



SCHOOL NURSE NEWS

School Nurse Newsletter

November 2014

Data Due on December 1st, 2014

The National Association of School Nurses (NASN) and National Association of State School Nurse Consultants (NASSNC) are working on a national joint effort for school nurses to participate in the “Step Up & Be Counted” Data Collection. The first data points Iowa School Nurses will be collecting are Chronic Conditions. How many students do you have in your district with Asthma, Anaphylaxis Allergies, Type 1 Diabetes, Type 2 Diabetes, and / or a Seizure Disorder? (see the next page for more information)

Tally your numbers up,

Be the “Data Champion” for your district!

Once you have tallied your numbers, send them to your state school nurse consultant and your data will be sent in a statewide report to the “Step Up & Be Counted” work group.

Send your data to this email: melissa.walker@iowa.gov

Follow this link to access the spreadsheet:

<http://www.nasn.org/Research/StepUpBeCounted>

“Students may not remember your name.....

But they will always remember how you made them feel!”

School Nurses make an impact on a student’s wellbeing, academics, and future success!



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It's the Simple things in life that are the most extraordinary! Paulo Coelho



Lead Screening Report Due 11/27/14

Lead Poisoning is one of the most common and preventable pediatric health problems today (CDC, 2014). 1 in 14 of Iowa's children have lead poisoning (IDPH, 2014).

"THANK YOU FOR

SUBMITTING

YOUR SPREADSHEET!"

Iowa School Nurses submit a spreadsheet with Kindergarten's demographic information to the Iowa Department of Public Health (IDPH) to compare to their state laboratory database to see what children have received the mandated lead screening prior to enrollment.

Rossany Brugger, IDPH Environmental Specialist Sr, has been working with School Nurses to collect these spreadsheets and will be emailing all those who submitted the list of students who did not meet the requirements sometime after January 1, 2015. If you have further questions regarding the Lead Screening Requirement, please contact Rossany Brugger at (515) 281-3225. The spreadsheet and a questions and answer form for healthcare providers can be located at: [Mandatory Lead Testing Program](#)

"Step Up & Be Counted"

Why is data so important these days? Data is what drives decisions in healthcare. Evidence based practice comes from research and data collection. Data collection is what changes nursing practice and promotes positive patient outcomes. School nurses across Iowa collect rich and important data. Every nurse has participated in the process sometime in their profession, whether in a clinical setting or other healthcare setting. Have you ever figured out a way to do something more efficiently or figured out a system that worked for you to improve your practice? If you said "yes", then you have participated in evidence based research to improve your nursing practice. Iowa nurses have the skills to create innovative changes to promote health and wellbeing of their students in their local communities. Thank you to all the school nurses who have submitted their data and to the ones who are in the process.

Some nurses may have questions regarding the "Step Up & Be Counted" initiative. There is a question and answer page on the National Association of School Nurses website to help that can be found at:

