



School Nurse Update

#13 3/19/19

LOUISE WILSON, MS, BSN, RN, NCSN

IN THIS ISSUE

Greetings from the DPI!

March is National Nutrition Month. This issue of the Update contains an article from the DPI Public Health Nutritionist on reading food labels. This information would make for a great classroom presentation or parent newsletter article or blog. The National Association of School Nurses (NASN) also has a number of resources available for school nurses related to the topics of wellness and nutrition:

- [Childhood Obesity](#)
- [Diabetes in Children](#)
- [School Wellness](#)

Last week I was in meetings at the national level (NASN) to discuss how to improve and impact student health. We discussed the barriers and opportunities using a SWOT (Strengths/Weaknesses/Opportunities/ Threats) analysis. Not knowing what health conditions keep students from attending school and what school nurse interventions are effective in improving student health outcomes is a weakness. However, finding out is an opportunity. My PRACTICE POINTS this week is again about data collection. We need to know where you are and what school nurses are doing! In this Update see NASN's continuing education opportunity to improve school nurses capacity to collect and use school health data. NASN has also released its [Translating Strategies into Actions to Improve Care Coordination for Students with Chronic Health Conditions](#).

The WASN's annual conference is April 8-10. If you have not yet registered there is still time! Please let me know if you or someone you know is retiring this school year so I can mention them during my DPI report at the state conference on April 10th.

Measles continues to dominate public health concerns. Alerts will be shared via this DPI school nurse discussion list.

Interactive Safety Resource

FDA Update on Epinephrine Auto Injector Shortages

PRACTICE POINTS -Sharing WI School Health Data with Media

SAVE THE DATE

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

National Association of School Nurses Conference- June 28-July 1, Denver, CO [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



2019 Wisconsin Violence and Injury Prevention Summit

The Wisconsin Violence and Injury Prevention Partnership (WiVIP) and Wisconsin Department of Health Services would like to invite you to the 2019 Wisconsin Violence and Injury Prevention Summit!

This summit is designed for primary injury and violence prevention professionals across all sectors who are seeking opportunities to build capacity in data, policy, and partnerships. Please share with your staff and partners who may be interested. [Visit the event page for registration and more information about the summit.](#)

The injury prevention summit is taking place on April 4, 2019, in Madison, WI (location to be announced). The summit is free of charge and scheduled from 9:00 a.m. to 3:30 p.m. to reduce travel time burden for attendees across the state. Breakfast and lunch will be provided.

This summit aims to enhance resources and partnerships for determining burden and evidence-based practices and policies in injury and violence prevention. Some highlights include: keynote addresses from Dr. Steve Hargarten on violence as a biopsychosocial disease and from Project Ujima, with a panel highlighting six Wisconsin-specific injury and violence datasets, and breakouts that address successful prevention efforts in areas such as child abuse and neglect, falls, drug harm, and suicide. In addition, there will be an opportunity to identify themes and trends to simultaneously inform the WiVIP, Wisconsin Maternal and Child Health Title V needs assessment, and WI DHS statewide health assessment process.

Please direct any inquiries to Paige Andrews, the strategic planner for the WI DHS Violence and Injury Prevention Program, at paige.andrews@dhs.wisconsin.gov

DPI News

NEW Interactive Safety Resource!

The Wisconsin Department of Justice's Internet Crimes Against Children Task Force and the Department of Public Instruction is teaming up to keep families safe online.

The departments have launched a program called "Interact!" that will give parents resources to have conversations with their children about internet safety.

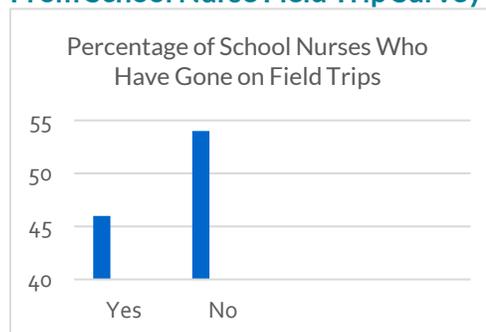
Interact is an online, interactive e-course created for parents and guardians to complete with their children with the goal of sparking basic online safety discussions in the home. This 30-minute module provides parents with the opportunity to review their own tech use to set a good example; interactive activities to complete alongside their children, and follow-up resources and activities to keep the discussions going.

This e-course gives parents the opportunity to set themselves up as the trusted adult in their child's life. If the child sees something online they don't understand or that makes them uncomfortable, they know they have someone to reach out to. The e-course even provides some ideas on how to start and continue these discussions, along with some bonus tips to help break the ice on awkward topics!

Be your child's trusted adult. *Interact*, and stay safe!

<https://dpi.wi.gov/internet-safety/new-interactive-safety-resource-available>

From School Nurse Field Trip Survey





WISCONSIN DEPARTMENT
of HEALTH SERVICES

Butterball LLC Recalls Ground Turkey Products Linked to *Salmonella* Infections

State and local agencies are investigating the outbreak that has affected at least 4 people in Wisconsin

The Wisconsin Department of Health Services, Department of Agriculture, Trade, and Consumer Protection, and local health departments are investigating an outbreak of [Salmonella](#) infections. To date, the investigation has identified four Wisconsin residents who are infected with the same strain (DNA fingerprint) of *Salmonella*. The four Wisconsin patients are linked to Butterball raw ground turkey products. Additionally, a Minnesota resident with the same strain of *Salmonella* also reported eating ground turkey, but the brand is unknown. Testing of leftover raw ground turkey received by the Wisconsin patients was also positive for the outbreak strain of *Salmonella*. As a result of this outbreak, Butterball is voluntarily recalling 78,164 pounds of raw ground turkey products. [A complete list of products included in the recall can be found in the U.S. Department of Agriculture Recall notice.](#) The products subject to recall bear establishment number “EST. P-7345” inside the USDA mark of inspection. These items were shipped to institutional and retail locations nationwide.

