



CARING FOR  AMERICA'S CHILDREN 

Ohio Association of School Nurses

Winter Quarter Newsletter

December 2005

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Greetings!

Welcome to the first edition of the Ohio Association of School Nurses e-news! We will be using this method to send you the OASN newsletter on a quarterly basis, as well as, any urgent and necessary communications from the OASN Board of Directors. We are really excited about this new feature and we hope that you will find it to be a valuable resource to your school nursing practice. We will also be posting all newsletters and announcements to the website as well, so you can always view them at www.oasn.org.

• President's Message

The school year started with the usual zip, pop, bang and we are already almost one third of the way through the year. While our academic leaders have been busy directing challenges in reading, writing, science, social studies and math you have probably been going quietly through your routine cultivating health, touching hearts and having high hopes for our student's health and academic success without getting in the way or making too much fuss. Let's make some noise this year. School nurses are and can be the piece of the puzzle that holds our student's educational success together. School nurses provide so many direct services to students and continue to be a voice to our academic colleagues regarding the social, economic, and special health needs of students which must be met to insure their academic success. You've probably set many professional goals for this year and I hope that they include:





Ohio School Nurse of the Year!

Deborah L. Strouse, RN, MEd, NCSN, a school nurse from the Columbus Public Schools, has been selected as the Ohio School Nurse of the Year for 2005-2006. Her assignment is serving the students and staff at the Arts Impact Middle School and as the nurse training coordinator for the district's Emergency Response and Crisis Management Grant.

Strouse has been a nurse since 1990 when she started her career with Emergency and Critical Care nursing in the United States Air Force. She has been a member of the Air Force for 17 years and is currently a Major in the Air Force Reserves. She is dedicated and highly motivated which was evident when she was called back to active duty after the 9/11 tragedy. She found a way to work out a schedule to allow her to

special health needs of students which must be met to insure their academic success. You've probably set many professional goals for this year and I hope that they include:

- Communicating to the community and influential decision-makers about child health and school nursing issues. Take the time to write something for your school newspaper, local newspaper, or a nurse newsletter for parents. Do your parents know about new immunizations becoming available for their children? If you are struggling with content remember the "Health Notes" section of the OASN newsletter is available for your use. Take a minute and locate your state and federal senators and representatives email addresses (available through the links at www.OASN.org) and send them a note to let them know your concerns regarding school health and school nursing services. Visiting our legislators during the past few years I have learned that many really have no idea what our jobs entail and they are very interested.
- Advocate for children's health services and become an active member of your coordinated school health teams. Help set the goals for your district with our student's optimal health in mind. Who better to advise a school health team than the school nurse? We are often the only health professional available in the district!
- Collaborate and form partnerships with others to promote children's well-being. Check out your local health providers and businesses for ways to involve professionals in improving you school health environment and school nursing services. Near the end of the year businesses are often looking for ways to offer donations and community support. Maybe you need a new refrigerator in your office.
- Become active in your professional organization and help your organization grow. Take a look at the standing committees of OASN and see if there is a committee that could use your ideas or energies. Contact the chairperson by clicking on their link and join in the vital work of your professional organization. Call or email your regional representative or your OASN president with your ideas and suggestions. Invite a school nurse to join their professional organization. Introduce them to the OASN web site and offer to take them along to your next regional meeting.

Just remember to set those priorities, be willing to

continue her role as a school nurse while also serving as an intensive care nurse for the Air Force.

Strouse has distinguished herself in many areas in her six years as a school nurse, most notably with her expertise in Disaster Preparedness in schools, Emergency Response and Crisis Management. As part of the team charged with implementing a \$400,000 federal grant for Columbus Public Schools, she was responsible for training Medical Disaster Response Teams for each of the 144 school buildings. She is a trainer for NASN's Disaster Preparedness Course and this past summer was a presenter at the NASN Conference in Washington, D.C. She is knowledgeable about bio-terrorism, as well as chemical and radiological threats and authored position statements for NASN on those topics. Those of us who have taken the opportunity to train with her appreciate her competence and energy, as well as her sense of humor. She is a great role model with the organizational skills and decisive leadership style that are needed in an emergency.

