

The PASNAP Pulse

www.pasnep.org

Spring 2016

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Preparing for the Last Days of the School

By Maureen J. Callas M.Ed., BSN, RN, CSN

The ever changing and unpredictable Pennsylvania weather is one of the things that neither Punxsutawney Phil nor any well-seasoned meteorologist can ever truly predict. This winter we have experienced temperatures swings that are not easily accommodated by large building heating and cooling systems.

School nurses can assist students and staff by being prepared for those temperature imbalances. Simple messages home suggesting layering of clothing can be helpful. However, being prepared with a stash of donated clothing items can help out

those that come to school dressed for 25 degrees when the actual building temperatures are in the high 70's or vice versa.

Another often overlooked factor in temperature regulation is hydration. In a study published online June 11, 2015 from the American Journal of Public Health, it is noted that even mild dehydration can cause issues that include headaches, irritability, poor physical performance, and even reduced cognitive functioning. (<http://www.hsph.harvard.edu/news/press-release/study-finds-inadequate-hydration-among-US-children>).

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Keep On Keeping On: A Legislative Update

"It was the best of times , it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope it was the winter of despair..."

Charles Dickenson, *A Tale of Two Cities* 1859

By Morgan Plant
Government Relations Consultant to PASNAP

In 1859 Charles Dickens opened *A Tale of Two Cities* with a description which is remarkably apt these 157 years later. The political climate, in both Pennsylvania and nationally, feels like the winter of despair.

Here in the Keystone State we are almost through the third quarter of the 15-16 fiscal year and still don't have a complete budget. Our structural deficit grows by the day. With each month that passes without a complete budget we lose the opportunity to collect additional revenues to balance the budget and

provide for restoration of some of the cuts to education. Schools across the Commonwealth are reeling from the effects of the budget impasse, and the fiscal uncertainty of the future.

However, we don't have an alternative to our current reality and shall continue to be a voice for the health of the 1.7 million children in Pennsylvania's schools.

PASNAP has been busy on a number of fronts. We continue to fight to eliminate the management and administration of insulin by non-medical school personnel, (HB 1625) which has been proposed in three previous legislative sessions. We support other sections

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A Message From Our President



Judith Morgitan,
M.Ed., BSN, RN, CSN

Dear PASNAP

Colleagues,

Spring is right around the corner! It's a time for many of us to start preparing our gardens and dusting out our winter cobwebs. It is also a time when we secretly clap our hands knowing that the end of another school year is on the horizon. Our hands have cleaned wounds, comforted tears, charted screenings and have joined teammates in much collaboration.

On this upcoming National School Nurse Day, May 11, 2016, I ask that you each take a moment, look at your tired hands and read the following excerpt from PASNAP's "Blessings of the Hands" ceremony:

"May my hands provide fervent and skillful nursing care.

May my spirit of compassion and gentleness guide my hands.

May my hands bring comfort and promote healing to all who come into my care.

May I go in peace with the knowledge of the human and spiritual caring that my hands will convey."

HAPPY NATIONAL SCHOOL NURSE DAY!

Thank you for your dedication and work in caring for the students of Pennsylvania!



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Get Moving!

By Melissa G. Bechtel, MSN, RN, CSN

Are you in an exercise slump? Do you need motivation? Perhaps you have not been exercising at all.

How about forming an after-school exercise program in your building? Sounds complicated but it does not have to be.

Here is how we started a program in our small elementary building. Our physical education department conducts a "Biggest Loser" contest each winter through spring. In an effort to help staff lose weight and become healthier, the physical education teacher in our elementary school began an accountability buddy program two days after school each week for 45 minutes. All staff are

invited to attend.

An exercise studio was set up in an empty first grade classroom. Staff brings exercise DVD's, light weights, and stability balls. Our physical education teacher provides the mats. With a selection of exercise DVD's we never get bored of the same routine or program. Beginner, Intermediate, and Advanced abilities are all represented. Exercising immediately afterschool, in the same location, has helped people fit in exercise before running errands, picking up their children from daycare or heading home. Fortunately our school does not charge us for the use of the classroom.

Think about your school building. If the gymnasium is being used after school by athletic practices and events, consider an empty classroom, library, or large lobby area. You will need to have access to a television with DVD player or projector. Enlist the help of your physical education teacher and others in your building that embrace exercise. Keep it simple and just get moving!



Preparing for the Last Days of the School Year 2015-2016 (continued from page 1)

Looking out for the best health of the school community, we can make an impact by advocating for more opportunities for hydration. Offering water at lunch, having drink cups available in the Health Office, encouraging water breaks in addition to bathroom breaks, and even allowing water bottles in to the classroom are all helpful to keep students well hydrated during the school day.

