Greetings to all our loyal membership,

This spring reminds me of that roller coaster at Lake Compounce that I wasn’t sure I really wanted to get on that first time – heights and sideways or upside down speed is not naturally fun for me. We endured a harsh winter and maintained our commitment to strengthen our professional nursing organization to support the work you do every day to make CT schools a safe and healthy place for students. Just like that initial slow rise to the top of that steep incline creates a sense of anticipation and excitement, we prepared for the challenges ahead, especially this legislative session. We had our own legislative agenda that included supporting the School Nurse Advisory Council (SNAC) recommendations and collaborating with the CT AAP to align vision, hearing, and postural screening with national guidelines. And as we flew down, around, back up, holding on, determined to endure the speed and vibration and near-whiplash, we reminded ourselves to breathe, make the best of it – adapt and persevere. And when we thought we had mastered the ride, unexpected legislation hit us like that fast curve you didn’t see coming. We adapted to that too with written and verbal testimony, and passionate conversations in the halls of the Legislative Office Building (LOB), successfully negotiating compromise on the complex issue of epinephrine administration in school.

In the midst of all our grass-roots, nonprofit political advocacy, we celebrated National School Nurse Day in grand fashion with our 3:17 minutes of fame on the Better CT TV show http://www.wfsb.com/story/25452371/celebrating-school-nurse-day, and fabulous dinner meeting and recognition celebration. The convergence of all these events reminded me that we need to be OK with some self-promoting and being able to express the value of having us, as school nurses, every day, in every school, for every student. So next year, when the season starts, I’ll be first on line, determined to overcome whatever twists and turns that ride throws at me. Hope you’ll all buckle up by our side.

Are you trying to reach us by email? Our preferred address is:

asncassociation@gmail.com, which can be found in the top upper right corner of every page of our website. You can also “like” us on Facebook- check us out!
How I Celebrated National School Nurse Day

By: Chlo-Anne Gonsalves MSN RN

How did you celebrate National School Nurse day? The National Association of School Nurses (NASN) website (www.nasn.org.) had many celebration suggestions for National School Nurse day. NASN encouraged school nurses to be proactive by promoting themselves within their school, their district, their state, and their social media community. Self-promotion can feel a little selfish but if school nurses do not promote themselves, who will? My opportunity to promote school nursing presented itself at a fundraiser for the Channel 3 Kids Camp. I attended a small informal dinner at meteorologist Scot Haney’s house. Networking is a pretty important part of these fundraising events, and I have learned that I can’t be shy. I spoke about my job as a school nurse and like most nursing professionals; I came across people who had children in Colleges of Nursing or an immediate family member or close relative who was in the nursing profession. Needless to say, nurses still remain a trusted profession and it feels good to be in a profession that people can personally relate to in a positive way.

The evening was fun and I used the opportunity the following week to thank Scot for his hospitality and asked if members of ASNC could possibly be on the Better CT television show. For those of you who don’t tune in to Channel 3, Better CT is a talk show hosted by Scot Haney and Kara Sundlun. The show has a number of short segments on a variety of current topics showcasing local businesses, health, nutrition, wellness, and everything in between. It’s like a local “Today” show. There are approximately 30 people in the live audience. The show is taped in the morning and airs at 3:00 PM.

To my great excitement, I received an e-mail back from the Better CT associate producer stating that they would like to have ASNC on the show on National School Nurse day. Scot had pushed us up for an opportunity! School Nurse Day finally came. Mike Corjulo (President of ASNC) and I had perfected our presentation as best we could in the “green” room. The ASNC banner was ready. We had a great plan: Mike was going to start the segment and I was going to read a few statistics from the NASN website, we were going to demonstrate an Epinephrine auto injector. It’s our turn....The cameraman wants Mike and I to run the microphone up and under our shirts and place the wireless device in our pockets, everyone seems calm. We are laughing between tapings. Here goes nothing....

All I could think about was how beautiful Kara Sundlun’s smile was. No wonder she was Miss Rhode Island before becoming a news anchorwoman at WFSB. Here I was sitting across from her marveling at her white teeth and her pretty shoes!

