

SCHOOL NURSE UPDATE 2017-18 #7 11.14.17

WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION SCHOOL NURSING/HEALTH SERVICES CONSULTANT

Thank you to the **CESA 7 and 8 school nurses** who hosted me at their **Regional School Nurse Collaboration Day** held November 9th in Marinette. Visiting and spending the day with school nurses as they network and share their expertise with one another is quickly becoming one of my favorite things about my consultant position. I am constantly reminded of the breadth and complexity of student health services and how many amazing school nurses Wisconsin has!

I recently met with staff of the **Wisconsin Department of Health Services Oral Health Program**. They are preparing to implement their every five year **oral health survey assessment of Wisconsin third grade children**. This collaborative effort between Wisconsin's Oral Health Program and the Chronic Disease prevention Unit is required to meet CDC funded grant obligations. Data is collected by performing a noninvasive oral health exam by trained dental professionals. Measurements of height and weight will also be completed. The results of the survey are used to monitor trends, assess disparities, and evaluate progress towards Healthy People 2020 targets. A systematic sampling is used to select 90 schools in which to conduct the surveys. (Sampling frame is stratified by region and ordered by the percent of students eligible for free or reduced price meals.) They use passive permission to obtain consent unless a school district requires otherwise. Parent may opt out of either or both components. If your school is selected I encourage you to support this effort. Not only will this aggregate data be helpful state and nationwide but you can obtain local data. **A similar survey is done for ninth grade students**. That data was recently compiled. Here is a link to the very informative report.

<https://www.dhs.wisconsin.gov/publications/po1825.pdf>

Results for [Wisconsin's 2017 Youth Risk Behavior Survey \(YRBS\)](#) have recently been posted on the DPI website. The Wisconsin Youth Risk Behavior Survey (YRBS) is conducted as part of a national effort by the U.S. Centers for Disease Control and Prevention to monitor health-risk behaviors of the nation's high school students. These behaviors, in turn, result in the most significant causes of both mortality and morbidity during youth and adulthood. The behaviors monitored by the Wisconsin YRBS include traffic safety; weapons and violence; suicide; tobacco use; alcohol and other drug use; sexual behavior; and diet, nutrition, and exercise. **Information on the national survey is located further in this Update.**

This Update's **PRACTICE POINTS** is on the **transfer of student health records**. Also, in this Update is information on two mental health trainings and note the special request from the **Wisconsin Association of School Nurses for an Executive Director**.

Louise Wilson, MS, BSN, RN, NCSN

Save the Date!

Still time to register for **Building the Heart Conference**



Registration and a full conference brochure are available at <https://dpi.wi.gov/sspw/conference>
See attached flyer for more information

Two Preconferences

December 6

Youth Mental Health First Aid
or Human Trafficking

Keynotes

Whole School, Whole Community, Whole Child

Sean Slade, Director of Outreach, ASCD

Kids Do Well If They Can

Ross W. Greene, Ph.D., Psychologist, Author

Sectional Topics

Compassion Resilience, SBIRT, Mindfulness, Active Classrooms, School-Based Mental Health, Social and Emotional Learning, PBIS, Skills-Based Instruction, Trauma-Informed Schools, School-Community Partnerships, Caring Classrooms, Sexual Harassment

Wisconsin Association of School Nurses Annual Spring Conference



Last chance: CDC and NASN Want to Hear from You!

Please complete by **November 14th!** NASN and Centers for Disease Control and Prevention (CDC) invite you to participate in a survey regarding school-level vaccination practices and the role of school nurses. The survey should take 10 minutes to complete. It would be helpful to have your 2016-17 official immunization reports on hand to answer a few questions. This survey is open for all nurses working in schools, [survey link](#).

Youth Mental Health First Aid community Training Available

Did you know that communities can request a free Youth Mental Health First Aid training? This one day training is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. State and federal funds provide two instructors and the training materials. Attached is a flyer on how to request a training.



