



School Nurse Update

#5 10/22/19

LOUISE WILSON, MS, BSN, RN, NCSN

IN THIS ISSUE

Greetings!

I am preparing this Update early, as my involvement with the New School Nurse Orientation requires this adjustment. This Update will be slightly smaller as a result. My **PRACTICE POINTS** shares some thoughts regarding **nurses transitioning to the specialty of school nursing**. I wonder if you will agree with my thoughts of areas of greatest concern.

I recently met with representatives from Prevent Blindness Wisconsin. We discussed ways school nurses and Prevent Blindness Wisconsin can collaborate. **Prevent Blindness Wisconsin is a valuable partner and provides multiple resources to school districts**. I learned of a program where they **train high school students to assist with vision screening**. These students then volunteer their services and earn credit for their time. More information on this training is in the Update.

On October 10th I was in CESA 9 to co-present a suicide prevention training. This week, on October 25th, I will be doing a similar presentation in CESA 4. While preparing for these presentations I explored the multiple [DPI mental health resources on our website](#). If your district does not require you to take the **DPI's Gatekeepers training for suicide prevention** or some other suicide prevention module, I encourage you to take the training <https://media.dpi.wi.gov/sspw/av/suicide-prevention/story.html5.html>.

Attached to this Update are flyers on **SBIRT training and Social and Emotional Learning (SEL)**. Consider attending **DPI's Building the Heart of Successful Schools preconference and conference**. I am especially excited to attend the preconference on Non-Suicidal Self-Injury (NSSI). Other professional development opportunities are listed in this Update. Just for fun, I have included a course for **CEU's on how chocolate may stave off depression**.

RN/LPN Salaries 2019 Report

Chocolate and Depression Research

STIs Rates Increase

AAPs Warning on Cannabis Products

Latex Allergy Awareness

ParaPRO Creates Head Lice Video

PRACTICE POINTS- Transition Among Nursing Specialties

SAVE THE DATE

DPI Building the Heart of Successful Schools – December 4-6, 2019 Wilderness Resort, Wisconsin Dells
[Registration now open!](#)

Wisconsin Association of School Nurses Annual Conference – Chula Vista Wisconsin Dells April 20-22, 2020.



DPI News

Registration is now available for the **2019 Building the Heart of Successful Schools Conference**, which will be held at the Wilderness Resort, Glacier Canyon Lodge in Wisconsin Dells on December 5-6. Please also join us for one of four full-day pre-conferences being held on December 4.

Additional information and registration can be found here <https://dpi.wi.gov/sspw/conference>

Four dates for 'Day 1 - Moving Forward with Social Emotional Learning' have been added to myQuickReg and to the WISH website. See the attached flyer.

Part-time Department of Health Services Project Aware Coordinator Position

This position is through the Medical College of Wisconsin. More information can be found at:

https://careers.peopleclick.com/careerscp/client_medcollegewi/external_staff/gateway.do?functionName=viewFromLink&jobPostId=13501&localeCode=en-us



Opportunity to Provide Input into Diabetes Teleconference

U W-Madison pediatric endocrinologist, Dr. Allison Pollock is developing a monthly school diabetes health teleconferencing program with the target audience being school nurses and school personnel who care for students with diabetes.

The school health diabetes program will be set up to be flexible - you can watch, participate in, and get continuing education credit - the format will be roughly 10-15 minutes of a diabetes speaker/expert followed by 45-50 minutes of discussion between all who are logged in/watching - school personnel in communities across the state. She is requesting school nurse input in developing this program. Click here to provide feedback or for more information.

https://uwmadison.co1.qualtrics.com/jfe/form/SV_3gS6r



RN/LPN Salaries -- 2019 Report

How much are RNs and LPNs earning this year? Who's earning the most and why? In Medscape's 2019 RN/LPN Compensation Report, see how practice setting, location, certification, and more could be hindering or boosting your pay.

[VIEW REPORT](#)

New CE Courses for Nurses

[A Chocolate a Day Keeps Depression Away?](#)



CDC issues an MMWR Early Release about measles cases and outbreaks in the United States in 2019

On October 4, CDC released an MMWR Early Release titled [National Update on Measles Cases and Outbreaks—United States, January 1–October 1, 2019](#). The beginning of the first paragraph is reprinted below.

