Dear Colleagues,

Hello and welcome to the ASNC Winter newsletter. My name is Chlo-Anne Bobrowski and I am the new President of ASNC for the 2017-2019 term. Please let me introduce myself! I have been a licensed Registered Nurse within the state of Connecticut for 31 years. I began my career in 1986 at Hartford Hospital, a Level 1 Trauma Center and tertiary care facility in Hartford, Connecticut. I focused my work experiences providing direct patient care to patients in the Intensive Care Unit environment, primarily Neurosurgery/Neurotrauma but also to patients in Cardiac Intensive Care. Looking for continued professional growth, I joined Midstate Medical center as the Employee Health clinician. My position there provided multiple experiences as I developed, coordinated, implemented, and assessed programs to promote a healthy employee population and assured organizational compliance with OSHA safety laws and the CDC’s Employee Health Recommendations. My interest in community health is evidenced by my graduation from the University of Hartford’s with a Master’s degree in Nursing in Community and Public Health. All of these experiences combined have prepared me for the world of school nursing because school nurses have to be prepared for anything. Like so many of you, I always feel like I have been shot out of a cannon when the new school year starts. Now things are falling into place and the familiarity of the school year is comforting and the pace is somewhat predictable with a few exceptions. Mandatory screenings are being completed and the general business of the day with electronic documentation never seems to end. The day in the life of a school nurse is getting more complicated and complex. According to NASN there are so many reasons every child deserves a school nurse and every school deserves a full time nurse. Here are some interesting national statistics: 18 % of students have chronic health conditions. 10 million students have asthma, 23 % of students have pre-diabetes and diabetes, 32 % of students are overweight or obese, 20 % of students have a mental disorder and 32 % of time is spent by the School Nurse providing mental health services. 19% have food allergies, 10% lack health insurance and 9.7% cannot afford healthcare (NASN 2014).

In the state of CT, statistics closely mirror national statistics with chronic disease including asthma and diabetes, obesity rates and food allergies to name a few. School nurses have received training to administer Narcan in response to the opioid crisis. In addition to our assessments, interventions, evaluations, program
development and implementation of health programs, school nurses are responding to the call by our state to implement the Whole school, Whole community, Whole Child Coordinated Health Program as outlined by the CDC.

Key findings of the CT School-based Asthma Surveillance Report of 2014 show that overall, one out of every seven public school students have asthma and that the asthma prevalence rates have significantly increased over time. A very important key finding is that 7.8% of students with asthma have an Asthma Action Plan (AAP) which is up from 5.1% in 2011. I really enjoy the consistency of prepared plans including the AAP, the Seizure Actions Plans, Diabetic orders for school personnel, and any other standardized form that creates order and documents health information. Has anyone attached the orders to the electronic health management system yet? I attached a letter from a parent the other day. It worked beautifully. Now, if we could only get the different health documentation systems to talk to each other. Thank you members for that very interesting topic for discussion!

As President of ASNC, it is my pleasure to continue to strive to accomplish our vision statement which states “The Association of School Nurses of CT will be recognized as the state leader in the promotion of professional school nurses practice that provides and advocates for safe and optimal student health across all school settings.”

Please visit the ASNC website at www.ctschoolnurses.org for resources on policies, procedures, protocols, guidelines, position statements, information for nutrition and wellness, state agencies and partners and the opportunity to join the ASNC on-line community discussion thread. In addition, ASNC members have the benefits of unified membership with NASN which includes advocacy, membership professional development, resources and events.

The NASN annual conference will be held in Baltimore, Maryland June 30th-July 3rd, 2018. The NASN website has information regarding early bird reservations and hotel accommodations. The New England Regional School Nurses Conference will be held in Plymouth, MA May 4th-6th, 2018. And this year also marks ASNC’s 50th anniversary! The Board is planning a celebration of the anniversary at our Spring Dinner Meeting.

