

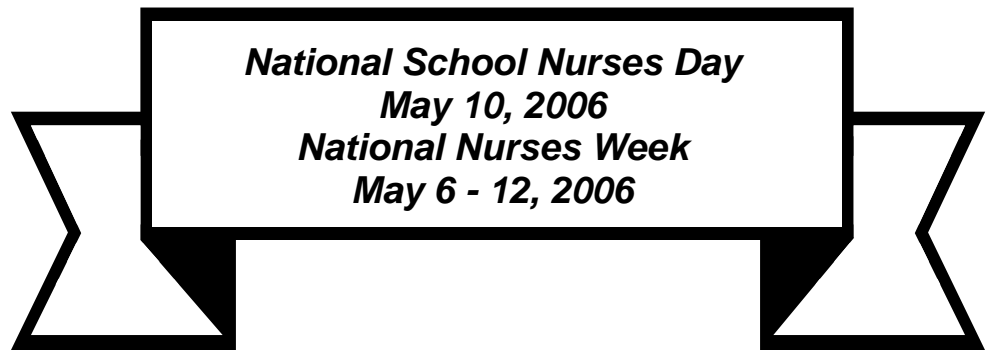


“Pathways to Excellence in School Nursing” 19th Annual School Health Nursing Seminar

As professional nurses, each of us has followed a uniquely different career path to arrive where we are today. Our educational and work experiences vary but we have one commonality – the health and welfare of school age children in Arizona.

The 19th Annual School Health Nursing Seminar provides an opportunity for experienced school nurses, nurses new to the specialty of school nursing and other health office personnel, to take our pathway to excellence. By attending this valuable, educational Seminar you will experience professional growth through presentations, exhibits and networking with the desired outcome of improved health services for students.

Plan to attend our “*Pathways to Excellence in School Nursing*” on July 17, 18, and 19, 2006 at the Chaparral Suites Hotel in Scottsdale. The seminar brochure and registration materials will be mailed in March and will also be available on our website, www.azschoolnurse.org. Register early and join us on the pathway to excellence!



Baskets, Baskets, Baskets.

Basket donations are requested for the 19th Annual Seminar Basket Raffle.

Interested?
Contact Gail Davis at d1friend@cox.net



Proceeds help fund the **Health Street** newsletter.

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President's Corner

Karen Reuter, RN, MS

In December, I had the opportunity, with the other two Lead Nurses from my school district, to participate in a five day Evidence-Based Practice



(EBP) Mentorship Program conducted by ASU College of Nursing. Like many of you, I have been wondering/ searching for strategies to “make the case” for the contribution that school nurses make to the health of their students, thereby improving atten-

dance and positioning the students to be learner receptive in the classroom. The five day EBP educational immersion opportunity I viewed as the beginning of the journey for the answer/evidence to that question.

Evidence-Based Practice is bursting on the horizon of nursing across the profession. It is a model of nursing practice that can be applied to any and every specialty. Currently, it is being most aggressively implemented in primary care facilities. However, it has tremendous application in other settings as well, e.g., school nursing. Evidence-Based Practice is a problem-solving approach to practice that applies the current, most reliable evidence in making decisions about patient (student) care, along with one's own clinical expertise and patient/family values (Melnyk & Fineout-Overholt, 2005). Looking at this from a personal perspective, if you were diagnosed with cancer, and were faced with the decision about chemotherapy for your treatment, wouldn't you want to know which type of chemotherapy was most effective (risk and benefits) for your type of cancer based on clinical trials with similar cancer patients?

In the school health setting, EBP can be applied to a variety of chronic health conditions that impact school attendance and school performance. Asthma is the number one chronic health condition among school-age children. For our students who have severe asthma, we know that this health condition impacts their attendance, and potentially their academic performance. What if we implemented an asthma education program that had students and had a cohort group that was only given a general information pamphlet about asthma? What if we then compared the

attendance and academic performance of the two groups before and after the intervention to see if the asthma education program impacted the two objectives that we set forth? This is the project/ study that I and the other Lead Nurses in my school district will be developing for implementation in the fall of 2006. We will be mentored by Dr. Bernadette Melnyk, PhD, RN, Dean, ASU College of Nursing, and Dr. Ellen Fineout-Overholt, PhD, RN, Director, the Center for Advancement of Evidence-Based Practice, ASU College of Nursing, as we move forward to enhance our school nursing practice and the service that we provide to our students.

