Greetings to all our loyal membership,

I hope everyone has had a reasonable and productive start to their school year – sometimes that is the best we can hope for. I know that there are times we think we’re finally caught up and we get thrown off by public health issues like new (to many of us) infectious diseases; school district issues like staffing, budgets, and coverage; complex student health challenges; and our own personal and family health, loss, and tragedy. Yet through it all, I am constantly amazed and humbled by the perseverance, commitment, and fortitude of the nurses who dedicate themselves to the health and safety of their students, schools, and their profession. I’m reminded every day that many of us are in a position to support each other personally and professionally, often all at the same time.

As I dive into my 2nd and final year as ASNC President, here are a few of the goals that I think will help support your professional school nurse practice:

- Continue to support the development and implementation of tools and resources that make your jobs more efficient, and hopefully more fulfilling. We have projects with the SDE and the CT AAP that address the new epinephrine and concussion laws, and we’ll continue to provide educational opportunities that focus on standardizing best-practice and communication between school nurses and health care providers.

- Renew our commitment to two vital legislative issues:
  - Although the revised vision, hearing, and postural screening legislation got vetoed because of the chocolate milk controversy, the Governor’s office has personally assured me that he will support its passage this next session.
  - We will design a new campaign to support the School Nurse Advisory Council’s recommendation for addressing the 30 year old legislation that requires each district in CT to have only 1 school nurse. We will help our legislator colleagues overcome their concerns about the fiscal implications of having a basic level of school nursing in each district. Here is the start of that campaign – you’ll be seeing a lot more of this:

The number of School Nurses any district in CT is required to have. We can’t afford not to have healthier and safer students. Let’s make 2015 the year that we fix this.
Are you getting our communications?
If you are a member of ASNC/NASN and have not been receiving emails from us, please check your email address in your NASN profile. We have sent out a few communications recently and some (18) of those emails have bounced. Most of them are school email addresses. You might want to check with your school IT people to determine if they have gmail.com addresses blocked from your system.

There are many free email services available (outlook.com, gmail.com, yahoo.com and others) that you can subscribe to and get these communications at home.

If you change your email address, you will need to change it in your NASN profile in order for it to be changed with us. That will also assure that you get all the NASN information. To make changes to your NASN profile log into NASN with your member number and password, click on School Nurse Net, click on profile and then edit profile. Your primary email address is about half way down the first page of your profile.

If you have a problem with this, please contact us at asncassociation@gmail.com and we will add a different email for you in our records.

Why can't we provide refunds for meetings?
We sometimes get requests for refunds for dinner meetings when an attendee cannot attend for some reason or another. When we plan a meeting requiring a venue and food we base our costs on a number of things: the cost of the venue, the cost of the speaker and the cost of the food including service charge and taxes. We base our entrance fee on all of those expenses. The venue or caterer requires that we give them the guaranteed number of attendees a certain number of days prior to the event and we are required to pay them based on that guaranteed number plus any additions. In other words, if we tell them we will have 95 people and only 90 attend we still have to pay for 95 people.

In order to keep the cost of our meetings down, we try to keep our cost to attendees close to our actual costs so there is little wiggle room between what we charge and what we pay. Our suggestion if you are unable to attend is to try to find someone to replace you at the meeting. If you find a replacement to attend in your place we would be able to refund your money once they have paid.

Seeking Our Award Winning Nurses...
In an attempt to update our listings of awards on our website, please send us your information on any nursing or community awards that you may have received, and the year you received them. We need to update our archives, support one another, and recognize our accomplishments! Feel free to include any additional information that you’d like to share with us.

Kindly send your information via e-mail, to map_rn@yahoo.com.

Mary Anne Porto, RN, BS, NCSN
Member at Large
CONGRATULATIONS!

Congratulations to Cheryl-Ann Resha, EdD, MSN, BSN and Fellow of the National Academy of School Nurses (NASN), on her recent appointment as the new co-editor for School Health Alert, which is a monthly publication of “authoritative medical and scientific research, commentary, and advice about health services, health education, and safe school environments” (School Health Alert, 2014). Dr. Resha adds the position of editor to a long list of titles as a dedicated school health professional. She began her work in acute and primary pediatric care, and then became a school nurse supervisor. After that she served as a school nurse consultant for the CT Department of Education, and currently works as a full-time Associate Professor of Nursing at Southern Connecticut State University. We are very fortunate that she is also a Board member of ASNC, as our NASN Director. We wish Dr. Resha continued success as she continues to support school nursing education not only in CT, but now also throughout the country via this national publication.

WELCOME ON BOARD!

We would like to extend a warm welcome to Susan Nadeau RN, BSN,MSN,NCSN, who has recently joined the Board of ASNC as the Education Chair. Susan, who works as a school nurse at Wapping Elementary School in South Windsor, is also the school nurse coordinator for the district. She will be joining co-education chair Karen Owen to help support professional development programs for school nurses throughout CT.

