

Agenda Descriptions and Objectives

“Student Mental Health, Triage, and the School Nurse”

School Nurses will be exposed to the “O’Connell D-SQ and learn when to administer and how to interpret results. Understanding the referral process and the benefit of social-emotional response to intervention (RTI) will be discussed.

Objectives:

- Be able to reorganize basic symptoms of depression
- Be able to reorganize basic symptoms of anxiety

“Diabetes and Today’s Technology: Insulin Pumps”

Discuss insulin pump basics and safety for students with at school. How to administer a bolus, set a temporary basal rate and how to assist students in the event they are not able to care for themselves. We will also review pump best practice and how to avoid DKA while wearing an insulin pump.

Objectives:

- How to treat a low blood sugar on the pump
- How to treat high blood sugar and avoid DKA on the pump
- Identify how an insulin pump can benefit a student versus MDI

“The School Nurse, Student Drug Abuse, the Emergency Department and the Community”

This session will cover prescription/OTC and illicit drugs commonly abused by high school students including amphetamines, tranquilizers, opiates, cough medicine, sedatives, marijuana, hallucinogens, cocaine, inhalants and specific signs of overuse or toxicity. An assessment tool for opiate withdrawal will be available. Once the school nurse has identified “altered mental status” in a student, the process of calling parents and 911, transport to the hospital and treatment in the emergency department will be outlined. Resources for counseling and drug addiction treatment will be included. Also, as Maine experiences a rise of overdose deaths, schools and communities are finding the need to address the death of a parent.

Objectives:

- Upon completion of this session, the school nurse will list commonly abused drugs and physical signs of use/overuse and toxicity.
- Upon completion of this session, the school nurse will identify when EMS assistance and transport to the Emergency Department is needed for definitive care.

-Upon completion of this session, the school nurse will cite resources for drug addiction treatment and counseling.

“What’s Bugging (and Biting) ME?: Addressing Ticks and Other Health-Risk Pests at School”

Disease vectors such as ticks pose a serious health threat at schools. Biting insects like bed bugs and lice can impact attendance and learning. Asthma allergens associated with rodents and cockroaches pose a silent threat to children’s health too. Best practices for managing these pests focus on least-risk tactics, whereby pesticides are only used judiciously, if at all, within a more comprehensive prevention and management scheme. School nurses are at the frontlines of health-pest issues and are often the first to detect and recognize them. Education of students, staff and the community is a critical element that often falls to the school nurse, too. Are your schools up to speed on current pest prevention and management practice standards? Find out what you can do to keep your schools healthy and pest-free.

Objectives:

- Participants will learn how to recognize and address common health-risk pests
- Participants will learn how to access free resources including checklists, pest identification tools, training modules, searchable document databases, posters and more
- Participants will learn about free resources they can share with school administrators, teachers, facilities managers, and nutrition directors to create healthy and pest-free conditions in school building and on school grounds

“STD and Birth Control Updates for Teens”

What’s new in contraceptive technology and sexual health care for Maine teens? This workshop will provide an overview of services available for Maine teens as well as up-to-date information on birth control methods and STDs. Katrina Main-Dorsky WHCNP and Director of Clinical Quality Improvement at Maine Family Planning will share the information and messages around pregnancy and STD prevention teens should have to make healthy sexual decisions. Bring your questions and experience working with teens to the workshop.

Objectives:

- Identify current trends in contraceptive methods available and commonly used by teens.
- Identify services available for teens in Maine.
- Communicate at least three messages around sexual health teens should have to prevent unintended pregnancy and STDs.