[View the entire news release.](#)

Multi-State Measles Outbreaks

Multiple states are reporting cases of [measles](#). Due to the increase in cases, the Wisconsin Department of Health Services is asking providers to:

- 1) Identify and vaccinate patients who are unvaccinated or behind schedule
- 2) Report any suspect cases of measles to your local health department, immediately
- 3) Ensure all staff are aware of your disease control measures

Please see [memo](#) for details, as well as information about clinical and lab criteria, and case classification.

Weekly Respiratory Report

The [Weekly Respiratory Report](#) for the week ending on March 2, 2019, is now available.

The [FDA](#) has the most updated information on the shortage of certain epinephrine auto injectors. In October 2018, the FDA extended expiration dates for certain epinephrine auto-injectors as listed on [this FDA page](#). You will need to scroll down half way to locate epinephrine information. **School nurses will note that most of the extended dates have also already passed.** There are a few lots that may extend until the end of April 2019.

DHS Relaunches Tobacco Prevention Campaign to Address Youth E-cigarette Epidemic

In early 2019, the Wisconsin Department of Health Services ([DHS](#)) issued a [rare health advisory on youth e-cigarette use](#) in response to new data showing skyrocketing vape use among Wisconsin teens (from 8% of high school students in 2014 to 20% in 2018). DHS is continuing to build on the awareness created by the advisory with the relaunch of their Tobacco is Changing media campaign across the state.

Tobacco is Changing, which originally debuted in November 2017, focuses on providing education to Wisconsin parents on the candy and fruit-flavored tobacco products enticing today's kids.

"We're concerned about kids using any tobacco product. Tobacco can harm developing minds and bodies, and teens are more likely to stay addicted as adults, leading to harmful and fatal health consequences down the road", said DHS Deputy Secretary Julie Willems Van Dijk.

[View the entire news release](#)



Vaccine Safety Based on Evidence: The current measles outbreaks in the United States and elsewhere are being fueled by misinformation about the safety of vaccines. To help counter such misinformation, the National Academies of Science, Engineering, and Medicine created [a website](#) that provides clear, concise, and evidence-based answers to questions about vaccine safety and other commonly asked questions about health and science

Empowering School Nurses with Data Collection

To encourage school nurses to communicate the amount of care that is needed in schools, NASN has released the second data collection educational activity, *Data 101: Using School Nurse Data as a Force for the Future*. This online course offers 1 CNE contact hours and will provide tips on how school nurses translate the data they collect into information and knowledge. [Learn more or enroll in this free course today.](#)

Addressing the Opioid Epidemic at School

School nurses who participate in the online [course *Naloxone Use in the School Setting: The Role of the School Nurse*](#) will learn ways to implement proper use of Naloxone in the school setting. Earn 1.0 CNE contact hour learning this and about the scope of the prescription drug epidemic.

Managing Chronic Health Conditions

In April 2018, NASN convened the Strategies to Action Roundtable, bringing together multiple stakeholders to define and outline actions for school nurse-led care coordination for students with chronic health conditions. This work is aligned with the [American Nurses Association](#) charge that nurses take the lead on care coordination to achieve the objectives of the [National Quality Strategy](#): better care, healthy people and communities, and affordable care. Help spread the word to health and education leaders about NASN's new online publication, [Translating Strategies into Actions to Improve Care Coordination for Students with Chronic Health Conditions](#). This white paper is filled with recommendations from the Roundtable to secure a student-centered approach to health and learning for students with a chronic health condition.



March is National Nutrition Month®! Nutrition Facts Labels

From: Molly Gregory, RDN, CD

Public Health Nutritionist

Wisconsin Department of Public Instruction

The Nutrition Facts label shares a wealth of information about a food or beverage. No matter the reason you might be looking at the Nutrition Facts label, the following information will help you decipher it with ease.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

In order to understand what the rest of the numbers on the Nutrition Facts label represent, you must first look at the **serving size**. The **calories, total fat, sodium, total carbohydrate, protein, vitamins, minerals, etc.** are all based on the serving size. The **number of servings per container** communicates how many of the serving size are in the container. For example, if the serving size is 1 cup and there are 4 servings per container, this means there are 4 cups in the container. If you were to consume the full, 4 cup container, you would need to multiply the Nutrition Facts label information by four in order to determine the amount of calories, total fat, sodium, etc. that was consumed.

The **percent daily values** are based on a 2,000 calorie intake per day. Caloric needs vary from person to person based on many different factors. A low percent daily value is 5 percent or less, and a high percent daily value is 20 percent or more. Registered Dietitian Nutritionists recommend consuming more foods high in vitamins, minerals, and fiber and consuming less foods high in saturated fat, trans fat, and sodium.

Although the **ingredient list** is not part of the Nutrition Facts label, foods with more than one ingredient are required to have an ingredient list on the packaging. The ingredients are listed by weight, with the largest amount listed first and smallest amount listed last.

