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School Nurse Update

#11 2/19/19

IN THIS ISSUE

Greetings!

Two topics of interest these past few weeks have been **days of school districts are required to make up because of weather related school closures (snow days)**, and the **potential for the measles outbreak to affect Wisconsin**. DPI maintains a webpage explaining the [hours of instruction administrative rule](#). This Update contains valuable information from the Department of Health Services (DHS) regarding measles. Additionally, **PRACTICE POINTS** contains information for school nurses on precautions to take for health office staff.

Dates for the School Nurse Summer Institute and fall New School Nurse Orientation have been determined and are listed in **SAVE THE DATES**. The 2018/19 Wisconsin School Health Services Survey will be posted to the DPI website in March. I will host a **webinar on May 23, 2019 from 3:30 to 4:00 PM to walk school nurses through the process of entering their district school health data**. More information regarding the webinar will be sent out closer to May 23rd.

Loperamide poisoning is a growing concern and symptom of the opioid epidemic. Imodium (Loperamide) which is often used for diarrhea is now **being abused in very high doses to get high**. It apparently is also being used to **treat symptoms of opioid addiction withdrawal**. See attached flyer from Rutgers for information and warning about life-threatening cases in New Jersey.

A DPI work group recently met to discuss developing resources for school nurses and administrators surrounding field trips. Consensus was to create a "toolkit." I will share more information as the toolkit is completed.

Social and Emotional Learning Resources

DHS- Measles Outbreak

Poison Prevention Week Resources

PRACTICE POINTS- School Health Office Staff Know Your Immunization Status

SAVE THE DATE

Wisconsin Association of School Nurses Annual Conference – April 8-10, 2019 Wisconsin Dells – [Registration now open!](#)

Marathon County Health Skills Day- August 8, 2019

School Nurse Summer Institute- August 9, 2019 –Madison Holiday Inn

DPI New School Nurse Orientation- October 17-18, 2019 Stevens Point Holiday Inn



DPI News

The Department of Public Instruction announces that the application process for the FY 2019-2021 School-based Mental Health Services (SMHS) Grants is now open!

All public school districts, independent charter schools or a consortium of the two can apply. If you are a current recipient of the SMHS grant, you are eligible to apply again.

Please note that this is a competitive grant. You are encouraged to read the guidance document and attend or review one of the grant writing webinars. The Frequently Asked Questions (FAQ) document is also very helpful.

Please review guidance document and the FAQ before submitting questions.

We will be offering 4 opportunities to attend a live grant writing webinar and one will be recorded and posted.

Please see the grant website <https://dpi.wi.gov/sspw/mental-health/school-based-grant-program> for the following:

- Grant Application
- Application Guidance
- Frequently Asked Questions
- Relevant Dates and Deadlines
- Links to 4 grant writing webinars.

On June 19-20, DPI will host the second annual **Social and Emotional Learning Symposium**. As we plan this event, we want to make sure that the sessions offered reflect the needs of educators and out of school time programs. Please take a moment to complete this google form <https://goo.gl/forms/1fd7EdZL5r4PvYxq2> to assist us with our planning.

Also, this year's Summer Institute will include a shared event with the **4th Annual Growing School Mental Health Summit**. This event is co-sponsored by the Coalition for Expanding School-Based Mental Health in Wisconsin and the Department of Public Instruction. This conference will occur on June 18th at the Holiday Inn Conference Center in Stevens Point. **The Save the Date flyer for this event is attached.** Please note that registration for this event and the SEL symposium are separate. Registration information for the SEL Symposium will be shared soon.

Remember to register for the Youth Risk Behavior Survey! Schools that are interested in taking the YRBS are reminded that the time to register and take the survey is now! The survey window closes on March 29 and will not open again until January 2021. This is a change from prior years. More information is available on the [Conducting A YRBS webpage](#).