An active member of COASN, Strouse served as president from 2002-2004.

During that time she initiated the "Share Fair" and promoted efforts to

progress. If we're paying attention to evidenced based practice we know that those no-nit policies for head lice are no longer recommended, yet many school nurses have not changed their practice. I realize that all of this takes time and must be squeezed in between writing IHPs, meetings, staff trainings, screenings, phone calls, and the usual school crisis's. However, if each of us takes on just a little part of these activities we will see our profession grow and help insure the health and academic success of our students.

• OASN ANNUAL CONFERENCE



School Nurses: An Essential Piece OASN presents on March 31st and April 1st & 2nd, 2006 the 33rd annual conference. Embassy Suites Hotel, Dublin, Ohio will be the location for the conference. Regions and special interest groups are encouraged to set up networking opportunities on Thursday evening, March 30th. Please contact me if you are interested in hosting a Thursday evening get together. Friday morning will start with Jeanne Bryner, RN, BA, CEN as our keynote speaker. Jeanne has been a practicing registered nurse for over 25 years and a writing teacher for over 14 years. She has won awards for community service, nursing and writing. She writes and presents about nurses, their lives and accomplishments. Here presentation promises to encourage all of us to see how we do and can affect the lives of the people around us without having to be someone famous. Friday evening will be the First annual OASN Endowment Dinner. OASN is moving forward with establishing an Endowment Fund to provide a tax deductible means for members to support scholarships, research and continuing education to our members. Please consider participating Friday evening at this dinner, there will be an additional cost above the conference cost. Saturday will bring the annual meeting, a roll call of regions will be held, so plan now how your region will represent itself. The annual banquet to honor OASN School Nurse of the Year and installation of the officers will be held on Saturday evening (cost included in the conference fee). Sunday morning one of the breakouts will be a skills lab. If you have a specific skill or piece of equipment that you would like covered please contact Debra Stoner. Some of the topics for the upcoming conference will include:

increase research in the area of school nursing. She is Legislative Chair and currently represents COASN on the OASN Board of Directors. In May 2005, she was awarded the COASN Member of the Year.

The students and staff at Arts Impact Middle School are in good hands if there is an accident or acute illness. In addition to the care she provides for students with diabetes, asthma or with her special needs population, she somehow finds the time to provide extra programs that integrate health, safety and prevention. These programs cover topics from drug and tobacco prevention, viruses and bacteria, sexual harassment, and basic life support/rescuer to her students.

She has been described as a dynamo of energy and dedication, one who epitomizes excellence in every facet of her professional life. With all that she has accomplished, it is difficult to believe she has only been a school nurse for 6 years! In these days when disaster preparedness is accepted as an important role for schools, we are particularly proud to have her represent us as Ohio's School Nurse of the Year.

- Gangs, Drugs, What's new on the streets and in School ?
- Alphabet Soup: Update on HBV, TB, HIV and others.
- Sports and Playground Injuries Skills Lab.
- Autism, Asperger's and other special needs.
- Practical Twist on addressing Nutrition and Obesity.
- Other great sessions to help nurses solve puzzles!

