Dear Colleagues,

Welcome back to the 2019-2020 school year. I am hoping that things have calmed down some from the hectic beginnings of this school year. My name is Kathleen Neelon and I am honored to be your new President of ASNC for the next two years. Let me tell you a bit about myself. I have been a licensed registered nurse for 38 years. I have a Bachelor of Science degree in Biology from Albertus Magnus College, a Bachelor of Science degree in Nursing from Columbia University, and a Master’s Degree in Healthcare Administration from the University of New Haven. I began my nursing career working in acute care hospitals on medical and surgical units in New York City, Minnesota, and New Haven, CT working primarily with oncology patients. I worked for 18 years in home health care starting as a home care nurse, and then as an administrator of a home health care agency. More recently I have worked per diem for almost 15 years in an Assisted Living facility, and at the same time worked full-time as the school nurse coordinator for the Wallingford School District.

My primary focus as a nurse manager has always been, and will continue to be, an advocate for my nurses, and now as president of ASNC I will continue to do that for school nurses throughout the state. ASNC and the rest of the Board work to advocate for school nurses all the time, but what we really need is for others to join ASNC and get involved. The ASNC Board is always looking for volunteers for positions on the Board, and we have so many talented and knowledgeable school nurses and school nurse supervisors in Connecticut that could be so helpful to the Board. The only requirement is that you try to attend most of the monthly meetings during the school year. We could use nurses to work on committees and to assist current chairs of those committees. This is a good way to ease yourself onto the Board and see if it is something...
that you enjoy. It is a great way to have your voice heard and work with a team of nurses that are trying to advocate for school nurses. Feel free to reach out to me if you have any interest in getting involved. We want all voices heard so please consider joining the ASNC Board.

As a group we can't complain about our position and role if we don't work as a team to be a unified voice for school nurses. ASNC is working to increase its membership so if you know a nurse that is interested in getting involved, encourage him/her to join the organization that offers many opportunities for education, representation, and advocacy. Please see page 3 of this newsletter or visit the ASNC website www.ctschoolnurses.org for resources and information about what ASNC can offer you. If you join ASNC you are automatically a member of the National Association of School Nurses (NASN). As a member of NASN you will receive all sorts of information and educational opportunities regarding school nursing.

In addition to ASNC advocating for school nurses, here are some ideas how you can advocate for yourself and your students:

- Engage with your principal to gain his/her support. Let them know the problem or issues you are seeing in the health office. No one can improve any issue if you don’t know what the issue is.
- If you can’t formally meet with your administrator, collect and share health office data on a monthly basis. Data talks. Always have evidence and data to support your suggestions so that you will look prepared, and like you have a greater understanding of any issue.
- Be a problem solver. Be viewed by your colleagues as a person who solves problems, rather than causes them.
- Be practical. Provide the team with suggestions and solutions that are realistic