<https://www.nasn.org/Research/StepUpBeCounted/FAQs>

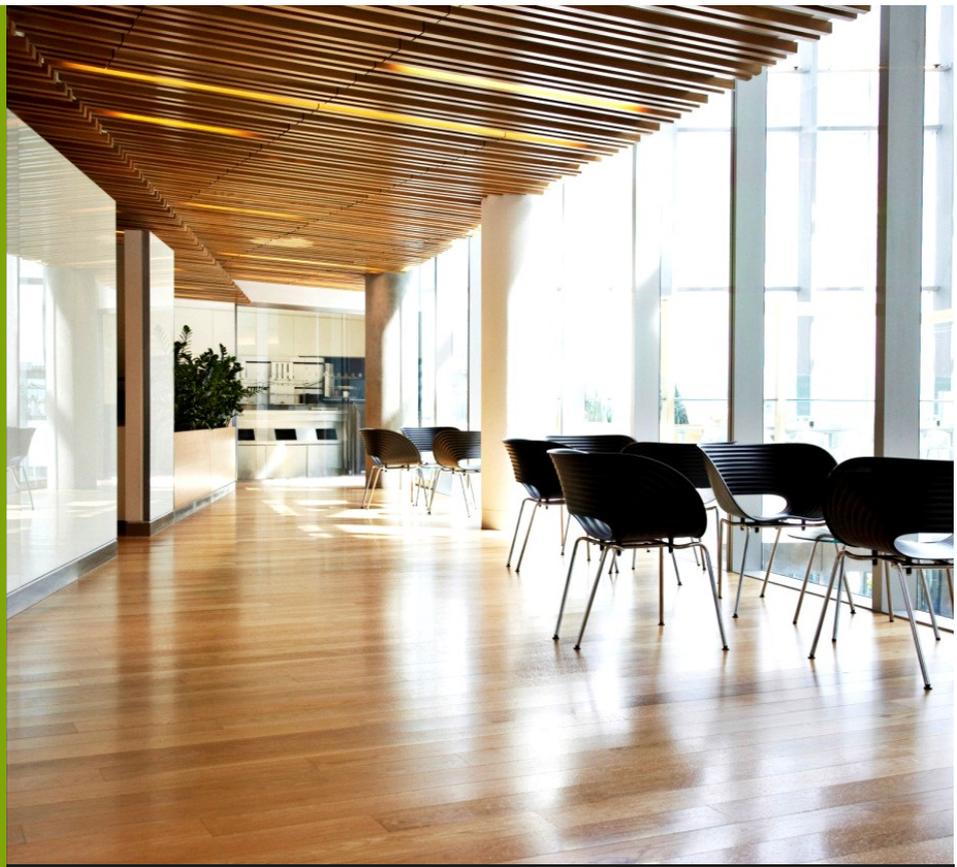
If you cannot find your answers there, then feel free to email your questions to: stepupbecounted@nasn.org and your question will be reviewed by the NASN/NASSNC Committee to be answered.



“Hey Nurse, is it too cold to go outside for recess, what do you think?”

Have you ever been asked this question?

Just as a sidebar, I never had the luxury of a window to the outdoors in my office. I didn't need one really. Those smiling faces coming in to see me were constant sunshine even in the gloomiest of weather! The screen saver on my computer was a forested walking path. If you are one of the few that have been blessed with a window, I hope you have some colorful curtains and a great view! School nurses are great at accommodating for what is lacking in all kinds of situations. “No belt...No worries, I have string or left over Christmas ribbon; No gloves, no worries...I have socks”. The question about recess though always left me perplexed. I would glance up at my four walls and then go to the computer to pull up the weather chart and the local weather station. If you don't have the weather chart saved, you to access it here: <https://www.idph.state.ia.us/hcci/common/pdf/weatherwatch.pdf>



Well Done is Better than Well Said—Benjamin Franklin

Influenza Update

‘Tis the season. For many across Iowa, reporting has started for schools participating in the Iowa Department of Public Health Influenza Sentinel Surveillance for the 2014-2015 school year. Questions do come across listserv on school cleaning and how do we keep our students healthy and learning. The Iowa Department of Public Health and the Iowa Department of Education has the links to answer these questions.

A great resource for school recommendations comes from the Iowa Department of Public Health Epidemiology that addresses everything from how to report when 10% of your school population is absent to how schools should be cleaned and with what cleaners (don't forget the buses). In addition, the Iowa Epidemiology manual has a great handout regarding influenza that school nurses can access and print off as a resource. All of these wonderful documents can be found on the link located on the Iowa Department of Education “School Nurse” site at:

<https://www.educateiowa.gov/pk-12/learner-supports/school-nurse>

Or access the Iowa Department of Public Health's website regarding Influenza at:

<http://www.idph.state.ia.us/Cade/Influenza.aspx?pg=FluSchools>

Another great resource for school nurses is to contact their school administrators for permission to host a vaccine clinic in collaboration with their local public health nurses if that is an option that your public health department has available. This is something worth checking into!