Where can you help? Currently, we need door prizes, silent auction donations and each region to provide the annual basket. There will be a Market place on Saturday for the regions to sell their fundraising items. Anyone having a desire to be involved with the planning or help during the conference is welcome to contact Debra Stoner. Registration Fees for the conference are:

- Full Conference Member \$150 Non-member \$200
- Partial Conference Member \$125 Non-member \$175
- Room rate: Single or Double \$109 per night, Triple or Quad \$119 per night

Check www.oasn.org frequently for updates and the guidelines for the Poster presentation. Contact Debra Stoner at vicepresident@oasn.org

[For more OASN Annual Conference info](#)

• Pat Baum Scholarship Award Recipient



The Pat Baum Scholarship Award committee is happy to announce that Eva Garchar from the Southwest Region is this year's award recipient. Eva will be using the \$500.00 award for continuing education in pursuit of a Master's of Science in Nursing with a concentration in school nursing at Wright State University. A \$500.00 scholarship is awarded each year to a school nurse who is pursuing an educational activity which will advance her practice of school nursing. Consider applying. Information and applications are available on the OASN website. The deadline for applying is August 1, 2006. If you have questions you may contact any member of the award

published four times a year as a service to OASN members. Articles, questions and comments should be submitted to the editors at 1755 Millbrook Lane, Loveland, Ohio 45140 or newsletter@oasn.org

For more information, visit www.oasn.org.

2005-2006 Board of Directors

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president@oasn.org

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nasnrep@oasn.org

OASN Executive Director
Renee Besecker (SW)
exdirector@oasn.org

Central Region
Representative
Debbie Strouse

committee: Pat Baum, Norma Nikkola, Mary Massey, or Linda Miller

[For more information about all of our awards and scholarships click here...](#)

• Nominations for Ohio School Nurse of the Year

Nominations are now being accepted for the Ohio School Nurse of the Year Award. This award, which is the highest award presented annually by OASN, recognizes one school nurse who demonstrates excellence in school nursing practice and leadership in school health. Candidates must be currently employed, full-time Ohio school nurses with at least five years experience. Active membership in OASN for the current and previous two years is required. The selections will be made on the basis of the school nurse's contributions to school health and school nursing practice. This would include clinical skills, creative programs, leadership, research projects, political and legislative contributions, and community and professional involvement. Evidence of excellence in school nursing practice will be based on Scope and Standards of Professional School Nursing Practice (2001, ANA & NASN). The nomination forms take time to prepare and must involve the nurse being nominated. Completed nomination packets are due June 15. For more information contact: awards@oasn.org Even if you are not considering a nomination for this coming year, take a look at the forms and criteria for selection as they appear online. It will give you an idea of all that is involved and a greater appreciation of the accomplishments of those who have earned the Ohio School Nurse of the Year Award!

[Forms may be obtained from our website...](#)

• COASN News

COASN held a very successful first membership meeting of the year on October 4th at DaVinci's Ristorante in Columbus. Speaker Catherine Wells, M.S., ATC, provided an excellent continuing education program on sports related and playground injuries to an audience of 75 attendees. Evaluations of the program were very favorable. The evening provided an opportunity for networking with both old friends and new members, as we had many "new member" attendees. COASN is currently at 120 members for the school year, with membership applications still coming in. Our next planned program will be in January, date and topic to be announced at a later

East Region
Representative
Jill Wickham
eastrep@oasn.org

OASN members to join us for a meeting if you plan to be in town. Respectfully submitted, Deborah L. Strouse
COASN Representative

www.coasn.org

Northeast Region
Representative
Donna Fligel
northeastrep@oasn.org

Northwest Region
Representative
Maureen Knowles
nothwestrep@oasn.org

Southeast Region
Representative
Annette Scott
southeastrep@oasn.org

Southwest Region
Representative
Kathy O'Dell
southwestrep@oasn.org

Member At Large
To Be Appointed

STANDING COMMITTEES

Legislation Issues
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Membership
Lynette Rice (NE)
membership@oasn.org

