



## 22<sup>nd</sup> Annual School Health Nursing Seminar Highlights

The 22<sup>nd</sup> Annual School Health Nursing Seminar held on July 13, 14, and 15<sup>th</sup>, 2009, at the Chaparral Suites Resort in Scottsdale drew a number of school health office personnel. The AZSNC Board would like to say thank you to MaryAnn Arnold from Red Mesa, who has attended our seminars for 17 continuous years. MaryAnn and Suzie Yazzie also contribute a basket to our raffle each year. Their basket is very popular and we appreciate the time and effort they put into doing this.

On Tuesday, attendees were able to visit with over 35 vendors at the exhibits. The AZSNC board would like to recognize Board Member, Eileen Dolmage for her hard work in making this year's exhibits a big success. Vendors provided door prizes and many attendees walked away with some good prizes. Our main door prize was a free registration to the 23<sup>rd</sup> Annual School Health Nursing Seminar in 2010 and Lynette Cook from Phoenix Elementary School District won. Congratulations to Lynette!!

We had a number of speakers throughout the three days who provided important information to school nurses and other health office personnel. We thank all those speakers for making this seminar a big success. Our Recognitions were held on Wednesday, June 14<sup>th</sup> (see page 7 for honorees).

We appreciate having Nerissa Emers, RN, BA, Program Specialist/School Nurse Coordinator, ADE; Miranda Graves, Program Director/Coordinated School Health Program, ADE and Cynthia Aron, RD, Coordinated School Health Manager, ADHS in attendance at the seminar.

**Mark your calendars for the 23<sup>rd</sup> Annual School Health Nursing Seminar to be held July 12<sup>th</sup> through July 14<sup>th</sup>, 2010 at the Chaparral Suites Resort in Scottsdale, Arizona. We hope to see you there. If you have any suggestions for the 2010 seminar, please email a member of the board (email addresses on last page of newsletter).**

ARIZONA SCHOOL NURSE CONSORTIUM  
A 501 (C)(3) Non-Profit Organization

Academic Bridge to Community Health  
**Health Street**

### Interested in AZSNC Meetings?

October 31  
November 21  
(check: [www.azschoolnurse.org](http://www.azschoolnurse.org)  
for 2010 meeting dates)  
9:00 am to 12 noon

Arizona Nurses Association  
1850 E. Southern Avenue  
Tempe



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# ***The Partnership for a Drug-Free America***

## **Arizona Affiliate**

Shelly Mowrey - Director of Programs and Communications

### **Drugs Kids Steal Most Often from Their Parents**

The most alarming trend among Arizona school children today is prescription medicine abuse. 1 out of 4 12<sup>th</sup> graders say they have taken a prescription drug without a doctor's prescription and 1 out of 6 8<sup>th</sup> graders has used a prescription drug to get high. Kids are finding the substances they need to get high right at home in their parents' medicine cabinet. The five most commonly taken prescription medications include:

**Narcotic Painkillers.** Oxycontin, Vicodin, Percocet, and Percodan are just a few examples of pain killers that can have deadly consequences for children. The drug can slow down the respiratory system to the point of coma or death.

**Stimulants.** Ritalin and Adderall - These are most commonly abused by teens that are trying for what they perceive to be better concentration.

**Sedatives and tranquilizers.** Valium and Xanax - They slow normal brain function, which may result in slurred speech, shallow breathing, sluggishness, fatigue, disorientation and lack of coordination or dilated pupils.

**Sleeping Pills.** Ambien - Teens use it recreationally because they get a "high" by trying to fight the sleepy feeling. It can also cause visual hallucinations.

**Cough Medicine.** Cough medicine has DXM in it. Abusers describe different "plateaus" ranging from mild distortions of color and sound to visual hallucinations and "out-of-body," dissociative sensations, and loss of motor control. Common DXM effects can include confusion, dizziness, double or blurred vision, slurred speech, impaired physical coordination, abdominal pain, nausea and vomiting.

Please work with the parents at your school and ask them to safeguard their medicine cabinets by properly disposing of those medications they don't need or by putting their medicines out of reach of teens and children. For more information, please contact the Partnership for a Drug-Free America, Arizona Affiliate at [www.PartnerUpAz.org](http://www.PartnerUpAz.org) or (602)264-5700.