During January 1–October 1, 2019, a total of 1,249 measles cases and 22 measles outbreaks were reported in the United States. This represents the most U.S. cases reported in a single year since 1992, and the second highest number of reported outbreaks annually since measles was declared eliminated in the United States in 2000. Measles is an acute febrile rash illness with an attack rate of approximately 90% in susceptible household contacts. Domestic outbreaks can occur when travelers contract measles outside the United States and subsequently transmit infection to unvaccinated persons they expose in the United States. Among the 1,249 measles cases reported in 2019, 1,163 (93%) were associated with the 22 outbreaks, 1,107 (89%) were in patients who were unvaccinated or had an unknown vaccination status, and 119 (10%) measles patients were hospitalized. Closely related outbreaks in New York City (NYC) and New York State (NYS; excluding NYC), with ongoing transmission for nearly 1 year in large and close-knit Orthodox Jewish communities, accounted for 934 (75%) cases during 2019 and threatened the elimination status of measles in the United States. Robust responses in NYC and NYS were effective in controlling transmission before the 1-year mark; however, continued vigilance for additional cases within these communities is essential to determine whether elimination has been sustained.

Access the complete report: [National Update on Measles Cases and Outbreaks—United States, January 1–October 1, 2019](#).

From the Immunization Action Coalition (IAC)

- IAC's [Talking about Vaccines: Religious Concerns](#) web page
- IAC's [Talking about Vaccines: MMR Vaccine](#) web page

CDC- As reported by The New York Times

Cases of syphilis, gonorrhea and chlamydia in the United States jumped last year, and an alarming number of newborn deaths were linked to congenital syphilis. [Read more](#).

From the American Academy of Pediatrics

[Beware of health claims about cannabis products](#)

The FDA has not approved over-the-counter cannabis products for the diagnosis, cure, treatment or prevention of any disease.



News from the National Association of School Nurses...

Thousands of young people are bullied every day from their peers while at school, after school in their neighborhoods, and even when they are at home. October is [National Bullying Prevention Month](#).

As school nurses, we are crucial members of the team working to prevent bullying in schools. Our role includes:

- Efforts to prevent bullying.
- The identification of students who are bullied, bully others, or both.

The [Framework for the 21st Century School Nursing Practice™](#) (NASN, 2016) provides direction for the school nurse to support student health and academic success by contributing to a healthy and safe school environment poised to prevent and mitigate bullying and cyberbullying. [Learn more on the NASN website.](#)

P.E.E.R.S. Foundation Anti-Vaping Nonprofit

The P.E.E.R.S. Foundation offers schools an assembly targeted at teens, designed to educate teens on the dangers of e-cigarette use.

[LEARN MORE](#)

Did you know that . . .

- Tennis balls that have been cut into (many schools put them on the feet of student chairs and tables) create a risk of anaphylaxis for those with a latex allergy?

- Students with a latex allergy will cross-react with many foods including banana, avocado and kiwi?

- Koosh balls, balloons and some bandages can all contain latex and cause a student or staff member to experience anaphylaxis.

Infographic to post at school: [Latex Allergy = Allergy, Anaphylaxis, Asthma, Food Allergy](#)

Latex Allergy Awareness



New Resource from Product Makers ParaPRO

“Fact is, the social injury associated with infestations does more damage to kids and their parents than the head lice do. That’s why proactive patient education is as important as effective treatment.

As a school nurse, you play a key role. To learn more about what you can do, watch the video [Leading the Charge Against Head Lice](#) featuring Dr. Shirley Gordon, one of the leading experts in the field.”

*Inclusion of this information is not an endorsement by DPI.



Opportunity for School Nurses to Learn and Get Ten Free CNEs.

The Nebraska State School Nurse Consultant invited National Association of State School Nurse Consultant (NASSNC) members to share an exciting learning opportunity that **starts October 23, 2019**. Here is what she wrote:

This is an online learning opportunity via Zoom to learn about the latest information and evidence-based practices to improve student health outcomes. These sessions will be on Wednesdays from 3:00-4:00 PM (CST). There will be a recorded option for those who cannot attend live. You can attend one session or all ten – whatever fits into your schedule. Each session will be a one hour live event (1 CNE per session), and the first half of each session will be recorded so those who cannot attend live can still obtain 0.5 CNE for that 30 minute didactic portion. The second half of each session will include a de-identified case presentation in which participants can ask questions and engage in conversation. It will be a great way to gain valuable resources and ideas on managing chronic diseases and other medical issues.