**ASNC Contacts:**

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Kathy Neelon MS, RN</td>
<td><a href="mailto:kneelon@wallingfordschools.org">kneelon@wallingfordschools.org</a></td>
</tr>
<tr>
<td>Past President</td>
<td>Chlo-Anne Bobrowski MSN, RN</td>
<td><a href="mailto:cbobrowski@wethersfield.me">cbobrowski@wethersfield.me</a></td>
</tr>
<tr>
<td>President Elect</td>
<td>Jennifer Allis Vazquez DNP, RN</td>
<td><a href="mailto:jvazquez@newhavenct.gov">jvazquez@newhavenct.gov</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Kathleen Maffuid BSN, RN, NCSN</td>
<td><a href="mailto:kmaffuid@wethersfield.me">kmaffuid@wethersfield.me</a></td>
</tr>
<tr>
<td>Technology Chair</td>
<td>Alicia Casucci APRN, CPNP, NCSN</td>
<td><a href="mailto:acasucci@darienps.org">acasucci@darienps.org</a></td>
</tr>
<tr>
<td>Recording Secretary</td>
<td>Joan Campbell MSN, RN</td>
<td><a href="mailto:jcampbell@ci.milford.ct.us">jcampbell@ci.milford.ct.us</a></td>
</tr>
<tr>
<td>Corresponding Secretary</td>
<td>Currently Vacant</td>
<td></td>
</tr>
<tr>
<td>NASN Director</td>
<td>Suzanne Levasseur MS, APRN, CPNP</td>
<td><a href="mailto:slevasseur@westport.k12.ct.us">slevasseur@westport.k12.ct.us</a></td>
</tr>
<tr>
<td>Membership</td>
<td>Verna Bernard-Jones MS, RN, NCSN</td>
<td><a href="mailto:vberard@hartfordschools.org">vberard@hartfordschools.org</a></td>
</tr>
<tr>
<td>Newsletter</td>
<td>Annette Sauerbrunn MPH, RN</td>
<td><a href="mailto:sauerbrunn.annette@northhavenschools.org">sauerbrunn.annette@northhavenschools.org</a></td>
</tr>
<tr>
<td>Education Chair</td>
<td>Karen Owen MSN, RN, NCSN</td>
<td><a href="mailto:owenk@madison.k12.ct.us">owenk@madison.k12.ct.us</a></td>
</tr>
<tr>
<td>Program Chair</td>
<td>Lauren Young BSN, RN</td>
<td><a href="mailto:Lyoung@wallingfordschools.org">Lyoung@wallingfordschools.org</a></td>
</tr>
<tr>
<td>Government Relations</td>
<td>Donna Kosiorowski MS, RN, NCSN</td>
<td><a href="mailto:donnak.ncsn@gmail.com">donnak.ncsn@gmail.com</a></td>
</tr>
<tr>
<td>NESNC Liaison (NE SN Conf.)</td>
<td>Karen Owen MSN, RN, NCSN</td>
<td>Lori <a href="mailto:flamerty@westhartfordct.gov">flamerty@westhartfordct.gov</a></td>
</tr>
<tr>
<td>NBCSN Liaison (SN Cert.)</td>
<td>Donna Kosiorowski MS, RN, NCSN</td>
<td><a href="mailto:donnak.ncsn@gmail.com">donnak.ncsn@gmail.com</a></td>
</tr>
<tr>
<td>EMS-C</td>
<td>Trish Vayda BSN, RN, NCSN-E</td>
<td><a href="http://www.ctschoolnurses.org">www.ctschoolnurses.org</a></td>
</tr>
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and workable. Consider yours and others’ time and energy constraints.
- Be part of a team. Most times others don’t understand what the school nurse can bring to the team, since they are not medical people, so get yourself included in the difficult cases, because there is usually some medical component to an issue.
- Remain positive and breathe.

So let’s band together and work as a unified group to have our voices heard. I look forward to working with all of you to make this happen and thank you in advance for your help and hard work.

**BENEFITS OF ASNC MEMBERSHIP**

**Unified Membership Structure**

The Association of School Nurses of Connecticut (ASNC) has agreed that members of the organization must belong to both ASNC and the National Association of School Nurses, Inc. (NASN). Membership dues are collected and managed at NASN national headquarters.

All of the membership benefits offered to members by NASN are extended to ASNC members.

**ASNC Member Content and Resources**

- **Advocacy** State-level advocacy to advance the practice of school nursing and student health and education.
- **Awards and Recognition**
- **Dinner Meetings** 3 Meetings per year with continuing education credits at a reduced rate and opportunity to meet with vendors.
- **Discussion List** This resource is for ASNC to share knowledge and resources.
- **e-Communications** ASNC uses the discussion list to share upcoming professional development activities, updates in practice, and other important information.
- **Legislative Updates** ASNC will share information on issues related to school health and children, and provide language regarding ASNC’s position on legislative bills.
- **Networking Opportunities:** In-person opportunities at professional development events and online opportunities in the discussion list or online community.
- **Newsletters** Current and archived editions; published three times per year.
- **Professional Development** ASNC members receive reduced rates on ASNC professional development including continuing education events and activities.
- **Website:** Content is continuously updated and includes resources such as upcoming programs, position statements, state regulations, and legislative alerts.

**NASN Member Content and Resources**

- **All Member Forum on SchoolNurseNet**
- **Annual Conference** reduced registration rates for members
- **Awards and Scholarships**
- **Books and tools in the Bookstore** offered with special member rates
- **NASN School Nurse** published 6 times a year
- **NASN Weekly Digest** e-newsletter
- **National Advocacy**
- **Online Continuing Education credits** offered for free or reduced rates to members
- **Research Grants**
• **Sight for Students®,** a VSP Global® Eyes of Hope® gift certificate program members can extend to students who qualify

• **The Journal of School Nursing** published 6 times a year

• Website containing latest news from NASN, educational initiatives, advocacy skill building tools, research resources and tools, position statements, and more.

