



School Nurse News

Iowa Department of Education

2015
August



**Welcome
Back to
School!**

Welcome Back School Nurses!

I am amazed at how fast the summer has gone by this year! Welcome back to your school and welcome back to another exciting year of promoting school health with students and staff in your school community. I hope this year brings new opportunities for you to provide leadership with school health prevention and promotion activities. I also am looking forward to hearing about your opportunities to personally grow in your leadership role as a school nurse, the nursing profession, and best practices.

Please keep your eyes on listserv for upcoming opportunities, the quarterly newsletter, and resources as they are made available. To join, unsubscribe or learn how to post a question on listserv: please see page 15 of the newsletter. As always, if you need direct assistance please give me a call or send me an email. My email:

melissa.walker@iowa.gov or phone: 515-281-5327.

Melissa Walker, School Nurse Consultant

“School Nurses and school health services promote the academic success and wellbeing of students in Iowa”

Welcome Back To School!

Special points of interest:

- Introduction to School Health Guidelines
- Step Up and Be Counted 2015-2016 Data Points
- Professional Development Calendar of Events
- Gatekeeper Suicide Training Program
- Iowa Department of Public Health Adolescent Health Statistics
- New Immunization Medical and Religious Exemption Forms
- ISTEP Iowa Information (5th to 12th Grade)
- I Smile @ School Launches across Iowa
- Medication Administration Course
- Asthma in Schools
- Implementing New Vision Requirements
- Mandatory Abuse Training
- School Health Office Supply Resource
- Listserv
- CDC CE Training Resource

School Health Guidelines: INTRODUCTION

Introduction to the School Health Guidelines

August 2015

Purpose of the Guidelines and this series

The purpose of the guidelines is to implement and sustain healthy eating and physical activity policies and programs to make a powerful impact on student success and local school district goals.

Each of the 9 guidelines work together to move schools toward creating a healthy future for students. While the goal is to implement all 9 guidelines, not every strategy will be appropriate for every school. Schools work at their own pace and implement strategies that are customized to their district. Several guidelines can be implemented at one time or the guidelines can be implemented individually.

This series of newsletters was developed to highlight one guideline per month, with a school connection newsletter and a home connection newsletter that will be set out on listserv. We hope you'll find them useful tools to promote healthy eating and physical activity at your school throughout the year.

Ideas to Try at School :

- Send the parent letter home, post it on your web site, and promote it in your school newsletter
- Send the school letter to staff
- Recruit staff, students, parents and community members for the school wellness committee

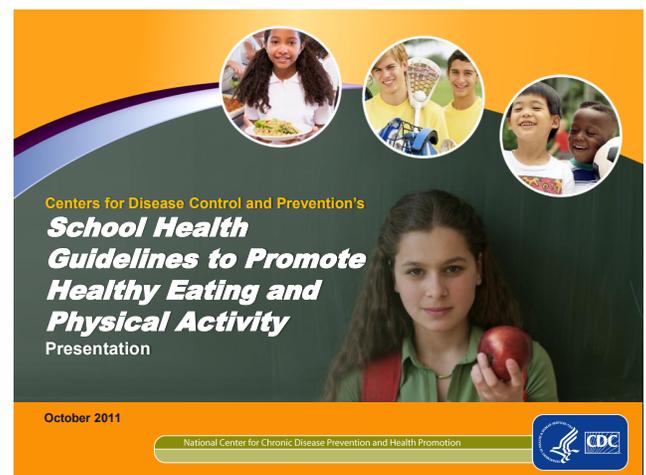
Healthy Kids Learn Better.

Resources/links:

[School Health Guidelines \(full\):](http://www.cdc.gov/healthyyouth/npao/strategies.htm) <http://www.cdc.gov/healthyyouth/npao/strategies.htm>

[School Health Guidelines Executive Summary \(short\):](http://www.cdc.gov/healthyyouth/npao/pdf/PAN_Guidelines_Executive_Summary.pdf) http://www.cdc.gov/healthyyouth/npao/pdf/PAN_Guidelines_Executive_Summary.pdf

*School Health Guidelines:
Provide science-based guidance
for schools on establishing a
school environment supportive
of healthy eating and
physical activity.*



Questions? Need more information?

Melissa Walker: melissa.walker@iowa.gov and
515.281.5327

{Provided by 1305 CDC Grant}

School Nurse News

School Health Guideline Resources to Promote Health Eating and Physical Activity For Iowa School Nurses!

