Conference 2016!
Your Fingerprint for Student Success

By Kathy Verbel, MEd, BSN, NCSN
Conference Chair

Our 2016 PASNAP Conference brochure will be posted on the PASNAP website and is available on page 7 of this newsletter. Conference registration will soon be waiting for you! Payment for the conference may be done by check or credit card. Although a small increase in the conference cost became a necessity this year, we believe our conference continues to offer you an excellent educational opportunity for a reasonable price.

Go to www.pasnap.org and be one of the first to REGISTER!

Pre-conference will include the session “Youth Suicide—What it Means for Schools”, by Matthew Wintersteen, PhD, Thomas Jefferson University. Dr. Wintersteen is Co-Investigator and Co-Program Developer of a SAMHA-funded study to design and build training, screening, and intervention in schools across Pennsylvania. With pre-approval from your district, this presentation will count towards the new ACT 71 requirement, which went into effect 2015 requiring training in youth suicide awareness and prevention for educational professionals working with students in grades 6-12.

Additionally, Dr. Olympia, Penn States College of Medicine, will present on “The Approach to Rashes in School-Aged Children” and Sandy Moritz M.Ed., BS, RN, CSN will offer a session on how to “Respond to the six Big

Gettysburg Area School District Concussion Management Program

By Lauren Neely, MEd, BSN, RN, CSN

A concussion is a mild form of traumatic brain injury (TBI), caused by a bump, blow, or jolt to the head, which can induce an altered state, including physical and cognitive abilities. Although it may include loss of consciousness, in most concussions there is no loss of consciousness.

Current research states that approximately 80-90% of students will recover in the first 3-4 weeks. Because it is so important to protect and monitor the student during this recovery phase, the statewide PA BrainSTEPS Brain Injury School Re-Entry Consulting Program has been designed to assist an ever increasing number of students with concussion during their return to school. Returning to the full demands of school too soon following a concussion can significantly increase and potentially prolong symptoms. Therefore, the academic workload must be managed to allow for healing and recovery.

The BrainSTEPS Program, in conjunction with the PA Department of Education, established a Return to School Concussion Protocol in 2013, utilizing school based academic Concussion Management Teams (CMTs).
A Message From Our President

Many years ago I was approached by a PASNAP officer and asked to serve as the editor of PASNAP’s newsletter, then called “The Examiner”. I agreed to take on the challenge and the rest is history…a wonderful history for me of professional and personal growth as a result of my involvement with PASNAP. As I reflected on what message I could share with you, I recalled an article that I included back then about geese and teamwork. I believe strongly that it still remains relevant for our members and our organization. The original version of this inspirational story “Lessons from Geese” was written by Dr. Robert McNeish in 1972. This June 2005 version can be found at http://www.agiftofinspiration.com.au/stories/inspirational/geese.shtml

Lesson from Geese

‘Individual empowerment results from quality honking’

Lessons from Geese provides a perfect example of the importance of teamwork and how it can have a profound and powerful effect on any form of personal or business endeavor. When we use these five principles in our personal and business life it will help us to foster and encourage a level of passion and energy in ourselves, as well as those who are our friends, associates or team members. It is essential to remember that teamwork happens inside and outside of business life when it is continually nurtured and encouraged.

Cont. on pg 4.

Keeping Your New Year’s Resolutions

By Cynthia Dougherty, MSN, NCSN

Many of us spent Jan. 1 making resolutions and will spend the next year trying to keep them.

In fact only 8 percent of people successfully achieve their resolutions, according to the University of Scranton.

Here are their tips for keeping those resolutions.

1. Set short term goals. Break a resolution into small measurable chunks. Increase your exercise by 5 min weekly, instead of starting at 30 min. Save by increasing $10 week instead of $100 month. Increase gradually until you reach goal.

2. Make your resolution about the journey, not the outcome. Want to lose 25 pounds? Make your plate ½ vegetables or exercise 4 days per week. The weight loss will happen and you will have made forever habits.

3. Employ the buddy system. Everything is better with a friend. Want to save money on groceries? Challenge a friend. Plan meals, clip coupons and share recipes. Who won this week? Even if you don’t have the same resolutions, you can cheer each other on.