Want to increase your expertise in the area of social and emotional learning (SEL) ? DPI now has a webpage devoted to these resources. <https://dpi.wi.gov/sspw/mental-health/social-emotional-learning/build-your-sel-expertise>



Measles Outbreak in Several States

Several states including Washington, New York, and Illinois have on going measles outbreaks. This serves as a good reminder that we continue to ensure that all patients are protected. The measles-mumps-rubella (MMR) vaccine is the best way to protect individuals. Two doses of MMR vaccine provide 97% protection against measles.

The first dose of MMR should be given on or after the first birthday. A second dose of MMR is recommended to produce immunity in those who failed to respond to the first dose. The second dose of MMR vaccine should routinely be given at age 4-6 years, before a child enters kindergarten or first grade. The second dose of MMR may be administered as soon as 4 weeks (28 days) after the first dose.

Action Steps for Clinicians To Prevent Measles

- Health care providers should ensure that all personnel, including non-clinical staff and volunteers, have documented immunity to measles. Evidence of immunity for all health care personnel includes:
 - Two doses of measles-containing vaccine (e.g. MMR)
 - Laboratory evidence of immunity
 - Laboratory confirmation of measles disease
 - Birth before 1957. In an outbreak situation, personnel who lack proof of immunity should receive 2 doses of MMR, separated by at least 28 days, unless evidence of serologic immunity is demonstrated.
- Reinforce the importance of MMR vaccination by giving a strong recommendation to all patients.
- Use reminder/recall. Clinics can generate reports in the Wisconsin Immunization Registry (WIR) or your electronic health record system to determine which patients are due or overdue for MMR. Clinics can reach out to patients to schedule an appointment for immunization.
- Do not miss opportunities to vaccinate patients. Use every clinical encounter to assess and offer MMR.
- Place educational material in waiting and exam rooms, or add a pre-recorded message to the phone system. The CDC has many resources, such as [MMR vaccine: What you should know](#).

Measles Vaccine Recommendations

Please continue to follow the [recommended immunization schedule](#) for age-appropriate vaccination. Parents and clients may view their vaccine record through the [Wisconsin Immunization Registry public portal](#).

Reporting Suspect Measles

All measles cases-suspected or confirmed- must be reported to the Wisconsin Division of Public Health. Measles is a Wisconsin Disease Surveillance Category I disease. Health care providers who have patients with suspected or confirmed measles should report immediately by telephone to the patient's local health department. The local health department shall then notify the state epidemiologist immediately by calling 608-258-0099.

The recommended specimen collection and laboratory testing are as follows:

1. Combined throat and nasopharyngeal swabs for PCR, preferably within the first three days of illness, but no later than ten days after rash onset.
2. Acute serum for IgM and IgG serology obtained as soon after onset as possible.

If you have questions regarding individuals who may have been exposed or who are experiencing symptoms, please call the Wisconsin Immunization Program at 608-267-9959.

For additional details, please visit the [Wisconsin Division of Public Health Measles's webpage](#).

Resources for school aged-children

The following materials can be used to share with parents of school aged children:

[Measles fact sheet](#) from the Wisconsin Division of Public Health

Top things parents need to know in [English](#) and in [Spanish](#)

Measles Information from the [CDC](#) for printing, websites, e-newsletters, etc.

You may find the **latest DHS Respiratory Virus Surveillance Report** at:
<https://www.dhs.wisconsin.gov/library/p-02346.htm>

Managing Chronic Health Conditions - New Healthy Youth Website Design Now Live

CDC's Division of Adolescent and School Health is excited to announce that the [Health Youth website](#) has a new look! You will notice the new design has:

- A cleaner, more modern look
- Functionality that incorporates current web best practices
- Increased accessibility
- Easy-to-use navigation

The new design allows you to more readily access content across platforms, such as mobile devices and tablets.

News from NASN...



There's been a great deal of discussion about vaccines in the news lately. To help improve vaccination rates in your schools, NASN has created the [Stats4Vax Resource Library](#) where you will find easy-to-use materials that you can tailor to meet the needs of your student population.

These materials and tools include letters home to parents/guardians, a talk track with messages to help you proactively discuss the importance of vaccination with students, and content to help educate parents/guardians about teen vaccination to use via social media, school newsletters, or the school website.