As the temperatures in and out of the building rise, students tend to experience signs of Spring Fever. Sneaking in a little exercise can help expend that pent up energy. Working in a PK-6 building, I know there are several quick ways to accomplish Shaking Your Sillies Out! Here are a few of our favorites for you to check out.

#1) Go Noodle -

<http://www.gonoodle.com/>.

#2) Rock Star Nutritionist Jump

with Jill – <https://www.youtube.com/user/rockstarnutritinist>. They also offer an AMAZING concert like assembly that our students LOVED, and

#3) Jam Sessions -

<http://www.jamschoolprogram.com/jamresources>.

Lately, one way I like to distress and distract myself is to engage in some preplanning for the year to come. On quieter days (LOL), I try to challenge myself and find a way to bring a need of the students to a reality. In the past I have arranged: a winter accessory drive, and underclothing and sock drive, a pajama drive, a gently used clothing drive and even a drive to help in need students obtain eye glasses.

This year Highmark has heard and understood the struggles of School Nurses and is offering \$75,000 in grant

monies for school nurses servicing underprivileged areas. If there is an effort that you would like create within your district and need funding to support it (up to \$1000), please consider applying for the Highmark Foundation “Meeting Health Needs Through Supportive Services” Grant at <https://highmarkfoundationrnf.versaic.com>.



Keeping On Keeping On - continued from page 1

the bill that provide education of school personnel and self-administration by children who are competent to do so. The bill passed the House in December 2015 and is currently in the Senate Education Committee.

We urge you to contact your Senators in opposition to this legislation and help us find parents of children with diabetes who share our concerns to do the same. The Wolf Administration supports our position.

PASNAP leadership responded with alacrity to requests to present testimony before legislative committees in the fall of 2015, and met with Secretary of Health Dr. Karen

Murphy, who in a previous life was a critical care nurse and hospital administrator. In late February 2016, most of our conversation focused on

the upcoming regulatory changes to the immunization regulations to improve the current system. We support the changes proposed by the Departments of Health and Education.

We also discussed the anticipated distribution of naloxone to schools with 9th to 12th graders to counteract drug overdoses.

March 15 was our 2016 Day on the Hill when PASNAP members hosted a legislative breakfast and spent the day meeting with legislative leaders and members of the Wolf Administration. This provided a great opportunity to educate our elected officials about the health needs of our school children and the important role that school nurses play in caring for them.

There is much to do so please, keep on keeping on!

*Happy School
Nurses' Week*

*May 6th—
12th , 2016*

Self Care Deficit Related to Being a School Nurse

By Patti Boylston-Lytle, BSN, RN, CSN

Many of you may wonder why you should attend the PASNAP conference in State College. Since becoming a school nurse I have attended the PASNAP conference every year except one (when family obligations made it impossible). I find that each year after I attend, I feel revitalized to take on the challenges that each of us face in our daily practice.

I have always felt that the knowledge and skills that I gained during the conference promoted my professional growth and enhanced my ability to provide positive outcomes for those I care for.

This year, the conference offers so many valuable learning opportunities through both the general

sessions and the break-out sessions. Starting with the pre-conference, you can get mandated training on youth suicide, sharpen your skills on responding to medical emergencies in the school setting, or broaden your knowledge of skin conditions common to children.

Then with the general and break-out sessions you will gain tools to develop interventions with your students and their families, build community relationships, gain knowledge of current topics in ethical legal and professional issues, and strategies for implementing evidence-based best practices that promote the health and academic success of your students.

During the meals and meetings that occur during the conference you

will build relationships with nurses from other areas in the state and share successful strategies that help you incorporate innovation, collaboration and creativity in dealing with challenging issues that come up in your practice.

When you return to your district you will be armed with knowledge and skills that will directly impact your practice and promote your professional growth. You will also be more able to demonstrate the value of your nursing services to the administration in your district. So plan on attending PASNAP this year and I will see you there!



Vision Problems after Head Injury

By Christine Stipanovic, M.Ed, RN, CSN.

Recently I encountered a student who had a history of traumatic brain injury as a preschool aged child. What caught my attention was the diagnosis of his residual vision problem: Hemianopia. Previously I was not familiar with this term, so I set out to learn more.

Since he was having some reading problems, I was sure that he would not pass his vision screening. To my surprise, he passed without difficulty. However, as I learned more about Hemianopia, I realized that his deficit was much more than an acuity problem.