For more information on healthy eating based on the Nutrition Facts label, understanding the label, and changes to the label required between 2020 and 2021, check out these resources:

- [The Basics of the Nutrition Facts Label](#)
- [Interactive Nutrition Facts Label](#)
- [Changes to the Nutrition Facts Label](#)

School Nutrition in the News

Congratulations to Verona School District for rocking nutrition. See story:

https://madison.com/wsj/news/local/education/local_schools/students-rock-nutrition-at-verona-s-sugar-creek-elementary/article_918574f9-3506-587b-bd9d-071002714c5b.html?utm_medium=social&utm_source=email&utm_campaign=user-share



How does sleep -- or lack thereof -- impact how you manage asthma and allergies? Is it possible to find a safe sleep zone?

Join us for our next webinar -- "**The Importance of Sleep in Asthma & Allergic Disease**" on Thursday, March 21 at 4:00 p.m. ET.

We'll be joined by Don Bukstein, MD, FAAAAI, board-certified allergist and immunologist and pediatric pulmonologist with Allergy Asthma Sinus Center in Milwaukee and Madison, Wisconsin.

[Click Here to Register Now!](#)

(After registering, you will receive a confirmation email containing information about joining the webinar.)

Crivitz School District is hosting a FREE mental Health Wellness Conference.

This conference offers two tracks, one for teenagers and one for adults. The conference is a full day of keynote and breakout session speakers. Program details and registration information can be found on the district website: www.crivitz.k12.wi.us

Flyer attached to this Update.

From Medscape-Nurses:

A Patient Refuses Best Medical Advice. What Should I Do?

This article though not school-based provides school nurses with information on patient choice and the importance of documentation.

A 'Cure' for Peanut Allergy?

Medscape Pediatrics

Make sure you read the entire article. School nurses are often asked for their opinion on desensitization therapy. Therefore, it behooves school nurses to read research studies on this topic.

Army Lake Camp is looking for a Health Services Manager for summer 2019. Army Lake Camp is owned and operated by The Salvation Army and primarily serves disadvantaged and at-risk youth from throughout the State of Wisconsin and Upper Michigan.

<https://careers-uscsalvationarmy.icims.com/jobs/7677/health-services-director-%28summer-2019%29-army-lake-camp/job>

PRACTICE POINTS



Last month the Maine Department of Education released a report that caught the attention of the news media. [The School Health Annual Report summary for 2017-2018](#) combines required reporting for Maine and optional data collected as part of the national initiative with the National Association of School Nurses, Every Student Counts™ program. Maine has mandated reporting of school health services data. Therefore, they are able to present data representative of Maine schoolchildren. Read the article [School health report reveals value of school nurses in Maine](#).

I am often asked “what about Wisconsin data?” In fact just this past week I have been in contact with a researcher whose project requires information on school nurse FTE’s, school nurse to student ratios, and the staffing patterns of health services in Wisconsin schools.

The sad reality is that the Department of Public Instruction does not have that information! I need YOU to provide that information. I need you to encourage your fellow school nurses to collect and report that information.

I will be presenting Wisconsin’s School Health Services 2017/18 Summary at the WASN conference on April 10th. Due to the low participation rate, the data is not publishable. Wouldn’t it be grand if we could flood Wisconsin media outlets with representative Wisconsin data?! I understand I keep harping on this but, I do dream of the day when the Wisconsin DPI can publish a report detailing the health care needs of Wisconsin students and the health services provided by school nurses and other support staff.

The site to enter district health services 2018/19 data will be open in mid-May. Attached to this Update is another copy of the data points for Wisconsin. Please make a commitment to collect and enter as many data points as you can. I am seeking responses from all public school districts (and as many private schools as possible). Even if here in Wisconsin we could get accurate numbers of FTE’s, districts with or without medical advisors, and districts with stocked medication programs it would be a start! Those are easy data points to submit.

School Nurse Webpage: <https://dpi.wi.gov/aspw/health-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





MENTAL HEALTH WELLNESS CONFERENCE

SATURDAY, APRIL 13TH, 2019

CRIVITZ HIGH SCHOOL
400 SOUTH AVENUE, CRIVITZ, WI

GOAL

Mental illness impacts us all. Shining a light on this reality helps us bring mental health concerns out of the dark. There is hope for all of us to achieve better mental health for ourselves, our children and our community.

TEENS

Teenagers today face some unique challenges. There are real things you can do to maintain and improve your mental health during this time in your life. 14 breakout sessions for teens to choose from. Each session offering information and tools to better mental health.

ADULTS

17 Breakouts sessions for adults to choose from. Each session focusing on the mental health needs of parents, families, educators, care providers and concerned community members. Something for everyone!

FOR TEENAGERS and ADULTS



A FREE
COMMUNITY
EVENT

Day Schedule

8:00-8:30 am Doors Open/Vendor set-up/Registration

8:35-8:45 am Welcome

8:45-9:30 am Keynote Speaker

9:40-10:20 am Breakout Session 1

10:30-11:10 am Breakout Session 2

11:15-12:00 pm FREE Lunch

Mental Health Provider & Wellness Vendor Displays

12:00-12:30 pm Breakout Session 3

12:40-1:10 pm Breakout Session 4

1:20-1:30 pm Wrap Up/Prize Drawings

1:30-2:15 pm Keynote Speaker



- **Door Prizes**
- **Wellness Basket Raffle**

Proceeds from Wellness Basket Raffle to go toward Wellness initiatives for the students and staff of Crivitz School District

Mental Health Matters!