School Nurses: Diabetes

Many school nurses today have students who are managing Type 1 and Type 2 Diabetes Mellitus in the school setting. School Nurses may wonder what they need to do to ensure that the student's health needs and safety are being addressed throughout the day. The National Diabetes Education Program has a great resource called, "Helping the Student with Diabetes Succeed: A Guide for School Personnel" that has a section specifically for school nurses. Click on this link to check it out:

[Actions of The School Nurse](#)

Immunization Record Review:

School Nurses are in the process of connecting with their local public health offices for their immunization record review. To find the site with school requirements, certificates, provisional forms, and **a memo for your superintendent when students are past the provisional period**, please go to: [IDPH Immunization Homepage](#)

Listserv

Update:

Members to Date: 657

Spread the Word, if you know of a school nurse who is not on listserv, then talk about it and send them the connection.

To join:

Join-iowasn@lists.ed.iowa.gov

To send out a question:

iowasn@lists.ed.iowa.gov

Having Trouble, email:

melissa.walker@iowa.gov

Thank you for all that you do to promote your student's health!

Ebola Webinar For School Nurses

Thank you for keeping calm and providing your school administration, parents, and communities sound information from the Iowa Department of Public Health!

On October 29, 2014, the IDPH Center for Acute Disease Epidemiology, presented a webinar for school nurses to view. If you missed this webinar, it has been archived and you can view it at:

<http://youtu.be/5jNFfmUcGU>

Also, please keep an eye on the EPI updates that are sent out on Friday across listserv for up to date, current information.



School Nurse Tidbits

What are some topics on the Department of Education Website Under School Nurse?

- Free Mandatory Child and Adult Abuse Training
- School Requirements regarding immunization, lead, dental, and vision
 - Information about Allergies
 - Resources regarding Bedbugs
 - FERPA Guidance
 - Guidance for Delegation
 - Standards and Tenets of School Nursing Practice
 - Plus much, much more

Additional School Nurse Website Notes:

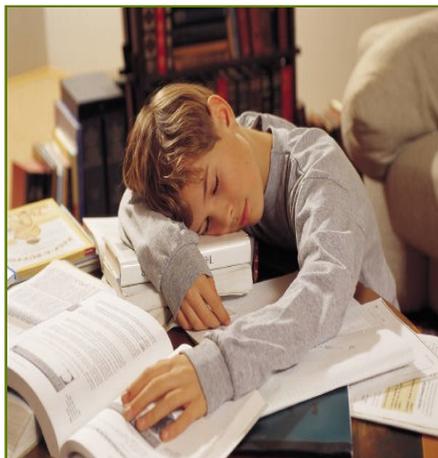
Resources are listed alphabetically for ease to locate the topic you are looking for.

Follow this Link:

[School Nurse](#)

For More Information Regarding Your Professional Organization, go to the **Iowa School Nurse Organization** website at ISNO.org or follow the link:

[ISNO](http://ISNO.org)



Day Light Savings Time, Extracurricular Activities, and other factors can play into a child's sleep.

It may be time to put a message into your school newsletter to encourage students to get plenty of sleep during the school week.

For more resources, click on:

[Back to School Sleep Tips](#)

National Sleep Foundation



More Resources:

Head Lice, go to:

[School Head lice Recommendations \(IDPH\)](#)

Cold Weather, go to:

[American Academy of Pediatrics Winter Safety Tips](#)

Dental Screening form:

[School Dental Screening](#)

School Wellness, go to:

[School Wellness \(DOE\)](#)

Voluntary **Food Allergy Guidance** for Schools (CDC), go to:

[School Food Allergy Guidance \(CDC\)](#)

Bulletin Board Ideas on Every School Topic Imaginable, go to:

[Bulletin Board Ideas](#)

Carbon Monoxide and Poison Prevention Materials, go to:

[Iowa Poison Control](#)