More Member Links on NASN.org

• Benefits and FAQ
• Current Members
• Get Connected

**FALL DINNER MEETING**

By Annette Sauerbrunn

*Diabetes Technology in the School Setting*

**October 30, 2019**

Did you know that ASNC sponsors three dinner meetings a year, which are open to all school nurses and related personnel? Locations are varied throughout the state, and usually end between 7:30-8:00 pm. The food is always good, and the opportunity to network with other school nurses from all over CT can be so valuable during these meetings. We have speakers who present the latest information on a wide variety of current topics of interest to your daily practice. On October 30, it was held at Season’s Restaurant in East Haven. The presentation was all about Diabetes Technology in the School Setting, by Kerry Stephenson MSN, APRN, CDE from the Yale Children’s Diabetes Program. The unique challenges that youth with diabetes face was reviewed, along with discussion about recent advancements in technology including insulin pumps, sensors, and closed loop insulin delivery systems. New Glucagon preparations for severe hypoglycemia that are currently under regulatory review were also discussed, including nasal Glucagon (Baqsimi) and a new form as a stable, liquid preparation (GVOKE hypo-pen). Following the presentation, there was ample opportunity for questions. There were also several vendors, including representatives from School Health, Delta T Staffing, Eli-Lilly (with new Glucagon product), Lice Clinics of America, Zoll defibrillators, and BJ’s memberships. Our next meeting will be held sometime around late January/early February. Watch your email for the announcement as it gets closer to that time. Hope to see you all there!

**MEET YOUR PRESIDENT- ELECT**

By Kathy Neelon

Jennifer Allis Vazquez, DNP, RN, is our candidate for the position of President-Elect. She has 15 years as a nurse leader, with experience working in a Level 1 trauma center emergency department, and also inpatient cardiothoracic surgery, infection control, and organ donation prior to joining the New Haven Health Department as the Director of Public Health Nursing. She works closely with approximately 50 nurses serving the children of New Haven within the school setting where thanks to her leadership, more efficient workflows have been established. Jennifer also has held several leadership positions outside of her daily work, including President and Secretary of Iota Upsilon Chapter of Sigma Theta Tau International; Regional Coordinator for the New England and Nova Scotia Sigma Theta Tau International (an Honor Society supporting learning, knowledge and professional development of nurses);
Secretary on the Board of ImmaCare Inc. (a shelter serving homeless men of Hartford), and Secretary of the Board for the Survivors of Homicide of CT. Jennifer’s experience lends itself to a true passion for Board service. If elected, she looks forward to working with, and learning from, the members and Board of ASNC.

RESOURCES FOR SCHOOL NURSES

Did you know that there are a wealth of resources on the Connecticut State Department of Education’s website? This can be a valuable resource to nurses and other school staff. It includes frequently used forms as well as guidelines, management plans, recommendations, and training programs. The School Nursing Web site is located at:

https://portal.ct.gov/SDE/School-Nursing/School-Nursing/Documents

During this past summer, CSDE Diabetes Management Plan and School Treatment Authorization, along with the Diabetes Guidance Document, was updated in June 2019. Parents and guardians can now be consulted, with the Provider’s consent, regarding insulin dosage adjustments that may be needed during the school day. This does not replace the school nurse’s professional judgement, rather, it allows him or her to collaborate with the parent regarding the adjustment dose that will be administered, consistent with prescribed medical orders. These document can be accessed in the first two bulleted items below under “Diabetes:”:

Other Documents/Forms and Publications include:

Publications

• Addressing the Needs of the Whole Child: Social, Emotional, Behavioral, and Physical Health, as well as Academic Achievement in Connecticut’s SRBI Process (Topical Brief 3)

• Antiepileptic Medication Administration Training Program
  ▪ Diastat Child Administration and Q & A Sheet
  ▪ Diastat Inspection Instructions
  ▪ Sample Seizure Action Plan
  ▪ Anti-epileptic Medication Administration Training Program for Connecticut’s Unlicensed School Personnel
  ▪ Anti-epileptic Medication Administration Training Program for Connecticut’s Unlicensed School Personnel: Trainer Notes

• Bed Bug Guide for Connecticut Schools (Connecticut Coalition Against Bed Bugs)

• Clinical Procedure Guidelines for Connecticut School Nurses (CSDE)

• Concussion Education Plan and Guidelines for Connecticut Schools (CSDE)

• Connecticut School Health Survey (DPH)

• Diabetes
  ▪ CSDE Diabetes Form June 2019
  ▪ CSDE DPH Diabetes Guidance June 2019
  ▪ Guidelines for Blood Glucose Self-Monitoring in School (CSDE)
Learning and Diabetes: A Resource Guide for Connecticut Schools and Families (CSDE)

Education Guidelines for the Prevention and Management of Lead Poisoning in Children (CSDE)

Emergency First Aid for Students Who Experience Allergic Reactions

- Annual Epinephrine Administration Training Program for Connecticut’s Unlicensed School Personnel
- Annual Epinephrine Administration Training Program for Connecticut’s Unlicensed School Personnel: Trainer Notes
- Annual Epinephrine Administration Training Program for Connecticut’s Unlicensed School Personnel: Trainer Guide (PDF)

Field Trips: Guidance for School Nurses (CSDE)

