

IOWA SCHOOL
NURSE
ORGANIZATION
NEWSLETTER

FORMERLY KNOWN AS THE WELLSPRING

THE OFFICIAL PUBLICATION OF
THE IOWA SCHOOL NURSING
ORGANIZATION

NOVEMBER 2007



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Message from the President

~Trisha Swartzendruber, RN, BSN, NCSN

Hi everyone! Hope you had a relaxing, enjoyable and refreshing summer and are ready to start a new and exciting year of school health!

ISNO had a wonderful summer meeting with new faces on the board and lots of wonderful ideas as we re-worked the strategic plan and came up with amazing goals for the next 3 years. I really encourage you to look at them on the website. www.isno.org

Some of the tasks we plan to accomplish are: write an Iowa School Health Manual for all school nurses to use, provide more ICN CEU's, enhance our mentoring program, give out grants, create a statewide standardized data collection system, work with legislation to enforce the recommended ratio of 1 school nurse to every 750 students, enlist more members to help on task forces, organize an annual school nurse leadership workshop, and increase ISNO membership. These are some pretty lofty but very realistic goals if we can continue to work together to improve the health care for our students in Iowa. This means we need YOU and your expertise to support ISNO and our strategic plan. Please think about getting involved and contact me if you are interested!

Some ISNO board members had a wonderful opportunity to network in Nashville at the National Association of School Nurses annual conference. This is an amazing opportunity and if ever you can get away to attend, I highly recommend doing so. The experience is like non-other. It is amazing the number of incredible school nurses in this country doing extraordinary things for our nation's youth. It truly is an eye-opener and a motivator.

As you venture into this school year, remember that ISNO is here for you! Please use the resources that ISNO offers: the website, the ICN's, the mentor program, the conference, the journal, the grants, and of course our new Special Ed Resource Nurse, Twyla Kleen. If these resources do not satisfy your need, PLEASE let any of us board members know what we can do for you!

Have a GREAT year! See you at conference!

Trisha Swartzendruber RN, BSN, NCSN
ISNO President

ISNO Mission Statement

“The Iowa School Nurse Organization supports school nurses in the delivery of health services designed to improve the health and academic success of children.”

Ankeny Elementary Students “Walk Across Iowa”

Iowa leaders support health, wellness, and the promotion of exercise and nutrition to students. Terrace and East Elementary 2nd and 3rd grade students virtually “Walked Across Iowa”, May 2007. In school, students learned about healthy eating and exercise. My (Food) Pyramid for Kids was introduced and 60 minutes of daily exercise and eating nutritiously promoted. Students learned that to be healthy, and do their best at school, they need to eat foods from the five food groups: grains, meat, milk, vegetable and fruits. Students asked their parents to help them eat healthy snacks and meals such as breakfast every day.

Students donned tennis shoes and logged laps around the playground during morning recess and virtually walked the 333 miles from Iowa’s Eastern Mississippi River boarder to the Western Missouri River boarder and never left the Terrace and East playgrounds. Students also learned Iowa history, Iowa trivia and sampled Iowa’s nutritious agricultural bounty- tofu, lean pork and lean beef, egg, low-fat dairy and multi-grain foods. Playing food pyramid bingo and winning colorful prizes such as hoola hoops, frisbees, kites, swimming noodle flotation devices and jump ropes were action packed treats.

Iowa Representative Carmine Boal and Ankeny Mayor Steven VanOort were invited and walked with students across Iowa during morning recess. Representative Boal visited each second and third grade classroom and awarded all 300 plus students a personally signed certificate of participation and completion for trekking across Iowa. Our Iowa leaders know that healthy students make better learners.

Additional VIP guests to visit Terrace and East Elementary Schools in Ankeny were Shooter the Iowa Stars Hockey team mascot and Cubby from the Iowa Cubs Baseball team. Classroom teachers, staff, principals, PTO parents and siblings, and school nurses in the Ankeny School District also role modeled the value of daily exercise and logged laps with students during recess. The trek across Iowa took five weeks to complete. A great deal was taught and learned about health, nutrition, exercise, the great state of Iowa and its history, agriculture, sports and entertainment. Students also personally met, shook hands, asked questions, and talked with their governmental leaders.

