

# The PASNAP Pulse

[www.pasnap.org](http://www.pasnap.org)

Winter 2020

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## Creating a Safe Space for Our Children

Charlene Koretz, MSHE, BSN RN, CSN

Trauma is a widespread, harmful, and a costly public health problem that can be a result of violence, abuse, neglect, loss, disaster, war, and other emotionally harmful experiences (Substance Abuse and Mental Health Services Administration, 2011). Unaddressed trauma significantly increases the risk of mental disorders, substance use disorders, chronic physical diseases, and early death (SAMHSA, 2011).

Trauma is real and prevalent. Trauma is toxic to the brain, and can affect development and learning in a host of ways (Souers & Hall, 2016).

Some individuals have experienced adverse events in their childhood, but some still go on to have normal developmental outcomes and, in some cases, optimal outcomes when their subsequent environments provide them with supportive environments (Eisner, 2009). Children are resilient

and within positive learning environments, they can grow, learn, and succeed (Souers & Hall, 2016).

School nurses can create a safe and predictable space for children, a space that fosters children's learning as well as their overall development. In our schools, school nurses can be prepared to support children who have experienced trauma, even if we do not know exactly who they are (Souers & Hall, 2016).

As a supportive, caring adult in a child's life, school nurses are an important factor in helping children overcome the effects of childhood trauma. Using the five simple gestures of celebrating, comforting, collaborating, listening, and inspiring, school nurses can make a difference in the lives of children every day. More specifics about these five

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## Moses Taylor Foundation Partners with NASN to Benefit School Nursing and Students in NE PA

Kathy Verbel, M.Ed., BSN, RN, NCSN

The Moses Taylor Foundation (MTF) was established in 2012 from the sale of Moses Taylor Health Care System. Their mission is to improve the health of people in Northeastern Pennsylvania. Their services area includes 11 Counties: Bradford, Carbon, Lackawanna, Luzerne, Monroe, Pike, Schuylkill, Sullivan, Susquehanna, Wayne, and Wyoming.

In January, the Foundation Shared its 2019-2023 Strategic

Plan. One of the core strategies included in this plan was a new initiative to support school nurses in their efforts to address the health needs of students in Northeastern Pennsylvania. As a first step towards this work, the Foundation contracted with NASN to conduct a needs assessment of school nurses throughout the region, identifying the barriers they face to meeting the health needs of their students, as well as potential solutions to

support them in overcoming these barriers. This partnership forged with NASN directed the knowledge and resources of this national organization to focus on

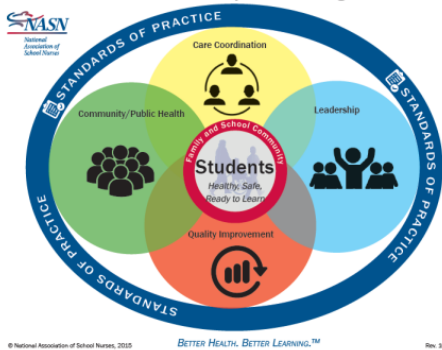


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# A Message From Our President



Lori Kelley MSN, RN, CSN  
Framework for 21<sup>st</sup> Century School Nursing Practice™



Part of the responsibility of the PASNAP president is to challenge school nurses to improve the practice of school nursing. In the above image, you see NASN's Framework for 21st Century School Nursing Practice. Of course, the center of the model features a student healthy, safe and ready to learn. As school nurses, we play a critical role in ensuring that each child has access to education by removing health barriers to that education. We are to use our standards of practice, including the four components to help our students reach their full potential.

Quality improvement is a key component of the framework. It has been defined as "systematic and continuous actions that lead to measurable improvement in health care services and the health status of targeted patient groups" (United States Health and Human Services, 2011). It is also

Standard 14 in the third addition of The Scope and Standards of Practice and can be found on pages 76 and 77. The list of competencies on this standard is long. A few included in the list are:

- "Ensures that nursing practice is safe, effective, efficient, equitable, timely and patient centered,"
- "Engages in formal and informal peer review process,"
- "Uses creativity and innovation to enhance school nursing care,"
- "Collects data to monitor the quality of school nursing practice,"
- "Contributes in efforts to improve health care efficiency"
- "Incorporates evidence into school nursing practice to improve outcomes"

The 2020 PASNAP conference will provide an opportunity to touch on all of these competencies. The informative breakout sessions will provide an opportunity to stay abreast of the latest in school health. This will provide nurses with tools that promote the best care for their students. Topics will range from asthma to fecal incontinence to adolescent relationship health. They will include information that is helpful to the novice nurse and the expert CSN with 20 years of experience.