Iowa school nurses have asked for resources that they can adapt to their school environment and do not have to create from scratch. *Great News!* Each month on listserv, I will be sending out a “**School Connection**” newsletter that you can adapt to address your schools needs, hand out to school staff, or have placed on your website. Also, you will be receiving a “**Parent Connection**” newsletter that you can send home to parents with resources and easy suggestions to promote healthy eating and physical activity by addressing each of the 9 **School Health Guidelines** (Center for Disease Control and Prevention [CDC], 2011). Please see the introduction on page 2.

Reference

Center for Disease Control and Prevention [CDC].2011. *School Health Guidelines to Promote Healthy Eating and Physical Activity*. Retrieved from: <http://www.cdc.gov/healthyyouth/npao/strategies.htm>

School Health Guidelines

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1. Policies and Practices
 2. School Environments
 3. Nutrition Services
 4. Physical Education and Physical Activity
 5. Health Education
 6. School Health Services
 7. Family and Community
 8. School Employee Wellness
 9. Professional Development

School Nurse News

Step Up and Be Counted : 2015-2016 Data Set



Iowa nurses gave an **amazing** response to the 2014-2015 voluntary “Step Up and Be Counted!” data collection last year. Over 183,000 students were represented in the Chronic Health Diagnosis data points. One change that came about with the voluntary data collection with the Nation Association of School Nurses (NASN) and the National Association of State School Nurse Consultant (NASSNC) workgroup was encounter data missed from the local school workforce interactions with students to describe the need for school nursing resources. Some school nurses have health aides or licensed practical nurses employed within the school setting. **The new 2015-2016 DATA COLLECTION FORM can be located at “NASN Step Up and Be Counted” or by clicking [here](#).**

NEW DATA POINTS

This year we will be collecting the number of **health aides** and **licensed practical nurses** that are employed in your schools to provide health services and how many interactions these individuals have with students. Also, collect from those visits how many students are returned to class, sent home, or emergency medical services were notified.

This year we will continue to collect Chronic Health Diagnoses of Anaphylaxis, Type 1 Diabetes, Type 2 Diabetes, Asthma, and Seizure Disorders.

The only information that I will need by December 1st:

Your School or District Name and the Contact Person Name, Phone, and Email

of students enrolled

of FTE Registered Nurses (RN)

of FTE Licensed Practical Nurses (LPN) providing health services to the school population

of RN’s with a 1:1 student assignment or limited caseload

of LPN’s with a 1:1 student assignment or limited caseload

of health aides with a 1:1 student assignment or limited caseload

of FTE health aides providing health services to the school population

students with Type 1 DM # student with seizure disorder # students with Type 2 DM

students with of asthma # students with anaphylaxis **Please email or scan the form linked above to:**

melissa.walker@iowa.gov

School Nurse News

Professional Development Calendar of Events

Medicaid Updates

Training will include Updates and Review. Please send email with your selected date and time if you wish to attend one of the Zoom webinar trainings to jim.donoghue@iowa.gov . Here are the August dates and times:

- Tuesday August 18 8-9 AM;
- Tuesday August 18 200-300 PM;
- Wednesday August 19 1100AM-1200 PM;
- Thursday Aug 20 9-10 AM;
- Monday August 24 9-10 AM;
- Monday August 24 330-430 PM;
- Tuesday Aug 25 9-10 AM;
- Thursday Aug 27 200-300 PM;
- Monday Aug 31 200-300 PM.

More dates will be available across listserv in late August for September

University of Iowa Annual School Nurse Conference

Annual School Nurse Conference

Date: October 8th and 9th, 2015

Location: Sheraton West Des Moines Conference Center, 1800 50th Street, West Des Moines, Iowa

Contact: for further questions, please email: (nancy-lathrop@uiowa.edu)

Iowa School Nurse Organization Spring Conference

Details will be coming soon across listserv, SAVE THE DATE! April 7th and 8th, 2016

Contact: for further questions, please email: (ISNO President, Erica Luebbers: luebberse@sumner.k12.ia.us or ISNO Executive Director: np4kidz@hotmail.com)

School Nurse News

Free Gatekeeper Suicide Training Program

The Iowa Department of Education and the Iowa Department of Public Health are partnering together to provide schools free, evidence based, online training for suicide prevention called The Gatekeeper Suicide Prevention Training.