It is the position of NASN that immunizations are essential to primary prevention of disease from infancy through adulthood. As school nurses, we are in the position to encourage and recommend immunizations through evidence-based immunization strategies that include school-located vaccination clinics, reminders about vaccine schedules, state immunization information systems, and vaccine education for students, staff, and families to help reduce health-related barriers to learning.

Infection Control in the Classroom

Spotting outbreaks, taking action and using disinfectants are important. This educational activity will empower the learner to take actions that reduce the spread of infectious diseases. [Learn more or enroll](#) and earn 2.0 CNE contact hours

Strategic Thinkers Needed!

Your thoughtful input is needed regarding what key policies are needed for NASN to reach its mission to optimize student health and advance the practice of school nursing, along with what data is needed in order to advocate for such policy changes. The insight you provide will be used to help guide the development of future data points and the creation of NASN's research trajectory. We are casting a wide net for input. [Please click here to provide your input](#) by March 1, 2019.

Click here for
a [Poison
Prevention
Week
Planner](#)





Looking to see what's being offered at the conference this year?

[Download](#) the 2019 Fees and Session Schedule

Looking for a way to show school administration why you need to attend the conference?

[Download](#) the WASN 2019 Annual Conference Justification Toolkit

REGISTRATION DEADLINE: MARCH 31st

Register and pay online with a credit card or request an invoice for payment.

Discounts offered for: NEW WASN Member and Student Nurse

PURCHASE YOUR WASN SWAG for the CONFERENCE!

Order your exclusive WASN and WASN Annual Conference apparel to have in time to show off at the conference. The site will only be available for a limited time so please act fast! Items will be shipped directly to your home prior to the conference.

ACCOMMODATIONS

A block of rooms has been reserved at a special conference rate of \$129/night (\$21.99 resort fee waived - reservation includes waterpark passes) for the nights of April 7, 8 and 9. Call 833-509-1663 - **reserve under Booking ID# G50736.**

Deadline to reserve at this rate: **March 15, 2019**

If it's necessary to pay for your room reservation at Chula Vista with a PO, please contact Nancy at nancys@chulavistaresort.com.

QUESTIONS

Be sure to contact Megan at the Wisconsin Nurses Association office should you have questions (608-221-0383, ext. 203 or megan@wisconsinnurses.org).

Part-Time School Nurse at Pilgrim Park Middle School (Brookfield, WI): Approximate hours for this position are 6:45-3:45 on Tuesdays and Wednesdays. Pediatric Tracheotomy Certification required; Registered Nurse in the State of Wisconsin, current CPR/AED

****INTERESTED APPLICANTS MUST APPLY VIA DISTRICT'S CAREERS WEBSITE:**

https://skyward.iscorp.com/scripts/wsisa.dll/WService=wsfinelmbrookwi/rapplmnu03.w**

PRACTICE POINTS



With the current outbreak of measles occurring in ten states including one (as of this writing), that borders Wisconsin (Illinois), I have been fielding questions from school nurses regarding precautions they need to take for themselves and health room staff. You will note in the information from the Wisconsin Department of Health Services (DHS) that all healthcare providers should ensure they have documented immunity to measles. In schools this includes school nurses and the staff who manage the health office, administer medications, or care for ill or injured students in your absence.

If an outbreak were to occur in your community, school health services staff who lack proof of immunity would either agree to be immunized with 2 doses of MMR, separated by at least 28 days or asked to refrain from any student contact. Possibly, they might be asked to stay home from work entirely until the outbreak is contained. It would behoove school nurses and administrators to inquire regarding the immunization status of school health services staff before an outbreak occurs. Given the repeated outbreaks that have occurred in the United States over the past few years anyone, adults included, not fully protected are encouraged to become so via vaccination.

School nurses should have information regarding the level of vaccination coverage in your district's school-age population. Your community's coverage though could vary. DHS has stated that a 95% immunization (coverage) rate is required to provide herd immunity to those vulnerable populations unable to be vaccinated. This high level of coverage is due to the communicability and virulence of the measles virus.