School nurses will also have the opportunity to nominate their peers for a School Nurse Excellence award. Each year, the PASNAP Board of Directors has the opportunity to recognize a

## **PASNAP Executive Council**

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**Contact your Board Members**

**at**

**[pasnapnurses@gmail.com](mailto:pasnapnurses@gmail.com)**





## The Annual PASNAP Conference 2020

School Nursing: Rooted in Values: Growing through Knowledge

**Jeanette Slimmer** MSN, MEd, BS, RN, CSN

The National Association of School Nurses (NASN) defines school nursing as a specialized practice that “protects and promotes student health, facilitates optimal [student] development, and advances academic success. School nurses, grounded in ethical and evidence-based practice, are the leaders who bridge healthcare and education, provide care coordination, advocate for quality student-centered care, and collaborate to design systems that allow individuals and communities to develop their full potential” (NASN, 2017). The inspiration for the 2020 PASNAP conference logo came from this very definition. School nurses are very much like a tree; strong, rooted, and grounded in values and practice. We use knowledge through education and experiences to make us grow. Our growth and practice leads to improved student outcomes, healthier populations, and allowing individuals and communities to flourish. We hope this year’s conference helps to better your practice and encourages you to “grow through knowledge”.

There will again be two options for our Friday pre-conference. The first option will include two 1.5 hour sessions. First, a session presented by Dr. Courtney McLaughlin and Adrienne Bardo from Indiana University of PA, will be covering the effects of social media on student mental health. The second session will be presented by Officer Adam Salyards of the State College Police Department and Denise McCann from the Centre County Youth Service Bureau. They will be discussing current teen drug trends. The second option will be a 3-hour session presented by Michelle McDyer from Mission Kids Child Advocacy Center. This presentation will highlight some of the important roles school nurses have in advocating for children who experience abuse and resources we can use to identify and assist this population.

We understand that many of you may be traveling in on Friday evening after a long day at school, but we would really like to encourage you to attend the region meetings on Friday evening. Check in, grab a quick bite to eat, then join your colleagues from your region and use the opportunity to network and share common ideas or concerns. Your region representative will be available to facilitate the meeting, answer questions, share resources, and relay concerns to the board of directors. Meeting times and places will be posted at the registration desk and re-

laid in conference communications.

After a good night’s rest and a hearty breakfast, Saturday will be a day packed full of fabulous presenters. The conference will kick off with our keynote address by Erin Maughan PhD, RN, current Director of Research at NASN. We are very fortunate to have the opportunity to hear Erin speak about how data can drive our practice and grow our knowledge. To round out our morning, the general session will be presented by Christine Roussell, PharmD. She will be addressing another hot topic, Medical Cannabis. With many questions surrounding new laws and guidelines, this is one session you don’t want to miss.

In the afternoon, we will again be offering a wide variety of breakout sessions. Conference favorite, Dr. Olympia from Penn State Children’s Hospital, will be returning and will present on overdoses and drugs of abuse. Other sessions will cover topics such as diabetes technologies, asthma education, vaping, social emotional learning, GI issues, and school health law to name a few. Plenty of excitement builds throughout the day for Saturday evening festivities. We will all come together to honor our colleagues who have been recognized as the 2020 School Nurse Excellence Award winners and our Friend of School Nursing. After the last call for ticket dropping, our legislative auction winners will be announced and many friends leave with their hands full.

The conference will conclude on Sunday morning with a slightly new format. We heard you and strive to make this the best conference possible. First, Morgan Plant will share the latest highlights from Harrisburg and across the state in regards to current legislation that has an effect on our practice and our students. Instead of a direct presentation from the PA Department of Health, we will instead be trying a panel discussion format for the second session. We again ask that you email your questions ahead of time so the panel can prepare answers for you. You should email all questions to [pasnapnurses@gmail.com](mailto:pasnapnurses@gmail.com) by March 15, 2020.

We are proud to continue to offer Act 48 credits and AANP CE credits to all our conference attendees on completion of their post-conference online evaluation. We are also excited to be offering a new digital event platform for the conference to make navigating and communicating at the conference much easier. Stay tuned! As we get closer to the event, information will be sent out to registrants!

We are looking forward to seeing all of you in March. Encourage your district to support your attendance, as this is one of the only conferences that can provide you with so much education, professional development, and Act 48 hours specifically designed for Pennsylvania school nurses. Do not delay in



## Pennsylvania Office of Rural Health Completes Assessment of the Oral Health Status of Children in Rural Pennsylvania

Kelly Braun, RDH, MSDH reached out to PASNAP to thank members who participated in their phone interviews last fall. “The information we learned from our interviews was invaluable as we compiled our report for the Center for Rural Pennsylvania”, said Braun. The full report: “Oral Health Status of Low-income Children in Pennsylvania: A Rural/Urban Comparison” was officially released the week of 11/15/19. Ms. Braun shared a copy of the press release to be included in our newsletter summarizing the research findings for our members.

If you would like to view the full report, you can access it [here](#).