Sign up for this training, by following the link:

<http://kognito.com/iowa/>

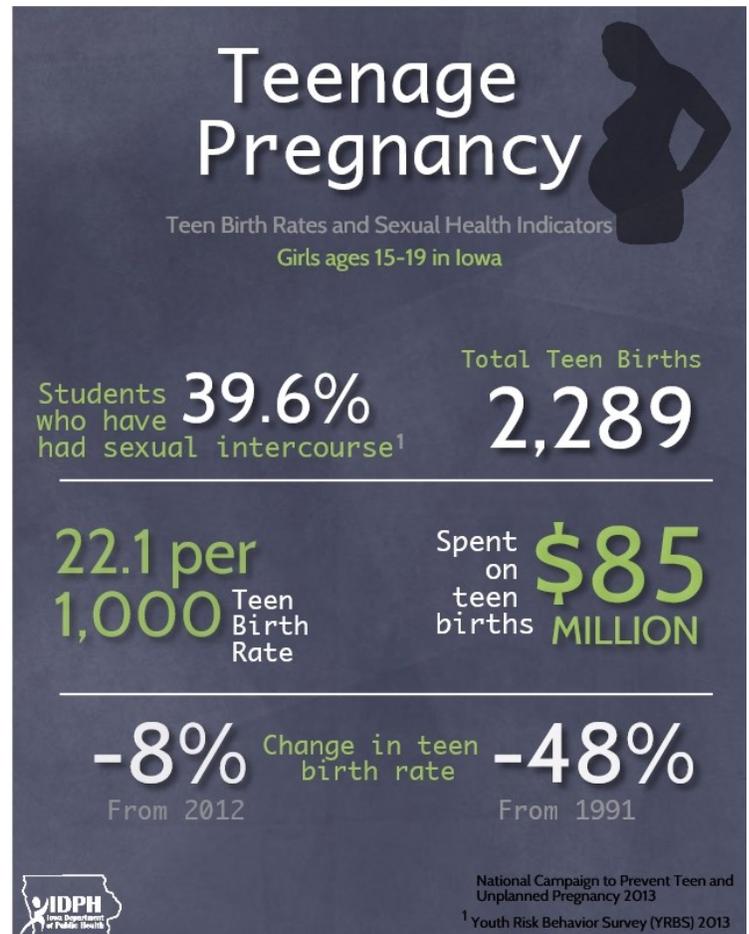
And click on "Create A New Account"

To see the fact sheet on the training:

http://www.idph.state.ia.us/bh/common/pdf/student_mental_health.pdf

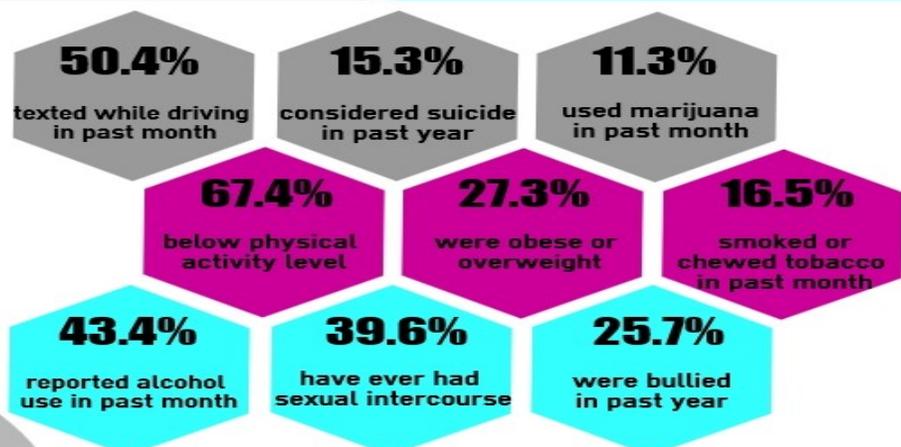
Any questions may be directed to:

Pat McGovern @ pat.mcGovern@idph.gov



Adolescent

Health



Data from 2013 High School YRBS Participants



School Nurse News

2015-2016 Updated Certificate of Immunization Exemption Forms

You may see a difference in new certificates for Immunization Medical and Religious exemptions this year. In June of 2015, a few changes occurred that separated out the Iowa Department of Public Health [IDPH] Medical and Religious waivers to two different forms. To view the new forms, please click [here](#) or access the forms by going to:

<http://www.idph.state.ia.us/ImmTB/Immunization.aspx?prog=Imm&pg=Laws>

The updated Iowa Department of Public Health Certificate of Medical Exemption Form has specific boxes identifying immunizations for the healthcare professional (MD,DO, Physician's Assistant, or Nurse Practitioner) to check that the child is exempt. There is also additional lines for the provider to print, sign, and place their license number for easy identification of the person completing the form.