4. Get an app. There is usually an app that can help with every resolution. Not only to track your diet, exercise, task completion, but can coach you through the process. (In the old days this might be called journaling.)

5. Celebrate little victories. You deserve it! Just make sure the rewards you chose don’t work against your goal. A positive reward will actually help make a healthier and happier you.

6. Don’t give up so easily. Too often people throw in the towel on resolutions because of one or two slip ups. It Happens! Often we use small slip-ups to give up on our big goals. Forgive yourself, move on, and keep on trying.
Emergencies in Schools Today - From Incident to Ambulance”.

Our nationally known keynote speaker, Elaine Lundberg, humor therapist, will help you “Laugh Your Way to the Head of the Class”, discussing the benefits of laughter and how to incorporate humor into the workplace.

PASNAP is also honored to have Beth Mattey, President of NASN, provide us with an educational session on the newly revealed Framework for the 21st Century School Nursing Practice. Our attendees will also be provided with our Legislative Update session from PASNAP lobbyist, Morgan Plant and Department of Health/School Health Update by Beth Anne Bahn.

Two sessions of breakouts include a variety of topics to reflect our theme “School Nurses: the Fingerprint for Student Success”, providing resources that will aid to the impact that school nurses have on the physical, emotional and social health issues of students. Check out the variety of session offerings in the conference brochure posted on our website.

New this year is a lunch and learn session open to all, on current information and concerns related to the use of Naloxone (Narcan) in the school setting, presented by the PA Department of Health.

Then following our School Nurse Excellence Awards dinner and legislative auction winners Saturday evening, grab your favorite movie snack and join us for a screening of “Someone You Love: The HPV Epidemic”, sponsored by the Chester County Health Department. After reading the films reviews at [http://www.imdb.com/title/ tt3646852/reviews](http://www.imdb.com/title/tt3646852/reviews) you won’t want to miss it. ACT 48 credit certificates will be provided on site for those who attend.

As always, Act 48 credits and AANP CE credits will be awarded to conference attendees after completion of their online evaluation.

With school budget cuts, some nurse colleagues have applied and received grants from their local Community Health Foundations to cover the conference cost. Looking for a roommate? Contact your Region Representative (www.panap.org). They may be able to get you connected with a CSN peer to help offset expenses.

Whether it be for a day or the weekend, please take this opportunity to attend this educational event and network with your professional colleagues across the state.

What? You’ve never attended before? Take this challenge. Go once. You’ll never want to miss it again. …DON’T DELAY! REGISTER TODAY!

Concussion continued from page 1

Gettysburg Area School District has partnered with The BrainSTEPS program and now has CMTs in all school buildings. The High School and Middle School concussion teams were operational last spring, while the Elementary teams began their program this fall.

Concussions may occur in or out of school. Once a school suspects that a student may have a concussion, or is notified by a parent or physician, the student is referred to the CMT. The team consists of the school nurse, to oversee the medical aspect, and a teacher/counselor to oversee the academic plan.

When a student is placed on the concussion protocol, the parent is contacted and the student is provided with academic and physical accommodations as needed. If the student is also involved in school athletics, the athletic trainer is also consulted and works in cooperation with the CMT. The student is monitored several times a week for an improvement of signs and symptoms. If the symptoms have not improved after 4 weeks, we have agreed to refer to the local BrainSTEPS team, based in the local educational Intermediate Unit. The BrainSTEPS infrastructure is available to schools as a second layer of more intensive student concussion support, consultation, and training. The ultimate goal of the concussion protocol is to return the student to a normal physical and academic state by giving the brain adequate time to rest and heal.

If you have any questions about the school concussion management teams or the concussion protocol, please call your child’s school nurse.

Concussions may occur in or out of school. Once a school suspects that a student may have a concussion, or is notified by a parent or physician, the student is referred to the CMT.
Bethlehem Area SD Flu Vaccine
Drive- Through Clinic

By Susan Dalton, MSN, BSN, CSN

The Bethlehem Area School District (BASD) and the Bethlehem Health Bureau (BHB) worked together for the second year in a row to distribute flu vaccine to the students and families of the BASD.

