

# School Nurse UPDATE



Issue #10 January 14, 2020

## Happy New Year and Happy Year of the Nurse and Midwife!

2020 is the International Year of the Nurse and Midwife.

The World Health Assembly, the governing body of the World Health Organization, declared 2020 the **International Year of the Nurse and Midwife, in honor of the 200<sup>th</sup> anniversary of Florence Nightingale's birth**. The celebration offers a platform to recognize past and present nurse leaders globally, raise the visibility of the nursing profession in policy dialogue and invest in the development and increased capacity of the nursing workforce. [Read more.](#)

The DPI School Nurse Update has a new look to start off the new year. I am using a new format suggested by our media department. Feel free to provide me with any feedback you may have regarding the look or contents of the newsletter.

I am always looking **for events/programs/accomplishments of Wisconsin school nurses that I can share in these newsletters**. Please help me publicize the great work school nurses are doing in Wisconsin to promote and protect students' and communities' health. This Update highlights Amber Thompson, MSN, RN Seymour School District school nurse. I visited our state schools this past week (Wisconsin Center for the Blind and Visually Impaired and the Wisconsin School for the Deaf). I hope to highlight these schools in future issues.

PRACTICE POINTS shares some considerations in regards to ACT testing and health plans. Also, note information on new nasogastric medication administration training materials.

### FEATURED STORIES

[PRACTICE POINTS – ACT  
Testing and Health Plans](#)

[Trauma Sensitive School  
Drills \(DPI News\)](#)

[Skyward Uses to Resubmit  
Immunization Reports  
\(DHS News\)](#)

[AAP on Emergency  
Contraception for Teens](#)

### SAVE THE DATES

**APRIL 20-22, 2020**

**Wisconsin Association of  
School Nurses Annual  
Conference  
Chula Vista, Wisconsin Dells**

**JUNE 29–JULY 3,  
2020**

**National Association of School  
Nurses Annual Conference  
Las Vegas, NV**

*DPI supports best practices/evidence-based resources, but does not vet or endorse products/services. User is responsible to evaluate the resource and how it meets local needs.*

# DPI News

## 2019 Wisconsin School Health/WSCC Awards

This year 101 schools completed the application process for the 2019 Wisconsin School Health/WSCC Award. Eighty-six of those schools were recognized and celebrated for their efforts to enhance policies, programs, and the infrastructure to support and promote school wellness, healthy eating, physical activity, physical education, health education, family and community involvement, and staff wellness. The 2019 awards ceremony was held in December at the Building the Heart of Successful Schools Conference in Wisconsin Dells. The Wisconsin School Health/WSCC Award will continue to cultivate a more comprehensive approach that aligns closely with the Whole School, Whole Community, Whole Child (WSCC) model. DPI is currently working on revising guidance to assist and support schools for the 2020 award year. Communication updates about the Wisconsin School Health/WSCC Award and information to guide schools on policy and practice can be found by visiting <https://dpi.wi.gov/sspw/coordinated-school-health/wisconsin-school-health-award>.

## School Drills Statute Changes

[Wisconsin State Statute 118.07](#) states that each month school safety drills must occur. The language of the statute states that these drills must be done without a previous warning. [Wisconsin Act 39](#) (2019), however, allows an exception that if the person having charge of a public or private school deems it in the best interest of pupils attending the school, previous warning of a drill may be provided.

As schools become more trauma sensitive, it is important to take into consideration the daily operations of schools including how drills are handled. Specifically, schools should consider how these drills affect the mental health of their students and balance the intensity of these drills with the students' need for feeling secure.

A Best Practices Guide from the National Association of School Psychologists in cooperation with the National Association of School Resource Officers can be found [here](#). Here is a discussion of school safety from the New York Times can be found [here](#).

For more resources, please visit the DPI's Safe Schools webpage at <https://dpi.wi.gov/sspw/safe-schools>.