Written by: Kim Cisna, RN BSN, Terrace Elementary School Nurse
and Shelley Brugioni, RN BSN, East Elementary School Nurse, Ankeny, Iowa.



Message from the Past-President

~Sharon Yearous PhD(c), ARNP, CPNP, NCSN

Visibility is defined as “the relative ability to be seen under given conditions”

I believe school nurses in Iowa are becoming more visible. Having said this, I want to encourage school nurses to portray themselves and their role as "promoting health". I know all school nurses promote health, but all too often I think the role of the school nurse focuses on the "ill care and chronic disease management" that we provide. With the recommendations that are coming out of the Commission on Wellness and Healthy Living, I think it is critical that we start to shift the image of school nursing away from "illness focus" and move to our focus on our ability to influence healthy behaviors and health education.

Vision is defined as “the act or power of anticipating that which will or may come to be”

I have a vision that every student in Iowa schools will have access to a school nurse—every day, all day. I realize this may seem unrealistic to some people, but I truly believe school health services and the role of the school nurse will make the difference in changing the health of future generations. I believe each school nurse in Iowa needs to have a vision (and hopefully we are all striving for the same vision). Without a vision, I believe school nurses will continue to be “stuck” in our current model of practice, which focuses on illness care.

Update on Lt. Governor’s Commission on Wellness and Healthy Living

~Sharon Yearous PhD(c), ARNP, CPNP, NCSN

Ten town hall meetings were held over the summer to gather input from Iowans on ways to improve wellness and healthy living in Iowa. The commissioners were asked to review all the comments from the meetings and identify steps to improve wellness in Iowa. As a commissioner, I had the opportunity to review all of the comments from the town hall meetings and am happy to say that importance of having school nurses was mentioned at more than one of the town hall meetings. The five steps toward a healthy Iowa were identified as:

Step One: Remove Unhealthy Food In Schools

Step Two: Improve the Health of Iowa’s Children

Step Three: Encourage Local Control to Ban Smoking

Step Four: Encourage Physical Activity for Seniors

Step Five: Promote Prevention Efforts Amongst Iowans

Other legislative efforts have adopted these steps and the Commission on Wellness and Healthy Living are now identifying action steps under each of the above efforts to make them become a reality. Please let me know if you have any questions about this commission and I will continue to share the progress with ISNO.

The Center for Disabilities and Development

Still Iowa's Resource for Children!

The Center for Disabilities and Development at the University of Iowa Children's Hospital continues to be an interdisciplinary resource for evaluation and treatment of Iowa's children.

In addition to comprehensive assessments for ADHD and autistic spectrum disorders, CDD's interdisciplinary teams are able to evaluate children for common and atypical learning disorders which may mimic ADHD or autistic spectrum disorders.

Behavioral psychologists are able to perform a variety of functional analyses to better tailor behavior programs to an individual child, while neuropsychologists are better able to identify biologically-based strengths and weaknesses.

Additionally, through support from the Iowa Department of Education, CDD are provides evaluations and continuing classroom consultation for qualifying children with head injuries, and for children with challenging behaviors.

Speech, audiology, nutrition (including weight management), bowel and bladder management, wheelchair positioning, physical therapy, and occupational therapy services continue to be available. There are also services for diagnosis specific problems such as Down syndrome, Prader-Willi, and Spina Bifida.

We offer a free, quarterly newsletter called CenterLines for Families that provides topical information on a variety of disability-related issues. You can be placed on our mailing list by emailing centerlines@uiowa.edu.

To refer a child, contact CDD Scheduling (319) 353-6900 or toll free (877) 686-0031 and ask for scheduling. Find us on the web at www.uihealthcare.com/CDD.