In addition to promoting educational and networking opportunities and professional development for our ASNC members, ASNC works extremely hard as a political advocate and represents school nurses in government legislature that potentially affects practice. You all are aware how limited and competitive our resources are in the

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<td>President:</td>
<td>Chlo-Anne Bobrowski MSN, RN</td>
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<td>Past President:</td>
<td>Suzanne Levasseur MS, APRN, CPNP</td>
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<td>NASN Director:</td>
<td>Cheryl Resha Ed.D., MSN, RN. FNASN</td>
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<td>Membership:</td>
<td>Verna Bernard-Jones MS, RN, NCSN</td>
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<td>Newsletter:</td>
<td>Annette Sauerbrunn MPH, BS, RN</td>
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<td>Karen Owen MS, RN, NCSN</td>
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<td>Program Chair:</td>
<td>Lauren Young BSN, RN</td>
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<td>Government Relations:</td>
<td>Donna Kosiorowski MS, RN, NCSN</td>
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<td>NESNC Liaison:</td>
<td>Karen Owen MS, RN, NCSN</td>
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<td>EMS-C</td>
<td>Trish Vayda</td>
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<td>Member at Large</td>
<td>Mary Anne Porto BSN, RN, NCSN</td>
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In addition to promoting educational and networking opportunities and professional development for our ASNC members, ASNC works extremely hard as a political advocate and represents school nurses in government legislature that potentially affects practice. You all are aware how limited and competitive our resources are in the
state of CT are and how everyone must demonstrate a desired outcome to receive those said resources and funding. You all are the experts on topics that involve student health and the legislators need your input when deciding how to vote. Please identify your state representatives and senators by logging onto https://www.cga.ct.gov/asp/menu/cgafindleg.asp.

There has been tremendous turbulence in our world this year with many natural disasters such as Hurricane Harvey, Hurricane Irma, Hurricane Maria, the wildfires of California, and the earthquake in Mexico. Schools have been hit hard in Texas, Florida, and Puerto Rico. In response to the obvious financial need, ASNC members generously donated at the most recent dinner meeting in October to support the rebuilding of a destroyed community. I wish to thank all of you for your generosity. Your support was incredible.

Thank you for allowing me this opportunity to represent you as school nurses of CT. Please feel free to contact any member of the Executive Board at any time. We welcome your comments and requests as we support your profession as school nurses!

A Refreshed Perspective

By Annette Sauerbrunn MPH, RN

It was a beautiful Saturday morning at the beginning of my summer vacation, a favorite time for many. The school year had just concluded, and I was beginning to tackle some “deep and dirty” garden projects that needed my attention. But fate had a different plan for me that I never saw coming. A slip and fall in a muddy puddle changed my life in a split second, shattering not only my tibial plateau, but also my mobility, independence, and summer plans, to name a few. One minute I was a vacationing Charge Nurse, the next, a very helpless patient enroute to the ER in an ambulance. For the first time in nearly 30 years, I was entering the health care system as a patient - and a very miserable one at that. What followed during a long recovery were some very poignant lessons in humility, patience, and gratitude.

Anyone who has spent some time in a hospital knows that time ceases to exist as we once knew it. The day, evening and nighttime hours all seem to blend into each other, following the hospital schedule which has its own unique cadence unlike anything on the outside. During one particularly difficult night right after surgery, my dear nurse intuitively knew that some extra TLC was needed to distract me from the unrelenting pain that this type of injury can bring. She took the time to sit with me and share some photos of her pets, and then she asked me about my family, my work, and my hobbies. It was a refreshing change to talk about something other than my pain scale, and for a while I was able to refocus on all that I had, rather than what I had lost. And finally I was able to sleep, something I had precious little of during the previous 48 hours. My “angel in comfortable shoes” probably had many other competing priorities that night, yet she gave me the precious gift of her time and attention which made a huge difference to a very frightened patient that night. And so it is with some of our students who need a little extra from us from time to time. You never know how far reaching your compassion can be sometimes.

I have always believed in the old adage that every good nurse should have at least one incision. This happened to be my 4th, but it had been almost 30 years since my last surgery, and I had forgotten just how humbling a hospital stay can be. Anyone who has tried to navigate getting on and off a bedpan knows all too well what I’m talking about here (note to manufacturers: one size does NOT fit all!). Yet, my nurses and care techs never once complained about helping me, even with the unpleasant tasks. Their kind and encouraging words and facial expressions never conveyed any sign of displeasure. During those moments, I reflected on my own skills and wondered if I was always as kind and compassionate with my own students during some of their lowest moments. I’m referring to those who vomited, soiled their clothing, were involved in altercations, emotionally hurting from loss, difficult family situations, etc. Did my facial expressions or body language always convey empathy or genuine concern? I certainly hope so, and that’s something I’m more conscientiously aware of now when dealing with difficult situations.

