



LOUISE WILSON, MS, BSN, RN, NCSN

Season Greetings & Happy Holidays!

I can't believe I missed **National Handwashing Awareness Week** (December 1- 7, 2019). Encouraging handwashing is a particular passion of mine and reflected in my school nurse nickname, "Germ Queen." When I taught handwashing to fourth graders, I told them that what they were going to learn today, could literally save their life, (so they should pay attention to the presentation)! I eagerly share [this link](#) to the CDC's **Handwashing: Clean Hands Save Lives** campaign. Resources are available in English and Spanish. The CDC also launched *Life is Better with Clean Hands*, a new national campaign designed to **motivate adults to make clean hands part of their daily lives**. [Click here](#). It is always the season to prevent the spread of germs.

Please note the information in this Update regarding **changes and additions to the School Nursing/Health Services DPI webpages**. My hope is that it will be easier to navigate the pages and find the information you seek. Some of the pages are still under development.

If you have not looked at the CDC's [Virtual Healthy Schools](#) website I invite you to familiarize yourself with this resource. It utilizes the WSCC model. Other resources in this Update include ones to **support youth addicted to nicotine, continuing education opportunities** for school nurses, family resources for **sending children with T1D off to college**, and quizzes to check **your knowledge on influenza and drug diversion tactics**.

As students, families and staff head off to enjoy Winter Break note the Department of Health Services **warning regarding frigid temperatures**.

I wish for all of you a pleasant and relaxing Winter Break. Safe travels if that is in your plans. The **next Update will be sent out on January 14, 2020**.

Peace,
Louise

School Nurse Update

#9 12/17/19

IN THIS ISSUE

School Health Services Laws Module Published

Influenza Quiz

Vaping Products Diversion

Measles Outbreaks Due to Low Immunization Rates - US Comparison

PRACTICE POINTS - Best Practices for NSSI

SAVE THE DATE

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

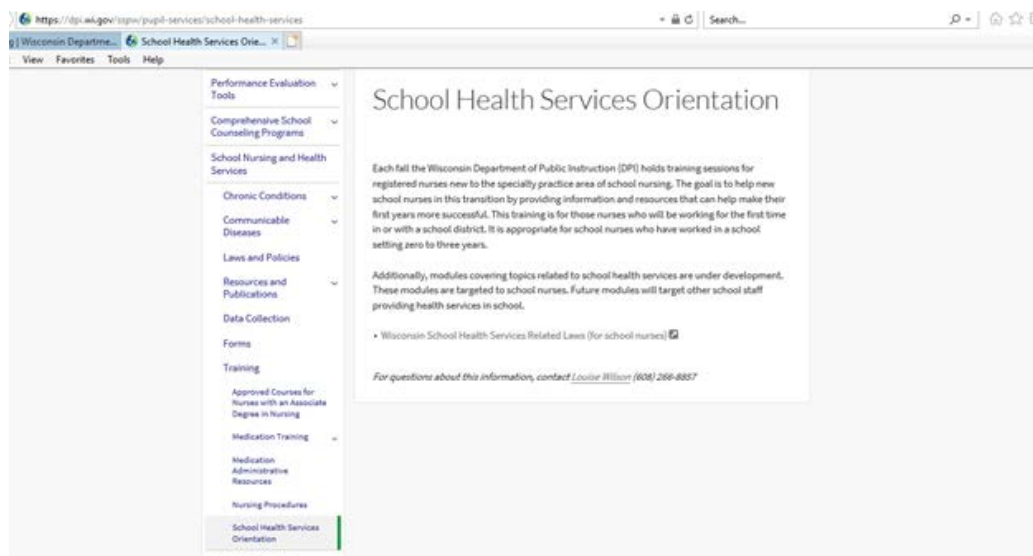
National Association of School Nurses Annual Conference - Las Vegas, NV June 29 – July 3, 2020



DPI News

The Department of Public Instruction along with the Wisconsin Safe and Healthy School Center announce **The Trauma-Informed School Online Book Study** February 3-28, 2020. Class is online 24/7 from any Internet-enabled device using Google Classroom. See attached flyer.