Kara introduced us and her first question was directed to me. I had heard to expect the unexpected during the taping of the show and to just go with the questions. The interview proceeded smoothly and quickly. I guess the only thing that Mike and I wish was that we could have had more time. There is so much to make the public aware of the role of the school nurse, the amount of medical management and interventions that nurses must perform in the school. We wanted to highlight the NASN recommendations for school nurse: student ratios. We never got to say how politically active school nurses are. We never had a chance for audience participation. But in the end, we raised public awareness for the school nurses’ presence in the educational system. Since then, I have received a visit from my school district’s Superintendent, Assistant Superintendent, and Human Resources Director congratulating Mike and me on a job well done. That doesn’t happen too often during SBAC testing!

I encourage all of you to demonstrate your professionalism by raising awareness of your profession by writing an article for a newsletter or publication, an op-ed, create a teaching poster, or maybe publish a poem! It is better to be seen then unseen.

Contact ASNC at ASNC O/O CT Nurses’ Association, 377 Research Parkway Suite 2D, Meriden, CT 06450-7160 Phone 203-238-1207 ext. 27

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These calls are always unnerving and can end up being something as simple as a sprained ankle or a minor head injury. This day that was not the case, and sensing the urgency of the call the two nurses immediately ran to the gym with the health assistant quickly grabbing the emergency bag and proceeding after them.

A 911 call was made by the PE teacher which alerted a Westport police officer who happened to be patrolling the school grounds at that time. He proceeded immediately to the scene.

Upon arrival to the gym, Adam was found on the floor unresponsive. An immediate assessment revealed that he was very pale, with a shallow irregular breathing pattern and a weak pulse. Adam’s condition was rapidly deteriorating and within 1 minute he had gone into sudden cardiac arrest (SCA).

As a result of ongoing emergency response training, a team approach was initiated: CPR was started by the health team and the police officer. The school principal ran to retrieve the AED, which was applied and within moments the machine recommended, “shock advised.” Additional staff removed the other remaining students from the gym while other staff waited for the emergency response services to arrive at the front entrance to allow quick access to the gymnasium. Within minutes the health staff and the police officer had utilized the AED to shock Adam’s heart into a regular rhythm. Within several seconds of that shock, Adam resumed spontaneous respiration, his color improved and his vital signs stabilized allowing for immediate transport to the Norwalk Hospital Emergency Room. The assistant vice principal accompanied him to the E.R. Adam’s parents were notified by the principal and were directed to meet Adam at Norwalk Hospital. A quick message was sent to school staff and the parent body alerting them to the emergency event, and assuring them that their children were safe.

Adam arrived at school that day healthy and feeling well. Nothing in his past medical history or family history would have led to a suspicion of this kind of event. By that afternoon, it was confirmed by analysis of the AED that Adam’s heart was in ventricular fibrillation, a rhythm incompatible with life. Adam was transferred to Yale New Haven Pediatric Cardiology Department, and was diagnosed with Hypertrophic Cardiomyopathy. Three days later, an implantable cardioverter defibrillator (ICD) was placed in Adam’s chest and, remarkably, within 3 weeks he was back at school!

Dr. Robert Elder, a pediatric Cardiologist who cared for Adam at Yale New Haven Children’s Hospital, stated that “the effective CPR and immediate use of the AED saved Adam’s life and helped enable a complete neu-
The last 3 bills, HB 5521, HB 5566, and SB 224 generated the most activity from ASNC, CNA and AFT with some collaboration with the AAP.

HB 5521, the epinephrine bill requires that the State Department of Education (SDE) develop regulations for the administration of epinephrine; therefore until those regulations are finalized, the law cannot be implemented. Language in the bill also addresses glucagon administration, the law that passed last year, allowing trained volunteer staff to administer glucagon. The School Nurse Advisory Council will make recommendations for training in early 2015.

HB 5566, Minor Revisions to the Education Statutes bill is being followed as this article is being written. You may know it as the famous, or dare I say, infamous "Chocolate Milk Bill". As legislators sometimes do, multiple issues may be inserted into a Bill whose title has little, if anything to do with all language in its entirety. So goes this bill as it encompasses a variety of areas including our desired changes for vision, hearing and postural screenings. Unfortunately Governor Malloy has the ability to veto the entire bill because of chocolate milk. School nurses have been asked to contact Governor Malloy in the hope that he will see the value of the bill and sign it into law.

