



OSHNA NEWSLETTER

Editors: Sandi Chicowlas & Sandy Leipheimer

October 2008

From the President. . .

I hope every one had a restful summer and the beginning of school rush is behind us. It is time to take a deep breath and remember to take care of ourselves. We, the school nurses, are the only medical professionals in the school setting advocating for our students, but we often forget to advocate for ourselves.

Joining your professional organizations is one way of taking care of yourself. The strength of numbers NASN represents on Capitol Hill is formidable. There are over 14,000 members in NASN.

For the first time ever, there is legislation before the House of Representative addressing school nurse ratios. ***Student-to-School Nurse Ratio Improvement Bill - H.R. 6201*** Learn about the first-ever bill to improve the ratio of school nurses-to-students. **Read more >>>** visit the NASN website: www.nasn.org and click on the Student-to-School nurse link.

In a recent NASN pole, OSHNA was ranked 4th among all 50 affiliate states. Even with the disparity of nurse ratios within OSHNA, we are so far ahead of so many states. The DoDEA schools in Europe have a nurse in every school, with two exceptions. This in large part is due to co-operation between ECAPTS and DoDDS-E. If you have not joined your local schools PTA, please consider doing so.

If you are reading this, you are already a member of NASN and aware of the excellent membership benefits. Be sure to take advantage of NASN's new online course offerings. [The Journal of School Nursing](#) has a new publisher and a new look. If you graduated from nursing school more than 5 years ago, there have been tremendous changes in school nursing norms. [The Journal of School Health](#) is an excellent avenue towards your professional development, keeping abreast of changing philosophy and school nursing practice.

From the President. . . (continued)

As you read the OSHNA [Digest](#), you are aware the OSHNA Conference Committee is planning an

excellent program for our Annual conference this March. Look in the [Digest](#) for more information. Conference registration and hotel information will be coming to you soon. We have an outstanding stateside presenter, and we are looking at the possibility of a post conference offering of CPR for those who need their certificate renewed.

Remember to send in articles about what you are doing in your school. You never know ~ you may have a solution to another's problem.

Looking forward to seeing every one in Garmisch in March.

Your President,
Margaret Barry

Meet the OSHNA Board



Lisa Okroi ~ Secretary, Margaret Barry ~President, & Jody Richmond ~ Parliamentarian enjoy entertainment at the Bernkastel-Kues wine fest after the Sept 5 board meeting.

President-elect Victoria Kyte & President Margaret Barry also enjoy the wine fest after the Sept 5 board meeting.



Meet more of the Board . . .



Right to Left: Janean Linder – Treasurer/Editor of the Digest, Pam Parker, Margaret Barry -- President, Susette Soria – NASN Representative

Bloodborne Pathogen Training ~ Yokosuka style!

By Sandi Chicowlas, RN, MSN

Mandatory Annual Training is anything but ordinary, in the Yokosuka, Japan complex. The aim is to get the point across in an effective, but memorable way. This year's training involved the obligatory PowerPoint presentation, accompanied by an S-A-F-E message sung to the tune of *YMCA* (lyrics by Janet Schuler, RN). All who attended reported an entertaining, yet informative learning experience!



Left to right: Sandi Chicowlas, Vicki Alderman, Sandra Pothula, Carolyn James & Shawn Bogen

What: OSHNA CONFERENCE

When: March 12 & 13, 2009

Where: Garmisch, German

Be there, or be . . . well, you know!



RAINBOW Elementary School Plants the Promise

By Jenny Oberschlake, RN

October is a glorious time in Bavaria with beautiful golden leaves and brisk temperatures sending out a reminder that winter is on the way. During this fall weather enters Plant the Promise, in conjunction with the National Family Partnership's Red Ribbon Week, October 23-31. Since 2003, the students at Rainbow Elementary School have recognized Plant the Promise in a special ceremony. Sixty-two Sure Start and Kindergarten students, guided by twenty-eight sixth graders and members of the Ansbach Garrison Military Police, plant tulip bulbs in the school courtyard—six months later, the entire school is rewarded by bright red tulips blooming in time for April's National Alcohol Awareness Month. Led by the school nurse, Jenny Oberschlake, RN, this annual tradition plays an integral role in the community's DARE program. Along with educational sessions, essays, and art projects, Rainbow students learn to "Say no to drugs" and the importance of healthy life choices.