What is your burning, lingering question about the students in your school? Is it attention deficit disorder (hyperactivity), diabetes, epilepsy, autism, childhood obesity, psychiatric disorders? I practice in a high school and have seen over the past two years, a significant increase in the number of students with anxiety disorders, a very disabling condition that very directly impacts their school attendance and academic performance. Whatever your burning question is, I encourage you to “tune in” to EBP, become more knowledgeable, and attend workshops, seminars, or the one year EBP Certification program (18 credit hours) that ASU College of Nursing is offering.

It is only through EBP that school nurses will keep pace with nursing in the 21st Century and provide the most advanced level of care to their students. We are a part of the educational team in the school setting with the common goal of providing our students with all of the benefits and opportunities that an education can provide to them in preparing them to be a successful member of the adult world. Together, we as school nurses, have the ability to move our specialty to the next level through EBP.

Reference

Melnyk, B.M., & Fineout, E. O. (2005). Making the Case for Evidence-Based Practice. In Evidence-Based Practice in Nursing & Healthcare: A guide to best practice (p.3). Philadelphia: Lippincott Williams & Wilkins.

Arizona School Health Annual Report (ASHAR)

REMINDERS

- √ Collect data (information) daily at your school(s)
- √ Tally your data each month
- √ Tally your monthly reports at the end of the school year
- √ Keep copies of your monthly and annual reports for data comparison
- √ Use your valuable school(s) data (information) to plan for the 2006-2007 year
- √ Submit your Arizona School Health Annual Report(s)

Mail on or before June 30th to:

Arizona Department of Health Services
Office of Women's and Children's Health
ASHAR
150 N. 18th Avenue, Suite 300
Phoenix, AZ 85007-3242

Need help??? Contact: Karen Reuter 602-867-5328 or Karen Wilson 480-839-2915

"FALL TUNE-UPS" Successful!

Karen L Wilson, RN, BSN

"FALL TUNE-UPS: Ways to improve your Diabetes, Oral Health and Arizona School Health Annual Report skills!" held October 25, 2005, was well received! It was the first live, interactive telecast continuing education opportunity sponsored by the Arizona School Nurse Consortium in partnership with the Arizona Department of Health Services, Diabetes Prevention and Control Program.

At seven distance learning sites, 102 attendees (85 RNs, 4 LPNs and 13 other health office personnel) participated in the three presentations. Evaluations overall were very positive for the topics presented, presenters, and telecast locations. The main comment of concern was the noise level during the broadcast.

Our presenters who kindly donated their expertise and time were:

Diabetes	Jan Greer, RN, MS, CDE, Metronic Diabetes
Oral Health	Judy White, RDH, MPH, ADHS, Office of Oral Health
ASHAR	Karen Reuter, MA, RN, Shadow Mountain High School

Heartfelt thanks to the school nurse Site Coordinators who were my grass-roots contacts, recruiters, and site monitors. They were:

Flagstaff	Mary Lotten
Gilbert	Lorie Miller
Paradise Valley	Stephanie Klever
Scottsdale	Lynn Watkins
Tucson	Cindy Wood
Yuma	Diane Coulter



Continued education offerings are valuable professional growth opportunities for school nurses regardless of the venue. This was an exciting chance for AZSNC to explore and provide a different format for learning.

The Avian Flu (bird flu)

Eileen Dolmage, RN, BSN

The Avian Flu (bird flu) has become a big problem in **domestic birds in parts of Asia and Eastern Europe**. Wild birds carry the viruses for several Avian Influenzas in their digestive tracks. The viruses are shed in saliva, nasal secretions and fecal droppings. Domestic birds can be infected if they come into contact with the viruses. Some Avian Influenza viruses have a low pathogenic potential or virulence. There is a virulent Avian Influenza, known as H5N1. This Avian Flu can result in greater than 70% fatality **in infected birds**. It is thought that wild waterfowl may transport the virus, though they may not suffer from the related illness.

In 1997, there was a case of H5N1 Avian Flu found in a person who had been working among the infected birds. This was the first documented case in humans. The World Health Organization (WHO) has tracked the laboratory confirmed cases of H5N1 Avian Flu since 2003, and reports 59 confirmed cases of H5N1 Avian Flu in humans, resulting in 41 deaths as of 1-25-06.

