NASN 2014

Just imagine, hundreds of your colleagues from around the nation and globe in one place; sharing ideas, trading stories, learning from each other, and building lasting friendships. That’s what this group of PA CSNs got to experience in San Antonio, Texas June 26-July 1, at the NASN 46th Annual Conference.

Being together with others having similar experiences and interests is one of the reasons you go to the annual conference. Others include the variety of educational opportunities like 40+ breakout sessions and 18 workshops addressing the wide range of school health topics, poster presentations and outstanding general session speakers.

The Endowment Fund Event, held this year at the Knibbe Ranch, was unforgettable. We were welcomed with hay wagon ranch tours, down home cookin’ and the Jody Jenkins Band, not to mention Little Red, a long horn steer.

All members were encouraged to participate in NASN’s official business to consider and discuss the essential issues in the field and vote at the Annual Meeting session.

The PA nurses held the place of honor in the front row, as hosts to next year’s conference, planned for Philadelphia. Decked out in patriotic colors (below), the group followed cues from Cheryl Mattern, our NASN Director, to promote the NASN 47th conference in Philly as the place to be in 2015. Take advantage of “national” in your own backyard next year. Join us and see for yourself!

Pennsylvania Health Alert Network (PA-HAN) Register Now

PA-HAN serves as a communication network among state and local public health providers, healthcare providers, hospitals and emergency management officials on emerging public health issues. All Certified School Nurses are encouraged to register for a free PA-HAN license. This is one way the Department of Health rapidly distributes information on emerging public health issues. To register for access, go to https://www.han.pa.gov/.
**A Message From Our President**

Welcome back to another school year. Whether this is your first, tenth or even twentieth year as a school nurse you will make a difference in the lives of the students you care for each day. You are that link between home and school that provides school children a safe and healthy environment to assure a successful student.

New this year is the evaluation tool for the CSN. Using the Danielson model, the CSN rubric took the past two years to develop. Following the pilots that were done during the 13-14 school year, The CSN Evaluation Rubric is now PDE approved and is the evaluation tool to be used for one of the non-teaching professionals, the CSN.

Do not be fearful of this evaluation rubric. If you do your job well and with confidence, you will be able to be proficient and maybe even have a hint of distinguished. Remember, you will hopefully live in proficient and visit distinguished in some areas. Take time to review a webinar on the PDE website that addresses the evaluation rubric for the non-teaching professionals. You can also see the rating form. The CSN pie chart has 5 sections all worth 20% each. Each domain is worth 20% and the final 20% is the Building Profile Score of the school you work in. If you cover more than one school, then a percentage is used for the time you spend in the school and use an average to determine the Building Profile Score.

I know your days are busy, but take time for yourself. Make time to attend educational opportunities to increase your knowledge of your practice of school nursing. One goal that I want you to set for yourself, is to join your professional organization. The voice of the CSN is heard when there are numbers.

Have a great school year and I hope to see many of you at the annual PASNAP conference in March and maybe even at the NASN conference in Philadelphia in June. In closing, I leave you with a short joke to start your year with some humor.

*A school nurse went to heaven and was met with the person who would show her to her new community where other school nurses were. The first group of homes were lovely and the school nurse asked, “Is this where I will be living? And the answer was, “No, this is for movie stars. The next housing community looked great and again the school nurse asked, “Is this where I will be living? The answer again was, “No, this is for our professional athletes.”

The third community looked very nice and again, the school nurse asked, “Is this where I will be living?” The answer was, “Yes, this is your new community.” As the school nurse looked around she noticed that there was no one there. She asked, “Where is everyone?” She was told that they were all in hell for the day for an in-service that had nothing to do with school nursing.

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**Save the Dates**

<table>
<thead>
<tr>
<th>NASN 47th Annual Conference</th>
<th>2015 PASNAP Annual Conference</th>
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<tr>
<td><strong>Embracing Today— Transforming Tomorrow</strong></td>
<td><strong>School Nurses: Helping Students Balance Wellness</strong></td>
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<td>June 24-27, 2015</td>
<td>March 27-29, 2015</td>
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<td>Philadelphia Marriott Downtown, Philadelphia, PA</td>
<td>Penn Stater, State College, PA</td>
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Why Create a Bucket List?