The Department of Public Instruction's [School Nursing and Health Services](#) webpages have been revised, reorganized, and re-categorized. Additionally, a new training module has been posted on the revised [School Health Services Orientation](#) webpage. This 20 minute module targeted for school nurses is on school health services laws. Future modules will be developed for school nurses and other school health services staff.



The Wisconsin Department of Public Instruction announced that a grant program, encouraging students to live a healthy lifestyle by increasing access to fresh produce in schools across the state, reached a milestone during the 2019-2020 school year.

More information here: <https://dpi.wi.gov/news/releases/2019/through-grant-program-more-students-schools-have-access-fresh-produce-wisconsin>.

Please direct comments and questions about this news item to DPI Media Inquiries at (608) 266-3559, media.inquiries@dpi.wi.gov.





The [Weekly Respiratory Report](#) for the week ending December 6, 2019, is now available. We are experiencing moderate levels of influenza like illness (ILI) in Wisconsin at this time.

Health Agency Reminds State Residents That Cold Can be Deadly *Wisconsin had 75 cold-related deaths last winter*

Having already seen record-breaking cold this year, and with temperatures below zero in the forecast for most of the state this week, the Wisconsin Department of Health Services (DHS) wants to remind residents to [take steps to be safe and stay warm as temperatures fall](#). Last winter, 75 people died from exposure to cold across Wisconsin. The number of deaths was 36 percent higher than average over the past few winters, likely due to the sustained extreme cold and higher-than-average snowfall seen across the state last winter.

"Freezing temperatures, wind chill, and winter storms create unsafe conditions and can cause frostbite, hypothermia, and even death," said Jonathan Meiman, a Chief Medical Officer in the Division of Public Health. "The best way to stay safe during extreme cold is to be prepared."

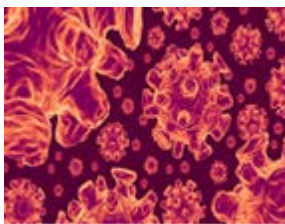
[View the entire news release.](#)

DHS Investigates Outbreak of Adenovirus Infections on College Campuses *Students and staff urged to take care to avoid respiratory illness*

The Wisconsin Department of Health Services is investigating [multiple cases of adenovirus \(add-e-no-virus\) infection](#) on college campuses around the state. Adenovirus infections most commonly cause respiratory illness, and while serious illness is rare, in some cases it can lead to pneumonia or death.

"Adenovirus infection is easily spread, which is why we tend to see it in places where large groups gather, like college dormitories and classrooms," said State Health Officer Jeanne Ayers. "While symptoms vary, the virus can be especially hard on people with weakened immune systems or who have lung or heart problems."

[View the entire news release.](#)



Medscape

Fast Five Quiz: Influenza

With this year's flu season at hand, are you familiar with key aspects of influenza, as well as new recommendations and best practices for prevention and treatment? Test yourself with this short quiz. [Take Quiz Now](#)

News from the National Association of School Nurses...

Calling all Creative Data Users

Like to make videos or infographics? Or have you done great work using data? Want to win a contest? NASN is sponsoring a media contest related to data. Entries are due January 31, 2020.

Data is important to advance school nursing. This is why NASN developed the data initiative: The National School Health Data Set: Every Student Counts! to help build capacity and understanding of school health data. As part of this initiative we invite you to participate in a media contest by sharing ideas and ways you have promoted data.

The goal is to identify several new materials (videos, infographics, or other mediums) that will be used to promote data use and NASN's Every Student Counts! initiative. The unveiling of the grand prize entry will be on School Nurses Day in May. See attached flyer.

From the American Academy of Pediatrics (AAP) Council on School Health (COSH)

Webinar Recording: Improving Children's Health By Attending to Attendance

The American Academy of Pediatrics (AAP) [Council on School Health \(COSH\)](#) recently hosted a webinar titled *Improving Children's Health By Attending to Attendance*. The webinar discussed the role of pediatricians in improving children's health by helping to reduce chronic school absence and introduced key concepts from the February 2019 AAP policy statement, "[The Link Between School Attendance and Good Health](#)." To view the webinar recording, visit <https://youtu.be/G0gvNcBiyao>.