### **Federal Legislation to Follow in the 111<sup>th</sup> Congress**

**Student-to-School Nurse Ratio Bill Reintroduced in the 111th Congress** - The Student-to-School Nurse Ratio Improvement Act of 2009 was introduced by Representative Carolyn McCarthy on June 4, 2009. The bill number is H.R.2730. As of 7/28/09, the bill has 16 co-sponsors one of which is **Representative Raul M. Grijalva** [AZ-7]. For the full bill: [http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=111\\_cong\\_bills&docid=f:h2730ih.txt](http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=111_cong_bills&docid=f:h2730ih.txt)

**Reducing Student-to-School Nurse Ratios Being Addressed in Health Reform Legislation** - In the House of Representatives' process of "marking up" America's Affordable Health Choices Act (H.R. 3200), Representative George Miller, Chairman of the Education and Labor Committee, has included a version of Representative Carolyn McCarthy's ratio bill (H.R. 2730) in his "substitute amendment." Stay tuned for more information on the ratio provisions as H.R. 3200 makes its way through the House.

## GLSEN

### Gay, Lesbian and Straight Network

Debbie Sant, M.Ed, QTraining Coordinator, GLSEN Phoenix

Two young students killed themselves last April. Carl Walker-Hoover, an 11-year old from Massachusetts, hung himself on April 6, 2009. Ten days later, another 11-year old, Jaheem Herrera from Georgia, also hung himself. Neither identified as being gay, but both experienced daily name-calling, bullying and harassment. Both felt the impact of hurtful words such as "fag" and "faggot." In both cases, parents reported the problem to administration. Unfortunately, the lack of an effective school-wide response left these two young individuals feeling desperate. As educators, we have a professional obligation to ensure that our schools are safe for all students.

According to the GLSEN 2007 National School Climate Survey, nearly 9 out of 10 LGBT students (86.2%) experienced harassment at school in the past year; three-fifths (60.8%) felt unsafe at school because of their sexual orientation; and about a third (32.7%) skipped a day of school in the past month because of feeling unsafe. However, when school staff and educators take action, the school climate improves for all students regardless of sexual orientation or gender identity/expression.

The mission of the Gay, Lesbian and Straight Education Network (GLSEN) is to help create schools that are safe for all students, regardless of actual or perceived sexual orientation or gender identity/expression. The GLSEN Phoenix Chapter helps accomplish this goal by facilitating educational trainings in schools and youth-serving agencies. In these workshops, we provide current data about the harmful effects of anti-lesbian, gay, bisexual, transgender (LGBT) bullying and harassment, and help participants identify concrete ways to create a safe and effective school environment.

If you or the school administration would like additional information regarding our educational trainings, please don't hesitate to contact us at our training email address: [training@glsenphoenix.org](mailto:training@glsenphoenix.org). An optimal educational experience for all students is essential -- not only for learning but for their overall well-being. GLSEN Phoenix is here to provide information, a greater understanding of school climate issues, and resources to help all of our students and school staff. GLSEN Phoenix covers Central Area/ Maricopa County, although they provide resources as possible to outlying areas and northern tier. If we need to secure additional resources or guidance for you, we will work with the national staff. The GLSEN national website has the bulk of downloadable resources, including links to No Name-Calling Week, for example. There is also a chapter in the Tucson area. Contact information for Tucson, Phoenix and National is:

GLSEN Tucson  
4800 W. Placita del Quetzal  
Tucson, AZ 85745  
Phone: 520.743.4800  
Fax: 520.743.4298  
Email: [stormal@aol.com](mailto:stormal@aol.com)  
<http://www.glsen.org/tucson>

GLSEN Phoenix  
PO Box 2386  
Phoenix, AZ 85002  
Phone: 602.705.9780  
Email: [info@glsenphoenix.org](mailto:info@glsenphoenix.org)  
<http://www.glsenphoenix.org>

GLSEN National  
90 Broad Street, 2nd Floor  
New York, NY 1004  
Phone: 212.727.0135  
Fax: 212.727.0254  
Email: [glsen@glsen.org](mailto:glsen@glsen.org)  
<http://www.glsen.org>

Bringing people together is greater than dividing them. (+ > ÷)

### Arizona School Health Annual Report Form

This form & reporting directions are available on our website: [www.azschoolnurse.org](http://www.azschoolnurse.org)

If you don't have internet access, then contact Denise Allen (480.276.6025) & a form will be faxed to you.

You should be using the ASHAR dated 3/07 - any other copies should be destroyed. All completed ASHAR's should be sent to the Arizona School Nurse Consortium mailing address.

## ***Improved Health, Restored Hope For Single Working Mothers and Their Children***

Marge Ebeling, RN,BA,DCh,PhD - Founder/President

Regina falls through the cracks of the healthcare system. This single, working mother of two sons works as a nursing assistant at a senior living center. She cannot afford the monthly \$600 premiums for health insurance through her employer. She makes a little too much money to qualify for state healthcare assistance. Fortunately for her when her son became ill, Regina heard about the WellCare Foundation and was able to get care for her family for free.