"Sec. 8. Subsection (a) of section 10-221q of the general statutes is repealed and the following is substituted in lieu thereof (Effective July 1, 2014):

(a) Except as otherwise provided in subsection (b) of this section, each local and regional board of education and the governing authority for each state charter school, interdistrict magnet school and endowed academy approved pursuant to section 10-34, shall permit at schools under its jurisdiction the sale of only the following beverages to students from any source, including, but not limited to, school stores, vending machines, school cafeterias, and any fund-raising activities on school premises, whether or not school sponsored: (1) [Milk that may be flavored but contain] Low-fat milk that is unflavored or fat-free milk that is flavored or unflavored that contains no artificial sweeteners, nonnutritive sweeteners or sugar alcohols, no added sodium and no more than four grams of sugar per ounce, (2) nutritionally equivalent nondairy [milks] milk substitutes permitted under the school meal requirements of the United States Department of Agriculture, such as soy or rice milk [], which that may be flavored but contain no artificial sweeteners, nonnutritive sweeteners or sugar alcohols, no more than four grams of sugar per ounce, no added sodium, no more than thirty-five per cent of calories from fat per portion and [no more] less than ten per cent of calories from saturated fat per portion, (3) one hundred per cent fruit juice, vegetable juice or combination of such juices, containing no added sugars, sweet-
(3) beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners, or artificial sweeteners, nonnutritive sweeteners or sugar alcohols, no added sodium and meet the nutrition requirements prescribed by the Department of Education, and (5) water, which may be flavored but contain no added sugars, sweeteners, artificial sweeteners, sugar alcohols, added sodium or caffeine. Portion sizes of beverages, other than water as described in subdivision (5) of this subsection, that are offered for sale pursuant to this subsection shall not exceed [twelve] eight fluid ounces for elementary schools and twelve fluid ounces for middle and high schools."

Finally, SB 224, which would have increased the ratio of school nurse to student from “1 per district” as the law is now, to “no less than 1 nurse per 750.” The bill would require new school nurses to attend, and your district to fund your attendance, the “New School Nurse Orientation” offered yearly by SDE in collaboration with ASNC. Sadly that bill never reached a full vote by all legislators, referred to as the “bill died.” There is always next year.

On behalf of ASNC, school nurses in Connecticut are thanked for their legislative efforts this session. Whatever your personal and professional position, your involvement in the political process is applauded.

Connecticut General Assembly
Public Bill Tracking

HB-5113 An Act Concerning School Athletics and Concussions

HB-5521 An Act Concerning the Storage and Administration of Epinephrine at Public Schools

HB-5566 An Act Concerning Minor Revisions to the Education Statutes

SB-224 An Act Concerning Recommendations of the School Nurse Advisory Council

Benefits of ASNC / NASN Unified Membership

ASNC
Periodic electronic communication regarding professional development activities at a reduced cost, legislative updates and other important information

Newsletter three times per year

3 Dinner meetings per year with Continuing Education credits at a reduced rate and opportunity to meet with vendors

Updates in practice

Opportunities for networking

Website with continuous updates on resources including programs, Position Statements, State regulations, and legislative alerts

Ct. School Nurse list serve for electronic discussions and sharing resources

Scholarships and Awards

State advocacy to advance the practice of school nursing and student health and education

Legislative updates on issues related to school health and children

Position of ASNC on legislative bills

NASN

NASN School Nurse (published 6 times a year)

Journal of School Nursing (published 6 times a year)

Weekly Digest (electronic newsletter)

Vision Service Plan Sight for Students Program: eye
exams and corrective lenses

Annual Conference, and more than $300 worth of online Continuing Education credits

Website, (www.NASN.org) with continuous updates on resources including programs, publications, NASN Position Statements, and legislative alerts

SchoolNurseNet electronic communities for discussions and sharing resources

Scholarships, grants and awards

Publications at special member rates to support your excellence in practice

National advocacy to advance the practice of school nursing and student health and education

Compiled by: Mary Anne Porto

To Join:
http://www.nasn.org/Portals/0/membership/CTNASN.pdf

And the Health Care Hero Is…
By: Annette Sauerbrunn RN, MPH

The New Haven Magazine recently published its list of Greater New Haven’s Health Care Heros in the March/April, 2014 edition. Those awarded were a group of professionals from a variety of backgrounds, recognized for their outstanding contributions to improving the lives of others. One of these people is our very own Michael Corjulo, President of ASNC and the Coordinator of School Health Services for the ACES school district. Receiving the award for being Educator of the Year, Michael was recognized for “bringing skilled, compassionate nursing care into public schools.” He earned his BSN from Southern Connecticut State University, and his MSN from the Yale School of Nursing.