*University Park, Pa.* –While the overall supply of dentists in Pennsylvania is sufficient to meet current demand when assuming equal access for all residents, geographic access to oral health services is not equal across rural and urban areas. Research conducted by the Pennsylvania Office of Rural Health found that urban rates of dentist supply are nearly twice that of rural rates and that inequalities exist between areas of higher socioeconomic status and those of lower socioeconomic status.

The research, funded by the Center for Rural Pennsylvania, a legislative agency of the Pennsylvania General Assembly, documented access to and utilization of oral health services among lower income children in Pennsylvania. Researchers evaluated the oral health care delivery system for lower income children in Pennsylvania, exploring insurance availability, provider distribution, and the school oral health program. Research findings were utilized to inform policy recommendations which could promote oral health equity.

The state’s Medicaid program, known as Medical Assistance (MA), is the largest insurer of children in Pennsylvania. Researchers found that there were relatively large, contiguous rural areas that did not have MA dental services in 2017. These areas were located in the northern tier, along the New York State border, and extended through the center of the state in an area sometimes referred to as the rural “T.” Difficulty accessing oral health services could explain why children insured by MA have lower annual rates of dental utilization than children insured by commercial (private) insurance plans. Overall, dental care utilization for all children has increased over the past decade.

The oral health component of the school health program mandates dental examinations or screenings for all stu-

dents entering the public school system and again in grades 3 and 7. School districts may fulfill this requirement by selecting the Mandated Dental Program or the Dental Hygiene Services Program. Both programs encourage students to obtain a dental examination from their family dentist and provide an examination or screening in school for students who do not visit or do not have a family dentist. This program is available to almost all children across the Commonwealth, regardless of geographic location or income level. While the school health program can serve as an entry point into the oral health care system, it typically does not serve as a “dental home,” or a location for the delivery of on-going comprehensive oral health care. Researchers recommend inclusion of preventive oral health services and oral health education in the school setting, facilitating equal opportunity for all children to access these routine services. Currently, the Dental Hygiene Services Program provides preventive oral health services to students; however, fewer than 10 percent of public school districts have chosen this program.

The oral health care delivery system for low income children is extremely complex, which can make the system difficult for families to navigate. The managed care delivery system of the two major insurers for low-income children, MA and the Children’s Health Insurance Program (CHIP), while generous in their benefits do not provide a full complement of services and are difficult to navigate. Researchers made recommendations to simplify the managed care delivery system.

The team’s research and policy recommendations will be presented to the Pennsylvania General Assembly and could lead to increased access to oral health services for lower income children residing in rural Pennsylvania.

PORH was created in 1991 to enhance the health status of rural Pennsylvanians and strengthen the delivery and quality of care in the communities in which they live. Located administratively in the Penn State Department of Health Policy and Administration, the organization compiles, analyzes and disseminates information to health providers, educators, policymakers and administrators; develops new and strengthens existing networks of rural providers, planners and advocates; develops, implements and assesses strategic rural health projects and programs; and serves as a liaison between academia, government, professional associations and the public in order to increase awareness of rural health issues throughout the Commonwealth.

####

**Editors:** For additional information, please contact PORH Dental Delivery System Coordinator Kelly Braun at 814-863-8214 or to [kub277@psu.edu](mailto:kub277@psu.edu).

## Moses Taylor Foundation Continued from Page 1

The MTF understood that project coordination would benefit from an understanding of the role of the school nurse. To achieve this, Christine Marcos, Program Officer of the Moses Taylor Foundation, “immersed herself”. She attended our PASNAP conference last March. By going to meetings and talking with groups of school nurses, she got a glimpse into the profession.

Dr. Erin Maughan, Director of Research at NASN, was selected to spearhead the research project. PASNAP members in the NE Region were tapped to provide NASN with background on school nursing in PA and an overview of the MTF 11 county service area.

To conduct the assessment, NASN deployed both an online survey for local school nurses and other district personnel, as well as in person convenings and one-on-one interviews from September through

November. In addition, Dr. Maughan, representing NASN, presented free continuing education opportunities in Wilkes Barre and Peckville in October for school nurses, as a thank you for their participation.

Here is the timeline moving forward. Once the assessment is completed in Spring of 2020, Moses Taylor Foundation looks forward to using the results to shape its school nurse funding strategy going forward. Time will be spent gathering feedback to the results, then considering their next steps, before an anticipated public release in the Fall when findings will be shared with the rest of the community.

Christine Marcos, Program Officer of the Moses Taylor Foundation shared these comments: “We are so appreciative of PASNAP’s significant help in making this needs

assessment a success. Your efforts have really helped take this project far beyond our expectations. We went into this work expecting the information we needed to develop our funding strategy going forward, but now we see so many other opportunities emerging, such as the potential to use this information for advocacy efforts, for general community education about the role of the school nurses and why it is important that we all support that, as well as to educate our fellow funders about the impact school nurses have on student health.” She added that anyone who is interested in more information about this work is welcome to contact her directly, [cmcos@mosestaylorfoundation.org](mailto:cmcos@mosestaylorfoundation.org). Stay tuned for preliminary findings of the survey when they are shared this spring.