The Use of Language in Diabetes Care and Education

How often have you heard someone say "my diabetic student" or even "my diabetic in the 4th grade classroom?" Using guidance from the NASN Framework, how would the language change when practicing student-centered care? "I have four students with diabetes; one student is in the 4th grade." Words have the power to "elevate or destroy." [This article](#) provides the opportunity to reflect on the language you use when caring for students with diabetes, and is applicable to students with other chronic health conditions.



DPI's Gatekeeper Training Module

An important step in protecting all students from the dangers of suicide is the ability to understand the context of youth suicide in Wisconsin, recognize the warning signs of suicide ideation, and take appropriate steps to keep a suicidal student safe. This [new, interactive suicide prevention gatekeeper module](#) is being piloted for schools and districts to use with their students and staff. The module takes approximately 20 minutes to complete, and there is an opportunity to provide DPI with feedback on how to make the module more effective and user-friendly.

This brief module for all adults who work or volunteer in schools teaches a simple and effective skill for suicide prevention: ACT.

A = Acknowledge the signs and symptoms

C = show Care and Concern for the person

T = Tell someone who knows how to intervene (pupil services staff)

In this module, relevant data about youth suicide in Wisconsin is discussed along with risk factors, warning signs, and suggested methods for dealing with suicidal students including ACT: Acknowledge, Care, and Tell. ACT is a central skill taught in an evidence-based youth suicide prevention program called SOS-Signs of Suicide. SOS has been shown to reduce suicidal acts in youth. It is also an important skill for adults to know and be able to do.



Seeking Executive Director

The Wisconsin Association of School Nurses is seeking an Executive Director to facilitate and support our mission and strategic plan. Candidates must have a deep knowledge of school health, school nursing and our mission; be a proven leader with relationship building experience; be self-directed with strong organizational skills and strong written and verbal communication skills.

The position will be approximately 20 hours per month with the possibility of growing the position. The position will be contracted, without benefits, @ \$50 per hour. You will work out of your home with some travel required, i.e. attending annual spring conference, 4 Board meetings per year, various state and local meetings around the state. A more complete job description is available

at <http://www.wischoolnurses.org/wasnresources/schoolnursejobopenings>.

Send your resume and a cover letter telling us why you would be a great leader for the School Nurses of Wisconsin to wasnboard@gmail.com by 8 AM on December 18, 2017.

Research Brief: Addressing the Needs of Students with Chronic Health Conditions

Are you looking for a resource to help you build a case on the importance of school policy as it relates to effective chronic health condition management? A research brief from the CDC provides strategies for school-based management of students' chronic health conditions. [View or print this resource](#).

Making the Connection: Teen Health and Academic Achievement

According to the Centers for Disease Control and Prevention, [the academic success of America's youth is linked strongly with their overall health](#), and is one way to predict adult health outcomes. Parents, schools (school nurses), and communities are key sources of support in helping teens establish healthy behaviors now and as they transition into adulthood. The [2015 National Youth Risk Behavior Survey](#) shows that students with higher grades are less likely than their peers with lower grades to participate in certain risk behaviors.



Protecting pregnant women and their newborns from influenza: Improvement is needed in Wisconsin

To protect themselves and their newborn infants from influenza and influenza-associated complications, pregnant women are recommended to receive influenza vaccine during any trimester of pregnancy. During 2015, [only half of Wisconsin's pregnant women received influenza vaccine](#). More work is needed to improve influenza vaccination rates among women who are or will be pregnant during influenza season.

Because of changes to the heart, lungs, and immune system during pregnancy, [pregnant women are more likely to have severe illness caused by influenza](#) and are more likely to be hospitalized as a result of influenza. [Young children](#), especially those who are too young to be vaccinated themselves (age <6 months), are at high risk of developing serious influenza-related illness and complications that require hospitalization. When pregnant women receive influenza vaccine they develop antibodies that help protect them from influenza. These antibodies are also shared with the developing fetus. When the baby is born, these antibodies help protect the baby from influenza during his or her first months of life.

As described in this [data summary](#), Wisconsin women who had inadequate prenatal care and women who were Medicaid-insured, black, and Native American had the lowest influenza vaccination rates during pregnancy. In addition, vaccination rates varied by county of residence. Only two counties had influenza vaccination rates higher than 60%.