The first time the Physical Therapists came to get me up, I was convinced that they had the wrong patient. How could I possibly move with a full leg brace and a body that stubbornly refused my command to move even a few inches? But no, there was no mistake, and I needed to get up and learn how to use a walker. A walker?? Wasn’t I just a few days earlier that lady in the garden planting a new crop of vegetables? Fortunately, through the therapists’ patient guidance and encouragement, I was somehow able to take a couple of steps with that bulky walker, complete with tennis balls. “Take baby steps”, they said, “and one day you will be walking on your own again.” And they were right, though I have to admit that there were many moments of self doubt. I looked at all the people walking...
around me, going about their daily lives, and I wanted to
tell them all how lucky they were to have that ability. Even
the simple acts of waking up, getting out of bed and
walking into the bathroom independently is something I will
never, ever take for granted again. I am so grateful to have
regained control of these and other functions that I once
took for granted. I’ve come a long way over the past 6
months, and have had some time to reflect upon my
experiences, and how to apply what I have learned to my
everyday work encounters with my students.

First and foremost, I am eternally grateful for the privilege
of being able to get up and go to work each morning. It is
something that I took for granted until I was no longer able
to do it. I am more aware now of the opportunities to pay it
forward and bring comfort and compassion to those with
whom I am entrusted, mindful that even the simplest acts
of kindness can be very meaningful. Don’t underestimate
the value of sharing even a little bit of your own similar
experiences. Your students will usually appreciate that
connection and may forget, even for a little while, about
their own issues. It may be just enough to get them back
on track and into class!

Having eaten the lion’s share of humble pie while relying
on others for life’s basic needs, I think I have a better
understanding now of the pain and limitation of even minor
bone and joint injuries. Students sometimes experience
such injuries during sports, PE, and other recreational
activities outside of school. Stair climbing can be painful,
even with mild injuries, so if an elevator is available, it can
be used to make things a bit easier to navigate long and
crowded hallways and different levels of the building.
Some PE activities can be equally challenging, and since
everyone heals in their own time, the determination as to
when to return to play should be done on an individual
basis in collaboration with the parent and health care
provider.

There are those moments when being a successful school
nurse requires lots of patience. We’ve all encountered
those students whom I affectionately call my “frequent
fliers”. These are often the ones who need the most from
us when we have the least amount of time to give, and I
think back to that night in the hospital when my nurse put
everything else aside to bring me comfort. I will never
forget her kindness, and what a difference she made. So
moving forward, I will do my best to give a little extra
whenever needed, because in the end, those small acts of
kindness will be appreciated and remembered long after
the school day ends.

ASNC WINTER DINNER MEETING

Please join us for what promises to be a wonderful evening
of networking, good food, and an educational presentation
on:

Preventing & Responding to Intimate Partner
Violence: What School Nurses Need to Know

School nurses can play a critical role in screening for and
responding to Intimate Partner Violence (IPV). Participants
will be given the tools to identify IPV, comfortably talk with
students about IPV, and refer them for domestic violence
services.

Presented by:
Jillian Gilchrest, MSW
Director of Health Professional Outreach
Connecticut Coalition Against Domestic Violence

When:
Thursday, February 1st, 2018

Schedule:
4:30- Registration
5:00- Meeting
6:00- Dinner and Presentation

Where:
Baci Grill, 134 Berlin Road, Cromwell, CT 06416

Fee:
ASNC Members: $45.00
Non-ASNC Members: $55.00

Registration:
Online at ctschoolnurses.org
MEET OUR NEWEST ELECTED BOARD MEMBERS

Chlo-Anne Bobrowski, MSN, RN  
**President**  Chlo began her presidency this past fall and has been very busy overseeing plans for an exciting year ahead. She was our co-chairperson for a very successful NESNC Conference held in Mystic, CT in 2016, and served as President Elect. She is the School Nurse Supervisor for Wethersfield Public Schools.

Kathy Neelon MS, RN  
**President Elect**  Kathy is also a familiar face on the Board, having served as the Program Chairperson for several years. She is the District Nurse Coordinator for Wallingford Public Schools. She will assume the Presidency of ASNC in the fall of 2019.