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# More DPI News

## Tobacco Prevention Policies

When updating your school district's tobacco policy, use the checklist aligned with the sample comprehensive school tobacco policy language from the Public Health Law Center available on DPI's **Tobacco Prevention** website at: <http://dpi.wi.gov/sspw/aoda/tobacco-program>. If your school district's tobacco policy was recently updated, notify Sally Jones at [sally.jones@dpi.wi.gov](mailto:sally.jones@dpi.wi.gov) and we will add it to our list of school districts on our website. Additional tobacco prevention resources can be found on the WISH Center website at <https://www.wishschools.org/resources/tobaccoupdates.cfm>

## Mental Health Referral Pathways Guidance Now Online!

DPI has released a guide to creating referral pathways for your mental health support system. Referral pathways are formalized processes for identifying and connecting students to needed mental health supports. These pathways exist in the context of an equitable, multi-level system of supports, which provides a conceptual model for organizing mental health supports in schools. These pathways are important because they provide next steps for staff and families after identifying a student in need, coordinate supports within schools and with outside organizations, and improve student outcomes through early identification. In order to create an effective pathway, schools must consider the specific needs and resources of their school and community. See the new guidance here: <https://dpi.wi.gov/sspw/mental-health/framework>

## Compassion Resilience Online Toolkit

DPI, in collaboration with Rogers InHealth, and many stakeholder partners, have developed an online toolkit that addresses staff wellness, compassion fatigue, and compassion resilience. The toolkit can be found at [www.compassionresiliencetoolkit.org](http://www.compassionresiliencetoolkit.org).

Districts are invited to use these materials to create a two-year focus on the supports and skills necessary for educators to engage in their work with good self care strategies, healthy collegial relationships, and the steps to compassionate action with members of the school community.



## Expanding School-Based Mental Health

The Coalition for Expanding School-Based Mental Health, a DPI partner, will be supporting a community of practice for mental health navigators. More information can be found in this month's coalition newsletter linked here: <https://mailchi.mp/e29fda87472f/january-2-2020-school-mental-health-news?e=2295f5c787>

Also in this newsletter is a Youth Mental Health Crisis Plan card.

## Are you familiar with CHANT - Climate, Health, and Nursing Tool?

Nurses and other health professionals around the world are invited to take the CHANT: Climate, Health and Nursing Tool each year. [CHANT 2020](#) is now available.

The Climate, Health, and Nursing Tool (CHANT) is a 10-minute survey asking respondents about awareness, motivation, and behaviors related to climate change and health. The items were developed in 2017 based on interviews with numerous content experts. It was psychometrically analyzed in 2018. Results from the first year (2019) are in analysis and will be shared later in 2020. In addition, starting with the 2020 version, the survey is now open to all health professionals.

The survey is open continuously, and results will be analyzed regularly to learn how respondents' perceptions and behaviors are changing over time. The survey is anonymous and voluntary. It is available for nurses and other health professionals in any part of the nation or world.



*Nurses are crucial to fighting climate change and protecting the health of patients, communities, and future generations.*

# Medscape NURSES

## Concussion: Why Nurses Need to Understand This Hidden Injury

From Pediatric Nursing  
by Ann Worley

On the spectrum of brain injury classification, a concussion is labeled as a "mild traumatic brain injury" (mTBI), yet if not managed properly, it can lead to prolonged symptoms, and less commonly, to serious chronic impairments. [Read more.](#)

## The 'Most Dangerous Eating Disorder': Diabulimia in T1D

From Diabetes & Endocrinology  
by Jessica Sparks Lilley, MD

The vigilance required for glycemic control in type 1 diabetes combined with the quest for normality could be the start of a perfect storm for an eating disorder. [Read now.](#)

## CE Courses for Nurses

[Can Screen Time for Kids Be OK?](#)

[Results of Concussions in High School Sports](#)

