Dear School Nurse Colleagues,

Welcome to 2015! I hope that you stayed warm and dry during the blizzard and that your school year is going well!

Legislative sessions are beginning at the State House. With a new Governor and new legislators, we don’t know what to expect. We do know that action is starting early and moving quickly! Our Advocacy Committee and board of directors are on the alert for any important legislative issues that would impact our practice. We are already aware of 2 bills that will be heard soon.

The first is H-5047 which is related to Opioid antagonists (Naloxone, Narcan) to be maintained in schools. We are hard at work on this bill and collaborating with ANA-RI and will keep you posted on our progress. The second bill is S-0084 which is related to the administration of epi-pen on an emergency basis to students who do not have prior written authorization of a parent or unidentified allergic students. Many of our schools have epi-pens and orders already in place. We will also keep you updated on this bill as well.

Rhode Island Certified School Nurse Teachers Association continues to grow and evolve. It is exciting to be in the discussion and ‘at the table’ when school health issues are being examined throughout the state!! Many of our board members have been asked and are serving on numerous committees throughout the state.

These committees include the Rhode Island Interscholastic League, State Health Advisory Committee with RIDE and DOH, OHI Committee, Obesity Prevention Coalition, Government Affairs Committee of ANA-RI, Immunization Coalition, Women’s’ Health Counsel of RI, RI Board of Nursing, Future of Nursing Action Coalition, and some others. We have come a long way and our voices are valued and heard!

I am proud of our board and the members of our Association that represent us at many levels! I thank all of you for your service to our specialized nursing practice and to Rhode Island’s students.

This is an exciting time to be a school nurse teacher in Rhode Island and if you are interested in joining us or if you have any questions or concerns, please feel free to contact me at any time at chum25@aol.com or dlennon@skschools.net.

I hope to see you at our next Membership/Educational Meeting!

Healthy Regards,
Donna Lennon

“It’s time to unfold new horizons and realize new dreams, to rediscover the strength within you, to rejoice in simple pleasures and gear up for new challenges.” Happy New Year!
NASN2015 - Step One, Plan Ahead!

June will be here before you know it and school nurses will be gathering for NASN2015 in Philadelphia, Pennsylvania. Start planning by setting aside time to attend. The Attendance Justification Toolkit has resources to help you talk to your employer about the conference.


**New NASN Member Annual Conference Scholarship**

All new members with current RN licensure prior to March 31st each year become eligible for this $1,500 scholarship for Annual Conference expenses.

(New membership applications and payments must be received by 4:00 p.m. Eastern time on March 31st to be included in the drawing.)

There is no official application. All eligible members will be placed in a random drawing. The winner will be notified by the NASN President in April.

**Disclaimer/Rules**

NASN New Member Scholarship Contest

Must be at least 18 years of age and a new first-time member of NASN with a current RN licensure to be eligible. Members of the NASN Board of Directors, NASN staff, NASN Contractors, or their immediate families are not eligible. Winner will be selected through a drawing in April. All federal, state, and local taxes on price value are the sole responsibility of prize winner. No substitution or transfer of prize is permitted. Odds of winning depend upon the number of eligible new members.
RICSNTA is an affiliate of the National Association of School Nurses (NASN). NASN supports approximately 16,000 school nurse members across the US. The mission of NASN is to advance the specialty practice of school nursing to improve the health and academic success of all students. NASN provides extensive resources to school nurses, including position statements, on-line and live professional development, and specialty discussion lists. Visit NASN www.nasn.org
RICSNTA is an organizational affiliate of Rhode Island State Nurses Association Formerly known as RISNA and recently renamed ANA-RI. ANA-RI is a constituent member of the American Nurses Association (ANA), is the authority on matters concerning the profession of nursing and nursing practice in the state of Rhode Island. ANA-RI is dedicated to the promotion, advancement, and protection of nursing thereby improving the quality of and access to health care in Rhode Island. Visit RISNA http://risna.org/

WEBPAGE NEWS

THANK YOU for all of your efforts and patience as we attempt to use full functionality of our website. Unfortunately we encountered difficulties with Membership Registration and conference registrations. We believe that those problems have been rectified, and that the site is functioning properly at this time. If you registered by paper it will take time for us to enter your information so that you have access to the Member Center. Please try to Sign In and update your profile so that we can ensure that you have full access. Do not hesitate to contact me, at any time, if you have questions or difficulty. I can usually walk you through whatever the difficulty is@ dkowal95@gmail.com.