Some scientists believe that the H5N1 Avian Flu virus is changing, and could pose a big threat to people. Since our bodies will not recognize this virus, we have no natural or acquired defenses against it at this time. **A vaccine is being developed**, to address the potential for an Avian Flu epidemic in people. In 2004, two vaccine manufacturers were given WHO contracts to develop a vaccine. Some current antiviral medications, including Tamaflu have shown some effectiveness in combating the H5N1 Avian Flu in infected people.

You will hear the word **PANDEMIC** on the news. **Avian Flu is not a pandemic**, yet. It is epidemic among domestic birds in much of Asia and parts of Eastern Europe.

Drift and Shift – how viruses change.

Viruses can, and do, change. As the target host becomes immune to a virus, the virus does a “**drift**” to ensure its own survival. It changes just enough so the host’s immune system cannot identify it. The “drift” of a virus is part of the reason it is recommended that we take a flu shot every year. Even when the flu type may be similar to one in previous vaccines, it may have drifted enough to avoid the attack of our alerted immune system. The change is just enough to fly under the radar.

Virus can also “**shift**.” As an example, the H5N1 Avian Flu virus can attack both birds and pigs. Pigs can also catch our human flu. When two different strains of virus both attack the same animal, they can “shift” genetic materials (re-assortment) between the different viruses, and develop a new strain that has some properties of each of the old strains. This means that a virus which could only infect pigs and birds may join with a virus that could only infect pigs and people. Now there is a new virus that can infect birds, pigs AND People. At this time, there is no evidence that this has happened with the H5N1 Avian Flu virus. Scientists are keeping a close eye on this potential problem.

How will we know if we are seeing the H5N1 Avian Flu in our school?

The H5N1 Avian Flu has the same symptoms as other influenza illnesses – fever, a cough, aching muscles, sore throat, malaise, etc. We will rely on laboratory reports to let us know if the flu is the H5N1 Avian Flu. At this time, there is no evidence that the H5N1 Avian Flu is passing from person to person. It has only been documented to pass from infected birds to people. Human to human contacts have not been infected with the virus. The occupational and social history of a suspected H5N1 flu case may be the best way to differentiate H5N1 Avian Flu from all other influenzas. Suspected cases should be referred to a medical provider for lab confirmation.

The last flu pandemic was in 1968. In the past, there have been about three flu pandemics every 100 years. In the 1900s, there were only two true pandemics, and several epidemics that fizzled out.

With the development and wide use of the flu vaccine, it is thought that it is less likely we will have a flu pandemic for a known human influenza virus caused illness.

Since 1997, there have been 16 recorded regional outbreaks of strains of H5 (not H5N1) and H7 Avian influenza in poultry in the United States. These outbreaks have been closely monitored and were not viewed as a threat to people. Successful measures were taken to stop the spread of the illness in poultry. The largest significant indicator was a drop in egg production in infected birds, and the loss of some birds being euthanized."

Continued on Page 5

The World Health Organization and the U.S. Centers for Disease Control and Prevention are working closely to monitor and prepare for the H5N1 Avian Flu as well as all other influenza outbreaks.

What can we do while we wait?

Schools are encouraged to develop a plan for dealing with and reporting **any** indicators of **any** infectious illness outbreaks. Governmental agencies such as the Arizona Department of Health Services and the various county health departments across the state are coordinating plans for analyzing and addressing any suspicious illnesses. It is a role of school health providers to report outbreaks of contagious illnesses. Health office staff are often viewed as resources on all topics related to health. For more information on the topic of Avian Flu, good factual information can be found on the CDC and WHO web sites.

<http://www.cdc.gov/flu/avian/outbreaks/asis/htm> http://www.who.int/csr/don/2006_01_25a/en/index.html

AzNA School Nurse Chapter 15 - Mary Hallett, President

The chapter was privileged to be asked to write an article on School Nursing for the January 2006 edition of the Arizona Nurse Newsletter. If you are an AzNA member or know someone who is, please read the article. Thank you Gail Davis, Phoenix, and Mary Lotten, Flagstaff, for authoring the article. It should be a good beginning to enlightening our peers in nursing of our role in

health and education and garnering their support for future legislation to increase the numbers of registered nurses present in the schools.

I continue to ask you to support your profession by joining a professional organization and to be involved.

There will be two opportunities to become more aware of the

legislative process sponsored by AzNA. Friday, February 24, 2006 8:00 to 4:00, Nurses Legislative Day at the Mesa Convention Center and Thursday, March 23, 2006 8:00 to 4:00, Nurses Lobby Day at the Arizona State Capitol.