Hemianopia or hemianopsia is visual field loss on the left or right side of the vertical midline. It can affect one eye but usually affects both eyes. It can be congenital, but is usually caused by brain injury, such as from stroke, trauma, tumors, or infection.

This vision loss causes serious problems with mobility, bumping into objects,

increased incidence of falls and accidents, and reading problems. Here is a picture (from Lighthouse International) comparing normal vision to what a child with hemianopia might see:

Some people with hemianopia may be unaware of the side of vision that is affected. This is called hemianopia with neglect. For example, a child with left field vision loss, would not even know that the left side exists. It's just not there. They do not know that they are ignoring the left side because they have no awareness that it exists.

For this condition, it is challenging, but possible, to teach the child ways to compensate.

Children with visual field defects may neglect to write or draw on the part of the paper that falls into their non-seeing field. Some children will tilt the paper or their head so that more of the paper falls into the seeing field.

These adjustments should be

understood as a helpful and functional adaptation by the child. In the school setting, there are some ways to help children with visual field loss.

Here are some strategies from Perkins School for the Blind- www.perkins.org:

- A ruler can be placed under the line to help guide the eye. Color coding of left and right margins may be helpful
- A window that masks lines above and below the line being read can be slid along the line while reading
- For children with right or left field loss, columns of text may be easier to read than whole pages of un-columned text
- The child should be helped to become aware of the entire piece of



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PASNAPconference 2016

Another Success!

by Kathy Verbel, Conference Chair

It's springtime in PA. And some things can be anticipated. Seasonal allergy symptoms in students, snow (yes SNOW!), and of course our PASNAP conference. For those who missed it this year, our annual educational conference was held in State College, April 8 - April 10. The conference was exceptional! Members had the option attending a pre-conferences, four general sessions, a lunch and learn presentation, and two self selected breakout sessions. Meetings were scheduled for region nurses to network to discuss concerns and share relevant material. Vendors' stations were accessible throughout the conference to obtain additional resource material during breaks and meal times. Check it out on Twitter at #PASNAP conference.

This year's conference theme was "School Nurses: The Fingerprint for Student Success." Sessions focused on increasing the school nurse's knowledge of chronic health conditions that occur in the school setting, improving their understanding of current health issues and identifying valuable school health resources.

Friday's pre-sessions were attended with rave reviews. Dr. Matthew Wintersteen presented "Youth Suicide: What it Means for Schools." Those attending the session had nothing but praise for this speaker. Others attending "The Big 6", presented by Sandy Moritz and "Rashes in School- Aged Children" presented by Dr. Olympia had similar responses.

With no rest for the weary, twelve of our Board of Directors were invited to participate in research focus groups conducted by Dr. Deepa Sekhar, sponsored by Penn State addressing the topic of sexual abuse of children. This was a new experience for this author, and was very interesting. The evening concluded with region meeting for sharing and networking. Of course Beth Anne Bahn floated through the rooms, making guest appearances for sought after advice.

Saturday morning began with the keynote speaker, Elaine Lundberg, presenting "Laugh Your Way to the Head of the Class". She discussed the physiological benefits of laughter and how to incorporate humor into the work day. And laugh we did! Beth Matthey, NASN President presented "The Framework: Beyond Your Office Door", discussing

components of The Framework for the 21st Century School Nursing Practice. Employing interactive audience response technology in her session, this was another first for our conference. And fun.

A lunch and learn session was also an addition to the format this year. Dr. Rachel Levine presented "Pennsylvania's Response to the Opioid Crisis and the Role of the School Nurse". Due to unexpected snow (yes SNOW!), on Saturday, her session was done via Skype, but was still very effective. Afternoon breakout sessions attended offered a variety of topics. This writer attended "Service Animals in Schools" and "Teen Pregnancy and the School Nurse". They were excellent. After the awards dinner, the evening ended with an optional viewing of the film documentary "Someone You Love: The HPV Epidemic". The emotional impact of the film was voiced by most who attended. Additional Act 48 hours were awarded for these participating in these new session formats, increasing the total available hours by 2.5 from prior conferences.

The conference concluded Sunday with Morgan Plant's overview of current legislative topics affecting school health and topics in school health presented by Beth Ann Bahn, the Director of the Division of School Health from the PA Department of Health. The highlights included discussion on pending immunization regulation changes, Narcan managements in the school, and requirements for securing the free doses from Adapt Pharm, record management, practice issues and current initiatives of the Pennsylvania Department of Health and Division of School Health.

Sorry you missed it now? Don't let it happen next year! **Save the date: PASNAP 2017 will again be at the Penn Stater March 31-April 2.** Get out that mason jar. Start saving that loose change now. It'll be worth it.