NEEDED

Photos to enhance the aesthetics of our site items for our member center, SOOs, SLOs, and PGP would be most helpful, and one or more volunteers to assist me with managing and maintaining the website
During 2014 there were 644 cases of measles involving 23 outbreaks in the United States. This is a record number since measles was eliminated in 2000 in the US. The CDC reports the following facts about the outbreaks:

- The majority of the people who got measles were unvaccinated.
- Measles is still common in many parts of the world including some countries in Europe, Asia, the Pacific, and Africa.
- Travelers with measles continue to bring the disease into the U.S.
- Measles can be spread when it reaches a community in the U.S where groups of people are unvaccinated.

In 2015 we have already documented 68 cases, 59 of which are linked to the amusement park, Disneyland, in California. The Health Department has been able to obtain vaccination records on 34 of the 59. Of the 34, twenty-eight were unvaccinated, one had received 1 dose and five had 2 or more doses. Statistically, 2 doses of the Measles vaccine is 99% effective.

Symptoms of the measles include: fever, cough, runny nose and red eyes followed by the red rash in a few days. Rash usually starts on the face and then spreads downward.

Healthcare professionals are cautioned when a client presents with a fever and rash to question them about recent travel.

In our daily efforts to protect our clients’ health, ensuring vaccination compliance is an endless pursuit, the significance of which cannot be understated.
School nursing practice, like all nursing practice, is guided by evidence. Over the past 10 years, there has been growing evidence that questions the efficacy of routine screening of students for scoliosis. A recent article in the September edition of *NASN School Nurse* outlines the key findings as follows:

The U.S. Preventive Services Task Force (USPSTF) grades the strength of recommendations for or against preventive measures on a scale of A to E. In 2004, the USPSTF changed its grading of scoliosis screening from “C” to “D”, meaning that they recommend against routinely screening asymptomatic patients. The USPSTF found fair evidence that the practice of routine scoliosis screening was ineffective, or the harms outweighed the benefits.

The authors of the NASN article also note that there are additional concerns related to screening that include over-referral, unnecessary radiation exposure, unnecessary brace wear, and unnecessary referral for specialty care.


It is time for RICSNTA and key RI stakeholders to review the evidence and consider the cost/benefit of mandatory scoliosis screening. As the NASN authors suggest, elimination of school scoliosis screening would allow school nurses to improve student health by providing more education and programs to increase overall wellness. From a public health perspective, issues such as mental health and the long-term effects of obesity are much more pervasive in our school population. Perhaps our efforts would be better spent in those areas.

References:


The *EpiPen4Schools*® program, offered by Mylan Specialty, the marketer and distributor of EpiPen® (epinephrine) and EpiPen Jr® (epinephrine) Auto-Injectors, was developed to help improve access to epinephrine in the event a person experiences a life-threatening allergic reaction (anaphylaxis) in the school setting. This access is important because epinephrine is the only first-line treatment for anaphylaxis. According to the food allergy guidelines developed by the National Institute of Allergy and Infectious Diseases, if experiencing anaphylaxis, a person should use an epinephrine auto-injector and seek immediate emergency medical care. Carrying an epinephrine auto-injector does not prevent patients from having an anaphylactic reaction; hence, patients must avoid their triggers at all times.

**The program offers four (or more) FREE EpiPen® or EpiPen Jr® Auto-Injectors** to qualifying public and private kindergarten, elementary, middle and high schools in the U.S. Requirements to qualify for this offer include having a valid prescription. The products are available in the form of EpiPen 2-Pak® cartons, EpiPen Jr 2-Pak® cartons. Each EpiPen 2-Pak® contains two single auto-injectors, instructions for use and a EpiPen® Trainer, with no drug product or needle, to help patients become familiar with the administration technique.

