

The PASNAP Pulse

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Winter 2021

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The Next Pandemic Valerie Zanotti RN, CSN, MEd

On Nov. 19, 2020, a letter was sent to Gov. Wolf and Secretary of Health Levine to express the concern regarding the decrease in routine vaccinations, especially with the onset of the Coronavirus pandemic. The letter was signed by a representation of stakeholders who share a concern in the health of the citizens of our Commonwealth, including insurance providers, physicians groups, and PASNAP. While much attention has been given to the development of a vaccine against Covid-19, as well as calls for the citizenry to obtain their flu vaccinations, less attention has been focused on the decline of children obtaining their immunizations against the "childhood diseases." Prior to the letter being sent, the above listed stakeholders engaged in a virtual meeting and also discussed possible solutions, including outreach through insurance providers and physicians to their policyholders and patients, mobile and drive-through vaccination centers, extended primary care hours, and school-located vac-

cination events.

The members of PASNAP and their counterparts within PA schools have faced growing numbers of students with incomplete immunizations. The increased ability of students this year to receive 100% of their instruction online has impeded the ability of CSNs to exclude children from school until they receive their immunizations. While social distancing and the wearing of masks have helped to decrease the spread of viruses, whenever restrictions are finally eased, the possible surge in childhood disease transmission will become the next pandemic.

Writing this to school nurses is indeed "preaching to the choir." However, I encourage all of you to continue to reach out to your "parents" and stress the importance of getting your students immunized against DTaP, Polio, MMR, Hep B, and Varicella! Educate them and reassure them that doctors' offices are safe. And thank you for all you do, and all of your hard work!

A SCHOOL NURSE'S PERSPECTIVE OF RETURN TO IN-PERSON INSTRUCTION DURING COVID-19 by Lisa Bahn, MEd, BSN, CSN

During the spring lockdown period, school nurses began to research and prepare for our return to school. Across our county, nurses united on monthly Zoom calls, and found our voice. Advocacy and information sharing with district administration was initiated. We expressed our desire to participate in the planning process. I am so grateful that we were heard and had a seat at the table.

Planning for our school district's return to in-person instruction began early in June. Parent surveys had revealed an overwhelming support for return to school in person. It was determined that students would have a choice of three options: full return to in-person instruction, distance learning, or the district's cyber learning program. The next step was the development of multiple task force teams to determine the needs and resources available to meet the challenge of returning to school safely. Teams focused on specific areas, including human resources, nutrition services, school spaces, transportation, and learning. Input from these task forces was used to guide the development of the health and safety plan for reopening schools. The district opted to develop a pandemic team rather than have one individual serve as pandemic coordinator. This proved to be a wise decision as we moved forward.

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A Message From Our President



Lori Kelley MSN, RN, CSN

It is said over and over that this year is unprecedented. We are trying to keep our communities safe in the face of varying support from our administrators. We are working longer hours and differently than we ever have. Because of that, as the President of PASNAP, as a colleague and as a friend, I am truly concerned about you.

I know that we are not all of the same faith, but I saw this prayer and it touched me. I say this prayer for you.

“Jesus, keep our nurses healthy and strong in all areas of their lives. Protect their families, their marriages, their children, their incomes, their futures. Provide them with physical and emotional

and spiritual rest. Help them not to “grow weary in doing good”(Galatians 6:9) and build them up when they’re breaking down. Bless them with so much compassion that it spills effortlessly into their patients’ lives. Be their backbone, their living water, and the one who continually fills them before they even come close to running on empty.”--Lori Freeland

I would also like to encourage you to be very intentional about caring for yourself as well as others. I encourage you to lean on your colleagues, as we truly understand each other.

Here is a list of resources that may help you care for yourself.

- [American Psychiatric Nurses Association](#)
- <https://www.nature.com/articles/d41586-020-00933-5>
- [The Ultimate Guide to Self-Care for Nurses](#)

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Contact your Board Members

at

pasnapnurses@gmail.com



Asthma Educator Institute

American Lung Associations in Pennsylvania is happy to announce our Asthma Educator Institute originally conducted as in-person events, will now take place virtually, in a live-stream format! Our next offering will be on **January 12-13, 2021**! We are pleased to offer this as a solution to cancelling/postponing the event due to the current spatial-distancing protocols in place as a result of the COVID-19 situation. Our speakers have graciously accepted to participate and bring their expertise to you directly through our online platform.

That being said, we want to extend an invitation to you, our community partners, to promote and attend the training that you otherwise might not have been able to. Registration is \$300 and includes course materials, instruction, and CEU/CME credits. We will have scheduled breaks and will provide an updated agenda once registration is complete. Please review the additional information below.

We sincerely hope you will consider attending this virtual live-stream Asthma Continuing Education event and kindly request that you share this with anyone you feel may benefit from this training. If you have any questions, please feel free to contact Asthmaeducatorinstitute@Lung.org directly. Our staff team will gladly assist you.