Two emails were recently sent out to the Update discussion list offering suggestion's for school nurses to do public health educational outreach. Here are some of the resources shared.

DPH measles fact sheet <https://www.dhs.wisconsin.gov/publications/p4/p42174.pdf> available in Spanish, Hmong

<https://www.cdc.gov/measles/about/parents-top4.pdf> Also available in Spanish
<https://www.cdc.gov/measles/about/parents-top4-sp.html>

<https://www.cdc.gov/vaccines/parents/diseases/child/measles-basics-color.pdf> (could be used in a newsletter)

Consider teaming with your local public health department to increase the level of protection for your entire community. I posted a sample letter to send home to parents/guardians about this outbreak and need to check their child's immunization status on the [DPI School Nursing and Health Services webpage](#) under "New Items."

School Nurse Webpage: <https://dpi.wi.gov/news/pupil-services/school-nurse>

To join the School Nurse Email List and receive school nursing updates and information send an email to join-schoolnurse@lists.dpi.wi.gov



4th Annual **GROWING** **SCHOOL MENTAL HEALTH** **SUMMIT**

TUESDAY, JUNE 18, 2019 | STEVENS POINT, WI

GROW WITH US!

The 4th Annual Growing School Mental Health Summit is an opportunity for stakeholders from around the state in all facets of school and mental health services to come together for one day to learn and share best practices in creating comprehensive, sustainable, school-based mental health systems.

This year's Summit will feature THREE in-depth learning tracks and a variety of breakout sessions highlighting models and best practices around school mental health systems from the state of Wisconsin!



TRACKS TO GUIDE YOUR **LEARNING**

Spend your time in one of the three learning tracks or move through a variety of breakout sessions. Learning tracks include:

TRACK 1
Equity in School Mental Health

TRACK 2
Work with national experts and Wisconsin practitioners on **In-Depth Quality Improvement & Implementation Support (SHAPE System)**

TRACK 3
Evidence-Based Practices in School Mental Health

7:45 — 8:30	Registration, Networking, Breakfast
8:30 — 8:45	Welcome & Coalition Update
8:45 — 10:15	Keynote — Equity and School Mental Health
10:15 — 10:30	Break
10:30 — 11:45	Breakout Session #1
11:45 — 12:45	Lunch
12:45 — 2:00	Breakout Session #2
2:00 — 2:15	Break
2:15 — 3:30	Breakout Session #3
3:30 — 4:15	Compassion Toolkit

AGENDA-IN-BRIEF

The 4th Annual Growing School Mental Health Summit is brought to you through a partnership with Wisconsin Department of Public Instruction.



Coalition for Expanding
**School-Based
Mental Health**
in Wisconsin

The New Jersey Poison Information & Education System — Serving New Jersey Since 1983

NEWS RELEASE

Media to contact:
800-222-1222
800-962-1253 if outside NJ

For Immediate Release
December 31, 2018

Loperamide Poisoning in New Jersey – A Growing Symptom of the Overdose Epidemic –

(Newark, NJ) - The state's poison control center has recently consulted on several cases of loperamide toxicity, signaling a growing, dangerous trend in New Jersey. Poison Control experts warn of the drug's high potential for abuse, misuse and risk of overdose among people of all ages struggling with substance use disorder; adding to the death toll of the country's opioid epidemic.

Case: A young woman with opioid use disorder starts taking high doses of loperamide to avoid withdrawal. She is found by a friend unresponsive and in cardiac arrest. Although EMS is able to revive her initially, she dies in the hospital from a lethal arrhythmia.

What does an over-the-counter (OTC) anti-diarrhea medicine have to do with the opioid epidemic? The answer is simple – loperamide, sometimes referred to as “PMM” and found in many OTC meds, including Imodium, is actually an opioid. Although the effects do not produce a “high” like traditional opioids (heroin, fentanyl, oxycodone), it does stimulate the brain in the same way at very high doses.