In the event that the free supply is used to respond to an allergic emergency (anaphylactic event), qualifying schools are eligible to receive a replenishment order of EpiPen® or EpiPen Jr® Auto-Injectors prior to their annual eligibility date at no additional cost.

For more information on anaphylaxis or FREE EpiPen® Auto-Injectors, visit EpiPen.com.

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**SUNSHINE NEWS**

If you are planning on retiring, or know of a RICSNT member that is retiring, please let me know as soon as possible. We acknowledge retirees at the May banquet.

Also, if you know of a member who may need a little sunshine, please contact Rhonda Sexton at rlsrn7@verizon.net.
Thank you for the McCauley House Donations at our November 6th Fall Education Meeting.

McAuley Ministries is an independent non-profit organization sponsored by the Sisters of Mercy and rooted in the ideals of their founder, Catherine McAuley. Their ministry provides the basic needs of food, clothing, shelter, health services, emotional support and guidance to the most vulnerable in our community. Their core values are hospitality, compassion and dignity.

If you know of other organizations that could use our support, please let me know so that we can collect for them in the future. dkowal95@gmail.com.

Peg Fair applied and received a Wellness Grant from the School District Wellness Committee to provide a rebate for faculty and staff who complete the American Red Cross Web Blended CPR course. Each participant who completes the course including a 2 hr. skill session receives a $10.00 rebate to defray the cost.
Kudos for Bernadette McDowell and Tracy Dorry for administering flu shots at the Feed 1,000 event held on December 20, 2014. There were over 2,400 people in attendance! Marilyn Kelley and Donna Lennon manned the RICSNTA table at the event. Marilyn had a sign made for the table and the New England Dairy Council donated cheese for us to distribute and that was a very popular give away that morning!!! We also gave out information on flu, nutrition, diabetes and other health issues. We were among many organizations in the state that helped make the event a success.
Standardized Data Set for School Health Services:

Submitted by Linda Mendonca

A Joint Project of the National Association of School Nurses (NASN) and the National Association of State School Nurse Consultants (NASSNC)

"Anything that is measured and watched, improves" ~ Bob Parsons, American Entrepreneur

School nurses collect rich and important data. NASN and NASSNC are working together to develop a national uniform, standardized data set for all school nurses to collect specific data points the same way. For this initial year, School Year 2014-2015, school nurses are encouraged to collect specific data on the number of nurses in schools, the number of children with diagnosed chronic health conditions, and the disposition of children seen in the school nurse office. **THANK YOU** to everyone that was able to participate by submitting the first data points due on January 15, 2015. It is not too late to participate in the third set of data to be submitted at the end of the school year. It is the outcomes of RN interactions with students/dispositions. Please begin capturing that data as soon as possible, so that we have at least a half year of information on nursing outcomes. Go to the website for the definition of the data points. If you have any specific questions not covered on the NASN website [http://www.nasn.org/Research/StepUpBeCounted](http://www.nasn.org/Research/StepUpBeCounted) please send your question to StepUpBeCounted@nasn.org

**Remember the data you submit will be sent to the national data base as aggregate data**

Any state related logistics questions please email me at mendonal@psdri.net
Upcoming Events

NATIONAL BOARD CERTIFICATION

National Board Certification of School Nurses

2015 Testing Dates:

Winter spring February 22-March 7th

Summer: July 12-Aug 1st

Fall October 18-31st

For more information please contact:

Rita Kinniburg (401)333-2194, kinniburghr@lincolnpa.org

Some of you have asked about preparation for the national certification exam. The candidate handbook can now be found on the NBCSN website: http://nbcsn.org/examination

If you scroll down to the Content sub-section of that page, you will find a link to the Handbook that describes the content areas of the exam and gives suggested resources. So happy to hear about great interest in certification!

Sandi Delack, M Ed, RN, BSN, NCSN, FNASN
Health Services Coordinator
Ferri Middle School
Johnston, RI 02919
401-233-1930 Ext 2799
sdelack@johnstonschools.org
SAVE THE DATES:

Saturday, March 14, 2015

Back By Popular Demand

“Managing Type I Diabetes in School”

Didactic Presentations 8:00AM-12:15 PM
CEU’s will be available
Optional Hands-On Workshops will be available in the afternoon
University of Rhode Island College of Pharmacy
Details will be emailed to you shortly

Celebrate the 45th Anniversary of the Rhode Island College School of Nursing!!!!