AEI Virtual January 2021 event
Dates: January 12-13, 2021
Time: 8:30 am- 5:00 pm EST
Contact Cindy Kozlowski, (602) 666-8418

[Course Webpage](#)

[FAQ and CME/CEU information](#)

Registration: <http://action.lung.org/aeinys2021>



Mdedge.com

A School Nurse's Perspective Continued from Page 1

Serving on a task force, and on the district's pandemic team has increased my sense of being valued as a professional. I have been employed with my school district for more than twenty years. This experience has shown me that our collective professional nursing experience is valued and needed to inform the process of safely conducting in-person instruction. I am proud of the effort that our entire district staff, across multiple departments, put forth over the summer months to guide our safe return. I believe that the task forces fostered team building as well; we returned to school with a mindset that we were all in this together, and it would take a collective effort to keep us afloat.

Prior to our return in the fall, our facilities director worked with district school nurses to establish isolation areas in each school building and improve the ventilation in those areas. We worked collaboratively with facilities management to secure an adequate supply of personal protective equipment for each school. Infection control measures such as signage for physical distancing reminders were ordered and installed. District school nurses adapted guidelines for health room visits and shared them with classroom teachers. The need to limit access to the health room to necessary visits only was empha-

sized during opening faculty meetings by building administration. School nurses shared resources for parents and students on their webpages and collaborated to create an informative video for families to view.

Athletics is a large part of school life for many students. Each sport was required to submit a health and safety plan that was reviewed by the athletic director, the trainer, and a school nurse prior to approval. Communication between athletics and nursing has been ongoing for safety concerns that arise as athletes participate in sports during the pandemic.

As we returned to school in late August, stress levels among the staff were palpable. Nurses utilized varied approaches to assist staff in addressing student needs in the classroom: bags of classroom first aid supplies, consults with students outside the classroom door, e-mail and telephone consults with staff. Classroom teachers expressed positive comments about the health room guidelines we shared as it helped them with decision making.



School Nurse

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PASNAP Conference 2021 Going Virtual! - Jeanette Slimmer MSN, M Ed, BS, RN, CSN

With much uncertainty about state and local guidelines and restrictions, the PASNAP Board of Directors voted in late October to move forward with planning for a virtual 2021 PASNAP Annual Conference. The conference will still be held virtually on the scheduled dates of April 9-11, 2021. Through a tumultuous 2020, School Nurses have proven they were ready to rise to the challenge of connecting to our school communities through adaptation, flexibility, perseverance and innovation. With that in mind, the 2021 PASNAP theme is “Mission: Unstoppable.”

After reviewing several virtual platforms, the Education Committee chose to use the Zoom Webinar platform to host our spring conference. We hope this provides attendees with a familiar, yet simple platform to navigate for this new experience. Despite not being able to gather and connect in person, we strive to bring you the same quality conference you expect from PASNAP each year.

All sessions being held on the weekend of the conference will be prerecorded but we plan to allow for a Live Q &A portion with the presenters. Therefore, if you are unable to join us for a certain session, you will be able to view at a later time. This year we are offering a format that will actually allow for even more continuing education hours through “bonus sessions.” Bonus sessions will be offered for a 30-day period following the weekend sessions and will allow you to complete the pre-recorded sessions on your own schedule. So that you may start planning or start a request from your school district, the planned registration fee for this year will be \$115 for members (which includes the weekend conference and bonus sessions) and \$175 for non-members (which includes the weekend conference and not bonus sessions. Bonus sessions can be purchased for an additional \$50).

The 2021 Conference weekend will kick off on Friday evening, April 9th, with our Annual Awards Ceremony. We want to continue the tradition of honoring and recognizing our School Nurse Excellence Award Winners though this virtual event. We hope you sign on to join us to support and congratulate these individuals who exemplify our role. Following this event, we will be offering our first continuing education session.

On Saturday morning, we hope you join us as our President Lori Kelley officially opens the conference and introduces our Keynote Speaker. Dr. David Rubin. Dr. Rubin is currently the director of PolicyLab and director of Population Health Innovation at Children's Hospital of Philadelphia. We are excited for him to address us and share his expertise and insight into all things COVID. Following the Keynote, we will have a general education session, much like our in-person conference. We will break for lunch and allow for breakout rooms for our special interest groups (Special Needs and Nurse Educators). Following lunch, we will all reconvene to hear two additional presentations to finish out the afternoon.

Sunday morning, we will have our annual Legislative Update as well as our update from the Department of Health. In addition, we must conduct our Annual Business meeting to nominate and elect new region representatives and fill open positions on the Board of Directors. If you have any interest in serving PASNAP on the Board of Directors now or in the future, please reach out to your regional representative for information.

Finally, we are excited to be offering “bonus sessions” for additional continuing education beyond the conference weekend. This feature will be included in the conference cost for PASNAP members, while it will be an additional cost for non-members. Again, these sessions will be pre-recorded and offered for a period of 30 days after the conference weekend. We hope you take advantage of this wonderful option.

The full conference brochure and registration information will be forthcoming with more specific details. We are saddened not to be gathering in-person, but know that this is the safest and smartest option for 2021. We know the importance of connecting to each other and sharing our experiences and stories. By 2022, we hope that we will be gathering at the Penn Stater once again to share our challenges and triumphs and enjoy that amazing food!