Mental Health Wellness Conference-April 13th, 2019
Crivitz High School, 400 South Ave., Crivitz, WI
A FREE Community Event



Keynote Speaker-Alison Maresh, Communications Specialist at the Wisconsin Office of Children's Mental Health Staying Connected to What Matters: Advice on Establishing a Balanced Relationship with Technology

As the next generation of digital natives grow up with access to social media and smart phones earlier than ever before, it's critical that all of us understand how overusing technology can impact a person's well-being and the benefits of moderating screen time. During this presentation, audience members will learn the science behind why it's so difficult to unplug, the health implications of overusing technology, and strategies for creating balance in the digital age. **Special Note:** During this presentation, Ali is sharing her own personal views and is not representing the Wisconsin Office of Children's Mental Health or any state agency position.

TEEN BREAKOUT SESSIONS

TEEN BREAKOUT SESSION 1

1A Healthy Friendships and Dating Relationships-Allyson Mahlik, Youth Advocate, The Rainbow House Domestic Abuse Services Inc.

What does a healthy relationship look like? What does an unhealthy relationship look like? It is important to understand traits that you might desire in a friend and a dating partner. Come play the "Trait Trader" game in this fun interactive session.

1B Who Cares?-Cindy Reffke, Board Chair of Prevent Suicide Fox Cities, Appleton (adult/teen combined program)

Cindy Reffke, Board Chair of Prevent Suicide Fox Cities, Appleton and survivor of suicide loss will weave her personal story into a presentation that will cover those at greatest risk of suicide, suicide warning signs, WI statistics compared to our county, an overview of QPR – Question, Persuade and Refer and lastly self-care - how we can take care of our mental health.

1C Trauma.....Causes, Effects, Ways to Cope-Lori Eklund Walsh, Bellin Psychiatric Center (adult/teen combined program)

Simply put, a trauma is an experience that overwhelms our ability to make sense of and cope with the situation. Trauma effects can linger long after the threat no longer exists. Trauma can impact emotional, physical, and cognitive functioning, making it hard for individuals to go about their day-day lives. Fortunately, there are many ways to effectively deal with the aftermath of a traumatizing situation.

1D One Choice Changes Everything-Pharmacist Lead Presentation, CVS Pharmacy

Prescription drug misuse and abuse is now considered a national epidemic. 1 in 4 teens have misused or abused prescription drugs. Come learn about prescription drug misuse and abuse to help you and your friends make a different choice.

TEEN BREAKOUT SESSION 2

2A Chill Out!-Leah Grant, School Counselor (A-He), Pulaski High School

How many times have you said this to yourself recently but have had no idea how to actually implement it? Let's spend some time together talking about the stresses you encounter everyday as a pre-teen or teenager and ways you can make small changes that I promise will make a huge difference in your stress level! Also, there may be chocolate...just saying :)

2B Ease Relationship Stress-Bill & Cindy Verschay, Independent Love and Logic Facilitators

Ever had a conversation blow up in your face? Had someone take you completely wrong? Join us as we learn a few relationship basics to help make friend and parent relationships easier.

2C Vision Boards, Lets Create!-Carrie Klitzke, Crivitz Elementary/Middle School Art Teacher

A vision board is a collage of visual images and words that represent the life you want to live. They can be a powerful tool that helps you narrow down your dreams through the power of creative choice. Bring your own photos, magazine pictures, quotes or words that speak to your soul or use some of our provided supplies. Come create your own vision board.

2D Improving Mental Health through Exercise and Physical Activity-Tyler Crossman, Programs and Fitness Coordinator, Crivitz Community Center (adult/teen combined program)

This presentation will focus on the positive benefits of exercise and physical activity on mental health, the brain and the correlation to overall health.

TEEN BREAKOUT SESSION 3

3A Let it Go....Anxiety-Michelle Brownson, MA, LSW, Labor of Love Family Counseling Center

Anxiety disorders are the most common mental health problem of childhood and adolescence. Nearly one in three adolescents will meet criteria for an anxiety disorder by the age of 18. Come learn some simple strategies for coping with this all too common problem. You are not alone!

3B One Breathe Away From a Stress-free Life-Kelly Garrigan, Certified Life Coach, Yoga Instructor and Reiki Practitioner

Learn an 8 minute meditation practice that uses the breathe to ease stress & anxiety.

3C Essential Oils: Natural Solutions to Support Emotional Wellness-Shelley Patz, Wellness Advocate (adult/teen combined program)

In this session you will learn about the benefits of certified pure therapeutic grade oils to support your body's emotional health and wellness. This will include the science behind essential oils and emotions, tools and habits for healthy body chemistry and practical mental/emotional wellness steps you can start NOW.

TEEN BREAKOUT SESSION 4

4A Live Your YOPP! Life Lessons from Dr. Seuss-Tim Markle, Senior Outreach Specialist, UW-Madison Waisman Center

We all know life's hard and seems full of stress. But is there a way to live life in a mess? We can learn to think better, we can learn ways to be great. We can learn from the doctor, we don't have to wait.

4B Power of Laughter to BOOST Mental Health-Christine Pada, MA, LPC (adult/teen combined program)

Learn how to improve and boost your mental health with laughter. Christine Pada is a Licensed Professional Counselor and she will be teaching a unique concept where anyone can laugh for no reason, without relying on humor, jokes, or comedy. We will initiate laughter as an exercise in a group with eye contact and childlike playfulness. Let's boost our mental health and feel good everyday. HA HA HA

4C Inhale, Exhale-Wendy Stuart, BSN, RN, RYT-200, Ayurvedic Practitioner, Owner of the Yoga Loft, Marinette (adult/teen combined program)

Join Wendy as she introduces you to the impact of yoga and breathing on your mental health. All ages and abilities welcome. Learn some basic yoga techniques that can be done while sitting in a chair.