Here is the schedule: <https://www.childrensomaha.org/wp-content/uploads/2019/10/ProjectEchoSchedule19-20-v4-1.pdf>

Here is the ECHO brochure with more general information: <https://www.childrensomaha.org/wp-content/uploads/2019/10/ECHO-School-Health-Brochure-2019.pdf>

Wisconsin Lions Help Provide Sight-Saving Screenings



Thank you to Lions Clubs across the state for making an impact in their local communities by providing certified children's vision screenings. The next step to a vision screening is following up on vision screening referrals to ensure children with vision problems can receive vision care and we need your help! Your Lions Club can start to help referred children get to the eye doctor by reviewing the [Follow Up Resources](#) on our website and by asking the schools how you can help in the process. If your club would like to learn more about how to help with the follow up process in your local community, contact Shelby at shelby@pbwi.org.

Students Support Sight-Saving Screenings

Thank you to Westosha High School for holding a Certified Children's Vision Screener Training for 20 members of their Health Occupation Student Association. These students will help provide vision screenings to elementary school students within their district. "I am glad to have this program here in Westosha. Thanks for coming to provide this training and opportunity for our students," commented the principal. If you need help with vision screening and would like to train high school students, please contact Shelby at shelby@pbwi.org. The 90 minute training is free to students.



Contact Lens Safety and You!

Did you know?
Contact lenses were invented more than 100 years ago.

The first contact lenses were made from glass and later, hard plastic.



Tips on Contact Lens Safety



Always wash your hands with soap and water before touching your contacts or your eyes.



Use a contact lens disinfecting solution to clean your contact lenses and case.



Always use new solution to clean your contacts lenses and case. Rinse off your contact lenses with solution before using them.



Never sleep with your contacts in. Take them out before the Zzzzzz's hit!



Never swim or shower with your contacts in. Take them out before going in any water.



How old are your contact lenses? Replace your contact lenses as recommended by your eye doctor.



If you experience any pain with your contacts, remove them immediately and call your eye doctor.

Take care of your eyes and contact lenses. You only get one pair of eyes and no spares!



PRACTICE POINTS



Interestingly, as I prepare for the New School Nurse Orientation I have come across [an article](#) in *American Nurse Today* entitled “The New-to-Setting Nurse - Understanding and Supporting Clinical Transitions” by Jennifer Chicca, MS, RN (Am Nurs Today. 2019;14(9):22-25). Ms. Chicca writes, “Based on available empirical and experiential evidence, new-to-setting nurses undergo difficult movement processes that may be similar to or even more complicated than new graduate nurse transitions.”

I have been a part of the DPI’s New School Nurse Orientation (NSNO) for over 11 years, long before I became the state consultant. I have always come away energized by the enthusiasm of the transitioning school nurses and their eagerness to network with experienced school nurses and learn the scope and standards of this new specialty. Some in attendance will have been practicing in schools for 1-2 years. Others will be new hires, having started less than two weeks prior to the orientation! Occasionally a school nurse will attend the NSNO consecutive years to solidify their knowledge base.

What I have heard throughout the years, and what I remember from my own transition from hospital to school nursing, is that bridging the two systems of healthcare and education, is the most challenging aspect. School nurses not only aim to keep our students (patients) safe and healthy, but do so in order that students achieve academically. It would not seem such a significant difference than other clinical or community settings. However, “serving two masters” complicates the practice of school nursing.

In the article, Ms. Chicca suggests use of the nursing process as a strategy to help ensure successful transitions between practices settings. Assess the knowledge and skills gained from previous roles and experiences. Identify (diagnose) actual and potential problems that may arise during the transition. What are the gaps in knowledge, skills, and abilities? What competencies are missing that are essential to this setting? Make a plan of action to address actual or potential problems. Create SMART (Specific, Measurable, Achievable, Relevant, and Time-bound) goals as part of the planning process and identify evidence-based practices that help nursing transitions. Implement the plan then evaluate the success of the transition.

To meet the needs of those transitioning to the school setting, the NSNO reviews pertinent school health services laws and describes school record keeping practices. Attendees learn about “special education,” 504 plans and processes, and how to delegate to unlicensed less-skilled school staff procedures many nurses performed themselves in prior clinical settings. Learning how to balance all the varied responsibilities and learning how to triage and respond to injuries and illnesses without equipment and professional support are other concepts critical to practicing in the school setting.

Though I transitioned to the specialty of school nursing 26 years ago, I find I am constantly learning new concepts as the specialty evolves and the needs of our students change. Soon a School Nurse Orientation webpage will be part of the DPI’s School Nursing and Health Services resources. This will be a site school nurses and all those involved in school health services can use to learn or refresh their knowledge on key topics. The first module will be on laws and statutes related to school health services.