The WellCare Foundation provides free, integrated, primary healthcare to single working mothers and their children not reliant on state assistance who cannot afford insurance or to pay for needed healthcare. This year WellCare is celebrating its tenth anniversary. Founded in 1999, the 501(C)(3) non-profit foundation started with 30 volunteer healthcare providers and one rented clinic room. To date the foundation has 125 volunteer practitioners and four clinic sites throughout the Valley. Practitioners see the patients at one of the WellCare clinic sites or in their office. The care is free to those families who qualify, including, needed labs and radiology. WellCare's integrated model of healthcare addresses the needs of the whole person - body, mind, spirit, emotion. WellCare becomes the primary care provider for these families as long as they are in this "notch" group. **Unfortunately, the free healthcare to single working mothers and their children focuses on Maricopa County, however, from time to time we will get families willing to travel from other counties.** We are still the only non-profit organization of its kind in the U.S.

There are over 175,000 single working mothers and their children without healthcare in Maricopa County. School nurses are often the people who know of these families. Now that the school year is underway, please let your families know there is help available through the WellCare Foundation. Qualifying, single, working mothers can call (602) 263-7619 to schedule appointments or complete a request on WellCare's website: [www.wellcarefoundation.org](http://www.wellcarefoundation.org)

\*Editor's Note: If you know of any programs similar to this in other counties in Arizona, please contact: [walsh\\_diana@q.com](mailto:walsh_diana@q.com) and the information will be placed in the next newsletter.

## ***Child Health Indicator Program - CHIP*** **CHIP-AZ Software Support - Mary Hallett, RN, MS, Coordinator**



CHIP-AZ Software Support (Child Health Indicator Program) is now in its 12<sup>th</sup> year being used as a documentation tool for school health offices. The first year saw 13 schools pilot the program that was developed through a grant by the Arizona Department of Health Services, Office of Women's and Children's Health to focus on 9 health indicators and used the data for program development. Now 332 schools utilize the program, submitting weekly data to which ADHS and the counties have access for communicable disease and influenza surveillance and prevention programs.

We expect this to be a very pivotal year for the electronic disease prevention and surveillance portion of the program with the anticipated H1N1 flu, in addition to the seasonal flu. In the past two years the indicators for flu season appeared in the CHIP data prior to Doctors offices and the Hospitals. We anticipate this will be even more so this fall and winter.

The next upgrade to the software is in development and will include all Immunization Reporting changes. It will also be compatible with Microsoft Access 2007 in addition to MSO 2003.

To find out more about the program please visit the <http://chip-az.org> web site or contact [MaryH@chip-az.org](mailto:MaryH@chip-az.org) or 480-945-5787.

# Educational Opportunities

## Arizona Department of Education - <http://www.ade.az.gov/>

"Save the Date". The Department of Education will be hosting the Coordinated School Health conference this coming January at a location near you! We will be including breakout sessions for school nurses as well as general sessions for all educators and education support staff. I would like to hear from our nurses in regards to the type of topics you would like to see covered in our break out sessions. Please feel free to email me at [Nerissa.Emers@azed.gov](mailto:Nerissa.Emers@azed.gov) with your interests. I look forward to your suggestions.

## Barrow Neurological Institute - <http://www.thebarrow.org/index.htm>

- October 20-22: 2009: Barrow Nursing Symposium
- March 26-27, 2010: 5<sup>th</sup> Annual Barrow Traumatic Brain Injury Symposium

## Gateway Community College is offering the following classes on campus and online:

<http://www.gatewaycc.edu/>

NCE209 School Health Assisting	1/19 - 4/27/2010	Tuesday 6p-9p
NCE233 (Tier One) Nursing Care of the Special Needs Child	1/21 – 5/6/2010	Thursday 6p-9p
NCE240 (Tier Two) ONLINE Community Health Nursing Principles For School Nurses	<b>NO start date yet - TBA</b>	
NCE216ND School Nurse UPDATE (with St Joseph's Hospital) (Lunch and light breakfast provided)	Saturday, April 10, 2010 - 8a - 5p	
NCE232 SUMMER ONE - mid-June (Tier One)	Health Assessment School Age Child	

## Rio Salado Community College - online classes - <http://www.riosalado.edu>

### School Nursing (Open to RN's Only)

NCE232 - Health Assessment of The School Age Child - Comprehensive health assessment foundation. Development of interviewing skills, obtaining health histories, and conducting physical examinations on the school age child. Identification and management of minor illnesses and health problems common to school age children. See Mini Syllabus for prerequisites and full course description. In order to register for this course, Rio will need to verify that you have completed the pre-requisite(s).