ADULT BREAKOUT SESSIONS

ADULT BREAKOUT SESSION 1

1E Sustainable Self Care-Leah Grant, School Counselor (A-He), Pulaski High School

Have you been feeling overwhelmed lately? Like there isn't enough time to get everything done? Small changes in our habits can make a huge difference in our mental health. Let's spend some time talking about things beyond meditation and weight loss. I promise you will walk away with new tips and tricks that help you feel more balanced and energized in your daily life!

1F Handle Whining and Arguing the Love and Logic Way-Bill & Cindy Verschay, Independent Love and Logic Facilitators

Ever thought your child should be a lawyer? Join us and learn how to handle whining/arguing with kids of all ages without breaking a sweat and take some of the stress out of parenting.

1G Who Cares?-Cindy Reffke, Board Chair of Prevent Suicide Fox Cities, Appleton (adult/teen combined program)

Cindy Reffke, Board Chair of Prevent Suicide Fox Cities, Appleton and survivor of suicide loss will weave her personal story into a presentation that will cover those at greatest risk of suicide, suicide warning signs, WI statistics compared to our county, an overview of QPR - Question, Persuade and Refer and lastly self-care - how we can take care of our mental health.

1H Trauma.....Causes, Effects, Ways to Cope-Lori Eklund Walsh, Bellin Psychiatric Center (adult/teen combined program)

Simply put, a trauma is an experience that overwhelms our ability to make sense of and cope with the situation. Trauma effects can linger long after the threat no longer exists. Trauma can impact emotional, physical, and cognitive functioning, making it hard for individuals to go about their day-day lives. Fortunately, there are many ways to effectively deal with the aftermath of a traumatizing situation.

ADULT BREAKOUT SESSION 2

2E Helping Children Build Healthy Friendships-Allyson Mahlik, Youth Advocate, The Rainbow House Domestic Abuse Services Inc.

Learn how to help children build healthy friendships. Learn how to talk to your children about concerns of unhealthy friendships and relationships. Learn warning signs to look out for and also services available to assist you when you need extra help.

2F Dementia 101-Teresa West, Dementia Care Specialist, ADRC of Marinette County

For spouses, children, care providers, friends and the community, dementia is something that will likely touch many of us. Come learn the basics of this common issue. The presentation to include a dementia review, dementia facts, early symptoms/warning signs and the most common types of dementia. Learn about the dementia friendly community of Marinette County and the ADRC resources and services available.

2G Let it Go....Anxiety-Michelle Brownson, MA, LSW, Labor of Love Family Counseling Center

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older. Learn some simple strategies for coping with this pervasive issue. You are not alone!

2H Prescription for Parents-Pharmacist Lead Presentation, CVS Pharmacy

Prescription drug misuse and abuse is now considered a national epidemic. 1 in 4 teens has misused or abused prescription drugs in their lifetime. Children who learn about the risks from their parents are up to 50% less likely to misuse or abuse drugs. Come learn about this problem and how to talk to your children about it.

2I Improving Mental Health through Exercise and Physical Activity-Tyler Crossman, Programs and Fitness Coordinator, Crivitz Community Center (adult/teen combined program)

This presentation will focus on the positive benefits of exercise and physical activity on mental health, the brain and the correlation to overall health.

ADULT BREAKOUT SESSION 3

3D Part 1 Care Mapping, for Children with Special Health Care Needs-Lawren Olivanti, Project Coordinator, Northeast Regional Center-Children and Youth with Special Health Care Needs (Taken in conjunction with Part 2 Care Mapping-Breakout Session 4D)

Join me as we learn about Care Mapping! In this interactive session, you will work to create a comprehensive snapshot of your youth's health and life journey. A process which guides and supports families and health care professionals to work together to achieve the best possible outcomes.

3E Vision Boards, Lets Create!-Carrie Klitzke, Crivitz Elementary/Middle School Art Teacher

A vision board is a collage of visual images and words that represent the life you want to live. They can be a powerful tool that helps you narrow down your dreams through the power of creative choice. Bring your own photos, magazine pictures, quotes or words that speak to your soul or use some of our provided supplies. Come create your own vision board.

3F Peer Specialist Model/Supporting hope and recovery-Advocates for Healthy Transitional Living

A peer specialist is an individual who has personally lived the experience of recovery from a mental health or substance use condition and who has been trained and certified to support their peers in gaining hope and moving forward in their own recovery journeys. Learn how the Peer Specialist model can be infused in business, organizations, schools and everyday life.

3G Essential Oils: Natural Solutions to Support Emotional Wellness-Shelley Patz, Wellness Advocate (adult/teen combined program)

In this session you will learn about the benefits of certified pure therapeutic grade oils to support your body's emotional health and wellness. This will include the science behind essential oils and emotions, tools and habits for healthy body chemistry and practical mental/emotional wellness steps you can start NOW.