Opioids are a class of drug that include the illicit (illegal) drug heroin, synthetic opioids (i.e. fentanyl or carfentanil) and many prescription (Rx) pain medications/pain killers (i.e. OxyContin or Percocet). Although opioids can be helpful to treat severe pain, they also carry an unacceptably high risk of addiction, dependence, and overdose. Patients with opioid use disorder often struggle with withdrawal symptoms, and may turn to unusual remedies like loperamide to avoid them.

Over-the-counter medicines are inexpensive, readily available online and in retail stores, undetectable on routine drug tests, and can be bought in large quantities at one time. Although some use this product to get high, most use loperamide to self-treat opioid withdrawal symptoms. No matter the reason, what many users don't know is that high doses of this ingredient can lead to fatal heart rhythms and death.

“This is not a typical opioid overdose death, it's a cardiac death,” says Diane Calello, MD, Medical and Executive Director of the [NJ Poison Control Center](#) at [Rutgers New Jersey Medical School's Department of Emergency Medicine](#). “Deaths can occur not because the patient stops breathing, but because the patients have cardiac dysrhythmias (irregular heartbeat) and cardiac arrest. Loperamide is much more toxic to the heart than other opioids (heroin, oxycodone, and fentanyl). Consequently, Naloxone (Narcan®), which can be very effective to revive a typical opioid overdose, does not fix or reverse this cardiac toxicity.”

When used according to the labeled directions, loperamide is a safe and effective treatment for diarrhea. However, “loperamide can cause deadly consequences when used in extremely high doses,” says Calello. “If a loved one is struggling with drug addiction, be aware that they may be using this product without understanding the potentially fatal side effects.” The medical literature continues to

report hundreds of cases across the country of adverse effects from near-fatal to deadly consequences from loperamide overdose. Pay close attention to the development of symptoms; call the poison control center, 1-800-222-1222, for information or medical emergencies.

It's important to remember all medicines are drugs, whether they are prescriptions, over-the-counters, or herbal/dietary supplements. They all have the potential to cause serious and even fatal consequences if misused, abused or mixed with other medicines/substances. Poison control centers are a great resource for both the public and healthcare professionals. Keep us at your fingertips; save the Poison Help number (1-800-222-1222) as a contact in your cell phone.

Help is Just a Phone Call Away!

We are social. Join us on Facebook ([@NJPIES](#)) and Twitter ([@NJPoisonCenter](#)) for breaking news, safety tips, trivia questions, etc.

Real People. Real Answers.

Available for Media Interviews

Diane P. Calello, MD, Executive and Medical Director, New Jersey Poison Information and Education System (NJPIES)
Bruce Ruck, Pharm.D., Director of Drug Information and Professional Education, New Jersey Poison Information and Education System (NJPIES)

About NJPIES

Chartered in 1983, the New Jersey Poison Information & Education System (NJPIES) is New Jersey's only poison control center. Medical professionals such as physicians, registered nurses and pharmacists offer free consultation through hotline services (telephone, text and chat) regarding poison emergencies and provide information on poison prevention, drugs, food poisoning, animal bites and more. In addition, it tracks incidences of adverse reactions to food, drugs and vaccines in order to monitor potential public health issues and provide data to the New Jersey Department of Health, U.S. Food and Drug Administration and the Centers for Disease Control and Prevention. NJPIES' confidential services are available 24 hours a day, seven days a week, every day of the year. When needed, NJPIES responds to other emergent health issues by expanding hotline services.

NJPIES is designated as the state's regional poison control center by the New Jersey Department of Health and the American Association of Poison Control Centers. It is a division of the Department of Emergency Medicine of Rutgers New Jersey Medical School. NJPIES has a state-of-the-art center located at Rutgers Health Sciences in Newark. NJPIES is funded, in part, by the NJ Department of Health, NJ Hospitals and the United States Department of Health and Human Services.