NCE234 - Fundamentals of School Nursing Practice - Assessment, development, implementation and evaluation of school health programming. Focus on nursing theory as it relates to school health programming. Program management, professional development, dealing with change, health education, interdisciplinary interaction and the role of the professional nurse in the school setting. See Mini Syllabus for prerequisites and full course description. In order to register for this course, Rio will need to verify that you have completed the pre-requisite(s).

**University of Phoenix - <http://www.phoenix.edu/>** Offers a 24 credit School Nurse Certificate program. Click on: Online & Campus Programs & then on Certificate Programs.

\* Class schedules are subject to change - check with individual colleges/universities prior to classes starting.

\*\*There are many classes available for LPN's and Other Health Office Personnel to further your education - check with Community Colleges and Universities in your area.

# "In the Know"

- ⇒ Arizona Department of Health Services - <http://www.azdhs.gov/>  
Information & Resources about New H1N1 Strain, Pandemic & Seasonal Flu
- ⇒ Centers for Disease Control is a good resource for flu, H1N1 and other health concerns: <http://www.cdc.gov/>  
Know what to do about the flu - <http://pandemicflu.gov/professional/school/>
- ⇒ Maricopa County Department of Public Health has H1N1 Influenza and Resources available in English and Spanish available at: [http://www.maricopa.gov/Public\\_Health/HotTopics/h1n1flu/](http://www.maricopa.gov/Public_Health/HotTopics/h1n1flu/) and Pima County Health Department has H1N1 Influenza Information and Resources available in English and Spanish at: [http://pimahealth.org/disease/swineflu/h1n1\\_influenza\\_arizona.asp](http://pimahealth.org/disease/swineflu/h1n1_influenza_arizona.asp)
- ⇒ St. Joseph's Hospital and Medical Center has created a new brain injury program to comprehensively treat mild to severe traumatic brain and spinal cord injuries. The program combines specialties to accurately and effectively diagnose and treat patients of all ages. **The Barrow Resource for Acquired Injury to the Nervous System (BRAINS) Program** now offers specialized treatment and rehabilitation for each patient with traumatic brain and spinal cord injuries - <http://www.thebarrow.org>
- ⇒ The Minnesota Department of Health and the Centers of Disease Control and Prevention (CDC) have produced two versions of "Cover Your Cough" posters in multiple languages. The posters are generic recommendations and can be easily printed on 8½ x 11 sized paper.
- ⇒ **Cover Your Cough Poster** for the Community. The "green" cover your cough poster for health care facilities asking people to cover their cough and clean their hands. This poster is available for download in seventeen languages (English, Spanish, Somali, Hmong, Burmese, Nepali, Lao, Amharic, Karen, Arabic, Oromo, Chinese, French, Khmer, Portuguese, Tagalog, Vietnamese):  
<http://www.health.state.mn.us/divs/idepc/dtopics/infectioncontrol/cover/gen/genposter.html>
- ⇒ **Cover Your Cough Poster** for Healthcare. The "red" cover your cough poster for health care facilities asking people to cover their cough and clean their hands. This poster is available for download in nineteen languages (English, Spanish, Somali, Hmong, Burmese, Nepali, Lao, Amharic, Karen, Arabic, Oromo, Chinese, French, Khmer, Portuguese, Tagalog, Vietnamese, Russian, Czech):  
<http://www.health.state.mn.us/divs/idepc/dtopics/infectioncontrol/cover/hcp/hcpposter.html>
- ⇒ **The Substance Abuse and Mental Health Services Administration (SAMHSA)**, which is part of the U.S. Department of Health and Human Services, has a National Helpline - 1-800-662-HELP. The Helpline is a confidential, free, 24-hour, 365 days/year, English and Spanish information service for individuals and family members facing substance abuse issues. On average, the Helpline receives more than 27,000 calls per month. There are three (3) options available through the Helpline for callers:  
  
Option 1 - area code from which the call is originated is recognized & the call is automatically transferred to a state's local intake center for local addiction treatment assistance & support as designated by the state.  
  