Challenge yourself! Launch a Professional Bucket List for 2014-2015

By Kathy Verbel BSN, M.Ed., RN, NCSN

Most people have heard the term “bucket list”, a list of all the accomplishments you want to achieve, before you die, made popular by a 2007 comedy-drama film starring Jack Nicholson and Morgan Freeman. The main plot follows two terminally ill men, (portrayed by Nicholson and Freeman) on their road trip with a wish list to do before they “kick the bucket”.

As I sat in a recent PASNAP Board of Directors meeting, we discussed the new CSN Evaluation Rubric and what it will mean to the school nurses of PA. Later, board members shared personal undertakings and other activities they have planned for our 2014-2015 school term and not-so-far-off retirement dreams. I began to reflect on an evaluation I had years ago. My principal asked me to list work related goals for the next 5 years. Some I have achieved, others are still a work in progress, but I still recall the list. This spurred the idea of a professional bucket list related to school nursing. Conversing with other members helped develop this list.

So why should you create a “professional bucket list”? School nurses constantly set goals for their work days. Screen that class. Write that plan. Create that bulletin board. Masters of to-do lists, we look forward to all things we’re planning to do next in our busy work days. I am asking you to take that to the next level.

Think about your career as a school nurse. Reflect on what’s really important to you, and what professional goals you aspire towards, whether it’s large or small. A personal professional school nursing bucket list opens up a forum to consider anything and everything you’ve ever wanted to do in your career, and set goals.

Challenge yourself! Start the process, one goal at a time. And what better year to launch your list then when we are finally being evaluated on our role as CSNs, including “Professional Development and Professional Responsibilities” (Domain 4).

School Nursing Bucket List

- Present yourself professionally. Use your professional credentials and hand out business cards when making professional contacts
- Join your professional organizations: PASNAP, NASN, PSEA-DPS-SNS,PSNA
- Get involved- Volunteer on the board of your regional, state or national professional nurse’s organizations. Make a difference and effect what goes on behind the scenes.
- Write a grant. Help secure funding for a project close to your heart.
- Attend the national school nurse conference (or state conference, or regional conference). Net work with colleagues across the country or across the state.

Our list is ready for your professional, personal revisions. Feel free to forward your own suggestions, your accomplishments and what your own bucket list contains. We’d love to include them in upcoming issues.

Challenge yourself! Start the process, one goal at a time.

See bucket list page 4
Grant Writing: Yes you can
Tips to Help You Succeed

By Shenessa S.H. Rossetti MS, CSN, RN, BSN

Do you need an AED or fitness equipment for your school? Try writing a grant to get it. A grant is money or products from an outside organization that has money or equipment to give if certain conditions are met.

I don’t know about you, but grant writing was never taught in my BSN program. So the first time I was asked by my administration to write for one, I felt more than a little overwhelmed.

My school district is very small so we do not have a specific grant writer. This puts many staff members in the position of writing for grants for things our school community needs. I would like to share some tips with you that I have learned to follow over the years, which may assist you through what can be a complex process.

1. Be organized and stay organized. This will make your job easier.

2. Know your and your districts limitations.

3. Get Administrative approval/support for the grant you would like to pursue. Your time is too valuable to waste.

4. Give yourself enough time: Time to find the grant that fits your needs, and time to complete the grant writing process.

5. Give them all the information they need in the proposal. Try to supply any answers to anticipated questions/concerns.

6. Be thorough and specific about your needs and plans. All details are important!!

7. Follow all guidelines/requirements listed for the grant. This is a must!!!

8. Utilize your English, Math, Business departments to assist you in this process. I know mine gave invaluable advice. Don’t forget your proposal represents you and your district.

9. Make personal connections with these organizations. You may not always be successful with this round of grants, but if you help them to understand your needs, your story, and have a strong enough proposal you may be surprised what doors will open.

10. Most importantly. Don’t be afraid to try. Truly, the worst that could happen is they say no.

I wish you all a great school year and lots of grant writing success. Please share your grant writing success tips with PASNAP.

Launch a Professional Bucket List

Bucket list, continued from page 3

- Earn national certification in school nursing (NCSN) or another specialty related to your work.

- Speak with the press. Discuss school nursing and the benefits to students of PA in having a nurse at school.