From the American Academy of Pediatrics (AAP)

New AAP Resource: Supporting Youth who are Addicted to Nicotine

The AAP Julius B. Richmond Center of Excellence and Section on Tobacco Control are pleased to share a new resource, "[Supporting Youth who are Addicted to Nicotine: Advice for Pediatricians](#)." This resource is intended to help pediatricians talk with youth about nicotine addiction and support them in attempts to quit using tobacco and e-cigarettes. You can access the resource [here](#).



FDA and Scholastic -- New e-Cigarette Resources for Schools

FDA continues to work with Scholastic to develop new [youth e-cigarette prevention resources](#) for schools. FDA and Scholastic are expanding their collaboration to launch their first middle school resources in addition to new resources for high schools.

JDRF is offering a free **Off to College Workshop** that may be of interest to families at your school or in your district currently managing life with type one diabetes (T1D).

For families managing life with T1D, the transition from high school to college can bring up a whole host of new scenarios, questions, worries and emotions. The **Off to College Workshop** is designed to help parents, caregivers and teens by offering practical, tangible advice, as well as the tools and resources needed to feel prepared for the next chapter. Open to all those preparing for college, as well as current college students.

Wednesday, January 15, 2020 | 6:00 – 8:00pm
Concordia University Wisconsin
12800 North Lake Shore Drive | Mequon, WI 53097



Knowledge is power.

- Hear advice from a panel of current college students and parents moderated by a medical professional.
- Participate in small group discussions with other parents and teens.
- Get advice on how to prepare for campus life, register for accommodations and more.
- See examples of emergency action plans, as well as checklists and timelines provided by the College Diabetes Network.

Register by January 12th at: https://sewi_college.eventbrite.com. Click [here](#) for the event flyer that can be shared with families.



Severe Asthma in Children

Check out the Allergy & Asthma Network's newly updated infographic on pediatric severe asthma and Shared Decision Making. It clarifies age ranges for medication step-up treatment plans. [Read more](#)



Are Safety of Antidepressants Validated? Course for CE

News Author: Megan Brooks; CME Author: Laurie Barclay, MD
 CME / ABIM MOC / CE Released: 11/8/2019 Valid for credit through: 11/8/2020 [Link](#)

Immunization Action Coalition

TOP STORIES

Measles outbreak in Samoa has killed dozens of children; anti-vaccine misinformation has contributed to the low vaccination rate

A measles outbreak with over 4,300 cases in the Pacific island of Samoa has killed at least 63 people, most of them infants and children under age 4. Samoa's government declared a state of emergency on November 15, and mass vaccination campaigns have been held since then. Schools are closed indefinitely, children are barred from public gatherings, and red flags have been hung outside homes that contain people unvaccinated against measles. On December 5 and 6, the entire government was shut down to allow all non-essential civil servants to assist in the vaccination campaign.

From a December 2 [Washington Post](#) article:

Samoa officials say they believe the outbreak was initially spread by a traveler from New Zealand, the AP reported. Once in the country, the virus found a population with an uncommonly low vaccination rate.

Before the epidemic, Samoa's vaccination rate stood at only 31 percent, according to the World Health Organization, and vaccination coverage has declined in Samoa since 2013, according to WHO and UNICEF data. Fears about the safety of the vaccine accelerated in 2018, after two babies in Samoa died when their vaccinations were mixed incorrectly [the vaccine was mixed with a muscle relaxant instead of the sterile water diluent], the BBC reported....

Now, the country is scrambling to vaccinate as much of its population of 196,000 as swiftly as possible.

Related Links

- [Washington Post: Samoa Government to Close for Two Days amid Measles Outbreak that Has Killed Dozens of Children](#) (12/2/19)
- [CNN Health: Samoa Measles Outbreak: Government Shuts Down So Everyone Can Get Vaccinated](#) (12/5/19)
- [Washington Post: If the U.S. Had Samoa's Current Level of Measles Cases, There Would Now Be More than 7 Million Infected Americans](#) (12/6/19)
- [BBC News: Samoa Arrests Vaccination Critic amid Deadly Measles Crisis](#) (12/6/19)
- [New York Times: Measles Outbreak Leads to Shutdown of Public Services in Samoa](#) (12/3/19)
- [Respectful Insolence: Antivaxxer Robert F. Kennedy, Jr. Writes to Samoan Prime Minister Tuilaepa Aiono Sailele Malielegaoi about Measles in the Middle of an Outbreak](#) (12/5/19)
- [Skeptical Raptor: Samoa Measles Epidemic—Vaccine Deniers Causing Harm to Children](#) (12/4/19)
- [World Health Organization: More than 140,000 Die from Measles as Cases Surge Worldwide](#) (12/5/19)