For further information on these and other educational opportunities visit: <http://www.aznurse.org>

AzPHA Conference - April 18, 2006

The Arizona Public Health Association (AzPHA) is pleased to announce that its Spring Conference, **Raising Healthy Kids in Arizona**, will be held on Tuesday, April 18th at the Grace Inn at Ahwatukee. Keynote and plenary session speakers are Dr. Bernadette Melnyk and Dr. Patrick Cooper.



Dr. Bernadette Melnyk is Dean and Distinguished Foundation Professor of the Arizona State University College of Nursing. She is an accomplished researcher, nurse practitioner, educator, and author. Dr. Melnyk is founder and director of the National Association of Pediatric Nurse Practitioners' KySS campaign, a national mental health program for children and teens. She has been honored both nationally and internationally for her contributions to children's health.



Dr. Patrick Cooper is a school superintendent in McComb, Mississippi. Previously, Dr. Cooper served as Executive Director for the CDC-funded National School Health Education Coalition in Washington DC. He has been a national

consultant in the promotion of coordinated school health and currently serves on the Governors Health Committee, working with the National Governors Association in developing a national network on school/health partnerships.

Attendees will hear from education and health experts about ways to raise healthy children in Arizona and truly leave no child behind! For more details about the conference visit, www.azpha.org

CHIP-AZ Software Support

Mary Hallett – Coordinator

We continue to train new participants to the CHIP Software Program. Meetings have taken place with ADHS, Public Health Prevention Services, strategizing on how to retrieve and submit ASHAR data from CHIP participants on specific chronic conditions, and viral and influenza episodes occurring in the schools, on a more frequent basis, not just at the end of the school year. This capability will be included in the next CHIP software upgrade. Plans are also being made to submit ASHAR end of the year paper and CHIP reports electronically to a web site. The data can go directly into an ASHAR repository, so no manual entry has to be made. Keep your eye on the <http://www.chip-az.org> web site for further information. Other state organizations/agencies are interested in the data you collect on the Arizona School Health Annual Report (ASHAR).

As of April 1, 2006 Health Assistants who have received AHCCCS Provider pin numbers will be included in the IEP/MIPS Reporting in CHIP. They will no longer be billing under the single district number.

To access more information on the CHIP-AZ Software Program visit the web site above or contact: Mary Hallett at MaryH@chip-az.org or call 480-945-5787.



Nurse Imposters

In the most recent **Arizona State Board of Nursing Newsletter**, there was reference made to nurse imposters. A cease and desist letter was issued in September 2005, to an individual representing herself as a school nurse to students, parents and others while employed in a school district.

Arizona Revised Statutes 32-1636. Use of title or abbreviation by professional nurse. Only a person who holds a valid and current license to practice professional nursing in this state or in a party state pursuant to section 32-1668 may use the title "nurse", "registered nurse", "graduate nurse" or "professional nurse" or the abbreviation "R.N."

32-1641. Use of title by practical nurse. Only a person who holds a valid and current license to practice as a licensed practical nurse in this state or in a party state as defined in section 32-1668 may use the title "nurse", "licensed practical nurse", "practical nurse" or the abbreviation "L.P.N."

32-1666. Unlawful acts

A. It is unlawful for a person who is not licensed or certified under this chapter to:

1. Practice or offer to practice professional or practical nursing in this state.
2. Represent or use any title, abbreviation, letters, figures, sign, card or device to indicate that the person or any other person is a registered, graduate or professional nurse.
3. Represent or use any title, abbreviation, letters, sign, card or device to indicate that the person or any other person is a licensed practical nurse or a certified nursing assistant.

Individuals who use the title of "nurse" and who do not fall in the Professional or Practical nurse categories can be prosecuted and subject to fines, imprisonment, community service or a combination of any. The Arizona State Board of Nursing is asking anyone who knows of a nurse imposter to report the individual to them.

Arizona Department of Education

In recent news you may have heard about the new requirement that all Local Educational Agencies (LEA) participating in the National School Lunch Program (NSLP), School Breakfast Program (SBP), or Special Milk Program (SMP) are required to create a local wellness policy by July 1, 2006. In addition to this new requirement, the Arizona Nutrition Standards (ANS), ARS 15-242, have been released to the public as of January 31, 2006 by The Arizona Department of Education (ADE).