Courage, Competence, Commitment

Honor a Great Nurse Today!

We have all met an outstanding nurse whose courage, competence, and commitment make a difference. Now you can honor that special nurse who has exemplified concern for humanity, dedication to the profession, and leadership through mentoring others. Based on your description of that nurse's accomplishments and the selection criteria, a panel of nurses and community leaders will select 100 recipients to be honored at the 100 Great Iowa Nurses Celebration.

To honor a Great Nurse, please visit the web site, www.greatnurses.org and submit an online nomination. Nominations are due January 11, 2008.

Message from the President Elect

~Tami Leavens, RN, BSN

Here we are, almost at the start of a new school year! I have enjoyed this summer and had the opportunity to relax and have had time to do self-realization, this is not always easy!

ISNO had a great start of summer with exciting and informative sessions via the ICN on seizure disorders and legal issues in school health.

Several ISNO members had a chance to meet in Nashville for the NASN annual conference. There were a multitude of topics to choose from. It just amazes me how there is indeed strength in numbers and how amazing and professional school nurses are throughout the country! A personal goal of my own would be to see more school nurses from Iowa attend a national conference and represent Iowa and to form partnerships with ISNO!

Another personal goal of my own is to learn to be an effective leader. ISNO offers this opportunity. Every board member has their own strengths, what makes ISNO so great is getting these strengths together and learning from one another! There isn't anyone who could do it all alone.

As we enter the fall I will be working on organizing the spring 2008 conference and trying to organize a late fall/winter NBCSN study coop. If you are interested in information please contact me. I am very open to ideas and assistance!

Enjoy the last of summer and welcome back to school very soon. ISNO is looking forward to assisting school nurses in any way we can.

Tami Leavens, RN, BSN
ISNO President-Elect

Giving Back to Our Members - \$\$\$\$

You may or may not know but ISNO has money to give back to ISNO members for various projects, education and legislative efforts.

Research/Project Grants: ISNO has up to \$500/year to be given away for a research project or some other project that you are doing in your schools. Look for the application process to be posted on the web page as soon as we get things in order.

Professional Advancement Grant: ISNO has one \$250 grant to be awarded for someone that is advancing their professionalism through CEU's, higher education or national certification. Again look for the application process to be posted on the web page.

Legislative Grant: ISNO would like to encourage our members to go to Des Moines to lobby or do other legislative efforts. We realize that many of your schools will not let you leave for a day to do this, so ISNO will pay for a sub for you for the day, so you can help advocate for school health. We have \$500 set aside and these will be awarded on a first come first serve basis. Please contact the president if you are interested in doing this. trishcrpc@msn.com

Hand Sanitizers Causing a “Buzz”

Tammy Noble, RN, BSN, CSPI
Iowa Statewide Poison Control Center



In recent years, alcohol-based hand sanitizers have replaced traditional soap and water in many homes and have even found a place in some schools and offices. Earlier this year, an e-mail circulated throughout the country, claiming a four-year-old was rushed to the hospital gravely ill after licking hand sanitizer off her hands. The e-mail caused quite a stir among parents and school personnel prompting many calls to the poison center. Regardless of whether the story in the e-mail is real, children ingesting alcohol-based hand sanitizers can be dangerous.

According to the Iowa Statewide Poison Control Center, a single lick of a hand sanitizer that has been spread on the hands is unlikely to cause intoxication or produce symptoms more than irritation of the mouth and tongue. However, larger ingestions may lead to ethanol intoxication and have all the same signs and symptoms that result from drinking beer, wine or mixed drinks. Many hand sanitizers contain 62% ethanol. By comparison, most beers are only 5% alcohol. Wine tops out at 12% and hard liquors usually 40-50%. “Toxicity” is highly dependent on the child’s age, weight and the concentration of the substance ingested. Much of the concern with toxicity is for children and teens as their bodies aren’t able to handle alcoholic beverages.