- Meet with legislators about issues effecting school health. Attend PASNAP’s Day on the Hill in the spring.

- Continue your education. Pursue an advanced degree.

- Publish. Write an article for a school or local newspaper, nursing newsletter or a professional journal. Share your expertise.

Articles related to these topics will appear in the PASNAP Pulse throughout the year.
TECHNOLOGY CORNER

Useful Apps, Websites or technology tips for the school nurse

By Charity Istone MSN, CRNP, CSN

Imagine what it was like when you first walked into the health office. Paper charts, hand written notes to the teachers, daily written logs/cards for the health office visits, only a home or work phone number to reach parents. No fax, no email, and no computer. Oh how things have changed.

Electronic health records are the norm. Faxes, emails, texts have all become part of how we get that information we need to send or receive. As my principal said if we aren't on the technology train, it will pass us right by.

With that thought in mind, this will be a series of articles on ways to use technology in the health office.

- Is there something you have found useful?
- Something you would like to know?

Email me and we can talk about it in future articles.

Before we talk about what you can use in the health office, you need to find out what your school policies are for using technology. Other than your laptop or desktop, can you use more mobile devices? Are you permitted to use personal equipment? Your cell phone? In 2011, surveys indicated that 75% of nurses were using smart phones but without knowing your District's policy, it may not be of any help. Do you have access to a tablet device - IPAD, Kindle, Samsung, Windows? Don't start using any technology unless you know it can pass the policy test.

Now that you know your District's policy, what are some of the ways you can use technology in the health office?

- Electronic health records are the norm. Faxes, emails, texts have all become part of how we get that information we need to send or receive. As my principal said if we aren't on the technology train, it will pass us right by.
- With that thought in mind, this will be a series of articles on ways to use technology in the health office.

Email me and we can talk about it in future articles.

This is by far the most recorded generation ever taking pictures of themselves at every opportunity. Make use of that by taking a picture with a purpose. On several occasions I have contacted a parent, asked their permission to take a picture of their child's injury with their child's camera, then texted the picture to the parent. Misunderstood descriptions are a thing of the past. Everyone is on the same page. What if the child doesn't have a camera? With the parent's permission, take a picture with your phone, email it to your school email account, then forward to the parent. The parent can still see the picture and your cell phone number isn't passed along to the parent. Problem solved.

We need to start thinking outside the box and sharing those ideas. Looking forward to hearing from you.

chairtyestone@gmail.com

And Speaking of Twitter.. Sign up now. It’s easy and free! Go to https://twitter.com and follow directions, then follow NASN and PASNAP to stay updated on what’s trending in school health. Twitter is an online social networking service that enables users to send and read short messages called "tweets". Registered users can read and post tweets, but unregistered users can only read them. Register now!
Improving School-based Hearing Screening

By Antoinette Henning BSN, RN, CSN

Despite the evolution of hazardous noise exposures for children and adolescents, school hearing screening has remained relatively unchanged over the past 90 years. Screening at the lower, speech-related frequencies has traditionally been the focus of school-based hearing screens because of the association of middle ear disease (e.g. ear infections) and low-frequency hearing loss. Protocols are often the same for young children and adolescents despite the fact that adolescents have different hearing risks and types of hearing loss. Specifically, ear infections and low-frequency hearing loss are common for younger children, while hazardous noise exposures and high-frequency hearing loss (occurring at >3000 Hz) are seen more often among adolescents.

In the fall of 2013, our high school participated in a unique initiative to alter the current school-based hearing screen to better detect adolescent high-frequency hearing loss. This protocol uses standard school audiometers and can be performed by school nurses in the school setting with no additional costs other than the minimal additional time and effort required to complete the test.

While participating in this project, the question of how school nurses across the state approach hearing screening arose. The Department of Health publishes hearing screening guidelines for Pennsylvania schools, but little is known about the intricacies of the screening process. The Lebanon School District in partnership with Penn State College of Medicine is looking for

School Nurse Net—Get connected

PASNAP to move to SNN as platform for school health discussions.

By Cheryl Mattern BSN, M.Ed., RN, CSN

The PA Association of School Nurses Board of Directors is excited to announce that we will be utilizing NASN’s School Nurse Net as a platform for school health discussions in place of our current listserv. This will provide all of the benefits of NASN’s website and discussions as well as the opportunity to continue to network with members within Pennsylvania.

