school nursing practice through clinical expertise, research and education, management, mentoring, advocacy and/or leadership. Please consider your school nurse colleagues carefully and nominate that professional school nurse whose excellence in practice is stellar! The application is available on the MASHN website.

Procedure for Submission of an Application

Portfolio to include:

- Curriculum Vitae limited to personal education, employment, research, publication, and service related in school nursing (4 page maximum).
- Narrative written by nominator describing the nominee’s significant contributions that advance school nursing practice. Narrative must be signed by the nominee.
- Two letters of support or recommendation describing the nominee’s specific qualifications for the award.

The scoring criteria totaling 100 points are as follows:

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education</td>
<td>15</td>
</tr>
<tr>
<td>Communication</td>
<td>15</td>
</tr>
<tr>
<td>Leadership</td>
<td>20</td>
</tr>
<tr>
<td>Collaboration</td>
<td>15</td>
</tr>
<tr>
<td>Program Management</td>
<td>20</td>
</tr>
<tr>
<td>Community Involvement</td>
<td>15</td>
</tr>
</tbody>
</table>

The total portfolio should be a maximum of 10 pages including the nomination form. The entire portfolio must be submitted electronically (Microsoft Word format or PDF file) and in paper in an 8 ½ “ x 11” envelope. The portfolio should be sent to Mary Nasuta. The electronic copy must arrive no later than March 30, 2017. The mailed original, signed paper application must be postmarked by March 30, 2017 and sent to Mary Nasuta, 102 S. Hickory Avenue, Bel Air, MD 21014.