The James P. Adams Library and
The School of Nursing at Rhode Island College cordially invite you to see
a traveling exhibit from the National Library of Medicine entitled-
The Zwerdling Postcard Collection

PICTURES OF NURSING

From January 19- February 28th, 2015
in the
James P. Adams Library Lobby

CELEBRATE NURSING!!
May 2-3, 2015

New England School Nurse Conference
Portsmouth New Hampshire

More information coming soon!

ALERT for all Certified School Nurse Teachers!!

Please let me know if you are interested in a Nursing Assessment class that has been offered in the spring at RIC for 9 CEU’s.

Contact Marilyn Mattera at mamattera@verizon.net

This class has a clinical component which costs around $200. There are no written exams. You will receive RISNA CEU’S. Everyone who has taken it has had positive comments.

Please let me know ASAP so I can begin to coordinate with RIC.

Marilyn Mattera MEd,BS,RN,CNT,LNC.
Rhode Island Certified School Nurse Teachers Association
Presents

Wednesday, March 25, 2015
Educational Meeting and Membership Meeting
3:30PM-7:00 PM
Radisson Hotel Post Road Warwick, RI
2 CEUs pending NE MSD approval

**Topic:** Medical Countermeasure Dispensing in Rhode Island: What School Nurses Need to Know

Review potential threats such as natural disasters, bioterrorism threats and infectious disease. Learn how the health care system and the RI MEDS programs are prepared to handle situations during a health emergency. Be familiar with the Point-Of-Distribution (POD) and the implications for the school nurse.

**Feature Speaker:** Brittan Bates-Manni MS, RIDOH Strategic National Stockpile Coordinator

Details and registration process to follow. Watch for updated flyer.
Community Service

At our March Education Meeting we will be collecting for the Tomorrow Fund. Here is a list of items that the children would appreciate.

**Gift certificates** are especially appreciated:

Michael’s/A.C. Moore/JoAnne's/Hobby Lobby, Showcase Cinemas/IMAX Theatre

Target/Wal-Mart/Bath and Body Works/Toys R Us/Old Navy, iTunes gift cards

**For Infants:**

◦ Infant/Toddler board books

◦ Musical, sound and light toys

◦ Rattles

**For School Age Children:**

◦ Arts and crafts kits: duct tape, wooden projects/blank canvases to paint, small bottles of acrylic paints, seasonal/holiday craft kits, beads, model magic, coloring books, fabric paint/markers, canvas bags/hats/T-shirts for painting

◦ Music CDs (non-violent)

◦ DVDs - new releases rated G and PG

**For Teens:**

◦ Books

◦ Mini iPods

◦ Music CDs (non-violent)

◦ DVDs - new releases rated PG and PG-13

◦ Arts and crafts kits

◦ iTunes gift cards

Please consider bringing a donation with you to the education meeting. The Tomorrow Fund is the only local nonprofit organization that provides financial and emotional support to children with cancer and their families
WHAT WE DO

Mission Statement
The Lindsay Ann Burke Memorial Fund was founded to honor the life of Lindsay Ann Burke, a 23 year old Rhode Island College graduate from North Kingstown, R.I. Lindsay was a compassionate, honest, and trusting young woman who cared deeply for others. She was trying to break the cycle of violence when she was murdered. Lindsay was an education major and came from a family of educators. We believe she would want us to break the silence and work towards ending relationship violence primarily through the education of teens, parents, educators, and the public.

Education and Prevention
On-site school staff trainings- Annual school staff trainings: all-day workshops and afterschool workshops
Parent trainings, Student presentations, Trainings at professional organization conferences
Annual middle school poster contest, Annual high school poster contest
Donations of curriculum materials, books, & posters to schools/school libraries
Maintain an educational website, Sponsor student-led awareness projects in schools
Mentor high school seniors with Senior Projects on dating violence
Awareness tables at public events upon request

**We have NO paid staff!**

Throughout our prevention work, our goal is to concentrate our efforts on activities that will have an impact on the greatest number of youth.