# DHS News

## **With Hospitalizations on the Rise, DHS Wants to Avoid a More Deadly Flu Season**

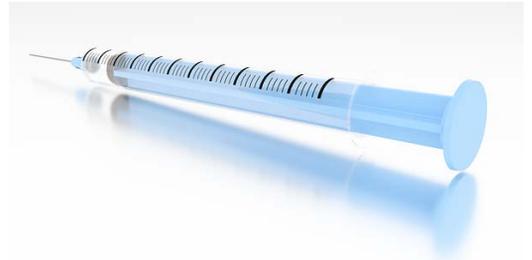
**Residents encouraged to get flu shots and take other precautions to avoid serious illness**

The Wisconsin Department of Health Services (DHS) announced on January 3, 2020 that our state has seen 459 hospitalizations for influenza this season, more than three times as many than at the same time last year. Admissions to intensive care units for respiratory illnesses are also on the rise. Already, 11 Wisconsinites have died due to complications from influenza.

“These hospitalizations and deaths are a sober reminder that flu is not only dangerous; it can be deadly,” said State Health Officer Jeanne Ayers. “That’s why we urge all Wisconsinites to get flu shots, not only to protect themselves, but also everyone around them from serious illness. If you have yet to get your flu shot, it is not too late.”

View the entire [news release](#).

The [Weekly Respiratory Report](#) for the week ending January 4, 2020 is now available.



*Wisconsin residents are encouraged to get flu shots and take other precautions to avoid serious illness.*

Skyward informed the Department of Health Services and the Department of Public Instruction that on January 9, 2020 they released an addendum that affects immunization reporting and tracking. School districts using Skyward to record student immunizations and produce immunization compliance reports including information sent to the local public health department (on the 40th school day) must resubmit a report to their local public health department using data obtained by running the addendum. Please resubmit reports using the [online survey](#) by January 31<sup>st</sup>, 2020. Please direct questions to Abby Klemp, Epidemiologist with the Department of Health services: [Abby.Klemp@dhs.wisconsin.gov](mailto:Abby.Klemp@dhs.wisconsin.gov)

## Centers for Disease Control and Prevention

[1 in 5 adolescents and 1 in 4 young adults now living with prediabetes](#)  
[Prediabetes: An emerging health threat can lead to type 2 diabetes](#)

Nearly 1 in 5 adolescents aged 12-18 years, and 1 in 4 young adults aged 19-34 years, are living with prediabetes, according to a new [CDC study](#). “The prevalence of prediabetes in adolescents and young adults reinforces the critical need for effective public health strategies that promote healthy eating habits, physical activity, and stress management,” said CDC Director Robert R. Redfield, M.D. “These lifestyle behaviors can begin early in a child’s life and should continue through adolescence and adulthood to reduce onset of type 2 diabetes.”

# NASN News

## What Motivates Parents, Teachers, and School Leaders to Prioritize Healthy Schools?

Healthy students achieve more in school, and more education leads to longer, healthier lives. But what will it take for schools to be places where good health goes hand-in-hand with success in school and life? The Robert Wood Johnson Foundation, Edge Research, and GMMB (a communications firm) conducted a multi-phase public opinion study among parents, teachers, principals, district leaders, and local school board members to understand how these audiences view a "whole child" approach to learning that promotes students' social, emotional, physical, mental, and academic development.

Join us for a webinar on January 16, 2020 at 2:00 pm ET to learn more about what these key audiences prioritize for their students and schools, what would motivate them to support efforts to build healthy school environments, and what stands in the way. [Register.](#)



### Need Help Justifying Your Attendance at NASN2020?

The NASN2020 Justification Toolkit helps you request support to attend NASN's 52nd Annual Conference June 30-July 3 in Las Vegas, Nevada. [LEARN MORE](#)

## Diabetes in School Health

### Upcoming Session - "Diabetes Technology"

Wednesday, January 15, 2020

3:00 - 4:00 PM CST

Session led by:

Whitney Beaton, MSN Pediatric Diabetes Clinical Nurse Specialist

This session is available via live stream through ZOOM. Online attendees may claim CME credit.

Click this link to be directed to the Zoom software to be used for our DiSH session:

<https://echo.zoom.us/j/8759249267>

If you're new to Zoom, give it a try before the session!