Pennsylvania's Nominee to NASN School Nurse of the Year - JOANN COLEMAN

2016 REGION SCHOOL NURSE EXCELLENCE AWARDS

North East - AMY FIELDS

North Central - KAREN TRUESDALE

North West - STACY CHILES

Philadelphia - DENISE JOHNSON-WHITE

South East - BEVERLY YODER

South Central - JEANETTE SLIMMER

South West - CHARITY ISTONE

2016 REGION SCHOOL NURSE ADMINISTRATOR EXCELLENCE AWARD -

South East - THERESA QUINLAN – CLAMPFFER

FRIENDS OF SCHOOL NURSING -

DR. BARBARA ZIMMERMAN and PA IMMUNIZATION COALITION

BY VANESSA PELLECHIO

Gettysburg Times Staff Writer

A Gettysburg Middle School nurse was recently recognized as the South Central Region School Nurse of the Year.

In her seventh year at Gettysburg Area Middle School, Jeanette Slimmer, 38, said she is honored to be recognized and "humbled" by the support from the district nurses.

The Pennsylvania Association of School Nurses and Practitioners will present Slimmer with an award at a special dinner Saturday at the annual conference in State College.

Based on recommendations from her coworkers, Slimmer was selected out of numerous schools in 13 counties to represent South Central Pennsylvania and will be eligible to win Nurse of the Year for the state at next year's annual dinner. South Central counties include: Adams, Bedford, Blair, Cumberland, Dauphin, Franklin, Fulton, Huntingdon, Juniata, Lebanon, Mifflin, Perry and York.

"As a school nurse, you are an advocate, social worker, counselor, teacher and care provider," Slimmer said. "I want to make sure students are safe and taken care of here. Your role can change on the kid walking into the room."

Slimmer sees about 30 to 40 students a day on average. She said the best part of her job is helping the students every day.

"I just know some of them lead rough lives and I try to be there in any way," she said, tearing up. "I'm their school mom. I have about 700 kids."

Slimmer said she was surprised to be recognized early in her career as a school nurse.

Slimmer spent most of her life in Biglerville, noting Dan Bushman, a former Biglerville High School Latin teacher and athletic trainer, steered her toward the healthcare profession. Bushman passed away last summer.

"He really guided me on this path," she said. "I always think about him and never thought I'd wind up back in a school. He'd be proud of this."



Graduating first with a bachelor's degree in biology from Shippensburg University, Slimmer decided to go back to school for a one-year nursing program at John Hopkins University. Once completing the program, Slimmer worked in the emergency department at Frederick Memorial Hospital after working in the pediatric unit in Baltimore.

She missed working with children, though. Slimmer started substituting at Gettysburg Area School District before a position opened. She passed her certification to be a school nurse in the district. Slimmer continues to work in the emergency department in Frederick every other weekend, some night shifts and in the summer, she said, for the past nine years.

On top of working two jobs, Slimmer also went through two master's degree programs - School Nursing and Forensic Nursing.

"I enjoy the combination of law and medicine," Slimmer continued. "I want to continue learning. I have so much to do. I am just doing my job."

Find Your Passion

By Lori Kelly, BSN, RN, CSN

Three years ago, I was given the opportunity to go to PASNAP's "Day on the Hill". What an experience spending the day with our legislative chair, Nancy Kaminski, lobbyist, Morgan Plant and several other members of PASNAP.

A number of meetings were scheduled with our PA State Representatives and State Senators discussing the importance of only allowing licensed personnel to administer insulin to the diabetic students in Pennsylvania schools.

The legislators were attentive and listened carefully to our concerns. It was truly an opportunity to educate our government about what is the best

and safest practice for our students. (As we continue to discuss this very issue with our government, I realize that job never ends). From that point on, I was hooked. I had to get more involved with PASNAP.

Soon after, I was given the opportunity to serve as South West Representative to the PASNAP Board, and then as Technology Chair. Again, I was amazed by the knowledge and commitment of the school nurses serving on the board and I was learning more than I could have imagined.

I found that I was keenly aware of what was going on in Pennsylvania in school nursing. There were many common issues facing each of us

working throughout the state and collaboration was the key to solving problems. It also provided opportunities to advocate for not only my students, but all students attending Pennsylvania Schools.

I have always been passionate about my nursing career and the important role we play in the daily lives of students. Becoming involved with PASNAP helped me to realize how much more satisfaction I could feel!

I chose to write about this life changing experience, so you may become more involved. It can start as something small, like writing and article for the newsletter about the wonderful things your district is doing

Visual Problem after Head Injury (Continued from Page 4)

paper on which they are writing or
☐ For children with right or left field loss, columns of text may be easier to read than whole pages of Un-columned text.