Reflect upon your transition. Are there still areas of potential or actual concern? Are you in need of more knowledge or an energy boost? Look through this and future School Nurse Updates for professional development activities. The Wisconsin Association of School Nurses is recruiting school nurses to present at the April conference. That would be a great way to energize your practice. (Contact me if interested.) All the while, remember to welcome, support and encourage our newest school nurse colleagues whenever you have contact with them!

School Nurse Webpage: <http://www.wisconsin.gov/education/school-nurses>

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





All Workshops: 9:00 am-3:00 pm
Registration 8:30 am-9:00 am

DATES/LOCATIONS:

■ November 7, 2019

Jefferson Street Inn
201 Jefferson Street
Wausau, WI 54403
Contact: Alie Hubing, CESA #4
(608) 786-4807; ahubing@cesa4.org

■ November 20, 2019

CESA #7
595 Baeten Road
Green Bay, WI 54304
Contact: Christine Kleiman, CESA #7
(920) 617-5645; ckleiman@cesa7.org

■ January 16, 2020

Holiday Inn-Milwaukee Riverfront
4700 N. Port Washington Road
Milwaukee, WI 53212
Contact: Christine Kleiman, CESA #7
(920) 617-5645; ckleiman@cesa7.org

■ January 24, 2020

CESA #4
923 East Garland Street
West Salem, WI 54669
Contact: Alie Hubing, CESA #4
(608) 786-4807; ahubing@cesa4.org

COST:

\$40.00 (Includes lunch and snacks)

REGISTRATION QUESTIONS:

Mary Devine (608) 786-4800
mdevine@cesa4.org

SEND PAYMENT TO:

ATTN: Mary Devine
CESA #4, 923 East Garland Street
West Salem, WI 54669

PLEASE include and clearly define:

Participant name, exact name of workshop, and date, with all checks or purchase orders. Thank you!



Day 1 - Moving Forward with Social Emotional Learning



Making social and emotional learning (SEL) skills part of the learning equation helps children succeed in school and life. With social and emotional skills, children can manage their feelings, build healthy relationships, and navigate social environments. When adults are supported by good policies and training, children develop the skills needed to prepare them for the world.

In May of 2018, the Wisconsin Department of Public Instruction released the final draft of the long anticipated [Wisconsin Social Emotional Learning \(SEL\) Competencies](#).

Now that the competencies are finalized, districts have been asking for assistance in figuring the next steps in implementing these competencies. Therefore, we have developed this workshop to give district teams the opportunity to unpack the competencies.

Participants will:

- Map what is currently being done in their building or district to teach the competencies
- Conduct a gap analysis between the competencies and what is currently being taught
- Create a plan for filling in the gaps
- Figure out how to assess if students have mastered the competencies
- See how some school districts in our state are implementing Social Emotional Learning

PRESENTER:

Beth A. Herman, MSE, School Mental Health Training Consultant
Wisconsin Department of Public Instruction

ONLINE REGISTRATION:

Wausau - November 7, 2019

<https://login.myquickreg.com/register/event/event.cfm?eventid=24819>

Green Bay - November 20, 2019

<https://login.myquickreg.com/register/event/event.cfm?eventid=24821>

Milwaukee - January 16, 2020

<https://login.myquickreg.com/register/event/event.cfm?eventid=24822>

West Salem - January 24, 2020

<https://login.myquickreg.com/register/event/event.cfm?eventid=24823>



School SBIRT Training

(Screening, Brief Intervention, and Referral to Treatment)
A Training Opportunity for Middle and High School Student Services Staff

What is SBIRT?

SBIRT offers an efficient, evidence-based, and comprehensive service to address selected behavioral health concerns among adolescents. The service begins with administering a standardized Screening instrument. For students who show moderate or high risk results, a Brief Intervention (BI) is conducted. The BI is delivered with motivational interviewing and is protocol-guided. For those students who show high risk concerns and who do not respond to the BI, a Referral to Treatment may be initiated.

Why SBIRT in Schools?