## Creating Safe Space Continued from Page 1

gestures can be found at <https://www.futureswithoutviolence.org/children-youth-teens/changing-minds-the-campaign-to-end-childhood-trauma/>.

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### Resources

Creating, Supporting, and Sustaining Trauma-Informed Schools: A System Framework <https://www.nctsn.org/resources/creating-supporting-and-sustaining-trauma-informed-schools-system-framework>

Child Trauma Toolkit for Educators <https://www.nctsn.org/resources/child-trauma-toolkit-educators>

School Nurses Can Help Students Heal from Trauma [https://higherlogicdownload.s3.amazonaws.com/NASN/UploadedImages/34c763bb-7d6d-42eb-9c46-691eea1a7347/2018\\_NASN\\_Childhood\\_Trauma\\_infographic.pdf](https://higherlogicdownload.s3.amazonaws.com/NASN/UploadedImages/34c763bb-7d6d-42eb-9c46-691eea1a7347/2018_NASN_Childhood_Trauma_infographic.pdf)

Trauma-Informed Schools for Children in K-12: A System Framework <https://www.nctsn.org/resources/trauma-informed-schools-children-k-12-system-framework>

## An In-Service Day Well Spent! by Bonnie Fansler MSN, NCSN, RN

On October 14<sup>th</sup>, the Berks County School Nurse Association chartered a bus to the Milton Hershey School in Hershey, PA. There were 52 nurses who attended on the in-service day. Our day was chocked full of meaningful information, a delicious lunch, and, of course- CHOCO-LATE!. We had a presentation on "The Health Room As A Classroom Without Walls" by Linda Breisch MPH RN CSN and Cynthia Wallis MSN RN NCSN CNE. These nurses coordinate the student health services at the Milton Hershey School. We discussed how to promote health and wellness for our students through the use of innovative health education strategies. It is so important to have a collaborative school-wide health education team to implement needed interventions. Lastly, we investigated how each one of us can become a health and wellness role model. The

knowledge we gained will help our students view our individual practice settings as safe environments.

Next we had a presentation entitled "Chocolate and Poverty" which has also been a session at the PASNAP conference in the past. The effects of poverty on family structure is staggering. The importance of education and relationships to help move families out of poverty cannot be understated.

We then got a tour of the student dormitories. Each facility has house parents for about 12 students. The homes are very spacious, yet cozy. The house parents truly have a love for the boys or girls that they oversee. The education that these students receive is phenomenal. There is no cost to the families for their child to attend this state-of-the-art school. The minimum qualifications for admission to the

school are as follows:

- \*Come from a family of lower income
- \*Be 4-15 years old at the time of enrollment
- \*Have the ability to learn
- \*Be free of serious behavioral problems
- \*Be able to participate in and benefit from the program

Students even have the ability to earn more than \$80,000 for college. If you have a student who you think may qualify for this amazing opportunity, please visit their website at [www.mhskids.org](http://www.mhskids.org) for further information. The admission counselors are eager to arrange tours for families and school personnel to attend.



## CHECK IT OUT!

### **GRADUATE CREDIT OFFERING AT PASNAP 2020 CONFERENCE**

Eastern University is offering a one-credit graduate level course “NURS 600 Special Topics” at the annual PASNAP conference March 28-29, 2020 (preconference March 27, 2020).



This Photo by Unknown Author is

#### Here is the non-degree application process plus requirements:

- ⇒ You will need to apply to EU and be accepted as non-degree graduate student. You will also need to submit official Bachelor transcript and a non-degree application. You must hold a PA RN license, BS/BA degree and a PA certification in school nursing to participate.  
Cost is for one graduate credit plus any student fees.
- ⇒ You must attend all day Saturday plus Sunday morning sessions to register for the course. A meeting will be held on Saturday evening at 5:00 pm (Room TBD) for a brief session to review syllabus, course objectives and expectations (brief meeting will not interfere with any conference presentations).
- ⇒ Your assignment will be to write a 4-5-page paper in APA format, explaining how you will apply what you learned in the PASNAP conference sessions to your school environment based on presentations attended and the PASNAP conference objectives. You will have two weeks post-conference to submit your assignment for grading.
- ⇒ You will earn 30 hours Act 48 credit for one graduate credit completed. The course will appear on your Eastern transcript as one graduate credit. You will then complete a form that will be submitted to our certification officer for processing of the hours towards certification.