The updates IDPH Certificate of Religious Exemption has additional information on the published information on immunizations located on the IDPH Website. To view the new forms, please click [here](#) or access the forms by going to: <http://www.idph.state.ia.us/ImmTB/Immunization.aspx?prog=Imm&pg=Laws>

School Nurse Tips:

School nurses are working diligently to review immunization records to ensure students have the necessary vaccines required for enrollment. Your public health nurses and public health departments are your key source of information regarding immunization schedules, setting up influenza vaccine clinics, vaccine clinics, and much more! Please take time to connect with the public health office and provider who will conduct the immunization record audit for your school. Your public health nurses are excellent partners to collaborate with during the school year!



About ISTEP

ISTEP stands for Iowa Students for Tobacco Education and Prevention. ISTEP is a statewide movement made up of 8-12th grade students. In 2011, Iowa students were tired of tobacco hurting them and their families and they created the organization. ISTEP is the only student-led organization changing the tobacco world in Iowa. The messages and content of ISTEP come from 8-12th grade students. Being a member ISTEP allows students to make a difference in their local community, the state and even the nation. There were 1600 ISTEP members statewide during the 2014-2015 school year. The ISTEP program is provided by the Iowa Department of Public Health, Tobacco Use Prevention and Control Division.

An ISTEP chapter advisor can be a teacher, a school nurse, someone from a community partnership or another adult. The advisor serves as the point of contact between your local community partnership and youth. To get more information, check out the new website at: www.iowastep.org

If you would like more information about starting a chapter or about the ISTEP program in general, please visit the website which lays out much more information about the program: <https://www.iowastep.org/about-us/starting-istep-chapter> This year Chapter Registration is conducted online, if you had an ISTEP Chapter last year, please remember to register every school year so we know who is participating.

Q: Can ISTEP activities be included in already existing prevention groups/clubs/chapters?

A: Yes. If you have an existing prevention club, group, or chapter at your school or in your community the focus might be on multiple substance abuse issues, such as alcohol and other drugs. ISTEP is primarily tobacco focused. However, if it is alright with the advisor of the existing prevention club and the student members are willing to plan and lead events related to tobacco—then YES—ISTEP activities could be included in already existing prevention groups, clubs, or chapters. IF this applies to your group, your group is still asked to register online. Your group would also be asked to supply the same reporting measures; submit photos of your ISTEP street marketing events by email turnyourbackontobacco@idph.iowa.gov with a brief description of what your group did at the event, when/where the event was held and how many students participated.

Q: Can 5th and 6th graders be included in local ISTEP chapter membership?

A: If your middle school consists of 5-8th grade students and the 5th & 6th grade students want to become members of your middle school ISTEP chapter which also consists of 7th and 8th grade students that is okay. However, you should NOT have a middle school chapter that ONLY consists of 5th & 6th grade students. This is because students cannot attend the ISTEP annual summit until they are going into the 8th grade.

For further information about ISTEP, contact: Robbyn Duchow
ISTEP Youth Coordinator
Division of Tobacco Use Prevention & Control
Iowa Department of Public Health|321 E. 12th St | Des Moines, IA 50319
Office: 515-725-2939 or email robbyn.duchow@idph.iowa.gov

School Nurse News



I-Smile™@School

Oral health is important for a child's overall health and school readiness. While a bright smile is an attractive feature, research shows dental health has an impact far deeper than outward appearance. Tooth decay impacts a child's ability to learn, speak, eat and sleep.

The best defense against tooth decay is prevention. Eighty to ninety percent of decay in children ages 5 - 17 occurs on the chewing surfaces of teeth. A simple, cost-effective, and painless way to prevent this decay in at-risk elementary and middle school students is to apply dental sealants. A sealant is a coating that is applied to permanent molars and can reduce decay in those teeth by 78% in the first year after application.

The I-Smile™@School program is a part of the Iowa Department of Public Health's I-Smile™ Dental Home Initiative, which helps Iowa's children connect with dental services. Through I-Smile™@School, Iowa licensed dental hygienists and dentists provide dental sealants, oral screenings, and fluoride varnish to students at no-cost in many Iowa elementary and middle schools.