CDC Grant Funding Opportunities

CDC's Injury Center Notice of Funding Opportunity Announcements (NOFOs) is posted to the following website: <https://www.cdc.gov/injury/fundedprograms/foa/index.html>

PRACTICE POINTS



The first week of December I attended my DPI team's *Building the Heart of Successful Schools* conference. I was elated to note that more school nurses are having the opportunity to attend this pupil services conference either alone or as part of a team. Next year's preconference and conference will be December 2-4, 2020. Save the dates on your calendar!

Two of the sessions I attended were on vaping. Both were excellent. One of the sessions was co-presented by a state (based in Oconomowoc, WI) organization, "Your Choice to Live, Inc.," that demonstrated the numerous methods and products students can use to hide and prevent detection of their nicotine use. I was blown away by the level of deception possible and that there is a huge industry and market for such products! It reinforces that Electronic Nicotine Delivery Systems (ENDS) are not marketed to help adults overcome a nicotine addiction by providing an alternative to tobacco. Instead, ENDS have become a way to create a new generation of nicotine addicts that will be long term customers.

If you have not seen a presentation by "[Your Choice to Live, Inc.](#)" I recommend you go to their [website](#) and take the interactive quiz designed to help educate parents on where and how teens can be hiding their drug, alcohol, and vaping use.

Another of the vaping sessions I attended was co-presented by a representative from Madison and Dane County Public Health and a representative from Lodi's Community Action Coalition. I was particularly interested in learning that there are now resources available not only to educate teens, but to assist teens with nicotine addictions to quit. I have attached a flyer to this Update.

I have pages of notes from the preconference I attended on Non-suicidal Self Injury (NSSI). What sets NSSI apart from other risk behaviors is the immediate tissue damage. There are both physical and visual stimuluses and after-injury effects that are involved in NSSI. Students who self-injure do not intend to die from their injuries, there is no suicide intent. There are multiple reasons and motives for why students engage in NSSI. What may start out as a way to manage emotions or stress can evolve over time.

Best practice is that school staff, other than school nurses, should not be examining or asking to look at the "wounds" of those who self-injure. Unless it is within the person's scope of practice to offer wound care treatment, viewing the actual wounds is counterproductive. Another best practices of interest to school nurses, is that "fresh" wounds be covered while in school, but that efforts to conceal scars are not necessary. Being in an environment where one is healing/recovering without shame may be therapeutic. Covering active wounds is based on the concern that visible wounds may be upsetting to others. (I would add universal precautions and bloodborne pathogen/infection control and prevention are other reasons to cover open wounds.) The intent is not to stigmatize the student who has self-injured, but support them while considering the wellbeing of others.

School Nurse Webpage: <https://dpi.wi.gov/snpw/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





Contact / Presenter

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

Online Registration

<https://login.myquickreg.com/register/event/event.cfm?eventid=25052>

Registration Assistance

Mary Devine, CESA #4
(800) 514-3075
mdevine@cesa4.org

Cost

\$50.00

Payable to

CESA #4

Send Payment to

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

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

APPROXIMATELY 20 HOURS OF PROFESSIONAL DEVELOPMENT

Note:

■ Class is online 24/7 from any Internet-enabled device using Google Classroom. You will need to set up a Google Email (Gmail) if you don't already have one, or you can use a school district email that is Google.