#### **INTERESTED?**

**CONTACT: Tim Length, Enrollment Counselor Admissions for assistance in registering.**

**Telephone: 484-581-1271 Email: [tlovengu@eastern.edu](mailto:tlovengu@eastern.edu)**



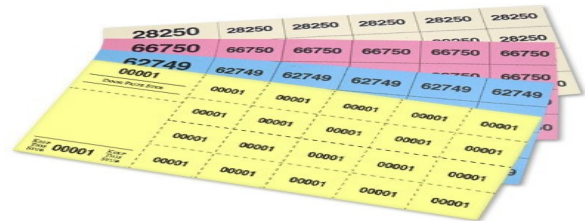
## Legislative Auction 2020

The PASNAP school nurse conference, scheduled for March 27-29, is quickly approaching. During the conference *"School Nursing: Rooted in Values, Growing through Knowledge,"* we will conduct our legislative auction. PASNAP dues cannot be used for political activity so we need to have a School Nurse PAC (political action committee), which is funded solely by donations. This fund enables us to send our legislative consultant, Morgan Plant, to political events where she can discuss our issues with legislators and government officials. This is also important in assisting Morgan as she does a great job of keeping us up to date on pending legislation that can impact the important work we do as school nurses.

The legislative auction is the largest source of revenue for the PAC fund, so be generous and creative as you design a basket/item for the auction. You can drop a basket/item for the auction off at the conference registration desk before the start of the conference. If you are not attending the conference and

would like to donate a basket/item, it is no problem. All you have to do is contact your region representative or send a general email to [ASNAPnurses@gmail.com](mailto:ASNAPnurses@gmail.com). Our PASNAP board members will make arrangements for pick-up and delivery of your generous contribution. Make sure your basket/item is clearly identified and please list all the wonderful items that your basket includes. You can donate as a group or an individual.

Hope to see you at the conference and the auction. Have fun and good luck in winning your favorite basket or item.



### Message from the President Continued from Page 2

certified school nurse and a school nurse administrator from each region for excellence in the area of school nurse practice. These recipients are chosen from your evaluation of your peers as excellent school nurses. The deadline for the nomination is January 19, 2020. We will celebrate the winners at our awards dinner on Saturday March 28, 2020. For more information, please click [here](#).

Demonstrating creativity and contributing to the improvement of school nursing can be accomplished through providing a poster presentation. Presentations can be completed on a health education program you presented, implementation of an immunization clinic, an in-service session for other school nurses, an innovative way to address school health challenges, your original research, or any other topic poignant to your colleagues. Information on how to partake can be found by clicking on this [link](#). This is an opportunity

to let your practice shine and contribute to the knowledge of others. By participating, you could not only exercise this component of quality improvement, you could win \$50 toward the 2021 PASNAP Conference.

Our keynote speaker, Erin Maughan, PhD, MS, RN, PHNA-BC, FNASN, FAAN, will teach us how to utilize data to improve our practice and dispel misconceptions about school nursing. Pennsylvania has a rich source of data through our SHARRS. We can affect our practice by utilizing this data to the fullest. We can use the data to prove that school nurses deserve a seat at the table to improve health and prepare our students for learning.

The legislative auction will provide funds to allow our voices to be heard in Harrisburg. This gives us the opportunity to affect the quality of nursing statewide. Nurses from across the state donate baskets that are used in a silent auction to earn funds for our PAC. Because

PASNAP dues cannot be used for political activity, we have a School Nurse PAC, which is funded solely by donations. This is how we are able to send our legislative consultant, Morgan Plant, to political events where she can discuss our issues with legislators and government officials.

The Scope and Standard of Practice should guide school nurses throughout their careers in school Health. PASNAP provides an opportunity to exercise those standards. Please consider joining us March 27-29 in State College. I look forward to seeing you there!



*School Nursing:  
Rooted in Values, Growing through Knowledge*





# SHARE *and* WIN

## Invitation to Present Posters: PA Association of School Nurses & Practitioners

Whether you are a veteran school nurse or a novice, you know things that other nurses would love to learn. Share your ideas and programs at PASNAP's annual educational conference! Click [here](#) to learn more!

Poster ideas include:

Your best bulletin board    A health education program you presented for students, staff, or parents    Implementation of an immunization clinic    An in-service session for other school nurses    An innovative way to address school health challenges    Your original research

Participation is simple:

1. Using a standard 36" by 48" presentation trifold, create a poster featuring some facet of your practice.
2. Develop a handout (approximately 300 copies) conveying the important concepts of your poster.
3. Bring your poster and handouts to the PASNAP Annual Education Conference at the Penn Stater Conference Center March 27-29, 2020 where it will be displayed for other nurses to view.

**All contributors will be given a Certificate of Participation to include in your professional portfolio. In addition, the names of all participants will be included in a special drawing for a \$50.00 gift certificate towards the 2021 PASNAP Conference registration! So, let those creative juices flow and share the results 3/27/2020!**

Just complete the registration form below and email to Lori Kelley at [pasnapnurses@gmail.com](mailto:pasnapnurses@gmail.com) by 3/15/20.