Nominations
Kathy Inderbitzen (NE)
presidentelect@oasn.org

Annual Conference
Debra Stoner (NE)
vicepresident@oasn.org

Professional Issues
Susan Praeger (SW)
profissues@oasn.org

• NWOASN News

October 8th was a cold and blustery day in Toledo, Ohio. Despite the weather 10 intrepid school nurses, one honorary school nurse and 2 brave high school volunteers joined the walk for the American Diabetes Association at the Toledo Zoo. Upon completion of the walk we were treated to a healthful lunch and a well-organized product fair, complete with giveaways and samples. This was our fall program to increase our visibility in the community and our contribution to a great cause. The Fall Meeting was held at Stone Oak Country Club on Oct. 11th. After the business meeting Deacon Dzierzawski presented a 1-hour talk on "The Community Partnership" Their mission is to bring community resources together to address alcohol, tobacco, and other drug prevention and intervention issues to promote an environment that encourages healthy lifestyles. The presentation was timely and complete with the latest data from Lucas county regarding drug use among our teenage population, specifically inhalant use and current designer drugs. 27 members were present and evaluated the program very highly. Northwest School Nurses are inviting one and all to our end of the state to hear the amazing story of Dr. Cooper, the superintendent from Mississippi who used the concept of a coordinated school health program to literally turn his district around. The attendance rate, graduation rate and performance rate of his students have dramatically improved since he came on board and made some sweeping changes. He tells how he took this very poor district and made a huge difference in the lives and success of his students. He has some very concrete ideas on how to proceed. We welcome your administrators, counselors, psychologists, and any interested community members. The message is appropriate for anyone interested in improving the health and success of students. We will meet at the Stone Oak Country Club in Toledo, Ohio, for breakfast, followed by Dr. Cooper's presentation. The registration for breakfast and the presentation is \$45 If you are interested in receiving CEU's, the registration is \$60.00 At this time we are only offering nursing CEU's. Due to space restrictions we are limiting the number of participants to 150, so first come first served. Remember to mark the date on your calendar, Saturday, January 21st, 2006, from 8:30 AM

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awards@oasn.org

Scholarship
Linda Miller (C)
scholarship@oasn.org

Webmaster
Juliet Kolde (SW)
webmaster@oasn.org

SPECIAL COMMITTEES

ODH Representative to
OASN
Dorothy Bystrom (C)

SPCHEO
Julie Winland (C)

Action for Healthy Kids
Julie Winland (C)

Prevent Blindness Ohio
Gabi Karpowicz (C)

Ohio Coalition for
Hearing Health
Awareness
Renee Besecker (SW)

(breakfast) to noon. If you want to pre-register to guarantee space, you may send your information to Candi Hendershot, 8364 CR 236, Findlay, Ohio 45840, along with a check for either \$45 or \$60 (depending on CEU's). Or you may e-mail Candi (chender5@utnet.utoledo.edu) and request a brochure when they become available. Please make checks to: Northwest Association of School Nurses.

www.nwoasn.org

• NEOASN News

November 11, 2005 Donna Fligiel OASN Representative

- President Kathy Armstrong
- Past-President Mary Massey
- President Elect Debbie Aloshen
- 1st Vice President Katrina Hawkins
- 2nd Vice President Stephanie Smith- Jones
- Secretary Rochelle Kirby
- Treasurer Amy Anter
- OASN Rep. Donna Fligiel
- Newsletter Susan Inscore
- Membership Chris Bell
- Public Relations Becky Moutoux

The fall membership meeting was held on November 10, 2005 at the Cuyahoga County Board of Health. The members enjoyed a sit down dinner as President Kathy Armstrong conducted the meeting. The speaker for the evening was Dr. Steven Thomas, PhD, LISW from Windsor Hospital in Chagrin Falls, Ohio. He presented "Why Do People Engage in Self- Inflicted Violence? His informative presentation was well received and members had a chance to ask questions and share experience they had with students in their schools who engage in self injurious behaviors. The next meeting membership meeting is scheduled for March.