The Trauma-Informed School

Online Book Study

February 3-28, 2020

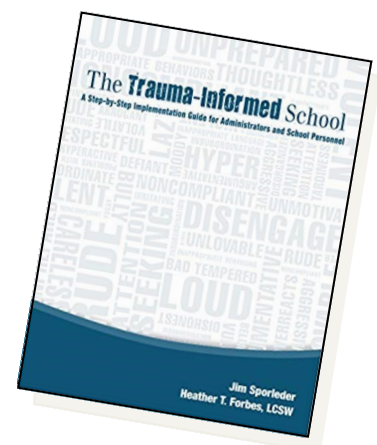
Each participant must purchase the book prior to the start of the course.
Available at: <https://www.amazon.com>

**THE FIRST 40 PEOPLE TO REGISTER WILL RECEIVE A FREE BOOK.
(A \$75.00 VALUE) SIGN UP NOW!!**

The Trauma-Informed School is an all-inclusive guide designed to give school personnel of any level (elementary, middle or high), step-by-step instructions on how to create a trauma-informed school. This guide was developed from the vast experience of a nationally recognized retired school principal and school consultant (Jim Sporleder) and a nationally recognized trauma expert (Heather T. Forbes, LCSW).

Each week participants will be expected to complete the assigned reading, respond to one or more prompts posted by the facilitator on the group's discussion board, and engage with co-participants in discussing implementation strategies.

Topics covered include: toxic stress and its relationship to learning, environmental, relationship, and classroom strategies.



Data4SchoolNurses!

A MEDIA CONTEST

PRIZES

A grand prize in each focus will be awarded,
along with runner ups.
Winners will receive a gift card.



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The goal is to identify several new materials (videos, infographics, or other mediums) that will be used to promote data use and NASN's *Every Student Counts!* initiative. The unveiling of the grand prize entry will be on School Nurses Day in May.

Criteria for selection of winners:

- Clearly articulates how school nursing data can be used
- Degree of impact of data or actions
- Creativity/innovation
- Professional image of school nursing
- Generalization across several settings or locations.
- If submission is a video or recording, length should be 1-3 minutes.

Deadline: January 31, 2020, 11:59pm EST.

Directions for Submission:

Please email submissions to data.research@nasn.org; or in a shared dropbox and share the link with data.research@nasn.org. In the email, please include the following information (cut and paste into the body of the email).

Name of person submitting:

Email to use for correspondence:

State:

Title of Project:

Type of submission (video, infographic, other)

I (fill in your name) confirm this submission is original, and publication of the submission will not infringe on the rights of others. I have full power to grant ownership to NASN as stated herein.

(typed named can be used in place of a signature)

Submissions not including this information will be sent back. If your entry includes photos or videos of individuals a video, please also include the video/photo waiver form for each individual who is featured.

Winners:

Winners will be selected by a committee of school nurses and stakeholders.

A grand prize in each focus will be awarded, along with runner ups. Winners will receive a gift card. The number of winners will depend on number and type of submissions received. All winners will be announced in February 2020.

Contest Rules:

1. Must be 18 years of age to submit a submission.
2. All submissions become the property of NASN, and all entrants grant NASN the right to use, reproduce, reprint, distribute, perform, and/or display the submission without compensation or notification.
3. No copyrighted materials may be used (music, images, etc.), unless the entrant owns the copyright or has a license to use the material. Written approval of any copyright material should be included with submission.
4. All federal, state, and local taxes on prize value are the sole responsibility of prize winners.
5. No substitution or transfer of prize is permitted.
6. Odds of winning will depend upon the number of submissions.

Off to College Workshop

At JDRF we're leading the fight against type 1 diabetes (T1D) by funding research, advocating for policies that accelerate access to new therapies, and providing a support network for millions of people around the world impacted by T1D.



Adjusting to campus life, handling party situations, talking with new friends about T1D ...

For families managing life with T1D, the transition from high school to college can bring up a whole host of new scenarios, questions, worries and emotions. This event is intended to help parents, caregivers and teens by offering practical, tangible advice, as well as the tools and resources you need to feel prepared for the next chapter of your life.

Wednesday, January 15, 2020 | 6-8pm
Concordia University Wisconsin
12800 N. Lake Shore Drive
Mequon, WI 53097

Register by Jan. 12 at:
https://sewi_college.eventbrite.com

EVENT HIGHLIGHTS

- Hear advice from a panel of current college students and parents moderated by a medical professional.
- Participate in small group discussions with other parents and teens.
- Get advice on how to prepare for campus life, register for accommodations and more.
- See examples of emergency action plans, as well as checklists and timelines provided by the College Diabetes Network.