Nationwide, vaccination rates are highest among women who receive a [recommendation and offer of influenza vaccine](#) from their provider. Wisconsin providers are encouraged to recommend and offer influenza vaccine to their pregnant patients.

You Call the Shots Influenza module 2017

The CDC recently released an updated version of the [You Call the Shots Influenza module for 2017](#). Continuing education credits are available through the module. The session covers influenza disease, transmission, discussion of high-risk groups, vaccine recommendations, and available resources.

2017-2018 Seasonal Influenza ACIP Recommendations

A summary and updates to the 2017-2018 influenza recommendations can be found in the [Annual Influenza Letter](#) from the Immunization Program and partners.

Kindergarten Immunization Rates in Wisconsin and Nationwide

Every fall, Wisconsin schools are required to report immunization statistics for kindergarteners and all enrolled students, including the number of students who meet the [minimum immunization requirements](#) (are fully vaccinated according to the law), are in the process of meeting the requirements, had no record on file, or had a waiver. This information is reported to the local health department on the "[School Report to the Local Health Department](#)". To gather more detailed information regarding kindergarten vaccination rates for each required vaccine, a small sample of Wisconsin kindergartens are surveyed at the beginning of every spring semester. This activity is called the "kindergarten survey" and is conducted at approximately 70 kindergartens in Wisconsin every spring.

Both of these sources of information are analyzed by the Wisconsin Division of Public Health and the results are shared with the Centers for Disease Control and Prevention (CDC), where they are then combined with data from all other states. CDC publishes these results every year, allowing for tracking of immunization rates in kindergartners across time and across the country, showing us how many of the nation's children are protected, or not protected, from vaccine-preventable diseases. [CDC recently published the results](#) for the 2016-2017 school year. Click this link to view the report: <https://www.cdc.gov/mmwr/volumes/66/wr/mm6640a3.htm>

The results indicated that:

- Among Wisconsin kindergarten students, 94% had received 2 doses of MMR vaccine and 92.8% had received 2 doses of varicella vaccine. These results were very similar to the national medians.
- Wisconsin was one of 9 states that reported 4% or more of kindergarten students had a waiver to any vaccine during the 2016-2017 school year: 5.5% of Wisconsin kindergarteners had a waiver to one or more vaccine. This was higher than the national median, which was only 2.0%.

In an effort to streamline this data collection process and improve reliability, the Wisconsin Division of Public Health plans to work with schools to pilot test a new form for the collection of kindergarten immunization information. This activity will take place during the "kindergarten survey" process, starting in January 2018. Be on the lookout for an update about this pilot project in coming emails.

PRACTICE POINTS

Lately, I've been involved in many discussions regarding the transfer of (health) records. State law requires a public school district to transfer within five working days all pupil records relating to a specific pupil if the school district has received written notice from a) the parent that the pupil intends to enroll in another school or school district; b) the other school or school district that the pupil has enrolled; or c) a court that the pupil has been placed in a secured correctional facility, child caring institution or group home.

All pupil records must be transferred to the new school. Whenever possible, reports from school staff should be limited to basic health information and that information can then be considered a pupil physical health record. Pupil physical health records may be transferred with other behavioral records.

A report prepared by a school physical therapist, occupational therapist, speech pathologist or nurse that goes beyond basic health must be treated as a patient health care record. These records should be sealed and sent to the new school with instructions that they are to be accessed only by a healthcare provider or person acting under the supervision of a health care provider. Special (written) permission is required to transfer patient health care records that were received from outside providers. Therefore this permission should be obtained or the record not sent to the new school district.

More information on pupil records can be found in this guidance [Students Records and Confidentiality](#).

School Nurse Webpage: <https://dpi.wi.gov/sspw/pupil-services/school-nurse>
To join the School Nurse Email List and receive school nursing updates [click here](#).

Save the Date!

Building the Heart of Successful Schools December 7-8, 2017



New Location!