Option 2 - caller speaks to a trained information specialist from the Helpline, who provides referrals to local treatment facilities, support groups, & community-based organizations. If the caller has no insurance or is underinsured, Helpline staff will refer the caller to the caller's State office, which is responsible for State-funded treatment programs. Additionally, the Helpline refers callers to facilities that charge on a sliding fee scale or accept Medicare or Medicaid. Callers can also receive free printed information on substance abuse, treatment & recovery as well as mental health issues.  
  
Option 3 - this option is for Spanish-speaking callers and follows the availability of Option 2.
- ⇒ "Nursing Assessment and Care of Acute and Chronic Health Conditions" is updated and ready to be purchased  
Contact Diana Walsh at: [walsh\\_diana@q.com](mailto:walsh_diana@q.com)

# School Nurse and School Administrator Recognitions 22<sup>nd</sup> Annual School Health Nursing Seminar

## OUTSTANDING ADMINISTRATORS



Dr. Sarah Hartley (left), Principal, North Ranch Elementary School, PVUSD. Recognized by School Nurse, Dr. Sue Bast.



Jacquelyn Parmeley (left), Assistant Principal, Cortez High School, GUHSD, & Lynette Cook, RN, MSN, AZSNC

## OUTSTANDING SCHOOL NURSES



Laurel Kruger, RN, BSN, M Ed, NCSN, (left), TUSD & Diana Walsh AZSNC



Karen Reuter, MS, RN, (left), PVUSD



Kathy Rucker, RN, BSN, (right) & Denise Allen, AZSNC

### ***To Our Ms. Phil***

(Written for Phillis Straka, RN, BA, School Nurse at McDowell Mountain Elementary School  
by Lynn Fink, School Secretary, for National School Nurse Day 2009)

*Sneezes, fever, coughs & colds - Bottom wipes, eye drops, bloody nose - Blisters, rashes, throw-up, too  
These are just to name a few.*

*Accurate records - the State demands, "Flush the toilet, wash those hands!"  
Frequent flyers, you know them well - He's not sick, can't you tell!*

*"You're not sick, don't want no sass - I said, you're not sick. Get back to class!"  
Every day you get a lunch, Will I ever get my lunch?"*

*We see you treat them, we think you're nice - "Oh good grief this kid has lice!"  
You love your job & they love you too. But take your vitamins, don't get that flu!*

*"Thanks" seems trite for all you do, We're just glad that we're not you!*



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**School Nurse  
 Consortium**  
*School Nurses Make the Difference*

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 PO Box 23688, Tempe, AZ 85285-3688 - [www.azschoolnurse.org](http://www.azschoolnurse.org)

**Mission Statement:**

To provide leadership, through Arizona certified school nurses, in the delivery of quality school health programs in every school and through dissemination of children's healthcare and wellness information to Arizona families of school-age children.

**Acting President**

Diana Walsh

**Contact us:**

602-276-3046

walsh\_diana@q.com

**Vice - President**

Kathy Tiessen

520-723-6705

Kathy.Tiessen@pinalcountyschools.org

**Secretary**

Mary Hallett

480-945-5787

maryhallett@cox.net

**Treasurer**

Denise Allen

480-276-6025

94nurse@cox.net

**ASHAR**

Karen Reuter

602-449-3003

ktreuter@pvschools.net

**CHIP-AZ Software**

Mary Hallett

480-945-5787

maryh@chip-az.org

**Education**

Kathy Tiessen

520-723-6705

Kathy.Tiessen@pinalcountyschools.org

AZ Certification  
 Seminar

Lynette Cook

602-790-1365

lynette.cook@phxelem.k12.az.us

Denise Allen

480-276-6025

94nurse@cox.net

Eileen Dolmage

480-362-2425

dolmage56@msn.com

Kathy Tiessen

520-723-6705

Kathy.Tiessen@pinalcountyschools.org

Diana Walsh

602-276-3046

walsh\_diana@q.com

Workshops

Kathy Rucker

520-225-3284

Kathy.Rucker@tusd.k12.az.us

**Guidelines Manual**

Lynette Cook

602-790-1365

lynette.cook@phxelem.k12.az.us

Diana Walsh

602-253-9459

walsh\_diana@q.com

**Health Street Newsletter**

Diana Walsh

602-276-3046

walsh\_diana@q.com

**Legislative**

Allie Ernst

480-326-6925

aernst@susd.org

Mary Hallett

480-945-5787

maryhallett@cox.net

**Website**

Allie Ernst

480-326-6925

aernst@susd.org

**Members**

Sue Bast

602-449-6403

sbast@pvschools.net

Linda Krahulec

602-449-3303

lkrahulec@pvschools.net

Laurel Kruger

520-225-3293

Laurel.Kruger@tusd.k12.az.us