New Jersey residents should save the Poison Help number, 1-800-222-1222, in their mobile phones and post the number somewhere visible in their home. NJPIES is also available via text 8002221222@njpies.org and chat www.njpies.org.
[FB](#) / [Twitter](#) / [Website](#)

About Rutgers

Established in 1766, Rutgers, The State University of New Jersey, is America's eighth oldest institution of higher learning and one of the nation's premier public research universities. Serving more than 65,000 students on campuses, centers, institutes and other locations throughout the state, Rutgers is the only public university in New Jersey that is a member of the prestigious Association of American Universities.

Rutgers Biomedical and Health Sciences (RBHS) is the health care education, research, and clinical division of Rutgers University, comprising nine schools and their attendant faculty practices, centers, institutes and clinics; New Jersey's leading comprehensive cancer care center; and New Jersey's largest behavioral health care network.

WASN CONFERENCE 2019

THE NATURE OF SCHOOL NURSING

CULTIVATING SCHOOL NURSE PRACTICE FOR THE 21ST CENTURY

M-W
APR 08-10

CHULA VISTA RESORT
WISCONSIN DELLS, WI

• EVIDENCE-BASED PRACTICE
• CARE COORDINATION
• LEADERSHIP
• QUALITY IMPROVEMENT
• PUBLIC HEALTH



WASN is excited to bring you a whole new annual conference in 2019...

First, we chose a new venue, the beautiful **Chula Vista Resort** located on the Wisconsin river in Wisconsin Dells, which also served as the inspiration for our conference theme. For those that choose to stay at the resort, your room reservation includes passes to the indoor waterpark, a full-service day spa with discounted services, and beautiful newly renovated junior suite rooms!

Next, there are new conference days and times. This year we will hold an exciting and interactive afternoon pre-conference on **Monday** followed by **two FULL conference days, Tuesday and Wednesday**. We worked very hard to bring you topics on current issues in school nursing which will build on your current nursing practice and enhance your leadership and advocacy skills. Topics will follow the principles of the **Framework for 21st Century School Nursing™**, with current NASN president **Nina Fekaris** presenting the opening keynote. Other speakers of note include **Martha Dewey-Bergren**, **Ruth Ellen Luehr**, and **Sue Will**, past NASN President, who will close out the conference with a motivating presentation on the "Seven Habits of Highly Successful School Nurses." For those who may not be able to be away from their districts for the entire conference, it is our hope that by offering two full days, we present an alternate opportunity to participate by having the option to choose a single day that is of most interest to you. Earn **up to 13.75 hours of CEUs** and be sure to register early to take advantage of the **new early-bird discount**.

Finally, this year we will have **two** new fun and exciting **social networking events** directly on the resort's property; no need to drive anywhere! Join us Monday evening at The Tavern Restaurant and bring your "A" game because "It's time to play...Family Feud!" That's right, hosted by Bob Viking from Dellsdj.com, attendees can sign up to be a member of one of several "families" to compete in this hilarious version of the traditional TV game show. After several rounds of comedic relief, it's time to let loose, cut a rug and boogie down with DJ Bob spinning your favorite tunes...We may even have a go at the Hokey Pokey, Electric Slide or a conga line around The Tavern!

Tuesday evening, following our annual Membership Meeting and award ceremony, we are hosting an informal banquet during which Jeff Jay, an award-winning Master Magician and Certified Stage Hypnotist will be strolling around visiting with guests while performing jaw-dropping magic tricks for your table. Following dinner, Jeff and his assistant will perform a 70-minute hilarious Comedy Stage Hypnosis show. Jeff Jay's "Mind Power" Comedy Hypnosis Show is a hilarious, fast-paced show featuring audience participant volunteers as the "stars"! You won't believe your eyes as you watch your friends and family sing like Elvis, dance like Michael Jackson and even become 4-year-olds again <http://www.magicalpresentations.com/home.html>.

We hope you will consider attending the annual conference this year to gain new knowledge, build on your current skills, network and share your experiences and stories with colleagues from across the state, and have fun! Please see the Conference Justification Kit for guidance when requesting funding from your employer. **We look forward to seeing you in April 2019!**