For questions, please contact: [diabetesinschoolhealth@gmail.com](mailto:diabetesinschoolhealth@gmail.com)

## School Nurse Blog

### [The Relentless School Nurse: Meet Susan Kelley, a Nurse and a Food Allergy Mom](#)

By Robin Cogan, MEd, RN, NCSN

# American Academy of Pediatrics - HealthyChildren.Org

## American Academy of Pediatrics Supports Emergency Contraception Options for Teens

The American Academy of Pediatrics recommends routine counseling and advance emergency contraception prescription as a public health strategy to reduce teen pregnancy in the policy statement, "[Emergency Contraception](#)," published in the December 2019 *Pediatrics*.

<https://www.healthychildren.org/English/news/Pages/Emergency-Contraception.aspx>

## When Should Teens Use Emergency Contraception?

The American Academy of Pediatrics (AAP) **recommends** an emergency contraception prescription or supply be given to teenagers in advance. That way, they can use it as soon as possible if needed. The AAP also strongly supports health and sexuality education in schools, abstinence, and the right to seek an abortion.

<https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/When-Should-Teens-Use-Emergency-Contraception.aspx>

*Here are some situations when taking emergency contraception would be useful:*

*The teen did not use birth control.*

*The teen misused a dose (or doses) of birth control pill (or was late applying a new patch, inserting a new ring, or getting the next injection).*

*The condom broke or slipped.*

*The teen threw up after taking her birth control pill.*

*The teen was sexually assaulted.*

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## Study Looks at ED Visits Among Teens with Heavy Menstrual Bleeding

Eighty-three percent of adolescent girls with heavy menstrual bleeding who visited the emergency department were discharged, 77 percent of whom didn't have to receive medications, and 73 percent of those who were admitted to the ED had no underlying bleeding disorders, researchers reported in the *Journal of Pediatric and Adolescent Gynecology*. The findings also showed that most HMB cases were due to anovulation, while HMB-related ED admissions were more prevalent among girls who were younger and had lower mean hemoglobin levels. [Read more.](#)

# Allergy and Asthma Network

## Webinar

Wednesday, January 29<sup>th</sup> at 4:30 PM Eastern

### Asthma Issues at School: Current Management, Medications & Stock Albuterol

Join us as we have a discussion with Ann Connelly, Supervisor of School Nursing for the Ohio Department of Health and share 5 important things about asthma management in the school setting. We'll review the latest information on asthma, medication and tools as well as talk about stock albuterol in the schools.

Register at:

[register.gotowebinar.com/register/2324518618178470155](https://register.gotowebinar.com/register/2324518618178470155)  
<https://attendee.gotowebinar.com/register/2324518618178470155>

*In case you missed this  
A&A Network article and  
these videos in 2019...*

[Inhalers Go High-Tech: Digital Inhalers Approved  
by FDA](#)

[Ask the Allergist: What Is the Peanut Patch?](#)

### Auvi-Q on (Some) Airlines

The epinephrine auto-injector is now included in emergency medical kits on American Airlines, as well as Alaska Airlines and Hawaiian Airlines. [Read more.](#)



# Wisconsin School Nurses in Action

Amber Thompson, MSN, RN Seymour School District school nurse shared she is helping to address the vaping public health crisis by holding a community/parent/student presentation on vaping and the health hazards that go with it. The district's police liaison also joined her at this community event and spoke on the legal ramifications. In the upcoming weeks Amber will be doing presentation to all students in 8th-12th grades.

# Practice Points

By Louise Wilson

## **Nasogastric Tube Medication Administration Training**

DPI approved medication administration training for medication given via the nasogastric (tube) route has been posted on the [DPI medication training webpage](#). It is important the school nurses note that the Department of Public Instruction maintains that the insertion, verification of placement, and/or care of nasogastric tubes prior to and after medication administration are separate procedures from the administration of medication via nasogastric tubes and remains under the authority of nursing, medical, dentistry and pharmacy practice acts. Training is provided “how to” administer medication via an intact nasogastric tube after proper placement of the tube has been verified by a parent, registered nurse, or registered nurse delegating such procedure to licensed practical nurses or “less skilled assistants” per Wisconsin Statute 441.001(4)(d).