### **PASNAP's Annual Poster Presentation March 27-29, 2020**

**Title of Poster:** \_\_\_\_\_

**Name of Participant:** \_\_\_\_\_ **Region** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

## School Nurses: Population-Focused and Ready to Competently Serve

School nurses do more than care for bumps and bruises or apply bandages and ice to injuries. This specialized field encompasses nurse professionals who bridge the community, education, and health spheres to provide population-focused care to school-aged children and youth. School nursing, at its core is a nursing specialty aimed at 1) protecting and promoting students' health, 2) fostering best possible growth and development of students, and 3) enhancing educational achievement (National School Nurses Association, 2017). School nurse practice is supported by the tenets of leadership, community engagement and collaboration, community as client, care coordination, and quality improvement. The role has expanded beyond its beginnings as communicable disease management but into one now focused on supervision of a myriad of conditions like chronic illnesses, such as diabetes and asthma; first aid administration; behavioral health issues; violence; sexual/reproductive health; and disaster prevention, mitigation, and intervention. School nurses must address the social determinants of health (i.e., education, housing, environmental health, etc.) and their precipitating factors (i.e., poverty) while attending to health concerns.

School nursing is a community/public health strategy that optimizes the health of school populations! Population health is geared toward the health outcomes of a group of individuals, including the distribution of such outcomes within a group. The emphasis is on trying to understand the determinants of health of populations and how the overall approach is to maintain and improve the health of the entire population and to reduce inequalities in health between population groups (Kindig & Stoddart, 2003 p. 380; Kindig, 2007). Provision of primary, secondary, and tertiary interventions to promote health equity amongst school children decreases school absences and deliver quality health care and nursing interventions for actual and potential health problems (Centers for Disease Control and Prevention, 2011).

School health environments vary dependent upon demographic composition, population size, age of school buildings, community dimensions, and environment. As the school nurse position continues to expand in its practice, role, responsibilities, and functions there needs to be a means by which to recruit and retain nurse professionals to the specialty; measure competent practice; guide life-long learning activities; and provide the scaffold for leadership and research in this area. The Quad Council Coalition (QCC) Competencies for Community/Public Health Nurses (C/PHN) (2018) provides the basis by which the abovementioned strategies must take place.

Competency is defined as the combination of observable and measurable knowledge, skills, abilities and personal attributes that contribute to enhanced employee performance and ultimately result in organizational success (QCC, 2018). The C/PHN Competencies were revised and reviewed in 2018 and provide the knowledge, skills, and behaviors critical for mastery of competent practice. The C/PHN competencies have relevance to all C/PHNs including school nurses and the districts that employ them. The C/PHN competencies include eight domains outlining skills (*assessment and analytic; policy development/program planning; communication; cultural competency; community dimensions of practice; public health science; financial planning, management, and evaluation; and leadership and systems thinking*) of competency across three Tiers of practice (Tier 1 – generalist; Tier 2 – supervisor/manager; and Tier 3 – administrator).

The QCC-C/PHN provide the basis for school nurses to meet the needs of school children by serving and protecting and promoting the health of the academic community. The three core functions of public health are *assessment, policy development, and assurance*. *School nurses are integral members of the interprofessional school team. The ability to identify the critical competencies and behaviors of the school nurse is invaluable to the practice, our students, and our communities.*

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## Save the Date

### PASNAP Annual Day on the Hill Tuesday, May 5, 2020

This is an important day to discuss legislative issues and concerns that affect the health and well-being of our school students in Pennsylvania with our elected officials. With this advance notice, please plan on attending! The [linked letter](#) may be given to your administrator to request the day to attend.

## Tips for Success on the NBCSN Exam

The thought of sitting for and taking another board standardized exam may not be a daunting task for some, but if you could use some tips and reassurance this article is for you. For myself it took ten years to gather the courage to sit for this exam. Like many of you, at first I was overwhelmed by were to begin, the amount of material to study, and feeling alone in this process. To help me feel less overwhelmed, more organized and less alone. I found the following resources very helpful to me on this incredible journey: I utilized the NASN group discussion group area related to the National Certification Exam. The NASN position statements, Selekmán, J., and Wolfe, L. (2010). School Nursing Certification Review (this has either a blue or red cover, both are the current edition). Selekmán, J. (2012). School Nursing: A Comprehensive Text. On-line review course material and questions, NBCSN's two on-line practice tests, the NBCSN website and candidate handbook, and last but not least peer support and encouragement was imperative. Along those lines you may be tempted not to tell anyone you are preparing to take this monumental step, but I can attest to the fact that having a few trusted individuals with whom to

share my experience made all the difference for me. I know I would not have taken this step without them. As some leaders in the NASN discussion forum have reminded the followers: You are a licensed medical professional with an advanced degree. You are already employed as a school nurse. Pass or fail it does not change your commitment and ability to provide the highest quality of care to our students, staff, and communities at large. Best wishes on your journey ahead.