ADULT BREAKOUT SESSION 4

4D Part 2 Care Mapping, for Children with Special Health Care Needs-Lawren Olivanti, Project Coordinator, Northeast Regional Center-Children and Youth with Special Health Care Needs (Taken in conjunction with Part 1 Care Mapping-Breakout Session 3D)

Join me as we learn about Care Mapping! In this interactive session, you will work to create a comprehensive snapshot of your youth's health and life journey. A process which guides and supports families and health care professionals to work together to achieve the best possible outcomes.

4E Cultivating Love & Kindness-Kelly Garrigan, Certified Life Coach, Yoga Instructor and Reiki Practitioner

Learn a meditation practice that calms the mind and opens the heart, enabling parents to address challenges in a more compassionate way.

4F Power of Laughter to BOOST Mental Health-Christine Pada, MA, LPC (adult/teen combined program)

Learn how to improve and boost your mental health with laughter. Christine Pada is a Licensed Professional Counselor and she will be teaching a unique concept where anyone can laugh for no reason, without relying on humor, jokes, or comedy. We will initiate laughter as an exercise in a group with eye contact and childlike playfulness. Let's boost our mental health and feel good everyday. HA HA HA

4G Inhale, Exhale-Wendy Stuart, BSN, RN, RYT-200, Ayurvedic Practitioner, Owner of the Yoga Loft, Marinette (adult/teen combined program)

Join Wendy as she introduces you to the impact of yoga and breathing on your mental health. All ages and abilities welcome. Learn some basic yoga techniques that can be done while sitting in a chair.



Keynote Speaker-Tim Markle, Senior Outreach Specialist, UW-Madison Waisman Center

The Role of Forgiveness in Mental Health

Bitterness, toxic anger, and unforgiveness can lead to physical, mental, emotional, relational and spiritual health challenges. By learning how to forgive and how to start living a more forgiving life we can open up to becoming our best selves. We can then share these tools with others struggling with past hurts and resentment.



THANK YOU to all for participating in this event and supporting your own mental health and the mental health of our children and community!

THANK YOU to the Crivitz School District, Community Education, Crivitz Student Services Team, Mental Health Wellness Committee Volunteers, Student, Staff and Community Volunteers, Donors and Speakers for supporting this work!

Mental Health Wellness Conference Registration

Registration deadline
April 1st, 2019

Name _____

Address _____

Email _____

Session Track Teen (13-18 years old)

Adult (19 + years old)

Teen Sessions (13-18 years old)

Check ONE session from each Breakout Session

BREAKOUT SESSION 1

1A Healthy Friendships & Relationships _____

1B Who Cares? _____*

1C Trauma _____*

1D One Choice Changes Everything _____

BREAKOUT SESSION 2

2A Chill Out! _____

2B Ease Relationship Stress _____

2C Vision Boards _____

2D Improving Mental Health through Exercise _____*

BREAKOUT SESSION 3

3A Let It Go...Anxiety _____

3B One Breathe Away _____

3C Essential Oils _____*

BREAKOUT SESSION 4

4A Live Your YOPP! Life Lessons from Dr. Sueess _____

4B Power of Laughter _____*

4C Inhale, Exhale _____*

* Denotes combined teen/adult session

Adult Sessions (19+ years old)

Check ONE session from each Breakout Session

BREAKOUT SESSION 1

1E Sustainable Self Care _____

1F Handling Whining and Arguing _____

1G Who Cares? _____*

1H Trauma _____*

BREAKOUT SESSION 2

2E Helping Children Build Healthy Relationships _____

2F Dementia 101 _____

2G Let It Go...Anxiety _____

2H Prescription for Parents _____

2I Improving Mental Health through Exercise _____*

BREAKOUT SESSION 3

3D Part 1 Care Mapping (Take with Part 2 below) _____

3E Vision Boards _____

3F Peer Specialist Model _____

3G Essential Oils _____*

BREAKOUT SESSION 4

4D Part 2 Care Mapping (Take with Part 1 above) _____

4E Cultivating Love & Kindness _____

4F Power of Laughter _____*

4G Inhale, Exhale _____*

*Denotes combined teen/adult session

Registration Directions (ONE PERSON PER FORM (MAKE COPIES FOR ADDITIONAL REGISTRANTS))

Step 1 Complete Name, Address, Email and Session Age Track above.

Step 2 Make breakout session selections. Choose ONE from each breakout session under your age track.

Step 3 Drop off at the Administration office at Crivitz High School or mail **PRIOR TO APRIL 1ST, 2019**

Crivitz School District

Attn: Jannie

400 South Ave.

Crivitz, WI 54114



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!**

Win \$1,000 for Applying

5 lucky **WI School Health/WSCC Award** applicants will be randomly selected to win \$1,000 to support policy, system and environmental changes in your school.

Deadline March 31, 2019

Is your school working on ...

- Addressing health and wellness efforts?
- Promoting healthy nutrition choices?
- Getting students active?
- Creating a strong social & emotional climate?
- Actively involving parents and community?
- Improving policies to address & promote staff wellness?