Meet Your Southwest Region Representative

I am Rachel Vallone Majcher, MA, BSN, RN, CSN. I have been an RN for 16 years and have been the School Nurse for Young Scholars of WPA Charter School for 9 years. I graduated from CCAC South, Drexel University, Slippery Rock University and Arizona State University. I am born and bred in the South Hills of Pittsburgh where I reside with my husband, daughter, son and 2 Chihuahuas! When I am not at work, I love to run, garden and enjoy vintage fashion! School Nursing is so rewarding to me because I get to assist my students and their families navigate through the healthcare

Legislative Auction

The 2021 PASNAP Conference will take place virtually as will the legislative auction! Details on how the auction will be conducted are in the planning stage but it will take place! I am asking regions and counties to ask your members for basket and item donations. (You can donate what you were going to last year, if you still have it!!) All proceeds go to our PAC Fund. Thank you in advance!



A School Nurse Perspective Continued from Page 3

Tracking student exposures soon became a large part of our days. Databases were utilized to confidentially track those who were symptomatic, isolating, or quarantined. School nurses communicated between buildings frequently as sibling cases were identified. Challenges to our practice have included timely response from the department of health, parent cooperation with sharing information with the school district, and educating our staff following decisions made by department of health as to next steps.

Celebrations include a dedicated administration team that collaborates continuously with district nurses, a responsive facilities team that responds rapidly to requests to disinfect an area, and staff and faculty who repeatedly step up to cover

tasks as needed. It has been essential to support one another's efforts and provide encouragement often, as we often do not know what is happening in our colleague's world on any given day.

As I am writing today, we are experiencing the fall case surge, and closed our first school for a nine day period. Students have transitioned to distance learning, and staff are teaching from their classrooms. The building is eerily quiet. This was a necessary move based on staffing issues related to quarantines for close contact. If we are to emerge from winter whole and healthy, we need to continue to make tough decisions, together, for the good of the entire population. I am very grateful to be serving the district I call home.

School Nurse Excellence Awards Take the Opportunity to Nominate a Colleague that Inspires You!

<https://pasnap.nursingnetwork.com/page/36261-excellence-in-school-nursing-awards>





NCSN Upcoming Testing Dates and Deadlines



For information and registration for becoming NCSN certified visit the website at <https://www.nbcsn.org/>

or contact your NBCSN State Liaisons Maureen Callas at NurseCallas@gmail.com or Michelle Ulishney at MichelleUlishney@gmail.com

The exam will be offered during the following testing windows in 2021:

* Spring Testing Window: March 4 – 17, 2021

Registration Window: November 19, 2020 – February 4, 2021

* Summer Testing Window: July 8 – August 4, 2021

Registration Window: March 18 – June 8, 2021



NBCSN

In an effort to keep our members and guests healthy and safe, the 2021 PASNAP Annual Education Conference is going virtual!

Stay tuned for news about the conference format and how to access even more great educational offerings!

PASNAP Conference 2021
April 9-11, 2021



Concussion Care for Kids: Minds Matter
Trauma/Concussion Program
Orthopedic Surgery
Children's Hospital of Philadelphia
The Untold Foundation, Director of Education
American Academy of Pediatrics, Pediatric mTBI
ECHO Consultant

Concussion in Your Classroom During the COVID-19 Pandemic: How We Can Support Our Students — By Roni Lynn Robinson, MSN,

Returning back to the classroom during the COVID-19 Pandemic has been stressful and challenging for everyone. Students who have sustained a concussion may face other challenges dealing with concussion symptoms, especially when faced with learning in a virtual classroom.

You can access the full article via this google link:

https://docs.google.com/document/d/1mWw9a5Pz5fljewjzvcgsfrh_n8odGZWc/edit

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!

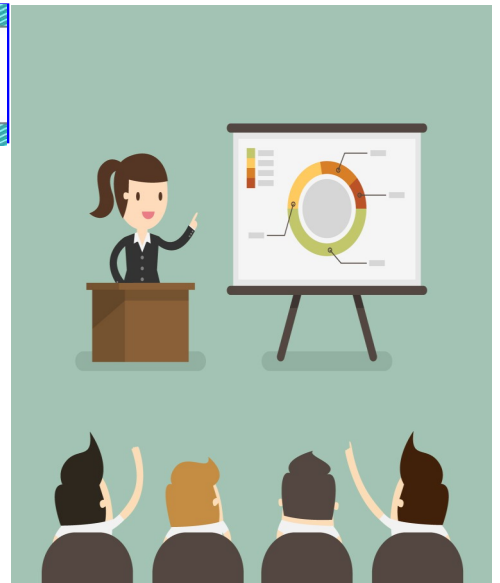
Poster ideas include:

- 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. Create a PDF Document featuring some facet of your practice that does not exceed 3 pages.
2. 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 2022 PASNAP Conference registration! So, let those creative juices flow and share the results!

Just email your presentation to Lori Kelley at
pasnapnurses@gmail.com by 4/1/2021.



Stay in touch

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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 "attention Pulse newsletter "



The PASNAP Pulse

PASNAP Pulse Editor

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