Steph Chickering is the state coordinator for the I-Smile™@School program. For more information about the program or to find an I-Smile™ Coordinator in your area, visit <http://www.ismiledentalhome.iowa.gov/> or call Steph at 515-240-9819.

TO FIND YOUR I-SMILE COORDINATOR & CHECK OUT RESOURCES, CLICK ON THIS LINK: [I-SMILE COORDINATORS](#)

Medication Administration Course

Free to all Iowa Public and Accredited Nonpublic Schools

Instructions to Register for the Medication Administration Course

- Go to <http://training.aeapdonline.org>
- To access sample Medication Administration Record Forms, Medication Administration Course Manual, Medication Waste Guidance, and sample Medication Error/Incident form go to: [Iowa Department of Education School Nurse Page](#) and scroll down to Medication Management
- If you do not have an account, click the “Register here” link. Fill in the required fields. Be sure to select your AEA first, then your district, and then add district password. If you do not know your district password, please visit with your supervising nurse or building administrator, or contact support@aeapdonline.org
- Once you have an account, login
- Make sure you are on the “courses” tab, and then click the “catalog” tab underneath.
- From the list, select the Medication Administration training (s). You can filter the list by clicking on the Medication Administration button on the right. Once you click on the training, click on the “register” button that appears below.
- On the first screen, you will need to click the “continue” button
- You are now in the training. If you encounter difficulty or have questions, call Melissa Walker (515)281-5327



ASTHMA MANAGEMENT IN SCHOOL

Make sure your asthma action plan is on your back-to-school checklist

For nearly 7 million children living with asthma, gearing up for another school year involves much more than picking out a new pencil case and backpack. Asthma is one of the main reasons that students miss school due to illness. All told, asthma causes more than 10 million lost school days every year. Parents, schools and health care providers can all play an active role to ensure that children with asthma can be healthy, safe, and ready to learn. The American Lung Association has several tools and resources not only for parents, but also for school nurses other school personnel.

[Asthma Basics](#) is our free online course that offers an overview of asthma management that is helpful for teachers, coaches, school nurses and parents. In this self-paced learning module, participants learn about asthma triggers, symptoms, steps to prevent an asthma episode and the actions to take to respond to a breathing emergency. Participants get access to a number of resources including an asthma action plan and medication demonstration videos.

[Asthma-Friendly Schools Initiative](#) is a comprehensive approach to asthma management that aligns with the Centers for Disease Control and Prevention's Coordinated School Health model. This step-by-step guide includes best practices and template policies to create a safe and healthy learning environment. Parents can work with schools to ensure that asthma-friendly policies and practices are in place giving students with asthma the best chance for a successful school year.

We recommend that schools provide access to back-up quick-relief medication for students with asthma. By improving access to life-saving medication during the school day, schools can prevent a medical emergency.

For further information, contact: Micki Sandquist, Executive Director Iowa ALA, American Lung Association, by email micki.sandquist@lung.org

Vision Screenings



Iowa Administrative Code 641—52.1(135) requires Kindergarten and Third Grade students to provide proof of a vision screening to schools and schools are to submit the Vision Screening forms to the Iowa Department of Public Health (IDPH).

Kindergarten Screening: A screening will be valid if it is done up to 1 year prior to enrollment and no later than 6 months after enrollment.

3rd Grade Screening: A screening will be valid if it is done no earlier than 1 year prior to the first day of school and no later than 6 months after the first day of school.

There are no audit requirements for the vision screening requirement.

Schools are still required to send out the Student Vision Card for registering preschool and kindergarten students according to IAC 280.7A. To order more cards please go to www.iowaoptometry.org

Schools will be able to fax all proof of vision screenings provided by the parents or providers and vision cards received to IDPH, or the school can enter in the vision screening results to the Iowa Immunization Registry Information System (IRIS). To access IRIS if you are not registered, please contact Kim Tichy (515)28-4288

Click on the link to access the [Vision Screening Form](#)

You can also access frequently asked questions about the vision screening requirement on the link above.

For further information, contact: Melissa Ellis, Division of Health Promotion and Chronic Disease Prevention IDPH, at (515) 537-6544 or melissa.ellis@idph.gov

FREE MANDATORY CHILD AND ADULT ABUSE REPORTER TRAINING

Is It Time To Renew?

August 2014, Iowa Public Television is offering the Mandatory Reporter Training for Child & Dependent Adult Abuse online for school administrators, teachers, school support staff, and others who interact with students in Iowa. IPTV is offering this service free of charge.