The 46th NASN Annual Conference

Joan Cagginello, NASN Director

The NASN Annual Conference was held in San Antonio, Texas at the end of June. There were 17 enthusiastic school nurses from CT who joined school nurse colleagues from across the country and around the world to attend the 4 day professional conference. The theme of the conference was Come for the Education, Stay for the Motivation and Leave with the Inspiration. For school nurses in attendance, it was easy to meet the suggestions of the conference theme!
There were a variety of speakers and a good complement of general sessions and breakout sessions. One of the new ideas the conference planners implemented was to have a general session with a companion breakout; attendees seemed to enjoy the new format. General Sessions ranged from Incorporating Bullying Prevention into Coordinated School Health, Creating Wellness Programs to Support Student Success to the Art of Presentation by master presenter John Kriger. One of the most discussed sessions was presented by long time NASN presenter Beverly Bradley, PhD, MSN, RN, FNASN entitled Health and Academic Achievement; Not Just Related but Inseparable.

Our Connecticut presenters did a fabulous job - Cheryl Resha, Sue Levasseur and Stephanie Knutson presented a breakout session on Enhancing School Nurse Practice Through Evaluation. Mike Corjulo, ASNC President, presented a breakout session on The Difference a Form Can Make: Asthma, Allergies & Diabetes and Mary Ann Wasil, Executive Director of the Get in Touch Foundation and ASNC/NASN member, presented on the Get in Touch Girls Program. Connecticut can certainly be proud of the nursing leadership demonstrated at the NASN Conference.

When not attending the learning sessions, participants were able to visit a large contingent of vendors offering information on everything from headlice and electronic medical records to all natural products and allergy awareness products.

The Endowment event was great fun at the Knibbe Ranch, a real working Texas ranch. It was a great time to kick back and enjoy friends and colleagues. We enjoyed a delicious bar-b-que, a hayride and history of the ranch, and the greatest part of the evening, a live country band and line dancing. CT Night Out was held at Maria Mia’s Mexican Restaurant on the Riverwalk. Happily many CT attendees joined us for the night out and a good time was had by all.

The next Annual Conference will be held in Philadelphia, PA June 24-27, 2015. We’re hopeful that many CT school nurses will join us for the NASN Conference as it is within driving distance or a short train ride from CT. Start making your plans to attend the conference now - you’ll have a great time!!
The Connecticut State Department of Education (SDE) supports the position that all individuals providing services for students should be highly qualified professionals, including school nurses. It is expected that school nurses, just as teachers, demonstrate competencies in order to provide CT students with quality health services from the most highly qualified professional school nurses. It has developed this comprehensive guidance document which describes the rationale for using these new school nurse evaluation tools. It is divided into three main sections: Competencies, Supervision, and Evaluation.

**Competencies** are designed to identify the skills and knowledge needed to ensure safe quality health care, and are based on the National Association of School Nurses’ (NASN) 17 Standards for Nursing Practice. School nurses rate their own performance based on one of four levels of competency: Exemplary (substantially exceeding indicators of performance), Proficient (meeting indicators of performance), Developing (meeting some indicators of performance, and at times requiring the support of others), and Below Standard (not meeting indicators of performance). The standards of performance are as follows:

**STANDARD 1- ASSESSMENT:** The school nurse collects comprehensive data pertinent to the healthcare consumer’s health/or the situation.

**STANDARD 2- DIAGNOSIS:** The school nurse analyzes the assessment data to determine the nursing diagnoses or issues.

**STANDARD 3- OUTCOMES IDENTIFICATION:** The school nurse identifies expected outcomes for a plan individualized to the healthcare consumer or the situation.

**STANDARD 4- PLANNING:** The school nurse develops a plan that prescribes strategies and alternatives to attain expected outcomes.

**STANDARD 5 - INTERVENTION:** The school nurse implements the interventions identified in the plan.
STANDARD 5A - COORDINATION OF CARE: The school nurse coordinates care delivery.

STANDARD 5B - HEALTH TEACHING AND HEALTH PROMOTION: The school nurse uses strategies to promote a healthy and a safe environment, especially regarding health education.

STANDARD 5C - CONSULTATION: The school nurse provides consultation to influence the identified plan, enhance the abilities of others, and effect change.

STANDARD 6 - EVALUATION: The school nurse evaluates progress toward attainment of outcomes.

STANDARD 7 - ETHICS: The school nurse practices ethically.

STANDARD 8 - EDUCATION: The school nurse attains knowledge and competency that reflect current nursing practice.

STANDARD 9 - EVIDENCED-BASED PRACTICE AND RESEARCH: The school nurse integrates evidence and research findings into practice.

STANDARD 10 - QUALITY OF PRACTICE: The school nurse contributes to quality nursing practice.

STANDARD 11 - COMMUNICATION: The school nurse communicates effectively in a variety of formats in all areas of nursing practice.