***No Child Left Inside Act:
House of Representatives Approves NCFI
By Sandy Leipheimer, MSN, APRN, BC-PCP***

Last month the U.S. House of Representatives, by a vote of 293 to 109, passed The No Child Left Inside Act (HR 3036). The bill, as approved by the House, would authorize new spending on environmental education and would provide incentives to states to develop environmental literacy plans. The federal funding could also be used by states to train teachers in environmental instruction and to create environmental programs. [NSTA](#) (National Science Teachers Association) [and other leading organizations](#) supported the No Child Left Inside Act. For more information, go to www.fundee.org/campaigns/nclb/

Implementation of this act should promote outdoor activities, which means an opportunity for physical activity. With the continuing rise in the obesity rate in children, it would be a perfect opportunity to integrate Science, Health, and other curriculum areas while promoting activities that include physical activity. If approved in the Senate, grant money will be available to sustain environmental literacy plans or create such plans~ what a great opportunity and challenge for nurses to become involved in building curriculum along with our teacher peers!

Indoor Air Quality

Speaking of environmental plans ~ Indoor Air Quality (IAQ) is an issue for many schools and communities. Last year I had the opportunity to attend the EPA National Symposium on IAQ in Washington, DC. I learned a great deal about IAQ issues. If you have no formal plan for your school (DODDS does not have a regulation in place) you should contact your facility Industrial Hygiene Officer (or designated other) often attached to the medical clinic or preventive medicine department. The Industrial Hygienist (IH) is the person who monitors IAQ on installations and submits a written survey of findings. Start by asking your administration for the IH survey for your buildings. If there is no survey readily available, ask if you may contact the IH and request a copy. If there is no current survey, request a building walk-through with the IH. Take the opportunity to accompany the IH on the walk-through and learn what factors are in play that can affect IAQ. See the table below for common areas of concern in schools. For more information the EPA has a "Tools for Schools Tool Kit" that can be accessed for free~ **see below.**

***Updated Recommendation for
Isolation of Persons with Mumps***

PRESS CONTACT: Division of Media Relations
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The CDC, AAP and HICPAC now recommend a 5 day period after onset of parotitis, non-suppurative swelling and tenderness of the parotid gland, either unilateral or bilateral, for 1) isolation of persons with mumps in either community or health-care settings and 2) use of standard and droplet precautions. The best strategy for preventing mumps in both the community and among health care workers is to promote high levels of immunity via vaccination. National recommendations concerning the isolation for person with mumps for 9 days conflicted with other guidance that the infectious period of mumps extended through the 4th day after parotitis and resulted in confusion during the 2006 mumps resurgence in the US with respect to the appropriate length of case isolation. To address this issue, researchers at the CDC and American Academy of Pediatrics (AAP) reviewed scientific evidence underlying the 9-day isolation recommendation including published articles on mumps transmission; viral isolation, detection and load; and mumps in healthcare settings and, as a result, in 2007, revised the recommended isolation period for community and healthcare workers in ambulatory settings to 5 days. In February 2008, the Healthcare Infection Control Practices Advisory Committee approved a similar recommendation in in-patient settings. The evidence reviewed suggested that isolation of mumps virus is highest before or around the time of onset of parotitis, with the rate of mumps virus isolation and viral load declining rapidly during the 3 to 5 days following onset of parotitis. The risk of mumps transmission is considered to be low after 5 days; most transmission likely occurs before symptom onset or within the subsequent 5 days.

<http://www.cdc.gov/media/mmwrnews/2008/n081009.htm#3>

No Child Left Inside Act: (continued)

Issue	Specifics	Effects	Control
Moisture/ Humidity	Relative Humidity (RH) = how much water vapor is held in air Too high = Mold	Mold spores Fungus Seen & unseen asthma trigger	30-50 % (Ideal for humans) Ventilation , Insulation Dehumidification
	Too low = Dry Air	Drying mucous membranes	Ideal = 30-50 %
Temperature	Optimal for IAQ = better at the “lower end of spectrum” Depends upon RH	Hot or cold can trigger asthma Cold can raise humidity	Look for condensation: if occurring increase temperature or decrease RH
Particulates	Dust, Dirt, Soot, Pollens Fibers Fine Particulate Matter (PM) = anything that can become airborne Animal Dander/Excrement Insect decomp and droppings Biologics (microbes)	Irritants to mucous membranes, lungs Physical s/s: swelling, itching/irritated eyes, nose, throat, congestion Asthma Trigger Long-term health risks (i.e. Asbestos) Infection: fever chills SOB coughing	Organized and effective cleaning programs Carpet maintenance Repair/replace friable materials, soiled materials Adequate Air Flow and Filtration/ use of HEPA filters Walk-off mats at doors/entry ways Pest control Animal control and surveillance Medical Evaluation
Pollutants / Gaseous Chemical Compounds or Volatile Organic Compounds (VOCs)	Formaldehydes: gases from materials and carpets, painting, sealing, cleaning products/solvents Carbon Dioxide Carbon Monoxide	Physical s/s: headache, lethargy, drowsiness, nausea, dizziness Buses idling near vents and windows	Off-gassing period after installation Adequate ventilation and proper air flow Proper cleaning products No bus idling near classrooms or intake vents/windows
Occupants	Improper Cleaning agents / procedures Use of masking agents, neutralizers Poor dirt/dust management Blocked ventilation system or vents	VOCs released Odors released >> Asthma triggers	Green Cleaning products encouraged Appropriate cleaning products / techniques Policy: no masking agents or air fresheners