Northwest Region Representative Shenessa S. H. Rossetti MS, BSN, RN, NCSN.

**For more information and resources please visit the NBCSN website at <https://www.nbcsn.org/>**



### NASN Conference - Denver 2019

Juanita Jones BSN, RN, MSM, MBA, CSN

The NASN 2019 51<sup>st</sup> Annual Conference was held at the Gaylord Rockies, Denver, Colorado,

This was my first time attending the NASN conference. I was surprised to receive a phone call from the National Office telling me I had won a scholarship to attend the NASN National Conference.

As I prepared to travel to Denver, I was a bit apprehensive because I had never been to Denver and did not know anyone else that was attending. When I arrived, I was greeted by Ms. Sherry Latimore-

Johnson from the national office. I also had the opportunity to meet and network with other nurses from the Pennsylvania area.

The conference tracks focused on Standards of Practice, Care Coordination, Quality Improvement, Leadership and Community Public Health. The conference afforded the opportunity to earn 20.5 Contact hours by attending the group sessions. There were also roundtable discussions on Glucose monitoring, Healthy Eating, Culture Sensitivity, and Environmental health and prevention of disease.

The Exhibit Hall had a variety of vendors that provided samples of items used in the school from the newest technology in glucometers to treating students with Lice.

I was impressed with the technology used from phone apps to livestreaming that allowed participation in the conference.

It was a very educational and fun time for me. I thoroughly enjoyed myself, and look forward to attending again. I thank the NASN for the opportunity to attend this very wonderful conference.

Check out the conference new member scholarship link: <https://www.nasn.org/nasn/membership/current-members/awards-scholarships/new-member-scholarship>



## Getting Dental Care at Pitt's Center for Patients with Special Needs

by Anne-Marie Crawford, RN MSN NCSN

As a school nurse working with special needs student exclusively, I became aware of how difficult it can be for my students to receive the dental care that they need. There are many obstacles involved. Most of my students require anesthesia or another form of sedation to be able to tolerate any form of dental care, even a basic exam. Dentists who provide sedation are rather few and far between. It is difficult for some of my parents to find an office that provides sedation, or is willing to take special needs students. Getting the student inside the dental office can be difficult on its own. It can be a trick to get our students to brush their teeth regularly, or even at all, so the need for regular dental care is great.

In the Pittsburgh area we are so fortunate to have the University of Pittsburgh Dental School's Center for Patients with Special Needs. In fact, some of the Center's patients travel for hours to attend appointments for Dental care. The Special Needs Dental Clinic, as we refer to it, provides a full range of dental services, including x-rays and cleanings, restorative dentistry, root canals and oral surgery. They use a multidisciplinary approach, and are able to provide the level of sedation that is appropriate for each specific patient. In fact, some patients do not require sedation at all while receiving care at the center.

According to their website, the goals of the Center for Patients with Special Needs are to:

- Provide care for patients with special dental and health care needs
- Give patient with disabilities a home for continu-

ing dental care

- Train dental residents, pre-doctoral dental students and dental hygiene students in the care of special needs patients, thus increasing the number of special care dental providers in the general community.

As I have worked with Pitt's Special Needs Dental Clinic, I have seen them go to extraordinary lengths to serve patients. In one case, when the family arrives at the clinic, a nurse meets them at the car and provides a shot of sedation before the patient even gets out of the car. This overcomes the difficulty this family has getting their child into the clinic itself. In another case, I was able to arrange with the clinic for a student to receive his needed vaccines while under sedation at their facility because that was the only way he could tolerate getting shots. In fact, I am told that families often use the opportunity of sedation to accomplish a variety of things- like needed blood draws, nail clippings, and even haircuts! This clinic is very willing to collaborate with others to meet the needs of the families. Also, while the patient is receiving dental care, the clinic provides education opportunities for families to learn about dental hygiene and strategies for managing things like toothbrushing.


To learn more about Pitt's Center for Patients with Special Needs, check out their website: <https://www.dental.pitt.edu/patients/center-patients-special-needs>. Or give them a call at 412-648-3039 (for patients 15 years old and over) or 412-648-8930 (for patients under the age of 15).