The law, ARS 15-242, mandates all kindergarten through eighth grade schools who participate in the National School Lunch Program to implement the ANS. However, it is important to consider that the ANS only applies to foods and beverages sold in vending machines, ala carte, fundraisers and school events during the normal school day of K – 8th grade schools. The following are areas of school health that are not covered under ANS:

- ◆ Classroom parties
- ◆ Foods provided by teachers as incentives or rewards at the K-8 level
- ◆ All high school vending, a la carte, fundraisers and school events
- ◆ Nutrition education
- ◆ Physical education

This is where the local wellness policy comes into play by allowing the development of district guidelines that go above and beyond the ANS.

The ADE recognizes that input from school nurses is key to the success of a healthy school environment, which is why your participation in the local wellness policy development is critical. The overall school health environment, at all grade levels, can be positively impacted by utilizing the knowledge of school nurses and other wellness policy committee members. ADE encourages school nurses to become familiar with the ANS, which are available online at: www.ade.az.gov/health-safety/cnp/HB2544/Default.asp, as the ANS can be used as a starting point when the wellness policy committee begins to develop their own policy. In addition, you will find more information on local wellness policies at: <http://www.ade.az.gov/healthsafety/cnp/help/Operating/Wellness/Default.asp>. The ADE hopes school nurses will take an active role in the development of their schools' local wellness policy.

Call for School Nurse Poster Presentations



School nurses are invited to participate in “**The Sharing Place: Poster Presentations**”, during the Exhibits at the 19th Annual School Health Nursing Seminar on Tuesday, July 18th. This is an opportunity for school nurses to present in posters and abstracts of the current research work and clinical practice materials they have developed that promotes student success or any innovative project they have done that demonstrates excellence in school nursing, emerging trends and visionary ideas in school health. School nurse presenters will need to be available during the Exhibit hours to discuss their projects and answer questions. Interested? Contact Diana Walsh @ walsh_diana@qwest.net or 602.276.3046 and a request form will be sent to you. All requests must be received by April 15, 2006.



WWW.AZSCHOOLNURSE.ORG is getting a Make-Over !!!!

AZSNC is counting the days until our Web Site Make-Over is complete, mid to late spring. In response to comments from school nurses for more sharing and networking, the **NEW** web site will have a FORUM. The FORUM page will ask for initial registration information. You will also need to create a personal ID and password, questions or responses will be anonymous. Another **NEW** feature will be a JOB POSTING page, where HR department's can advertise to a broader market at a very reasonable cost. We are excited and hope you will find the new features helpful. Check us out at www.azschoolnurse.org

School Nurse Recognition

The honorees will be recognized at the Annual School Health Nursing Seminar during lunch on July 18, 2006. Honorees who are not registered at the seminar will be a guest at the luncheon. For additional guests, there will be a lunch fee. Complete the information below carefully so that the school nurse can be contacted in a timely manner regarding his/her recognition nomination. Due by June 23, 2006. ALL INCOMPLETE APPLICATIONS WILL BE RETURNED.

School Nurse: ADN, Diploma, BSN, MSN, etc:

Name: _____ Phone: _____

Home Address (include city/zip): _____

School and District: _____

Nominated by: _____ Working relationship to nominee: _____

Home Address (include city/zip): _____

Phone (include area codes): (H) _____ (W) _____

Special Achievement/Program This Year: This must be something that is above and beyond the minimum expectations to meet job requirements, use additional paper if needed. Please be specific. If you would like to introduce and verbally express appreciation to the school nurse, please indicate (Yes/No). If not the Awards Chairperson will read the nomination.

Retiring School Nurses: (With 5 or more years of school nursing experience, including service both within and outside of Arizona. Please attach sheets for additional space).

1. Name _____ School District: _____
Address: _____ City/Zip _____
Phone: _____ Email _____
Years of Service: _____

2. Name _____ School District: _____
Address: _____ City/Zip _____
Phone: _____ Email _____
Years of Service: _____

Return completed form to:

Diana Walsh
Arizona School Nurse Consortium
PO Box 23688
Tempe, AZ 85285-3688

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ARIZONA SCHOOL NURSE CONSORTIUM

A 501 (C)(3) Non-profit Organization
 PO Box 23688, Tempe, AZ 85285-3688
 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.

Contact us:

President	Karen Reuter	602-867-5328	kreuter@pvsud.k12.az.us
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Guidelines Manual	Diana Walsh	602-276-3046	walsh_diana@qwest.net
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