EPA IAQ links and information <http://www.epa.gov/iaq/index.html>

Mold in Schools <http://www.epa.gov/iaq/schools/pdfs/publications/moldfactsheet.pdf>

IAQ Tools for Schools Bulletin: Asthma and Allergy Volume 3
http://www.epa.gov/iaq/schools/pdfs/publications/asthma_allergy_bulletin.pdf

Another note from our President. . .

Margaret Barry

This year's National Association of School Nurse's 40th Annual Conference was held in Albuquerque, New Mexico. Joining me were Pam Parker (Feltwell ES), Susette Soria (AFNorth ES/MS), and Anita Lefnick (International School, Amsterdam), along with more than a thousand other school nurses and other experts from around the globe who address school health issues on a daily basis.

NASN President, Donna Mazyck chose "Transforming School Communities: Voices for Students Health" as this year's theme. The conference focused on advancing the specialty practice of school nursing by strengthening the school nursing skills needed to deliver nursing services, provide leadership, coordinate services between school and community, and support health education to clients.

Dr. Steve Sobel, nationally acclaimed motivational speaker, educator and humorist, delivered the Opening Keynote Address, "Special Prescriptions for a Magnificent and Joyful future". His presentation provided insights on how school nurses can care for themselves, so that they can better care for their students.

Other featured speakers included: Carol Romano, Assistant Surgeon General of the United States; Adelaide Herbert, Professor of the Department of Dermatology and Pediatrics at the University of Texas Medical School in Houston; Bertha Madras, Deputy Director for Demand Reduction in the White House Office of National Drug Control Policy and former Professor of Psychobiology in the Department of Psychiatry at Harvard Medical School.

Diane Hodges, professional speaker and award-winning career educator and author, delivered the Closing Keynote Presentation, "Looking Forward to Monday Morning."

This year's conference followed four tracks with a choice of 40 breakout sessions, allowing participants to customize their learning experiences to meet their personal objectives.

The national Association of School Nurses has over 14,000 members, in all 50 states, Washington D.C. and abroad. NASN's core purpose/mission is to advance the delivery of professional school nursing services to promote optimal learning in students. (www.nasn.org)

NASN 41st Annual Conference Update

Learn and explore what matters most to you! The 2009 Conference will again offer four tracks to allow you to customize your professional and personal objectives and to plan your schedule according to your areas of interest. For more information: <https://www.nasn.org/Default.aspx?tabid=109>.

We look forward to seeing you in Boston!

A word from last year's Stipend Recipient . . . Anita Liefertinck

Dear Colleagues,

Let's go back in time a few months . . . June 26th, heading from Amsterdam to Albuquerque, New Mexico. It would be a very long trip (20 hours), including a transfer in Houston ~ on a plane and in the airport on my birthday! In the end, it was more than worth these efforts. Why? NASN had chosen this spot on earth to welcome 1500 school nurses to celebrate their 40th yearly Conference, one of the best I have ever attended.

The four full days offered a tremendous amount of lectures; it was very difficult to choose from so many parallel sessions. Luckily, in an attempt at "going green", all speaker handouts were made available online prior to the meeting. All attendees also received a CD with each syllabus. A great idea, saving many trees!

The variety of topics was impressive, and the quality of the speakers was highly ranked. Coming from Amsterdam, it did not feel appropriate to miss a lot of the presentations. But I wanted to see more of this magnificent area of the USA. One afternoon I took off for a daytrip, with a colleague from Tunis (the Conference is the place to meet school nurses from all over the world!). We went to Santa Fe, a 2 hours drive. We were the perfect tourist for a few hours. We visited the world famous O'Keefe Museum, as well as a little chapel, did some shopping (of course), but mostly enjoyed the landscape and natural beauty. We saw such a beautiful landscape ~ mountains, desert, lakes, rapidly changing skies, it's all there. And for a European, the enormous space everywhere was impressive. Also, it was the first time ever I got to see a double rainbow!

But back to the real purpose of the Conference: attending educational sessions to renew, refresh and

strengthen the school nursing skills, needed to promote and support the health of our students.

The NASN Conference always offers two days of Pre-Conference, including several workshops, some of them half day or full day (reserved and paid in advance). By the length of these you can only attend a maximum of two a day, causing a real dilemma ~ all of them were top notch! Crisis intervention vs. Practice & Principles of Triage vs. Obesity Prevention.