For more information, please contact:

Southeastern Wisconsin Chapter
Michelle Pape
mpape@jdrf.org
414-203-5532

FREE QUITTING RESOURCES FOR TEENS



Freedom from Vaping!

You have Options!

Do you **YOU** or someone you know want
to quit **JUULing**, **vaping**, or **smoking**?
These are the resources for you!

This is Quitting

Text Quit to
202-804-9884 to quit JUUL
or e-cigs forever through
story sharing, text
support, & training tools;
phone app available



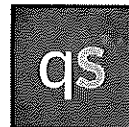
SmokeFree TXT for Teens

6-8 week program
for young adults (13-
19 years old);
receive 3-5
messages per day



quitSTART Mobile App

QuitStart takes your
vaping history and
gives you tailored tips,
inspiration, and
challenges to help you
become smoke free



WI Tobacco Quit Line

Telephone coaching
available for
Wisconsin e-cig users
who want to quit;
eligible for users ages
13 years or older

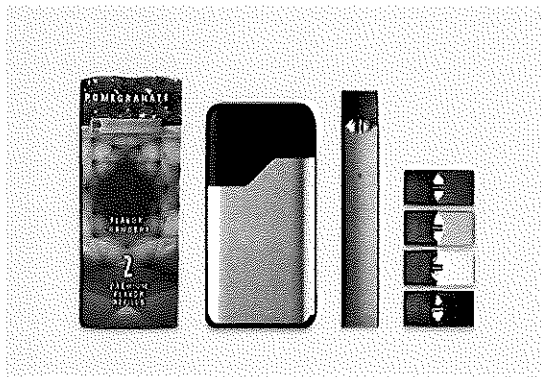


TOBACCO IS CHANGING

Know the Products

Cigarette use may be dropping among Wisconsin's youth, but other, newer tobacco products are gaining popularity fast.

And that's not good, because there's no such thing as a safe tobacco product. Designed to deliver nicotine—a highly addictive additive that can keep kids hooked for life—these new tobacco products come in a wide range of shapes and styles.



95% of Wisconsin middle schoolers say they would not use unflavored tobacco.

Cigar Products

Cigars, little cigars, and cigarillos may come in different sizes, but they're all basically the same product: shredded tobacco tightly rolled in tobacco paper or leaves. Today, cigar products are available in hundreds of sweet, fruity, and minty flavors. Some individually wrapped cigars cost less than a dollar.

Cigar products can lead to heart disease, lung disease, tooth decay and gum disease, and cancers of the mouth, throat, and lungs.

Electronic Cigarettes

E-cigs, vape pens, e-pipes, disposable hookahs. These hand-held devices use battery power to vaporize liquids that usually contain a mix of nicotine, flavorings, and other substances. Users inhale the aerosol that's released. Cheap and discreet, with no telltale smell of smoke, e-cigarettes have quickly become the most popular tobacco product among young people nationwide.

Sweet and trendy flavors like Root Beer Float, Unicorn Puke, Cotton Candy, and Banana Split are a big part of e-cigarettes' popularity. In a recent study, 80% of young e-cigarette users said they used e-cigarettes "because they come in flavors I like."

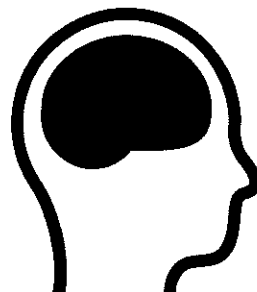
Smokeless Dip, Snus, and Chew

Every year, half a million kids in the U.S.—mostly boys and young men—try smokeless tobacco for the first time. Whether they're tucking a pinch or a pouch of flavored tobacco behind their lip, or chewing on a wad of shredded tobacco leaves, the results are the same. Nicotine and other dangerous, cancer-causing chemicals are released into the bloodstream, increasing users' risk of addiction, illness, and even death—usually, for less than the cost of a pack of cigarettes.