• SEOASN News

South East Ohio Association of School Nurses met the night before the School Health Update Thurs, Oct. 27, 2005 at the Midwest Hotel and Conference Center at 9:00 p.m. SE President Lesa Slack presided along with OASN President Gail Pohlman. I was not able to be at the

Health Care Association
Renee Besecker (SW)

Ohio Tobacco Control
Resource
Gail Pohlman (SE)

Ohio School Nurse of the
Year
Deborah Strouse (C)

REGIONAL PRESIDENTS

Central
Sue Casto

East
Patricia Milosevich

Northeast
Kathy Armstrong

Northwest
Kate Malone

Southeast
Lesa Stack

Southwest
Eva Garcher

Congratulations NCSN's

Congratulations to the
following OASN members
who recently passed the
NBCSN examination:

Patricia Bissler
Jeanine Bochenek
Karen Borland
Jennifer Ferris
Brenda Goshe
Phyllis Harover
Susan Hileman
Joan Hlinomaz
Susan Inscore
Paula Klausner
Maureen Knowles

issues concerning school nursing in general were discussed. The meeting was a leisurely gathering. No spring meeting date has been set yet, but this information will be forthcoming. New or retained officers will be voted on in the Spring.

• SWOSNA News

SWOSNA held a big fall kickoff in Sept. with the introduction of the new theme...."You're An Essential Piece." The goal is to increase attendance at meetings and to promote SWOSNA team building by putting applause on paper and through gifts which will be given at all of SWOSNA's meetings this year. SWOSNA wants its membership to know that each school nurse is an 'essential piece' of SWOSNA and that SWOSNA can't do without them! The SWOSNA PR committee is developing a tri--fold to explain the awards that exist for SWOSNA members. Included are Cameo's of Caring, the Pat Baum Scholarship, successful NCSN exam scholarships and the Martha Carrick Scholarship. SWOSNA is also exploring ways to be able to accept donations to sustain the Cameo's of Caring Award as a tax exempt status. The process is challenging and complicated. The Sept. SWOSNA meeting was held @ the Heatherwoode Golf Club in Springboro. The program, entitled "Implementing a Student/Staff Wellness Program," identified the integral parts in establishing a wellness committee, recognized successful programs, discussed how to advertise and market wellness programs and offered options for implementing wellness programs in other schools. The Nov. meeting, held at the same location, on Nov. 19, 2005, featured our President-Elect, Eva Garchar, who presented her thesis, "Promoting the Positive Outcomes of School Nurses." She identified research that promotes positive health and educational outcomes of students, ways to increase school nurse visibility and data that needs to be included in board and community presentations to promote school nursing. Contact hours are always offered for SWOSNA programs. SWOSNA membership stands at 139. Past President Lauren Brown is at the helm of SWOSNA until our President-Elect, Eva Garchar is up and running. Other officers include:

- OASN Rep. Kathy O'Dell
- Secretary Judy Fehr
- Treasurer Traci Hummer
- Historian Jenny Boles
- Membership Judy Ganguly

Cheryl Maue
Kathleen Pinkava
Laraine Roessler
Lisa Stephens
Debra Stoner
Deborah Strouse
Susan Thomas
Julie Winland

Recertifying NCSNs:

Barbara Barloh
Cynthia Betcher
Margaret Bodie
Kathleen Inderbitzen
Jane Kraft
Mary Neater
Mary Norton
Mary Teague
Sara Velasquez

- Newsletter Peggy Brockmeier
- Public Relations Dawn Abbott
- Ways & Means Kay Larson & Pat Roach
- Webmaster Juliet Kolde

SWOSNA proudly announces the newest Cameo's of Caring recipient, Joyce Burleigh, a Dayton Public Schools school nurse! Joyce received her beautiful award in a special ceremony at Wright State University in October. You can control your own destiny as a school nurse by advocating for children. Kathy O'Dell RN, MEd., NCSN SWOSNA Rep to OASN

www.swosna.org

• NASN News You Can Use

Many school districts across the nation are faced with the process of meeting the requirements of the NCLB Act. One of those requirements is Adequate Yearly Progress (AYP). Each school must demonstrate that their students are making minimum progress or face dire consequences. The

sleep.