STANDARD 12 - LEADERSHIP: The school nurse provides leadership in the professional practice setting and the profession.

STANDARD 13 - COLLABORATION: The school nurse collaborates with the healthcare consumer, family, and others in the conduct of nursing practice.

STANDARD 14 - PROFESSIONAL PRACTICE EVALUATION: The school nurse evaluates one’s own nursing practice in relation to professional practice standards and guidelines, relevant statutes, rules and regulations.

STANDARD 15 - RESOURCE UTILIZATION: The school nurse utilizes appropriate resources to plan and provide nursing services that are safe, effective and financially responsible.

STANDARD 16 - ENVIRONMENTAL HEALTH: The school nurse practices in an environmentally safe and healthy manner.

STANDARD 17 - PROGRAM MANAGEMENT: The school nurse manages school health services.

Supervision adequate clinical supervision and professional resources should be provided to meet the needs of school nursing staff. Clinical supervision requires specialized professional knowledge skills and related credential for the practice of school nursing and must be done by a RN or APRN. Administrative supervision includes activities and qualities such as adherence to school policy, State and Federal regulations, organization, oral and written communication skills, collaboration, and the day-to-day nonclinical duties performed by the school nurse.

Evaluation The performance evaluation is completed after the school nurse and school nurse supervisor have reviewed and identified the level of performance based on the competences for each standard. Refer to the School Nurse Competencies Self-Evaluation Tool, found in the CT SDE Website. The final evaluation score is based on a combination of the final competence score and accomplishment of professional and district wide goals (see School Nurse Evaluation Summary Tool, also found on SDE’S Website:

www.ct.gov/sde/schoolnurse

Need Professional Development for Your District?

The mission of the Cadre of Nurse Trainers is to provide current information through interactive, research-based workshops that promote best practices within the context of School Health and to increase skill and raise awareness about health and mental health services in schools. The goal of this program is to offer professional development designed to increase skills and raise awareness about health and mental health services in schools. The Connecticut State Department of Education’s Cadre of Nurse Educators (Cadre) is a select group of school nurse leaders from local school districts, regional educational service centers (RESC), local health departments, universities, nursing organizations and state agencies.

Topics can include but are not limited to:

- Documentation
- Delegation
- Food Allergies and Epinephrine Management
- Diabetes and Glucagon Training
- Asthma
- Concussion and RTL
- Autism
- Confidentiality Principles
School Nurse Competencies and Evaluations
Medication Administration
Self-Injurious Behaviors

Presentations can be tailored to meet the specific learning needs of a district.

Technical assistance can also be provided to districts on new CT. Legislation such as glucagon and epinephrine training for school staff.

The cost for presentations is $75/hr.

If you are interested in a presentation for your district, please contact Cadre Facilitator Sue Levasseur at slevasseur@westport.k12.ct.us

ASNC Fall Dinner Meeting

October 29, 2014

Attendees enjoyed a delicious dinner meeting with a variety of vendors and plenty of good company! Allison Gamber, Associate Director of the Epilepsy Foundation of CT, presented a comprehensive program on managing students with seizures. According to the Epilepsy Foundation, approximately 2.2 million Americans have Epilepsy, and over 150,000 new cases are diagnosed in this country alone each year. In more than half of these cases, the cause is unknown. The focus of this workshop was to help school nurses learn about the best ways to effectively manage this disease in the school setting. The following are some key points, compiled from information provided by the Epilepsy Foundation of America, Inc.:

- Most seizures are not medical emergencies.
- Effective management includes recognizing the signs, observing what occurs, documenting pertinent information, and communicating this information to parent and/or health care provider.
- When someone is having a convulsive-type of seizure, he or she should be protected from injury by being turned onto their side, and any nearby objects that may present a danger should be removed. Some type of cushioning should also be placed under the head.
- Do not restrain or place anything in the mouth.

The Pulse of ASNC

- The tongue cannot be swallowed during a seizure.
- Note the time the seizure begins, and ends.
- Seizures can have many different forms besides the generalized tonic-clonic (convulsive) type.
- After a seizure, course work may have to be re-taught. Medications can affect learning.
- Epilepsy can affect learning and behavior. Short-term memory problems can occur. Even seizure activity without obvious physical symptoms can still affect learning.

A Seizure Action Plan can be a useful tool for school staff. It includes information such as the type of seizure the student has, basic first aid and how to handle a seizure, when to call 911, any special considerations, etc. For more information, including: helpful fact sheets, what teachers need to know, instructions for the administration of Diastat, classifications (types) of seizures, treatments and more, visit http://www.ctschoolnurses.org/clinical-resources/#epilepsy or contact Allison Gamber at (800) 899-3745 or email Allison@epilepsycnt.com. Mrs. Gamber is also available to come and speak to your school staff.

Submitted by:
Annette Sauerbrunn MPH, RN

Allison Gamber - Associate Director of the Epilepsy Foundation of CT