Radisson Paper Valley Hotel Appleton, WI

Two Preconferences December 6

Youth Mental Health First Aid
or Human Trafficking

Keynotes

Whole School, Whole Community, Whole Child
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REGISTER TODAY!
dpi.wi.gov/sspw/conference



DATES/TIMES/LOCATIONS

Registration: 8:30-9:00 am

Training 9:00 am-4:00 pm

■ **October 20, 2017**

CESA #12

618 Beaser Avenue

Ashland, WI 54806

Contact: Lynn Verage, CESA #9

(715) 453-2141; lverage@cesa9.org

■ **October 26, 2017**

Holiday Inn—Stevens Point

1001 Amber Avenue

Stevens Point, WI 54482

Contact: Lynn Verage, CESA #9

(715) 453-2141; lverage@cesa9.org

■ **January 11, 2018**

CESA #7

595 Baeten Road

Green Bay, WI 54304

Contact: Christine Kleiman, CESA #7

(920) 617-5645; ckleiman@cesa7.org

COST: \$35 (Lunch and snacks provided)

Registration or billing questions:

Mary Devine, CESA #4

mdevine@cesa4.org

Send payment to:

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!



Just in Time

Traumatized youth often react to frustrations with negative or explosive behaviors that are difficult to anticipate and manage in the classroom. If you've found yourself saying, "I didn't see that coming," or "They just blew up on me for no reason," then this workshop will help. Through lecture, video and small group discussion, our full-day workshop will teach psychoeducation, behavioral prevention and early intervention skills for educators in the classroom. You will practice prevention and de-escalation strategies focused on language, body posture, tone of voice and negotiation to help you and your students feel emotionally safer so they can learn.

LEARNING OBJECTIVES:

1. Understand how the "brain's danger alarm" works and how to identify trauma triggers and re-enactment cycles in the classroom. (Tier 1)
2. Learn how to use psychoeducation materials classroom-wide to provide language and strategies to manage emotional distress. (Tier 1)
3. Learn and practice "just-in-time" skills and strategies to reduce the escalation of student negative emotional behaviors. (Tier 2/3)
4. Create an intervention plan specific to a trauma (Tier 3)
5. Integrate trauma-model interventions with the Positive Behavior Interventions and Supports (PBIS) framework. (Tier 1)
6. Learn how to practice and implement mindfulness activities to improve student focus and decrease reactive emotions (Tier 1)

TARGET AUDIENCE:

Teachers, administrators, support staff, and pupil services.

REGISTER ONLINE:

■ **Ashland**—<http://login.myquickreg.com/register/event/event.cfm?eventid=18720>

■ **Stevens Point**—<http://login.myquickreg.com/register/event/event.cfm?eventid=18721>

■ **Green Bay**—<http://login.myquickreg.com/register/event/event.cfm?eventid=18722>

Youth Mental Health First Aid Training Available



For your school or community group

YMHFA is an eight-hour workshop lead by two trained instructors. Material will cover information on mental health literacy, adolescent development, anti-stigma messaging and a five-step process to support youth with a mental health crisis and suicidality. Participants will learn the signs of a mental health crisis and have the information to refer to outside resources.

This workshop is ideal for those having contact with youth aged 12-25. Examples include: teachers, coaches, aides, bus drivers, school support staff, juvenile justice workers, employers of youth, faith-based communities and youth organizations. Limit of 30 participants per training.

Read more about YMHFA:

<https://www.mentalhealthfirstaid.org>

Youth Mental Health First Aid (YMHFA) Training Request Form

The Wisconsin Department of Public Instruction, through Project AWARE grant funds, can offer a limited number of YMHFA trainings at no cost to Wisconsin schools, organizations, and communities. You may be placed on a waiting list for the next grant year if the maximum number of trainings has been met.

Link to Inquiry Form:

<https://goo.gl/forms/r0st2lsIVkMLc3qr1>

Please complete the YMHFA Inquiry Form questions as best you can. Responses will automatically be submitted to Christine Kleiman, Training Coordinator. Once the Inquiry Form is received, Christine will send the host site contact person a Memorandum of Understanding (MOU), assign trainers, and get the Hosting Kit sent out. The trainers will contact you with more information. This process could take up to six weeks. Pick your training date six weeks out from the date of inquiry.

Questions can be directed to Christine Kleiman, Training Coordinator, ckleiman@cesa7.org