## Philly Nurses Speak Up by Michele Perloff BA, BSN, RN, CSN

Besides the usual busy start to the school year, the nurses in the School District of Philadelphia have been tasked with dealing with some exceptional circumstances this year. Three years ago, we were directed by an administrator over the Office of Specialized Services not to exclude students for their out of compliance immunizations, despite PA state law, per the Pennsylvania Department of Health. This led to almost 30,000 students being out of compliance. Beginning in

June 2019, following both Measles and Mumps outbreaks in Pennsylvania, the same administrator began a campaign to get thousands of students into compliance. This was achieved by phone calls and postcards sent out letting families know they need their child to get immunized. Thousands of calls and postcards (compromising HIPPA and FERPA) also went out to families who were actually IN compliance, causing them to also get copies of their student's records, many pay-

ing one and even two times to hand in immunization records to the school nurses at the start of the school year. The deadline has been moved several times, causing confusion, as well as many to still ignore deadlines, since it's now moved to April 10, 2020. This also resulted in wasting a lot of valuable school nurse time reviewing records that were already in compliance. Coinciding with this, the administrator directed non-medical personnel from the Office of Family & Community

<p>Conference 2020!!!</p> <p><i>"School Nursing: Rooted in Values, Growing through Knowledge"</i></p> <p>Annual Education Conference March 27 – March 29, 2020 Penn Stater. State College, PA</p> <p><b>CONFERENCE FEE SCHEDULE</b></p> <p><b>Must Register by 2/28/2020 For Early Bird Discount</b></p> <p><b>Conference Registration Deadline March 13, 2020</b></p>			 <p><i>School Nursing: Rooted in Values, Growing through Knowledge</i></p>	
Pre-Conference Friday 3/27/20 (½ day only PM)	<b><u>Members:</u></b> \$85 PASNAP/NASN members (\$110 after 2/27/20)	<b><u>Non-Members:</u></b> \$110 non-member (\$135 after 2/27/20)		
Conference Saturday 3/28/20- Sunday 3/29/2020 (includes all meals)	<b><u>Members:</u></b> \$285 PASNAP/NASN member (\$310 after 2/27/20)	<b><u>Non-Members:</u></b> \$360 non-member (\$410 after 2/27/20)		
Saturday Only 3/28/20 (Breakfast & Lunch included)	<b><u>Members:</u></b> \$235 PASNAP/NASN member (\$260 after 2/27/20)	<b><u>Non-Members:</u></b> \$285 non-member (\$335 after 2/27/20)		
Sunday Session Only 3/29/2020 (½ day AM)	\$85 PASNAP/NASN members (\$110 after 2/27/20)	\$110 non-member (\$135 after 2/27/20)		

### Philly Nurses Continued from Page 12

Engagement to Change remaining out of compliance immunizations to provisional, without understanding what that really means, and without comprehending the scope of what they were doing. Compounding this debacle, any remaining out of compliance students were to be given exemption forms to be signed by their parent/guardian, or themselves, if 18 yo and older, as a solution, rather than educating and guiding students on the importance of being immunized. Ultimately, the goal of 25,000 students are now in compliance, but in a circuitous method of excluding the Certified School Nurses from doing their jobs, and several thousand students remain out of compliance.

In addition to these shenanigans, our school district doctor,

Dr. Mathurin, resigned at the beginning of the school year. Her resignation now makes all standing orders null and void. None of the 270 school district nurses was notified and we all continued to administer Tylenol, Motrin and Hydrocortisone without valid medical orders for seven weeks, until we figured it out. It wasn't until we asked questions, that an email went out confirming Dr. Mathurin's resignation, and that no one should be administering any meds based on standing orders.

Based on this egregious behavior, six nurses spoke at the November Board of Education Meeting. Kristen Graham of the Philadelphia Inquirer wrote an article about the nurses speaking at the BOE meeting. We were also the topic of a blog posted in the SDP

educators fb page. I have spoken with Morgan Plant, our PASNAP lobbyist and Lori Kelly our PASNAP President to keep them informed. Morgan was able to speak with Secretary Levine, PDOH at a meeting in Harrisburg just before Thanksgiving. Dr. Levine is concerned about what is going on in Philadelphia, especially in lieu of the fact that we now have an outbreak of Pertussis at several Philadelphia High



Competently Serve Continued from Page 10

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**Do you have a story, anecdote or ‘aha moment you are willing to share with your peers?**

- a heart warming narrative
- a student comment that made you grin from ear to ear
- a wonderful resource in the community, on the web, or for your smart phone
- a new way of doing something ( or an old way that still works great!)
- an award or accomplishment that made you proud

Send to [NurseCallas@gmail.com](mailto:NurseCallas@gmail.com) “attention Pulse newsletter “

**Conference Con’t from Page 3**  
reserving a room if you plan on staying at the Penn Stater it reaches capacity on conference weekends. You can reserve your room now using the code PAAC20A. If you do not have success online, do not hesitate to call the Penn State directly. Keep an eye out for the full conference brochure to be posted online in the coming weeks.

Bring your appetites, but leave your Ohio State gear at home! Come grow with us in State College in March. Registration coming soon!

## Stay in touch

PASNAP Web

<https://pasnap.nursingnetwork.com>

PASNAP e-mail

[pasnapnurses@gmail.com](mailto:pasnapnurses@gmail.com)

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*The PASNAP Pulse*

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Maureen J. Callas M Ed, BSN, RN, NCSN