I chose Musculo-Skeletal Examination, how to assess injuries including fractures and sprains, new techniques to assess muscle strength, plus hands-on education in the newest splinting/dressing methods/materials. This workshop was offered by Suzey Delger. I advise you to keep this name in mind. If ever you can attend one of her workshops, DO. She is great, very informative and teaches with lots of humor.

Then you will find two “normal” Conference days. How to choose from 60 breakout sessions, each presented by highly qualified speakers, that was the puzzle of the day ~ actually of the evening before! It was very helpful the presentations were classified in four tracks: Research, Practice, Leadership/Legal and Health Promotion. This proved to be very effective as you knew what to expect and could schedule according to personal areas of interest.

Of course it was no surprise that at least three speakers paid attention to issue of obesity in children; it has quadrupled over the past three decades in school-aged children. I followed them all. Some paid attention to the co-morbidities ~ scary, some highlighted the scientific causes, the importance and meaning of BMI measurement, and another gave several practical tips to implement prevention. For example, if teachers would start the day telling a story, in which the kids had to join in with all kinds of active movements. “Johnny overslept, mom took him to school, but they had to **run**, it started to rain, they forgot the umbrella, so used their arms, **raising high** to avoid getting wet, etc. Let your fantasy go on! Encourage parents to implement the 5-2-1-0 principles works well ~ 5 servings of fruit a day, maximum 2 hours TV/Computer a day, 1 nutritious breakfast, 0 sweetened beverages. All of these approaches will have their positive effect. We have got to stop this ongoing march of obesity!

Of course I cannot re-do the conference in 2 sheets, but a few remarkable speakers and topics were: 1. Richard Lieberman, Los Angeles,

richardlieberman@ausd.net He spoke about suicide prevention/self mutilation, and offered a prevention program by gatekeeper training (staff, peers) and teen-screening. 2. Hilda Quiroz about cyber-bullying, wounding from afar, a wake-up to this modern, very serious but underestimated way of harming in cyberspace. She taught how to take care of this issue, what to look for, how to prevent it. She is a gifted speaker. I have often attended her workshops (including school safety, crisis, and disaster situations), always high quality.

However, the session that meant the most to me was the lecture by Susan Wolf, PhD. She spoke about brain injury in children and youth, in combination with the neurodevelopment. This presentation addressed the importance of paying (far more) attention to and screening every head injury, as even at later ages these can be the cause of significant, negative side effects!

Even our friends, head lice, got attention (the best hand-out ever provided), as well as allergies. You can imagine, I was running from one session to another. And that’s not all! Every NASN Conference provides an enormous exhibition, located in a huge hall, showing all medical products and services! Once you are in, you won’t leave without bags and more bags filled with samples! Especially when the vendors notice your nametag reads you are from Europe. They will load you with free books, brochures, and all kinds of samples. It’s nice to get them, but..... every year it’s problem to get home!

On top of this all we were spoiled each day with a free breakfast, all choices available! We needed self-discipline to stay away from the obese club, as all kinds of delicious food were offered, fruits servings, continental breakfast, cakes, muffins ~ you name it, it was available! Last but not least, the last evening you could attend a classic banquet!

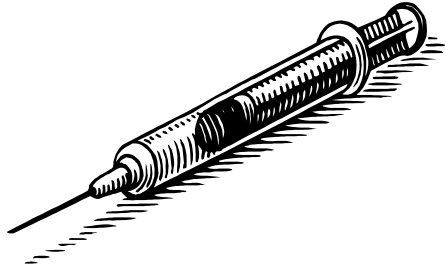
I hope I made it clear: IF YOU EVER GET THE CHANCE (maybe you can get the grant, like I did; I am soooo grateful for that!), ONCE IN YOUR LIFE ATTEND A NASN CONFERENCE. It is a great experience! Besides learning about the newest skills and up-to-date knowledge, it is one of the best opportunities to make and renew friendships!

Have fun, Anita
Anita Lieftinck, R.N., School Nurse
International School of Amsterdam

NO SHOTS!

NO SCHOOL!

NO KIDDING!!!!



***NO SHOTS! NO SCHOOL!
NO KIDDING!!!!***

. . . has been the mantra of the Yokosuka, Japan, complex school nurses since Spring of SY 06-07. . . All DoDDS school nurses are aware of the push for up-to-date immunizations, by the DoDDS administration. The Yokosuka complex nurses wanted to convey a simple, straight-forward message to the community. The message has been posted on flyers, it is seen on the movie theatre scroller, as well as in the base paper. It has even been quoted back by parents and students. We would like to share our “blurb” with you all; please feel free to use it as you see fit!!!!

Compliments of: Sandi Chicowlas, Vicki Alderman, Sandra Pothula, Carolyn James, & Shawn Bogen