- Evidence-based for addressing student alcohol/drug involvement and evidence-informed for addressing a range of other behavioral concerns, including attendance, classroom behavior, and mental health
- Student-centered and strength-based
- Teens rate the service with high levels of satisfaction
- Provides a Tier II and Tier III practice with PBIS
- Response-to-Intervention can be ascertained by using baseline and follow-up screening results

Training Description:

- **A requirement of registration is to complete a Pre-training Reading Assignment** available at: www.wishschools.org/resources/schoolsbirt.cfm
- **Initial Training** (Day 1) — Overview of SBIRT, introduction to the requisite skills (Motivational Interviewing), and practice on delivering protocol-guided Brief Intervention services. Audiotape delivery of Brief Intervention.
- **Adopt SBIRT Into Practice and Continue Implementation Planning** — Staff deliver SBIRT services and track initial implementation. Staff meet with student services leadership to develop Implementation Plan.
- **Follow-up Training** (Day 2) — Staff receive individualized feedback from fidelity review of audiotape. Continue skill building, practice delivering SBIRT, and refining Implementation Plan. Audiotape delivery of Brief Intervention
- **Implementation Coaching and Technical Assistance** — Staff can participate in monthly implementation coaching calls.

This training is open to School SBIRT Implementation Cohort Schools and any other schools ready to implement SBIRT.

**** SBIRT LOCATIONS, TIMES and DATES on PAGE 2 ****



TIME:

Workshop: 8:30am-3:30pm
Registration: 8:00am-8:30am

DATES/LOCATIONS:

■ October 25, 2019 & January 20

Oregon High School
456 North Perry Parkway
Oregon, WI 53575

Contact: Jackie Schoening, CESA #6
(920) 236-0515; jschoening@cesa6.org

■ October 30, 2019 & January 14, 2020

CESA #3, 1300 Industrial Drive
Fennimore, WI 53809

Contact: Jackie Schoening, CESA #6
(920) 236-0515; jschoening@cesa6.org

■ November 4 & December 19, 2019

CESA #10, 725 West Park Avenue
Chippewa Falls, WI 54729

Contact: Carol Zabel, CESA #10
(715) 720-2145; czabel@cesa10.org

■ November 5, 2019 & January 7, 2020

The Ingleside Hotel
2810 Golf Rd, Pewaukee, WI 53072

Contact: Christine Kleiman, CESA #7
(920) 617-5645; ckleiman@cesa7.org

■ November 8, 2019 & January 9, 2020

CESA #7, 595 Baeten Road
Green Bay, WI 54304

Contact: Christine Kleiman, CESA #7
(920) 617-5645; ckleiman@cesa7.org

■ November 20, 2019 & January 24, 2020

CESA #6, 2300 State Road 44
Oshkosh, WI 54904

Contact: Jackie Schoening, CESA #6
(920) 236-0515; jschoening@cesa6.org

■ November 22, 2019 & January 17, 2020

Mid State Technical College-Stevens Point
1001 Centerpoint Drive
Stevens Point, Wisconsin 54481

Contact: Lynn Verage, CESA #9
(715) 453-2141; lverage@cesa9.org

Workshop Questions:

Tracy Herlitzke (608) 786-4838; therlitzke@cesa4.org

Registration Questions:

Mary Devine (608) 786-4800; mdevine@cesa4.org



REGISTER ONLINE:

■ Oregon—October 25, 2019 & January 20, 2020

https://login.myquickreg.com/register/event/event.cfm?from_cms=1&eventid=24752

■ Fennimore—October 30, 2019 & January 14, 2020

https://login.myquickreg.com/register/event/event.cfm?from_cms=1&eventid=24674

■ Chippewa Falls—November 4 & December 19, 2019:

https://login.myquickreg.com/register/event/event.cfm?from_cms=1&eventid=23885

■ Pewaukee — November 5, 2019 & January 7, 2020

https://login.myquickreg.com/register/event/event.cfm?from_cms=1&eventid=23886

■ Green Bay — November 8, 2019 & January 9, 2020

https://login.myquickreg.com/register/event/event.cfm?from_cms=1&eventid=23887

■ Oshkosh — November 20, 2019 & January 24, 2020:

https://login.myquickreg.com/register/event/event.cfm?from_cms=1&eventid=23888

■ Stevens Point — November 22, 2019 & January 17, 2020:

https://login.myquickreg.com/register/event/event.cfm?from_cms=1&eventid=23889

COST: \$100/per person (Lunch and snacks provided)

Payable to CESA #4

No cost for Cohort Schools

Send Payment to:

CESA #4 ATTN: Mary Devine,
923 East Garland Street,
West Salem, WI 54669

PLEASE include and clearly define: Participant name, exact name of workshop, and date, with all checks or purchase orders.
Thank you!