It is simple to access School Nurse Net. This is a NASN membership benefit and NASN makes it easy. Visit www.nasn.org and click on the icon at the top of the column on the left side of the page to begin.

Log on with your NASN username and password, and follow directions to set up your account, then set your preferences.

Explore communities, review your profile, edit privacy to customize your experience, and make connections with your peers. You control how much you see and how many communities in which you participate. There are video tutorials to guide you and NASN’s Sharon Conley is always available to assist.

Watch for notification from PASNAP of this upcoming change.
“If not me, than who?”

By Mary Ann Canales BSN, M.Ed. RN CSN

Travis Manion, a local hero from the Central Bucks area, believed in putting others before himself. 1st Lieutenant Manion was a decorated war hero that was a leader in every arena of his life. He was a man of character who believed in going the extra mile. His family has established The Travis Manion Foundation in his honor. The Foundation has many satellite organizations across the country. The purpose of the Foundation is to encourage people to volunteer and become involved in their communities and to help military families.

Travis’s words resonate for me. I have been volunteering for the better part of my life. I have volunteered for many organizations including the American Heart and Lung Associations, The Certified School Nurse Association of Bucks County and PASNAP. Many of these volunteer roles included leadership responsibilities. Each time I volunteered, I have questioned whether I had the skill set and or the time to do the job. Time seems to be the most common barrier to people getting involved in their community. I have learned that other volunteers are willing to help, mentor and guide you. Many hands make lighter work which can lessen the amount of time you need to give.

My volunteer experiences with PASNAP have given me a better understanding of the school nursing community across the state. I began my experience as regional representative. This role gave me the opportunity to network with school nurses in the South East region. Currently, I serve as the Membership Chair and CSN at Large. Of course, there is work involved in keeping track of members, communicating to our membership and registering members for the annual conference. All I have to do is pick up the phone or e-mail another member of the PASNAP board and the job is easier. Every new experience has provided me with new tools for my leadership tool box.

I have made many friends, met many nurses, learned how to navigate Google docs and learned to be more flexible. Overall my volunteer experiences have been positive and I feel blessed to have made a contribution. My challenge to the nurses reading this is to stretch out of your comfort zone and get involved. You could be shaping the direction of school nursing. The next time you are asked to become involved think of Travis Manion’s words, “If not me, than who?”

Earn Conference Dollars: NASN’s Strength in Numbers Campaign

Refer a colleague to become a NASN / PASNAP member on-line and receive a $10 NASN e-commerce credit. This includes new members or members reinstituting a lapsed membership. It’s two organizations for the price of one. When you join NASN, you join PASNAP. A word-of-mouth marketing campaign is a great way to promote the growth of an organization. By tapping into your professional networks and encouraging others to join, you are strengthening the national and local voice of school nursing and keeping students healthy and academically successful. And there is no limit to the amount of credits you can earn. Credits can be built up for product purchases. Credits earned may be applied to a dues renewal payment online, a bookstore purchase online, or a live program registration online. Details at www.nasn.org
The Power of an Eraser

Jack was one of those “daily vitamins”, a student who came frequently to the office. This particular visit was the 3rd Friday in a row with some type of unusual injury.

“Hey Jack, what can I do for you today?” I asked.

“I’m...I don’t know what to do!”’, he replied.

“Jack, please tell me what’s wrong”

“Promise you won’t be mad. I’ve got something stuck up my nose,” he said.

“Really?”, I replied as I grabbed the otoscope.

“What could it be?”

“I don’t know,” he stated.

As I peered up his nose, sure enough I saw an object that looked like the tip of a pencil eraser. I shared what I saw with Jack.

“Is that what happened to my pencil eraser?”, he said as serious as could be. I tried to have him blow it out and remove it with tweezers without success.

When I called his mom to tell her what happened you could hear the exasperation in her voice. When mom arrived to take him to the ER, per his doctor’s advice, Jack looked at us and said, “I think I’ve done my last dumb thing. Who’d think you’d be able to get an eraser stuck in your nose?”

True enough, for the next three years that Jack was in my building, I only saw him for illness or an occasional scraped knee.