Lauren Young BSN, RN  
**Program Chair**  Lauren previously was the co-chair for organizing dinner meetings and speakers, working closely with Kathy Neelon. She now assumes her new role independently. Lauren is the school nurse at Parker Farms School in Wallingford.

Joan Campbell MSN, RN  
**Recording Secretary**  Joan is the Director, Nurse Supervisor for the Milford Health Department. She diligently records the discussions at our Board meetings and provides the minutes for your review.

Kathleen Maffuid BSN, RN  
**Treasurer**  Kathleen carefully keeps track of all incoming and outgoing expenses for the Board. She is the school nurse at Corpus Christi School in Wethersfield, and has held NCSN certification since 2012. She also holds a BS degree in Administrative Management.

From left to right: Kathy Neelon, Joan Campbell, Kathleen Maffuid, Chlo-Anne Bobrowski, and Lauren Young
Continuing Educational Events Calendar

ASSOCIATION OF SCHOOL NURSES OF CONNECTICUT
2018

WEBINAR
Medication Administration Regulations (Part 2)
Speaker: Donna Kosiorowski, RN & Pat Krin, APRN
January 30
4pm to 5pm

DINNER MEETING - Baci Grill, Cromwell, CT
Preventing & Responding to Intimate Partner Violence: What School Nurses Need to Know
Speaker: Jillian Gilcrest
February 1
4:30pm

WEBINAR
Concussions
Speakers: Michael Corjulo, APRN
March 15
4pm to 5pm

WEBINAR
Diabetes
Speaker: TBA
April 26
4pm to 5pm

DINNER GALA - Birchwoods, Woodbridge, CT
50th Anniversary Meeting & Recognition Awards
May 9
4:30pm

2018 SUMMER BREAK!!!
June

MEETING
2018 Summer Institute for School Nurses
July 11 & 12

WEBINAR
Vaccine/CIRTS Annual Update
Speakers - Mick Bolduc, DPH Immunization Dept.
August 23
4pm to 5pm

*All dates are subject to change - please confirm

Visit www.ct-schoolnurses.org to listen to past webinars and find online registration to these events.
Save the Date

May 9, 2018

ASNC will soon be celebrating its 50th anniversary of supporting, assisting and enhancing the practice of professional school nurses to promote students' health and academic success. While many things have changed over a half century, our dedication to the implementation of comprehensive school health services has not. Please join us for what promises to be a special evening of recognition and celebration for all. Details to follow, hope to see you all then!
New England School Nurse Conference in Plymouth, MA

May 2018

The next New England School Nurse Conference (NESNC) will be held the first weekend in May 2018 at the Hotel 1620 (https://www.hotel1620.com). Those of you who were there the last time it was held at this hotel will be happy to know they have done a nice renovation to the hotel improving amenities and rooms. Conference rooms are roomy and well lit.

Chlo Bobrowski, ASNC President and I participated in the planning meeting held at the hotel on November 4, 2017. Discussions regarding presenters and keynotes were noted, but we’re still not clear exactly who will be there at this time. Soon this site should have more information http://www.msno.org.

A little history about the NESNC committee:

- This committee was re-established in 1987
- Generally two representatives from each state meet for a site visit and planning in the Fall and at the NESNC; two other elected positions are the Treasurer and the Secretary
- Host state is chair and sets the agenda
- Each state gets the profit split equally from the conference and is able to have a table for free at the conference and retain all profits made. Please consider coming to this important regional conference to enhance your school nursing practice.

Karen A. Owen MSN, RN, NCSN ~NESNC liaison
News Flash from the ASNC Office

School Nurse Recognitions

ASNC invites nominations for its 2018 School Nurse of the Year. School Nurse Administrator of the Year, Peer Recognition, and Advocate of School Nursing Awards.

The nomination form can be located on the ASNC website (www.ctschoolnurses.org) under the “About” tab. The deadline for all award nominations / self nominations is March 15, 2018.

All nomination packets are to be mailed to: ASNC (Attn: Recognitions) 101 Oak Street, Hartford, CT 06106. Or you can email them to: info@graffwood.com (Subject: Recognitions)

The award ceremony will take place during our Spring Dinner and ASNC 50th Anniversary Celebration to be held May 9, 2018.

Please click on the following link to go to the website where the nomination form link is located. http://www.ctschoolnurses.org/aboutus/awards-and-recognition