☐ The child should be helped to become aware of the entire piece of paper on which they are writing or drawing.
☐ Children with a right field loss should be seated to the right facing the front of the classroom, with the teacher on the child's left. The child with a left field loss should be seated to the left facing the front, with the teacher on the child's right.

Safety is a very important consideration for children with visual field losses. Children with field loss may have problems localizing objects and people at a distance, even if their distance visual acuity is normal. The

child's classroom, hallways, stairways, and playground should be evaluated for potential hazards.

Maintaining consistent placement of furniture and objects will help the child learn the environment and make mobility easier.

Our student has begun to work with a mobility therapist. Prisms placed on glasses may be used to take images of objects in the neglected field and shift them into the seeing field so the person is more easily aware of them. This could improve mobility and other functions of children who are well motivated and can understand the purpose of the prism glasses.

The glasses must be fit by a Low Vision Specialist with experience

fitting and training children to use prism glasses for this purpose.

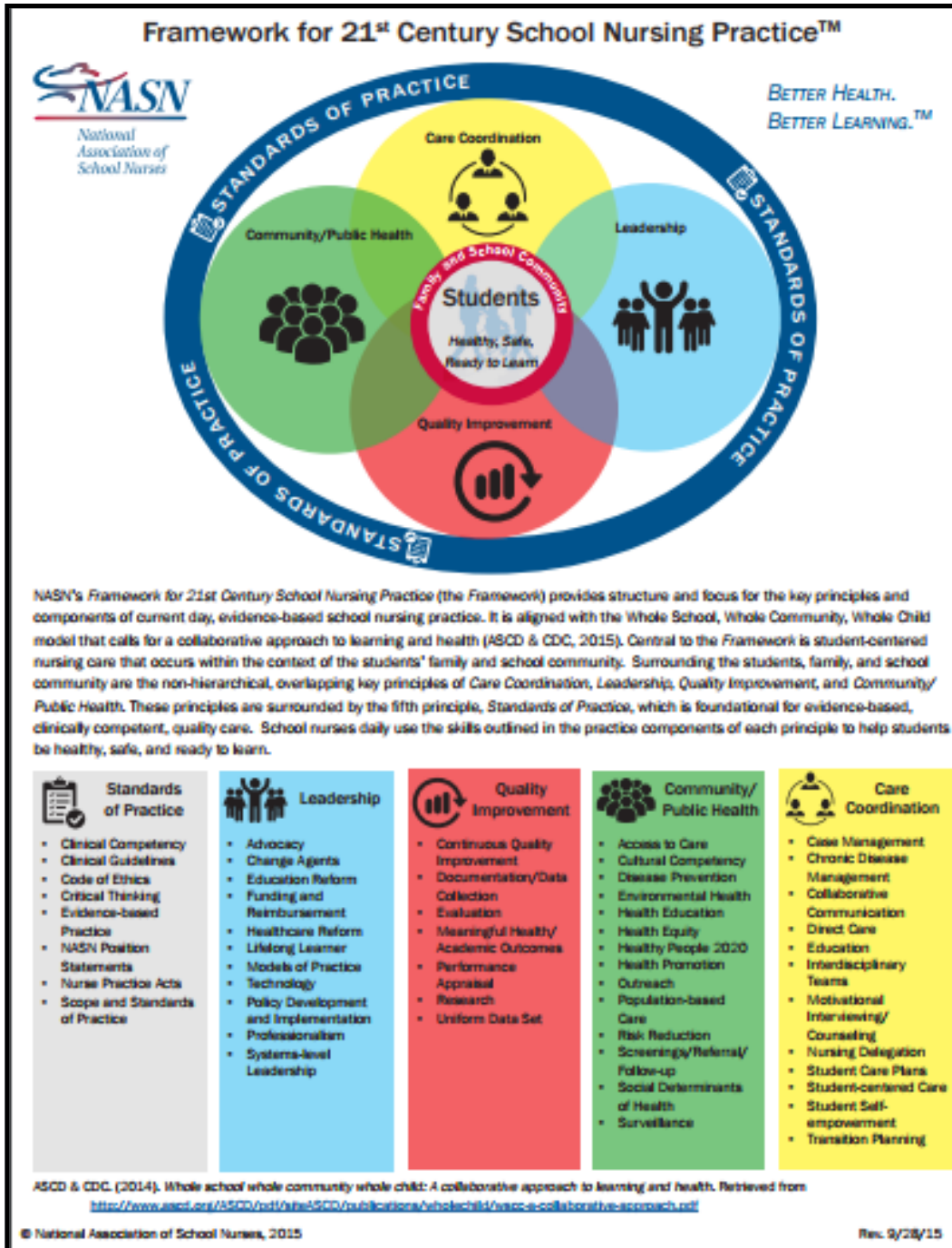
According to Dr. Gregory Goodrich (www.brainline.org), having visual deficits after a brain injury can definitely interfere with a person's quality of life. Visual problems often go hand-in-hand with psychological problems like depression.