- Supporting children with chronic health conditions during academic testing, thereby enabling optimal performance with minimal disruption.
- Working with multidisciplinary school teams, to identify barriers to learning and to implement accommodations and strategies to increase achievement.

The No Child Left Behind Act promotes safe and orderly schools through the implementation of programs that protect students and teachers, encourage discipline, personal responsibility, and combat the use of alcohol and illegal drugs (DOE, 2005). As school nurses we have the experiential knowledge to collaborate with school and community members to implement programs that will lead to the creation of a positive, healthy and safe environment. (NASN, 2005). The school nurse contributes to a safe school learning environment by:

- Administering and managing prescribed medications.
- Providing leadership in the development and implementation of the school's emergency management plan.
- Using evidenced-based health education strategies to promote a healthy lifestyle for students and staff.
- Working with student assistance teams and crisis intervention teams to identify and assist high risk children.
- Advocating problem solving and teaching conflict resolution, enforcing codes of behavior and participation in anti bullying and violence prevention programs.
- Educating students and staff about potential environmental hazards and exposures that can lead to health conditions that may reduce the capacity for learning.
- Providing a confidential, safe heave for students to problem solve and express emotions.

"Although NCLB does not govern professional support staff, including school nurses, the requirements for "highly qualified" implies that all personnel providing services in schools be appropriately educated, trained, and competent in their respective fields. NASN concurs that quality services to students and staff should be assured through appropriate education, licensure, and certification" (NASN, 2002a) "It is the position of the National Association of School Nurses (2002a) that every school-aged child deserves a school nurse who is baccalaureate prepared

and licensed by that state as registered nurse. These requirements are the minimal preparation for the skills needed at the entry level school nursing practice. Advanced education is essential for school nurses, just as it is for teachers. If teachers are required to ultimately obtain a masters degree, then that should also be the expectation for school nurses (Costante, 2001). NASN supports state certification, where required, and promotes "national, professional certification of school nurses" School nurses also provide services as care providers, managers, advocates and educators who actively work to advance the physical, mental and social well being of students so they can learn. As health professionals supporting student success, school nurses assist individual students to achieve and schools to meet the performance goals of NCLB. The conflict regarding the issue of Unlicensed Assistant Personnel administering glucagon to diabetic students continues. A law suit was recently filed by the ADA against a school district in California. NASN will be filing an Amicus brief to assist the school district. Stay tuned. There are some promising medical discoveries on the horizon which warrants our attention as school nurses. One is the development of a buccal medication (midazolam) for seizures which may be able to take the place of rectal valium (diazepam)

- **New Website for Drug Info**

The Deputy Commissioner for Medical and Scientific Affairs of the federal Food and Drug Administration (FDA) today announced that beginning in November, health care professionals and patients will be able to access up-to-date information on medications on the Internet, free of charge, through a "Daily Med System" that will distribute and display medication information. Calling the new service "a monumental change in the way medical information is made available," Dr. Scott Gottlieb said a key element of the Daily Med will be the electronic product label known as the package insert, the onion-skin piece of paper folded up inside the tops of pill bottles. "Right now," Gottlieb said, "the content and format of these paper labels is not conducive to easy accessibility, and they are not easy to search for pertinent information, or even to find on the web." He also said that beginning next month, the FDA will require drug makers to start submitting label changes electronically, facilitating prompt updating of label information. "Imagine a world where product labels can be pulled off the web, or better yet, off a PDA that doctors carry in their pockets, that is updated instantly

each time new safety warnings are added or new information about a drug's benefits. Doctors could receive special alerts for the drugs they are most likely to prescribe." Gottlieb also noted that the FDA is now requiring bar-codes on the labels of all prescription drugs and over-the-counter medications. He explained the new services and requirements in a briefing for the press, saying "At FDA we're making some new commitments to work more closely with reporters. If we're going to remain the world's gold standard for drug safety and drug evaluations, we need to do a better job of telling consumers what we're finding."

[For more information click here](#)