If you answered YES, then you should apply to see if your school is eligible to receive a gold, silver or bronze award **and be entered into the drawing to win one of five (5) \$1,000 awards.**

Registration

Go to <https://goo.gl/izEhVa> for more info and to apply

For questions, contact sally.jones@dpi.wi.gov





Wisconsin School Health Services Survey
Year Long Data Collection Tool

DATA POINT	DEFINITION CRITERIA	DATA POINT
Number of enrolled students in district	RN=Registered Nurse LPN=License Practice Nurse LVN=Licensed UAP= Unlicensed Assistive Personnel (non RN or non LPN) FTE=Full-time Equivalent (based on teacher FTE) Enrolled students: Use district's official (third Friday count) number.	
Health Personnel Information		
Total number of RN FTEs with an assigned caseload providing direct services	Direct services. Means responsible for the care of a defined group of students in addressing their acute and chronic health conditions. It includes case management, health screenings and health promotion activities. Direct services also include care provided by members of a health care team including LPNs or unlicensed assistive personnel. Include long-term substitutes. Do not include RNs, LPNs, UAPs working with medically fragile students (1:1, 1:2, 1: 3, 1; 4 or 1:5). Do not include % of administrative assignment for RN. Case management FTEs included under administrative or supervisory FTEs.	
Total number of RN FTEs with special assignment	Include RNs working with limited caseload providing direct services such as medically fragile students (1:1, 1:2, 1: 3, 1; 4 or 1:5).	
Total number of RN FTEs providing administrative or supervisory school health services	RNs providing management/clinical supervision to RNs, LPNs, or other health extenders, UAPs, or conducting other administrative health services, e.g. case management.	
Total number of LPN FTEs with an assigned caseload providing direct services	See definition of direct services above.	
Total number of LPNs FTEs with special assignment	Include LPNs working with limited caseload providing direct services such as medically fragile students (1:1, 1:2, 1: 3, 1; 4 or 1:5).	
Total number of UAP FTEs with an assigned caseload that includes providing direct health services	See definition of direct services above.	

Total number of UAPs FTEs with special assignment	Include UAPs working with limited caseload providing direct services such as medically fragile students (1:1, 1:2, 1: 3, 1; 4 or 1:5).	
Total number of assistant FTEs providing administrative support services to RNs or LPNs	Assistants providing administrative support services to RNs or LPNs/LVNs, e.g. clerical assistance. Do not include FTEs spent doing non-health related clerical activities.	
Health Services Provided		
Urinary Catheterization	Enter the number of students requiring the procedure at school, <u>not</u> the number of times the procedure was performed. A student may be entered in more than one category if he/she had more than one procedure. Include students who were enrolled at any time during the current school year even if they have been withdrawn or dropped out. Only include students for which a healthcare provider ordered the procedure to be done during school hours or during a school sponsored activity. If no students required the procedure, enter a numerical zero (0). If your district/school does not collect this information then enter DNC	
Wound Care (i.e. dressing changes)	See definition above.	
Glucose Monitoring	See definition above.	
Carbohydrate Counting	See definition above.	
Nebulizer Treatment	See definition above.	
Ostomy Care (Colostomy, Ileostomy, Jejunostomy)	See definition above.	
NG/G Tube Care (includes care, feeding and/or medication)	See definition above.	
Oral Suctioning	See definition above.	
Tracheal Suctioning/ Trach Care	See definition above.	
Ventilator Care	See definition above.	
Oxygen Delivery	See definition above.	
Other (specify)	"Other" examples include range of motion exercises, peak flow measurements, feeding assistance, IV/Heparin flush, oxygen saturation readings, weight measurements, etc.	
Medications: Record the total number of students with order to receive dose(s) of medication administered by school district staff or self-administered.	Record number of known students with orders to administer medications at school, <u>not</u> number of doses administered. Count students with valid medication consent for prescription and over the counter medications on file even if doses self-administered. Include students who were enrolled at any time during the current school year even if they have withdrawn or dropped out. If your district/school does not collect this information then enter DNC.	

Students with orders for daily/regular scheduled prescription medications.	See description above.	
Students with prescription orders for non- emergency PRN or as needed medications.	See description above.	
Students with prescription orders for emergency or urgent medication (e.g. Glucagon, diastat, epinephrine- not all inclusive list)	Include all orders for inhalers.	
Students with consents for cover-the-counter medication (Tylenol/Ibuprofen, etc.)	See description above.	
Screenings:	If your district/school does not collect this information then enter DNC . If no screening or referral completed then enter a numerical zero (0).	
<u>Height and Weight (BMI)</u> Screened for height and weight	Report number of students with a health population screenings at school, regardless of which staff or agency conducts the screening.	
Referred for height and weight		
<u>Vision Screening</u> Screened for vision	Report number of students with a health population screenings at school, regardless of which staff or agency conducts the screening.	
Referred for vision		
<u>Hearing Screening</u> Screened for hearing.	Report number of students with a health population screenings at school, regardless of which staff or agency conducts the screening.	
Referred for hearing		
Number of IEP assessment or planning meetings attended by RN.	Record number of meetings attended. May include multiple meetings for same student. If your district/school does not collect this information then enter DNC. If RN did not attend any such meeting, enter zero (0).	
Number of 504 assessment or planning meetings attended by RN.	Record number of meetings attended. May include multiple meetings for same student. If your district/school does not collect this information then enter DNC. If RN did not attend any such meeting, enter zero (0).	
Number of Student Intervention meetings attended by RN.	Record number of meetings attended. May include multiple meetings for same student. If your district/school does not collect this information then enter DNC. If RN did not attend any such meeting, enter zero (0).	
Presentations Given	Each inservice or class = 1 session. Include sessions RN coordinates or conducts as a self-study with a Q&A opportunity, such as bloodborne pathogens training.	
Staff inservice/training sessions	See definition above.	