If a person cannot see well, he may isolate himself because he doesn't want to be out in the world bumping into people or losing his way. Since brain injury is a common cause of visual problems.


Dr. Goodrich advises a comprehensive eye exam by an ophthalmologist or optometrist following any head injury resulting in even a little blurriness, eyes that fatigue easily, difficulty reading, or frequent bumping into things on one

Slimmer (Continued from Page 6)

family moved to the Gettysburg area and Slimmer was his nurse once again all through middle school. "We had a special bond," Slimmer said with a smile. "I had the chance to impact his life twice." Slimmer resides in Gettysburg with her husband Donald Slimmer, her 14-year-old son Logan and a 4-year-old daughter Hannah. Her husband is a police officer in Baltimore, which inspired her to participate in events raising awareness. Her passion for community service landed her the position as advisor of the Builders' Club of the middle school. She also serves as advisor for the Ski Club in the winter. The Builders' Club along with Lincoln Elementary School's K-Kids and the Kiwanis Club of Gettysburg are holding their first annual 5K Pride Run on May 7 at 8:30 a.m.



REGION REPRESENTATIVE OPENING



The North Central Region has an opening for 1 region representative for our PASNAP Board. This involves minimal work. We have 4 meetings during the school year (1 included at the PASNAP Annual Conference held at the Penn Stater and another one is on-line from the beauty of your home). You are reimbursed for your mileage in attending the other 2 meetings. This would be a 2 year term with the option of continuing for another 2 years. Please contact Stephanie Jackson, CSN and NC Region Rep at 570-522-3215 or jackson_s@lasd.us if interested or have any questions regarding this position. It is a great way to meet other CSNs from around the state and collaborate on issues pertinent to all CSNs.

Edie Brous Nurse Attorney February Newsletter



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A few days ago I had the honor and wonderful pleasure of having an extended lunch with a colleague I haven't seen in a few years. I have two school nurses who have always been my "go to" persons for school nursing questions. I have represented many school nurses and have spoken at school nurse conferences for years, but have never worked as a school nurse myself so I have not been able to rely on my own personal experiences in that arena. I ask my school nurse gurus and friends, Jeanne Kiefner, and Carla Wolbach, for an opinion and to explain things to me and they have always been willing to share their expertise. After years of representing and speaking to school nurses, it has become my opinion that school nursing just might be the most difficult and challenging specialty in the profession today.

One of the reasons for that opinion is that the public has no idea what school nurses actually do. More importantly, the nursing community itself does not understand their role. It is not boo boos on the playground and immunizations. The student population does not consist solely of healthy children happily playing at recess and learning in structurally sound classrooms during the day, then returning to functional families in supportive environments and safe neighborhoods where they eat nutritionally sound meals and get adequate sleep. For many school nurses, the students they care for have complex medical, social, economic, and emotional troubles. Survival itself is a struggle for some of these kids. Whether they succeed in that struggle or not can depend entirely on whether or not that school nurse is in place. Many school children have to contend with poverty, systemic racism, malnutrition, domestic violence, predatory gangs, and substandard housing. School nurses are the safety net and might be the only hope for an otherwise broken childhood. Elected officials and school administrators making economic decisions to cut funding for school nurses miss this simple fact – **SCHOOL NURSES SAVE LIVES.**

Most nurses also don't understand the unique pressures school nurses face. They are more likely to report to a non-clinical person who doesn't understand nursing law or scope of practice restrictions. They are less likely to have the clinical resources or tools they need to do the job effectively or to be advised of practice standard changes. They work in isolation and cannot just go down the hall to get another opinion or assistance. If they are represented by a union, it is likely to be a collective bargaining unit that also does not understand the particular needs of nurses. Some of the students they are responsible for are medically fragile or have special needs. About one in three is on medication. Some have diabetes, asthma, seizures or other complex medical problems. The school nurse to student ratio is completely unmanageable in some regions and some school nurses cover multiple buildings over large geographic areas. As an example, while at lunch with Carla, we discussed the lead toxicity situation in Flint, Michigan, and the terrifying fact that in a city with a neurotoxin poisoning epidemic, there is only one school nurse for 7,000 students. (<http://michaelbaisden.com/flinttownhall-exposes-to-the-nation-that-there-are-no-school-nurses-in-flint-schools/>).