## **ACT and Health Plans**

Lately, I have been receiving numerous questions regarding the use and sharing of health plans to verify the need for accommodations during ACT testing. In reviewing a resource I have previously shared (Update #7) *Who’s Eligible for Section 540? A Quick Reference Guide for Proper Placement Second Edition*. edited by Rachel Broderick and published by LRP Publications ([https://www.shoplrp.com/product\\_p/300649.htm](https://www.shoplrp.com/product_p/300649.htm)) I find helpful information.



*The Department of Public Instruction maintains that the insertion, verification of placement, and/or care of nasogastric tubes prior to and after medication administration are separate procedures from the administration of medication via nasogastric tubes and remains under the authority of nursing, medical, dentistry and pharmacy practice acts.*

A health plan is not a substitute for a Section 504 plan, nor does the writing of a health plan equate to an evaluation under Section 504 of the American with Disabilities Act. When a student has a disability, Section 504 can work to level the playing field and allow a student equal opportunity to access educational benefits. Section 504 is not designed to improve average grades, raise high stake test scores, or reduce homework responsibilities. Section 504 requires that a district determine the student qualifies as a student with a disability (as defined by the law) by doing an evaluation. This evaluation is done by “a team of knowledgeable individuals.” If found eligible, then a 504 accommodation plan is made by these team members. This is why I am increasingly reading articles cautioning schools not to solely rely on the school nurse’s care plan (IHP) or emergency action plans (EAP) or other health plans as documentation that the student qualifies for 504 protection and as a listing of accommodations (504 plan). School nurses should consult with their district administration and legal counsel regarding their districts’ practices in this matter.

The ACT (organization) may request that a school district provide the 504 plan plus additional information to determine if the testing accommodations requested are truly required to level the playing field versus to help the student perform better.

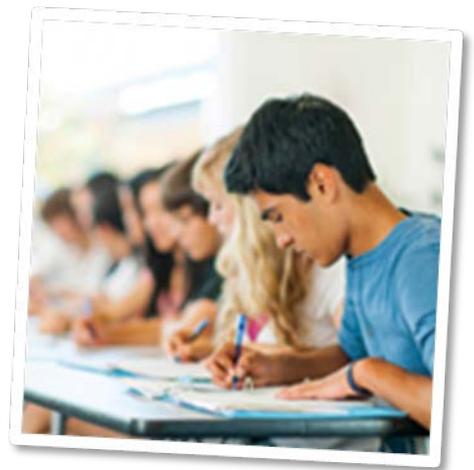
Again, check with your district administration. Ask specifically what information and what record is being requested. Is the district being asked to share a patient health care record obtained from an outside provider, or a summary of the information? School district employees obtaining information from patient health care records must keep the information confidential, Wis. Stat. sec. [146.82\(1\)](#). A school district may redisclose this information only if it receives informed consent, a court order, or the redisclosure is limited to the same purpose of the original disclosure, Wis. Stat. sec. [146.82\(5\)\(c\)](#). Furthermore, the district health care providers are to record the time, date, and circumstance of any release of patient health information, Wis. Stat. sec. [146.83\(3\)](#), [118.125\(3\)](#).

If you get such a request from the ACT organization you can ask parents (or adult students) to sign a release of information form. This resolves many of the situations described to me.

This publication is available from:  
Division Learning Support  
Student Services Prevention and Wellness Team  
(608) 266-8857  
<https://dpi.wi.gov/sspw/pupil-services/school-nurse>

January 2020 Wisconsin Department of Public Instruction

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*When a student has a disability, Section 504 can work to level the playing field and allow a student equal opportunity to access educational benefits. Section 504 is not designed to improve average grades, raise high stake test scores, or reduce homework responsibilities.*