As Michael explained in the article, “One of the biggest challenges is...trying to implement safe and effective health care in an educational model,” because “good health is an important prerequisite for academic success.” One such problem he identified in his district was a lack of physicians’ plans for the in-school management of asthma. These plans, known as Asthma Action Plans, help to strengthen the partnership between the school and the primary care provider, and are a useful tool which enables school nurses to appropriately manage a child’s asthma. Michael identified the need to increase the number of Asthma Action plans, and contacted every health care provider in the area. As a result of his efforts, the ACES school district saw an increase in the percentage of physician-directed action plans on file from 3.8 percent at the start, to a 58-60% participation rate overall within the following year.

In addition to his full-time job at ACES, Michael is a primary care pediatric nurse practitioner at the Children’s Medical Group in Hamden, and is the site director for Community Asthma Integrated Resources. He has presented at numerous local and national conferences, and is a clinical educator at Yale New Haven Hospital. Michael has also been a tireless advocate for CT school nurses through his work on legislative issues such as Epinephrine administration in schools, and working to revise school screening requirements to better align with the American Academy of Pediatrics recommendations.

We sincerely congratulate you, Michael, and know that you are very deserving of this prestigious honor. We appreciate your dedication and tireless efforts on behalf of all of Connecticut’s school children.

Spring Dinner Meeting

School nurses across Connecticut celebrated National School Nurse Day in style by attending ASNC’s Spring Dinner Meeting at the lovely Riverview Bistro Restaurant in Stratford, overlooking the Long Island Sound. The first hour was reserved for networking, and of course, lots of delicious hor d’oeuvres. This was followed by the business portion of the meeting, during which time Recognition Awards were presented and retirees were honored. Barbara Lialios, from Norwalk Public Schools, was selected as School Nurse of the Year, and Andrea Dillon, from CREC, is the School Nurse Supervisor of the Year. Congratulations to both on this fine achievement! Peer Recognition Awards were given to the following nurses for their outstanding contributions to their school nursing practice: Roseanne Bucknam (Newington), Carmel Keveaney (Westport), Carol MacDonald (Wallingford), and Mary Ellen Johnson (Regional District 13). After a wonderful dinner, Linda Barile, Ph.D. presented a workshop on stress management. Dr. Barile is currently the Professional Director of the Health Assistance Intervention Education Network (HAVEN). She spoke about the contribution of
personality in helping to understanding stress, and the concepts of positive psychology and current research findings in dealing with stress. CEUs were awarded to all who attended.

What follows are brief summaries of our retirees: Sue Peterson, Suzanne Valade, and Pat Krin.

**Sue Peterson** is a National Board Certified School Nurse, and is retiring after working for 23+ years in the Enfield Public School System. She began working at the high school for her first two years, and then worked in the parochial schools for three years after that. Since 1996, she has been at the Edgar Parkman Elementary School. Sue looks forward to spending time with her grandchildren and working on her knitting, reading, volunteering, and spending more time with her friends.

**Suzanne Valade** is retiring from the Manchester Public School system. She began her school nurse career in 1986, working at the elementary level. In 2001, she became the Coordinator of School Health Services, and notes that she has truly appreciated all the support her administration has given over the years, as well as the guidance provided by the ASNC, NASN, and the CT State Department of Education Health Consultants.

**Pat Krin** began her nursing career in 1967 after graduating from St. Mary’s Hospital School of Nursing. She has continued her education, finally earning a MSN from the University of St. Joseph, and a MS in Clinical Psychopharmacology from The Massachusetts School of Professional Psychology. She has worked as a school nurse since 1982 in Thomaston, as a public health and school nurse for the Bristol Burlington Health Department, and in Newington. She retired on Dec. 31, 2013 as the 504 Coordinator for the district, and also as the Senior Nurse Administrator.

Since 1990, Pat has held numerous ASNC Board positions, and on the national level, has served on NASN’s Continuing Education Provider Unit Committee, Newsletter Advisory Board, Chair of the Nominating Committee, Liaison to the Food Allergy and Anaphylaxis Network, Listserv Monitor, and the Executive Committee. Even in retirement, she continues her services as a School Nurse Consultant, ASNC Technology Chair, member of the NASN School Nurse Editorial Advisory Board, and ASNC liaison to NBCSN. She also continues to serve on the Planning Committee for the AAP-CT Chapter for the Critical Issues in School Health annual conference.

We would like to extend our sincerest congratulations to our School Nurse of the Year, our School Nurse Supervi-

Submitted by:
Annette Sauerbrunn RN, MPH
Newsletter Editor