School nurses not only save lives, they also improve lives. The position of trust the school nurse holds means it is the school nurse the student is most likely to confide in when experiencing depression or mental health issues, abuse in the home, trouble with alcohol or drugs, pregnancy, or other life-altering situations. It is the school nurse who is most likely to connect that child with the resources and services that can change his or her future.

(Continued on page 10)

Edie Brous, continued from page 9

Don't just take my word for it.

Do a google search for "school nurse saves life" and see the pages of results. Here are just a few of the more recent ones:

- School nurse's persistence saves Waco ISD student's life http://www.wacotrib.com/news/health/school-nurse-s-persistence-saves-waco-isd-student-s-life/article_3e89750c-0d47-5d4f-bc8f-de62f34c8a0a.html
- Jupiter school nurse saves young girl's life <http://www.wpbfl.com/news/jupiter-school-nurse-saves-young-girls-life/32947502>
- Long Island School Nurse, Police Officer Honored For Life-Saving Efforts <http://newyork.cbslocal.com/2015/11/27/school-nurse-police-officer-save-boy/>
- School nurse saves the life of a teacher <http://www.wcyb.com/news/school-nurse-saves-the-life-of-a-teacher/32429620>
- Nurse acts quickly, saves student's life after allergic reaction http://www.journalreview.com/news/article_9ea496c4-6e25-11e5-a642-bf27397df3d8.html
- School nurse, staff save a life http://lancasteronline.com/news/school-nurse-staff-save-a-life/article_7278a9d8-f94a-5aa6-9362-7a44c1ea9b5f.html
- Mom says school nurse is an 'angel' for quick retrieval of AED to save 10-year-old boy's life <http://www.kyforward.com/mom-says-school-nurse-is-an-angel-for-quick-retrieval-of-aed-to-save-10-year-old-boys-life/>
- School nurse saves man stung 100+ times <http://fox8.com/2015/08/15/school-nurse-saves-man-stung-100-times/>
- Salem school nurse saves janitor's life http://www.suddencardiacarrest.org/aws/SCAA/pt/sd/news_article/71953/_PARENT/layout_details/false

Do a google search for "student dies no school nurse" and see the pages of results. Here are just a few of the more recent ones:

- Another Philadelphia student dies at a public school with no nurse <http://www.msnbc.com/msnbc/another-student-dies-school-no-nurse>
- Nurse shortage puts school kids at risk http://usatoday30.usatoday.com/news/nation/2005-12-13-school-nurses_x.htm
- The value of school nurses: an alarming reminder <https://healthyschoolscampaign.org/uncategorized/the-value-of-school-nurses-an-alarming-reminder-5606/>
- Family points to school nurse shortage in death <http://www.cbsnews.com/news/family-points-to-school-nurse-shortage-in-death/>
- Child Dies Due to Lack of School Nurse <https://www.youtube.com/watch?v=i0mEnFNCNug>
- Parents, nurses fear school nurse cutbacks can be dangerous to children's health <http://www.mcclatchydc.com/news/nation-world/national/article24769489.html>

We will never know how many adults do not have permanent psychological damage from undetected childhood sexual abuse or how many teen suicides were prevented because of school nurses. We can only imagine the number of adults who wouldn't be here to celebrate birthdays if a school nurse had not been there at some point in their childhood. How many kids didn't drop out of school because a relationship with a school nurse gave them what they needed to keep going? How many more graduates were there because school nurses improved attendance rates? How many children, because of a school nurse, obtained the counseling or therapy they needed before it was too late to intervene? We owe a debt to those front line professionals who face enormous political, bureaucratic, financial and regulatory pressures in caring for this country's children. It is a debt that cannot be measured or ever repaid in dollars.

Thank you Carla. Thank you Jeanne. Thank you to my own school nurse at Maple Park Elementary School who treated me for a concussion in 5th grade. Thank you to all school nurses. Thank you for saving lives. Thank you for improving lives. Thank you for being there. Thank you for being school nurses. (<http://www.ediebrous.com/newsletters-February-2016.html>)

Reprint approved by Edie Brous

GETTING STARTED WITH TWITTER



Twitter is a great way to keep updated on health issues and to get involved in the school nurse community. It is useful in networking. It is also a useful tool to allow school nurses to share their thoughts, ideas and experience. It is important that before you start using Twitter in a professional capacity that you read your professional body's social media guidance and your workplace social media policy.