The number of Wisconsin kids who've tried smokeless products rises quickly as children get older, from just 3.4% of middle schoolers to 8.4% of high schoolers.

Nicotine may cause memory and attention problems in a child's growing brain.

TOBACCO IS CHANGING



Visit TobaccoIsChanging.com for references and more information on these issues.

TOBACCO IS CHANGING.COM

P-02040A (Rev. 05/2019)



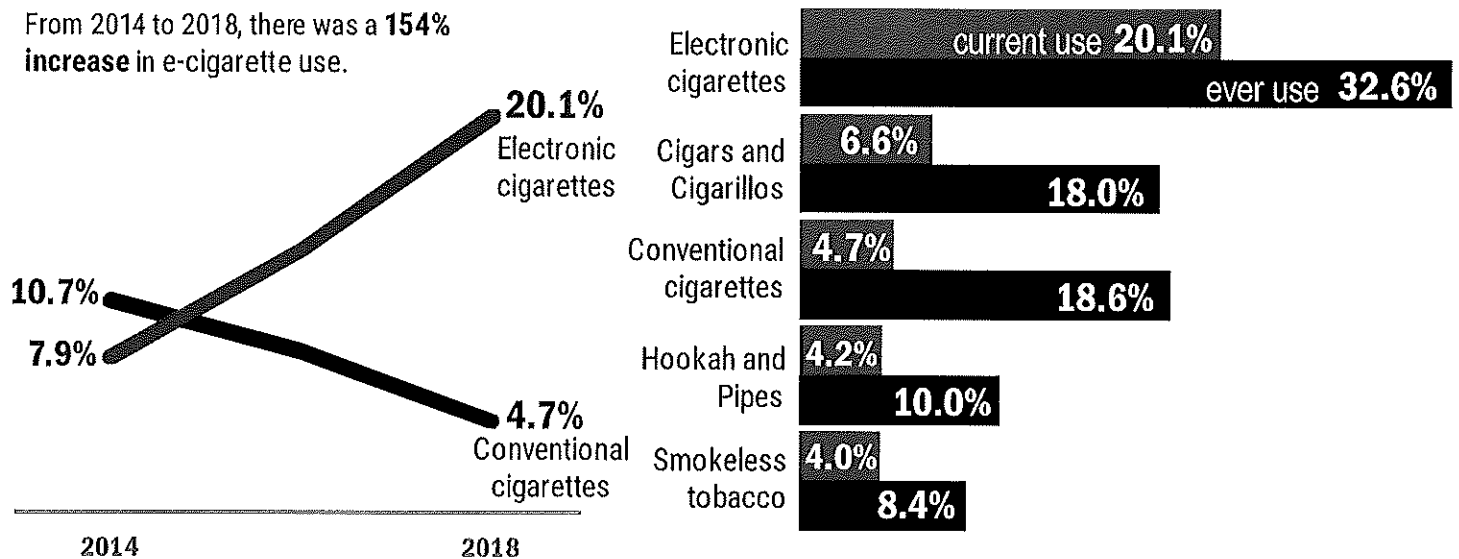
**WISCONSIN DEPARTMENT
of HEALTH SERVICES**

High School Snapshot

Youth Tobacco Survey 2018

As conventional cigarette use is declining, e-cigarette use is rising.

From 2014 to 2018, there was a **154% increase** in e-cigarette use.



1 in 5 

Wisconsin high schoolers use e-cigarettes.

1 in 4

of those who have ever used e-cigarettes first tried an e-cigarette before age 16.



16%

of e-cigarette users also smoke conventional cigarettes.



89%

would not use unflavored tobacco products.



more than **half**

of current smokers usually smoke menthol-flavored cigarettes.



19% live in homes where others smoke.

24% rode in vehicles where others smoked in the last week.



76%

of high schoolers said it is easy to get tobacco products.

15%

of high schoolers have never seen a warning label on a cigarette pack.

88%

of high schoolers agree all tobacco products are dangerous.

40%

of high school tobacco users want to quit using all tobacco products.



WISCONSIN DEPARTMENT
of HEALTH SERVICES

P-01624 (Rev. 01/2019)

Division of Public Health

Tobacco Prevention and Control Program