Student health education presentations	See definition above.	
Parent or community group presentations	See definition above.	
	Student Health Encounters and Disposition	
Number of student encounters/health office visits to RN	Include only students who are seen (face to face) by RN.	
RN Disposition: Return to class or stayed in school	Include only students who are seen (face to face) by RN.	
RN Disposition: EMS (911) called	Include only students who are seen (face to face) by RN.	
RN Disposition: Student sent home or released from school	Include only students who are seen (face to face) by RN. Includes students sent home with the recommendation/directive to see a healthcare provider.	
Number of student encounters/health office visits to LPN	Include only students who are seen (face-to-face) by LPN (not RN).	
LPN Disposition: Return to class or stayed in school	Include only students who are seen (face to face) by LPN.	
LPN Disposition: EMS (911) called	Include only students who are seen (face to face) by LPN.	
LPN Disposition: Student sent home or released from school	Include only students who are seen (face to face) by LPN. Includes students sent home with the recommendation/directive to see a healthcare provider.	
Number of student encounters/health office visits health aide/UAP	Include only students who are seen (face-to-face) by other health UAP staff (non-RN, non- LPN). May include secretary or other IF it is included as a specific part of their responsibility. Do not include if seen by RN or LPN.	
UAP Disposition: Return to class or stayed in school	Do not count if seen by RN or LPN.	
UAP Disposition: EMS (911) called	Do not count if seen by RN or LPN.	
UAP Disposition: Student sent home or released from school	Do not count if seen by RN or LPN.	
	CHRONIC HEALTH CONDITIONS	
Record the number of students in each category with a medical diagnosis from a healthcare provider.	<p>Medical Diagnosis refers to documentation of a diagnosis from a licensed healthcare provider/prescriber. For example if parents say their child has asthma, etc., but does NOT provided documentation from a healthcare provider, the child should NOT be included in this count.</p> <p>Count students who were enrolled at <u>any time during the current school year</u> even if they have withdrawn or dropped out.</p> <p>Count students who had diagnosis at start of school year or were diagnosed at any point during the school year.</p>	

	<p>Student may be counted in more than one category if they have multiple diagnoses.</p> <p>Lists of possible conditions for inclusion are not exhaustive or all inclusive.</p> <p>If your district/school does not collect this information then enter DNC. If information collected but, no students have a condition enter a numerical zero (0).</p>	
Attention Disorder	See definition above.	
<u>Life threatening Allergic Disorder</u> (Student has medically diagnosed severe allergy that has the potential to cause death.)	See definition above.	
<u>Non-life threatening Allergic Disorder</u> (Student has medically diagnosed seasonal, perennial, food/chemical/drug/or insect allergy that is not known to have the potential to cause death - allergic rhinitis , localize swelling.)	See definition above.	
Asthma	See definition above.	
Cancer (Leukemia, tumors, and other forms of cancer)	See definition above.	
<u>Cardiovascular</u> (Clinically significant cardiac murmurs, cardiac insufficiency, arrhythmias, pace makers, hypertension, Kawasaki's disease, Raynaud's syndrome)	See definition above.	
<u>Congenital/Genetic</u> (Down syndrome, Fragile X Syndrome, Turner Syndrome, other syndromes)	See definition above.	
Diabetes Type 1	See definition above.	
Diabetes Type 2	See definition above.	
Eating Disorders	See definition above.	
Eye (Blindness, amblyopia and other eye diseases/conditions. Do not count basic corrective eyewear)	See definition above.	

Gastro-Intestinal (GERDS, ulcers irritable bowel syndrome, encopresis, Celiac Disease, Crohn's Disease, colostomy)	See definition above.	
Genito-Urinary (Voiding dysfunction including enuresis, bladder disease, urostomy, renal disease, dysmenorrhea, endometriosis)	See definition above.	
Hematology (not including cancers)	See definition above.	
Musculo-Skeletal (Muscular dystrophy, scoliosis, skeletal dysplasia, fibromyalgia, juvenile rheumatoid arthritis, osteogenesis imperfect)	See definition above.	
Concussions (known medically diagnosed concussions)	See definition above.	
Migraines (known medically diagnosed)	See definition above.	
Seizure Disorders (known medically diagnosed)	See definition above.	
Other Neurological Disorders (autism, cluster headaches, spina bifida, cerebral palsy, traumatic brain injury, benign vertigo, and neurofibromatosis)	See definition above.	
Pregnancy (count female students only. Count student only once unless she becomes pregnant more than once during current school year)	See definition above.	
Psychiatric - other than eating disorders (Anxiety, depression, bi-polar, obsessive compulsive disorder, suicide ideation, behavior disorder, alcohol use disorder, drug misuse)	See definition above.	
Respiratory other than asthma (Chronic bronchitis, tracheostomy/ventilator dependent)	See definition above.	

Other (Use this category ONLY for diagnoses that cannot be included in one of the reportable categories)	See definition above.	
Total Number of Students with Special Health Conditions	<p>A special health care condition is a condition reported by a parent and/or diagnosed by a physician or nurse practitioner.</p> <p>Include all students for which your district consulted, monitored, developed a care plan, provided clinical services, or provided teaching, counseling, or related services.</p> <p>Do not count students more than once. Count students who were enrolled at any time during the current school year even if they have withdrawn or dropped out.</p> <p>If your district/school does not collect this information then enter DNC.</p>	
District Health Services Practices		
Does the school district bill Medicaid for School Based Services Nursing/Health Services?		
Does your district stock albuterol?		
Does your district stock emergency epinephrine?		
Does your district stock naloxone?		
Does your district stock over-the-counter analgesics?		