FAST FACTS:

- In a national online survey, 1 in 5 teens -age 11 to 14- say their friends are victims of dating violence & nearly half who are in relationships know friends who are verbally abused.
- A survey of 7th graders in a high-risk community found that more than 1 in 3 boys and nearly 1 in 4 girls reported being a victim of physical dating violence within the past year.
- One in three adolescent girls in the US is a victim of physical, emotional, or verbal abuse from a dating partner – a figure that far exceeds victimization rates for other types of violence affecting youth.
- Nationwide, nearly 1 in 10 high school students has been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in the past twelve months.
- Having been a victim of physical dating violence was significantly associated with lower than average grades & poor school attachment for male & female students in grades 7-12.
- Teen victims of physical dating violence are more likely than their non-abused peers to smoke, use drugs, engage in unhealthy diet behaviors, engage in risky sexual behaviors, and attempt or consider suicide.
- Adolescent girls in physically abusive relationships were 3 times more likely to become pregnant than non-abused girls. In a study of 53 sexually active 15-20 yr. olds with a history of dating violence, 32% became pregnant while in the abusive relationship & 59% of those who became pregnant reported that those pregnancies were unwanted.
- Of teens in abusive relationships, less than 1 in 3 confide in their parents about their abusive relationships.
- Boys are more likely to inflict injuries as a result of perpetrating dating violence than girls. This trend – where girls slap & push and boys hit & punch—continues into adulthood.
- The CDC estimates that the cost of domestic violence totaled $5.8 billion each year for direct medical & mental health services & lost productivity from paid work & household chores. Of this, productivity losses account for nearly $1.8 billion in 1995...in 2010 dollars, it would be considerably more.
R.I. School Nurse of the Year 2015

Last chance to think about nominating a School Nurse Teacher of the Year. Think about a nurse you work with or know who goes above and beyond in his/her practice and consider nominating that person for School Nurse Teacher of the Year 2015.

Eligibility includes:

1. Registered Professional Nurse and a member in good standing of R.I.C.S.N.T.A. for the current and consecutive last three years.
2. Currently practicing as a full time Certified School Nurse Teacher.
3. Provides evidence of excellence in their practice.
4. Provides direct services to students.

You must ask permission of the nominee, prior to submitting a nomination letter. A nomination letter should include reasons why you felt this nominee deserves to be the RI School Nurse Teacher of the Year. **Deadline for nomination letters is January 31.**
If you have any questions please feel free to contact either myself @ susan.mroczka@gmail.com, (W) 767-4691, (H) 647-2338 or (C) 339-1148 or Tracey @ tsdorry@yahoo.com or (H) 762-2289.

Thank you, Sue and Tracey
Please go to www.ricsnt.org to register on-line.

Please contact Diane Kowal, RN CSNT if you are having difficulty registering: dkowal95@gmail.com
Rhode Island Certified School Nurse-Teacher

EXECUTIVE BOARD

President – Donna Lennon: dlennon@skschools.net
chum25@aol.com
Vice President – Diane Kowal dkowal95@gmail.com
kowaldiane@coventryschools.net
Treasurer – Lorraine Martell: Lorraine_martell@yahoo.com
NASN Director- Marianne Adams:
Recording Secretary- Claudia DeBernardo: claudi5923@aol.com
Corresponding Secretary – Diane Engels dengels@woonsocketschools.com

STANDING COMMITTEE

Nominating- Amy Dark/Christine Vuolo-Fecteau
Membership-Susan Mroczka/Rose Trudeau
Constitution and By-Laws- Donna Rainone/Peg Fair
Newsletter- Jayne Brassil/Deborah Vannoy
Legislative-Marilyn Mattera, Deborah Svitil
Health Education- Sue Breen/RachaelCruz/ Cheryl Rosa
Publicity/PR- Linda Twardowski /Marilyn Kelly
Historian- Sarah Blessing
Scholarship-Kathleen Marchetti/Renee DiCenso
Sunshine- Rhonda Sexton
RICSNT of the Year-Susan Mroczka/Tracey Dorry
Web Page-Diane Kowal
New England Conference-Marilyn Kelley and Marianne Adams