MARYLAND ASSOCIATION OF SCHOOL HEALTH NURSES

October 2015

MASHN Members in Philadelphia

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Top 10 Reasons to Attend NASN

by Betsy Rudolf, MSN, RN, CPN

Have you ever been to a national conference? If not it's about time you did. Whether you have been a school nurse for 40 years or 4 months the National Association of School Nursing's (NASN) Annual Conference is the place for you. I was the happy recipient of the Carol Constante award this year which paid for my conference. This award is available for new NASN members who have not previously attended the annual conference. Remember when you join NASN you are automatically enrolled in MASHN - what a great deal.

If you are not eligible for the award (or do not win) there are still plenty of reasons to go to the NASN Annual Conference this summer. Here are my top 10.

10. See new places and stay in luxury accommodations. That's right, you can travel all over and see this great country - all while you are gaining knowledge and friends. Conferences usually rotate between the coasts so you can see various parts of the country and the accommodations are top notch. Last year’s conference was in Philadelphia at the Marriot; the room was beautiful and spacious; there was a fitness center and a pool on site; multiple restaurants and bars were also located in the hotel.
9. Entertainment. The hotels was located in the heart of downtown Philly, so there was plenty to do for entertainment. I was fortunate enough to travel with several members of the MASHN chapter so I had company on my excursions into the city. My favorite was walking to Penn's Landing and then stopping for lunch in Old City. NASN incorporated exercise into the conference with tweeting and early morning group activities - body sculpting, a walk/run to the famous Rocky statue, and yoga. Of course there were special interest focus groups, a new timer's orientation, affiliates night out, the NASN Awards Celebration and the President's Banquet.

8. Shopping. Sure there are plenty of places to shop in Philadelphia, but you didn't even need to leave the hotel for lots of shopping goodies. There was "Purses for Nurses" a silent auction which benefits the NASN Endowment Fund; the endowment uses funds to advance school nursing practice. The Pennsylvania School Nursing Association was out in full force selling so many cute items - t shirts, ID wallets, note pads, raffles for cool gift baskets and much more.

7. Preconference. There are always several preconference's to choose from. This year's selections included: diabetes care, Spanish for medical professionals, physical assessment, mental health training, pediatric first aid for caregivers/teachers, emergency triage training and a writing for publication workshop.

6. Networking. There are so many wonderful people to talk to and learn from. Since I am new to school nursing this was invaluable. It was great meeting other nurses who had the same issues or questions that I had, and even better meeting nurses who had come up with solutions. It is hard to fathom the knowledge and expertise that was all around. There is plenty of time allotted for networking, whether it is time with the vendors, time to view posters or the many breaks and opportunities to gather together.

5. Posters. The professional posters created by school nurses were amazing, so many topics and creative ways to approach school health issues. There were too many posters to name them all but a few topics included: models of school nursing, DNR issues, social media, allergies, bed bugs, obesity, asthma, and improving student outcomes.

4. Presentations. Whether it was the keynote address or one of the breakout sessions, there was inspiration and enthusiasm in the air. There were so many presentations sometimes it was hard to choose one. To make this a little easier
you can plan your entire conference before you even leave home, but don't worry, if you decide you would rather go to a different presentation it is okay - there is no preregistration required for the different sessions. The sessions are generalized into 4 major categories to make sorting it out a bit easier. They are Practice, Research, Health Promotions and Leadership/Legal.

3. Workshops. Besides the plethora of presentations and breakout sessions to attend, there were some workshops that presented a more hands on experience. Workshops offered last year included: Inspiring Leadership Potential, The Impact of Childhood Trauma Exposure, Adolescent Depression Awareness, Real World Application of School Nursing Documents, School Nurse Role in Pediatric Care Coordination, General Strategies and Interventions for Overly Anxious Children, Getting Children with Chronic Conditions, Administrative Buy-in for Your Projects, and Management of Common Sport-related Emergencies

2. Improve your nursing practice. I know, how could there possibly be more! There were several demonstrations available throughout the conference to help improve your nursing practice including Aerospan inhaler technique, Omnipod insulin management system, and Lilly Glucagon emergency kit. If you were interested in publication there was an opportunity to meet with editors from both NASN School Nurse and The Journal of School Nursing. They also had an HPV Epidemic documentary available one night.

1. And the number one reason to go to the NASN Annual Conference - Free stuff! That's right free stuff. There are venders galore with fabulous products and helpful information to help you with your practice. Each vendor wants you to visit them so there are all kind of give aways, from samples of their products to note pads to pens (and what nurse doesn't LOVE pens?) and of course my favorite - chocolate.

I don't see what could possibly be stopping you from going to the next NASN Annual Conference. Due to the variety of offerings and the ability to personalize your experience everyone who attends can get as much out of the experience as they can handle. The 2016 conference will be held in the JW Marriott Indianapolis, Indiana from 6/30/16 - 4/3/16. Can't wait to see you there.
Maryland boasts 41 Nationally Certified Nurses. If you have recently become certified, please let us know because there is no system yet in place for informing state liaisons of newly certified nurses. We want to celebrate your accomplishment - so please contact us. The 2016 Testing dates have not yet been released - they will be shared once posted. Most important is that all application information is due 30 days prior to the test date. This is strictly enforced so be ready to roll once you make your decide to become certified in 2016. Keep your eye on www.nbcsn.org. Re-certification begins with Certification - begin the process after you become certified. Create a username and password on the NBCSN recertification tab on the website and enter your contact hours as you earn them. This avoids any last minute panic scrambling for your contact hours. Involvement with your state affiliate to NASN, ahem MASHN, also earns points towards re-certification which can give you another reason to become involved. Contact me if you have questions, I can share what I have learned being part of the recertification audit committee. Stay certified after retirement. NCSN-E(emeritus)n was created in recognition of retired nurses' service and commitment to the specialty practice of school nursing, as well as their achievement and maintenance of the NCSN credential prior to retirement. A nurse must be actively certified in order to achieve this status. All details are on the website. When considering retirement- consider staying certified with a one-
And don't forget to apply for the Retrospective NBCSN Scholarship Reimbursement. Details and application procedure is available on the MASHN web site: www.mdashn.org under the National Certification information.

Contact your state liaisons if questions:
Donna Lyman lymandk@gmail.com or Jeanne McDuffie jhmcduffie72@gmail.com

Summer Opportunity

Melwood is seeking an energetic Summer Nurse for Camp Accomplish located in Nanjemoy, MD in rural Charles County. from early June 2016 to late August 2016. The Summer Nurse oversees the health services program for Melwood's summer seasonal recreation programs and ensures that participants receive appropriate medical care. The Summer Nurse provides oversight to ensure that medication is dispensed safely and properly, is responsible for the majority of on-site First Aid and for staff and participant health and wellness. Must be a registered nurse (RN) in Maryland and a graduate of an accredited program for nursing. BSN or related Bachelor's degree is strongly preferred. Experience in camp/community nursing and individuals with developmental disabilities is desired. Must possess valid driver's license and a good driving record. The incumbent is required to live onsite at the Recreation Center for the duration of the summer. For more information please contact Cynthia Gervais at cgervais@melwood.org.

SAVE THE DATE:  NOVEMBER 12, 2016

The MASHN Conference will be held next fall in Ocean City, MD. If there are areas of specific interest that you would like to see presented, please contact the Conference Committee by email at MDschoolnurses@gmail.com.

We are planning a general membership meeting for Spring 2016. Details to follow.

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