In Iowa, law requires individuals applying for a license, renewing a license, or obtaining an authorization certificate issued by the Board of Educational Examiners (BOEE) to provide proof of completion of an approved 'Mandatory Child and Dependent Adult Abuse Reporter Training' program.

Following the completion of this 3-hour, approved training (#2032) and evaluation (Survey Monkey), registrants will receive a certificate of training completion via email that will be good for 5 years from the date of the training. Each employee will have to sign in individually for this training.

To access and register for the training, click on this link:

[Mandatory Reporter Training for Child and Dependent Adult Abuse](#)

For more questions regarding this training, please contact:

Abby K. Brown

Educational Telecommunications

Iowa Public Television

6450 Corporate Drive

Johnston, IA 50131

(800) 532-1290

(515) 725-9721

abby@iptv.org



“Just For Kids Care Cart”

Unity Point Center For Advocacy and Outreach



The “Just for Kids Care Cart” offers the supplies to care for children and your School Nurses Office

Click here to access the order form:

[School Nurse Cart Order Form](#)

Unity Point is happy to be able to supplement supplies for Iowa’s children through this program; however, in order to serve as many schools as possible, they ask that orders are limited to once a semester (twice a year) per school. Please note that all orders are filled to the best of our ability with the items we have in stock. Unfortunately, they are no longer able to ship latex free gloves. If your school is in Polk, Dallas or Warren County they ask that you make arrangements to pick up your completed order once notified that it is ready. Also, due to the recent increase in volume of requests, please know that it may take 2 or more weeks to receive your order.

With regards to questions about ordering for multiple schools, they will need an order form and signature page for each school. Please indicate which location you would like the items sent to.

Thank you again for your interest in our program. If you have any questions please feel free to contact

Jessica Dinh, RN, BSN at 515-241-3537 or Jessica.Dinh@unitypoint.org or

Deb Willcockson at 515-241-6728 or Deborah.Willcockson@unitypoint.org

LISTSERV

Listserv is a Mailing List used as a communication tool for Iowa School Nurses. The mailing list is a method for the state school nurse consultant and local education agency school nurses to communicate via email about local inquiries, state regulation changes, and resources as they become available. Iowa School Nurses can use the mailing list to request information, advice, share ideas, initiatives, and receive news. School nurses joining the mailing list add their email address to the online school nurse mailing list and can send messages to all members at any time. When messages are posted, the message automatically goes to everyone on the list. Joining the mailing list is free.

Here is how a new school nurse joins listserv:

To Join send an email to School Nurse List Serve:

Join-iowasn@lists.ed.iowa.gov

To cancel the mailing list, send a blank email to:

Leave-iowasn@listss.ed.iowa.gov

No other commands are necessary and joining is free. Also when sending messages please include your school, address, and phone number. Also, it is very helpful if you collect and send out the responses you receive back to the list for others to view.

Just as a friendly reminder, use best practice when commenting or submitting a question on listserv. Please ensure that nothing can be personally identifiable with student information. This is a public forum that can be accessed by the general public,. To send an email out on listserv, send your email to: io-wasn@lists.ed.iowa.gov



Healthy children learn better



School Nurses make it happen

Friendly Reminder:

The beginning of the school year is a perfect time to check your nursing license and prepare for renewal if it is getting close to that time.

CDC Training and Continuing Education Online:

CDC (Center for Disease Control and Prevention) is accredited as a provider of Continuing Nursing Education by the American Nurses Credentialing Center's (ANCC) Commission on Accreditation.

You can receive free training and continuing education opportunities/contact hours for watching webcasts on various topics of your choice All continuing education hours for Grand Rounds are issued online through the [CDC/ATSDR Training & Continuing Education Online](#) system. If you have continuing education questions, email or call Learner Support at 1-800-418-7246.

To access free trainings, registration , and times follow the link:

[Training and Education Online](#)

There are four trainings currently available for nurses to view for August. Each month CDC has new trainings if you go back, sign in and check out the training calendar. The CDC Training and Education Online is definitely a nice page to bookmark as a favorite when you are looking for professional development opportunities.

Welcome Back to the 2015-2016 School Year! Please feel free to call or email me if you have questions at melissa.walker@iowa.gov or (515) 281-5327

Thank you for all that you do to promote the academic success and wellbeing of the learners across Iowa.

Melissa Walker, Iowa Department of Education School Nurse Consultant