The successful drive-through clinic was held on November 14 from 10 a.m. to 2 p.m. at East Hills Middle School and offered the quadrivalent flu vaccine, which protects against four different flu viruses; two influenza A viruses and two influenza B viruses.

President’s Message continued from page 2

Lesson 1 - The Importance of Achieving Goals
As each goose flaps its wings it creates an UPLIFT for the birds that follow. By flying in a 'V' formation the whole flock adds 71 percent extra to the flying range.

Outcome
When we have a sense of community and focus, we create trust and can help each other to achieve our goals.

Lesson 2 - The Importance of Team Work
When a goose falls out of formation it suddenly feels the drag and resistance of flying alone. It quickly moves back to take advantage of the lifting power of the birds in front.

Outcome
If we had as much sense as geese we would stay in formation with those headed where we want to go. We are willing to accept their help and give our help to others.

Lesson 3 - The Importance of Sharing
When a goose tires of flying up front it drops back into formation and another goose flies to the point position.

Outcome
It pays to take turns doing the hard tasks. We should respect and protect each other's unique arrangement of skills, capabilities, talents and resources.

Lesson 4 - The Importance of Empathy and Understanding
When a goose gets sick, two geese drop out of formation and follow it down to the ground to help and protect it.

Outcome
If we have as much sense as geese we will stand by each other in difficult times, as well as when we are strong.

Lesson 5 - The Importance of Encouragement
Geese flying in formation 'HONK' to encourage those up front to keep up with their speed.

Outcome
We need to make sure our honking is encouraging. In groups and teams where there is encouragement, production is much greater. Individual empowerment results from quality honking! “

As we continue to grow as a professional organization and face the many challenges of our school nursing specialty, don’t forget to keep on honking!

Happy, Healthy New Year Everyone!
NASN To Hold Board Meeting
Jan. 23-26 in Washington D.C.

By Cheryl Mattern, MEd, BSN, CSN

The National Association of School Nurses Board of Directors will hold the winter committee and Board meetings January 23-26, 2016 in Washington, DC.

The Board members will be discussing many current issues including the newly adopted 21st Century School Nurse Framework, recruiting and retaining members, updating position statements, and national legislative priorities. Directors will be making visits to US Congressmen and Senators on Tuesday January 26th.

This year, NASN will be holding their annual conference in Indianapolis, Indiana June 30-July 3, 2016. Please consider participating in this amazing event. The networking, course offerings, and vendor exhibits are just a few of the benefits of attending.

Please be sure to take advantage of the many resources available on the NASN website at www.nasn.org. Also, log in to add the PASNAP School NurseNet Community to your profile to access networking with other Pennsylvania school nurses.

I look forward to sharing the latest NASN news with you in the next PASNAP Pulse. I am also anxiously awaiting the opportunity to submit Pennsylvania’s nominee for the NASN State Excellence in School Nursing Award!

CHAMPIONING WELLNESS

By Anne-Marie Crawford, CSN

Health Promotion for school staff is one of the components of the Centers for Disease Control and Prevention’s (CDC) Coordinated School Health approach to improving student health and learning in schools. Teachers and school staff who care about health make great role models for students. Healthy teachers and staff members are more productive, and miss less work, meaning better continuity for education. Creating an environment with a focus on wellness is a benefit to everyone, staff and students alike. School nurses are particularly well-suited to champion this effort.

Small things can set the tone. Promoting a healthy environment does not have to be a monumental task. Here are some examples to promote wellness without spending a lot of time and resources:

* Bulletin Boards can be a daily reminder to incorporate wellness into the day. Topics like adequate sleep, nutrition and exercise are a good place to start. Build a base bulletin board, and add one healthy tip each month.
* Weekly emails can reach staff right at their desks. Maybe a “Wellness Wednesday” series can offer quick tips for healthy habits. Some health plans will even provide you with cut and paste tips to use.
* A 1-Minute Stretch could be lead during morning announcements or morning meeting to get staff and students moving together and start the day off right.
* Start a Soup Group or Salad Club with staff. This pot luck style group gets staff eating healthy and promotes homemade lunch over processed foods and pricey take out. This weekly or monthly group can turn the break room into an inexpensive, healthy salad bar. It also builds camaraderie among colleagues. The more people who join, means less effort and cost for the participants.
* A staff room makeover (perhaps the PTA/PTO can help) will entice teachers and staff to walk away from their workspace for a healthy break in a retreat-like setting to reduce stress.