Guidelines for a Coordinated Approach to School Health (CSDE)

Guidelines for Cumulative Health Records

Guidelines for Excused and Unexcused Absences and Best Practices for Absence Prevention and Intervention

Guidelines for Health Screenings: Vision, Hearing and Scoliosis

Guidelines for Managing Life-Threatening Food Allergies in Connecticut Schools (Includes Guidelines for Managing Glycogen Storage Disease) (CSDE)

Guidelines for the Sexual Health Education Component of Comprehensive Health Education (CSDE)

Healthy and Balanced Living Curriculum Framework (CSDE)

Linking Lead and Education Data in Connecticut

- The Impact of Early Childhood Lead Exposure on Educational Test Performance among Connecticut Schoolchildren: Phase I Report
- The Impact of Early Childhood Lead Exposure on Educational Test Performance among Connecticut Schoolchildren: Phase II Report

Meningococcal Vaccine Information

Naloxone Training Program

School Nurse Competencies

- Competency in School Nurse Practice (Second Edition)
- School Nurse Competencies Self-Evaluation Tool
- School Nurse Competencies Evaluation Summary

Suggested Recommendations for School Medical Advisors

Supports for Students Displaced by Disasters

The Nurse’s Office: Cleaning the Safe and Healthy Way
Forms

- **Tuberculosis Risk Assessment and User Guide**
- **Asthma Action Plan (Samples)**
  - Asthma Action Plan & School Medication Authorization
  - Asthma Medication Authorization and Asthma Action Plan
- **CSDE Diabetes Form June 2019**
- **Health Assessment Form 2018 (PDF)** Please print on blue paper
- **Health Assessment Form 2018 (Word)** Please print on blue paper
  - Part 3: Oral Health Screening (PDF)
  - Part 3: Oral Health Screening (Word)
- **Early Childhood Health Assessment Form** Please print on yellow paper
- **HUSKY School Form (English)**
- **HUSKY School Form (Spanish)**
- **Immunization Requirements**
- **Individualized Health Care Plan (PDF)**
- **Individualized Health Care Plan (Word)**
- **Medical Exemption Certification Statement** (DPH)
- **Religious Exemption Statement** (DPH)
- **Sample HIPPA Form (PDF)**
- **Sample HIPPA Form (Word)**
- **Sample Medication Authorization Form**: Authorization for the Administration of Medication by School, Child Care, and Youth Camp Personnel

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**NASN Annual Conference Summary**

by Suzanne Levasseur

The 2019 51st NASN annual conference had good representation from Connecticut! The conference was held at the Gaylord Rockies in Denver, Colorado. The theme was "Climbing Toward Our Peak". In addition to many oral presentations that represented key principles of the Framework for 21st Century School Nursing Practice (Community/Public Health, Care Coordination, Standards of Practice, Leadership and Quality Improvement), there were many outstanding poster presentations which demonstrated School Nurses’ commitment to evidence-based practice through research. Connecticut nurses enjoyed a great dinner at "Connecticut Night Out” as well as relaxing by an outside fire pit at the end of each evening. Save the date for next year’s conference in Las Vegas, Nevada from June 30th to July 3rd.

Kathleen Maffuid, Stephanie Daly, Sue Levasseur, Kathleen Neelon, Maria Martinez, Nancy Miller, and Verna Bernard-Jones enjoying the NASN Conference.
STOP THE BLEED WORKSHOP
By Chlo-Anne Bobrowski

Someone who’s sustained an arterial wound can bleed to death in as few as five minutes—meaning their only hope for survival may be the intervention of someone who can “Stop the Bleed”. On August 26th, 2019, Wethersfield School District’s School Nurses learned and received training certificates on how to prevent fatal blood loss in the event of an emergency or disaster during “Stop the Bleed” training. Jason Race of South Windsor led the class. He reminded the nurses how quickly people can die from bleeding. “If it takes five minutes to bleed out but it takes several minutes for responders to arrive, we’ve got to have trained responders in the schools and we’ve got to have stuff out there that can help you stop the bleeding and give that person a chance to get to the hospital,” he said.

The nurses learned the three most effective compression techniques: applying firm steady pressure with hands to a wound, dressing or packing wounds and applying a tourniquet. “Sometimes you have to sacrifice the blood flow to a limb to save a life. And they need you, so you’ve just got to do it,” he said. The nurses took turns packing wounds, applying tourniquets to one another’s arms and applying steady pressure to stanch blood flow. All Wethersfield Nurses have a stocked emergency response bag in each of the health offices with equipment to control hemorrhaging including SWAT and CAT tourniquets, gauze dressings and trauma pads.

Kathleen Maffuid practices packing a “wound”.

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Happy Thanksgiving