Getting started is as easy as:

Signing up:

- If you're using a desktop or laptop computer, go to www.twitter.com in your web browser.
- If you're using a mobile device, like a smartphone or tablet, download the [Twitter app](#).

Whichever option you choose, you'll want to select Sign up and follow the instructions on the screen.



Choosing who to follow:

After signing up, follow a handful of accounts to create a customized stream of information on your home timeline. Following means you'll get that user's Tweets on your Twitter home timeline. You can **unfollow** anyone at any time.

We Suggest:



Personalize:

It's a good idea to add a profile photo when creating your account. This will make it easier for people to recognize you on Twitter. Also include a brief bio that tells fellow school nurses about you and your work.



Some Basics:

What's a Tweet?

A Tweet is any message posted to Twitter which may contain photos, videos, links and up to 140 characters of text. Once you've signed up, just type your first Tweet in the update box. Twitter will even count the characters for you! Click the Tweet button to post the update to your profile.

How does one Tweet a photo?

Iphone

1. Tap the Tweet icon
2. Tap the camera icon to take a photo, or to choose a photo from your gallery
3. Once a photo is selected, the image will attach to your Tweet if full size. You can select up to 4 photos to tweet at once
4. Tap Tweet to post

Android

1. Tap on What's happening?
2. Tap the camera icon to take a photo, or to choose a photo from your gallery
3. Once a photo is selected, the image will attach to your Tweet if full size. You can select up to 4 photos to tweet at once
4. Tap Tweet to post

Can a Tweet be edited once I've posted it?

No, you can't edit a Tweet once you have posted it, but you can delete it.

@

The @ sign is used to call out usernames in Tweets: "Hello @PASNAP!" People will use your @username to mention you in Tweets, send you a message or link to your profile. If you want a specific person to be notified of the tweet then @ them by adding their twitter name to your tweet.

@username

A username is how you're identified on Twitter, and is always preceded immediately by the @ symbol.

hashtag

A hashtag is any word or phrase immediately preceded by the # symbol. When you click on a hashtag, you'll see other Tweets containing the same keyword or topic. Hashtags are a way to group tweets together, making them easier to find. You can add # to your tweets. You can search or follow hashtags by typing these into the search box

#Schoolnurses

#healthyschoolnurse

#wellness

#PASNAPconference

Tweet pictures and information you see conference weekend #PASNAPConference

Finding Your Passion (Continued from page 5)

Additionally, you can stay in touch with your PASNAP Representative by reading the information she sends to you and sharing insights with her for discussion at our quarterly board meetings. Another option is to become politically involved, by emailing or calling your Pennsylvania representatives.

I found these small things can really increase the satisfaction felt as a school nurse.

I have seen first-hand that school nurses are a powerful force when they join together. I specifically remember a state legislator saying to me during my first year attending “Day on the Hill”,

“We love school nurses, and we listen to them because they show up and get involved.” Having this connection is not only beneficial to our profession but will provide you with a rewarding life experience.

Stay in touch

PASNAP Web

www.pasnap.org

NASN Web

www.nasn.org

PASNAP Twitter

[@PASNAP](https://twitter.com/PASNAP)

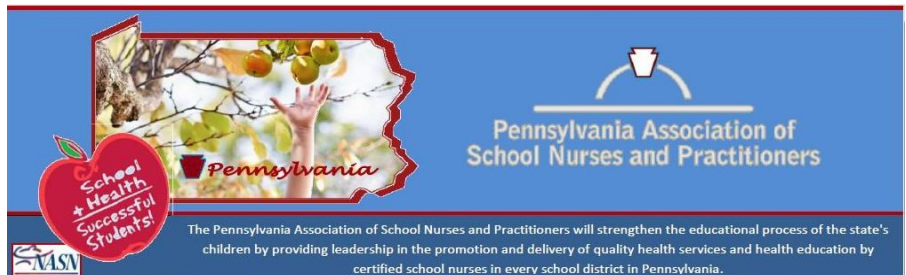
NASN Twitter

[@schoolnurses](https://twitter.com/schoolnurses)

NASN Facebook

PASNAP WEB SITE GETTING NEW LOOK

This spring our web site will get a fresh new look. It was unveiled at our 2016 PASNAP conference. Make sure to check it out!



Tales from the Office

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 maureenjcallas@gmail.com “Attention newsletter “

THANK YOU SHENESSA FOR YOUR WORK AS EDITOR!


 Pennsylvania Association of
 School Nurses and Practitioners

The PASNAP Pulse

PASNAP Pulse Staff

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