When talking about wellness and health promotion at school, hidden wellness champions within the staff might suddenly appear. Those who are passionate about health come from both expected and unexpected places. There may be staff members who are avid runners or workout gurus, or there may be a staff member fighting to keep a chronic illness at bay by using healthy habits. These are Wellness Committees’ best friends because they love to share what they have learned.

Here are some resources to check out for more ideas about wellness activities, as well as ideas for getting administration on board:
- PA Department of Health — Coordinated School Health page — Staff Wellness page — School Employee Wellness Webinar Series by Kaiser Permanente — Centers for Disease Control and Prevention
Invitation to Present Posters:
PA Association of School Nurses & Practitioners

Whether you are a veteran school nurse or a novice, you know things that other nurses would love to learn. Share your ideas and programs at PASNAP’s annual educational conference!

Participation is simple:

1. Using a standard 36” by 48” presentation trifold, create a poster featuring some facet of your practice.
2. Develop a handout (approximately 300 copies) conveying the important concepts of your poster.

Bring your poster and handouts to the annual conference at the Penn Stater Conference Center April 8th -10th, 2016 where it will be displayed for other nurses to view.

All contributors will be given a Certificate of Participation to include in your professional portfolio. In addition, the names of all participants will be included in a special drawing for a $100.00 gift certificate towards the 2017 PASNAP Conference registration!

Complete the registration form below and send to Cheryl Mattern via email csmattern@comcast.net before March 25th, 2016.

Name of participant:
Email:
Title of Poster Presentation:
2016 PASNAP

ANNUAL CONFERENCE:

“SCHOOL NURSES: the Fingerprint for Student Success”

APRIL 8 – 10, 2016

PENN STATER CONFERENCE CENTER

STATE COLLEGE

Cost:  Pre-Conference - $75 Member ($100 after 2/25/16) / $100 non-member ($100 after 2/25/16)
Conference (includes all meals) -$260 Member ($285 after 2/25/16) /$335 non-member ($385 after 2/25/16)
Saturday Only (Breakfast/Lunch included) - $210 Member ($235 after 2/25/16) /$260 non-member ($310 after 2/25/16)

Guest Meal $175  Saturday Annual Banquet $35
PASNAP Offers Future Nurse Scholarship

PASNAP is proud to offer a $1,000 award to a high school senior pursuing a Bachelor of Science in Nursing. This scholarship was initiated in 2008 in memory of Richard Berritini, a Certified School Nurse for almost 15 years at Port Allegany High School. He lost his life in 2008 serving for the National Guard in Afghanistan. We continue this scholarship in honor of all the nurses who have learned that the ability to care for others is a gift you will have with you always.

In order to be eligible for the award, the application must be submitted and postmarked by May 1. The winner will be notified via telephone by June 1. The award will be sent in the student's name directly to the college or university of the winner's choice.

To apply for the scholarship, students should go to the PASNAP website at www.pasnap.org and click on the education link.

Tales from the Office

Shout out to PASNAP

Thank you for the free vision certificates. I was able to take three of my students to the local eye Doctor for vision exams and free glasses. These three students are students that I have been referring the last 4-5 years. I had been working with their parents to take them to have their eye checked and for whatever reason were unable to get this accomplished. Now that these students have had their free exam and glasses they are seeing better than ever and performing better in the classroom. Thank you!

Submitted by Eileen Wallace—Bethel Park School District

Do you have a story, anecdote or “aha” moment you are willing to share with your peers?

-a heart warming narrative
-a student comment that made you grin from ear to ear
-a wonderful resource in the community, on the web, or for your smart phone
-a new way of doing something (or an old way that still works great!)
-an award or accomplishment that made you proud

Send to srossetti1974@gmail.com “attention newsletter “

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