For example, if a typical 5 year old, weighing about 45 pounds, drank his mother’s entire 2 ounce bottle of 62% alcohol-based hand sanitizer, he would have a theoretical blood ethanol (BEL) of 267 mg/dL. The legal limit for driving drunk in Iowa is 80 mg/dL (0.08 g/dL). Symptoms of ethanol intoxication in children can begin at a level of 50 mg/dL. Half an ounce (15 ml) in this child would produce a BEL of approximately 68 mg/dL. Children who are intoxicated with ethanol are also particularly susceptible to dropping their blood sugar and can suffer the effects of low blood sugar.

Alcohol-based hand sanitizers should be kept out of the reach of children in the same way that prescription drugs, cleaners and other chemicals are. If a child is exposed to a hand sanitizer, call the **Iowa Statewide Poison Control Center at 1-800-222-1222**. Nurse specialist will assess the situation and provide medical treatment advice.

Washing hands with soap and water for 20 seconds is still the best way to remove dirt and germs from the hands and is preferred to the use of alcohol-based hand sanitizers. Soap and water does take longer to use, but it is safer. Safety should be the number one priority, so the time is worth it. Hand sanitizers are an excellent choice when there is no access to soap and water (such as when on a field trip, etc), however.

NASN News

~Patrice Lambert

Hi Everyone!

I thought I would write a quick note to inform you how honored I am to be serving as the ISNO –NASN National Director again for the next two years! I can't thank Nancy Spalj enough for all of the work she has completed as our NASN National Director for the last 2 years. **THANK YOU, NANCY!!**

I was officially inducted into the NASN National Director position at the NASN Board meeting in Nashville. Unfortunately, I was not able to stay for the NASN conference. However, I have only heard outstanding comments about the conference.

From the Board meetings that I attended in Nashville, it appears that NASN is actively and vivaciously continuing work to help all School Nurses and students! That does not surprise me!

News from NASN:

*The NASN Office has been doing a pilot of weekly emails to some of the NASN members called the 'Weekly Digest'. This digest announces all NASN activities that have occurred in the previous week as well as what is planned for the NASN officers during the current week. Beginning August 11, 2007, the Weekly Digest will be disseminated to **all** NASN members. If you do not receive this weekly Digest when you return to school, please email me and I will contact the NASN office for you.

*Mark your calendars now for the NASN's 40th Annual Conference in Albuquerque, New Mexico --June 28 - July 1, 2008. There will be a Pre-Conference June 27.

The conference theme will be:

“School Nurses – Transforming School Communities: Voices for Student Health”.

Albuquerque is located in central New Mexico and is the largest city in the state. Albuquerque will be the perfect location to experience the authentic Southwest!

*NASN is currently seeking expertise and evidence-based resources and tools for the 40th NASN Conference. Submission guidelines and a web-based abstract for online submission are now available on the NASN webpage. Deadline for Oral Presentation abstracts is September 7, 2007.

Please don't hesitate to contact me if you have any comments or concerns regarding the NASN. I will be happy to assist you!

Have a great 2007-2008 School Year!

Enjoy!

Patrice Lambert RN, MSN
NASN Director

ISNO Financial Report

~Melanie Hicklin, MSN, ARNP, CPNP, NCSN
ISNO Treasurer

Report May 31, 2007 to June 30, 2007

Checking Account Balance as of May 31, 2007 **\$44,329.84**

Income:

NASN/ISNO April 2007	\$778.00
May 2007	\$360.00
CEUs	\$.00
Advertising	\$.00
Interest Earned	\$2.00
Conference – Spring 2007 Registrants and vendors	\$620.00
ISNO Clothing	\$.00

Total Income June 2007: **\$1,760.00**

Expenses:

NASN Affiliate Dues	\$.00
INA dues – 2006-07 dues	\$.00
Printing	\$.00
Newsletter –	\$.00
Postage – S. Yearous mailing for School Nurse Day	\$.00
CEU Expenses D. Johnson - supplies	\$117.25
National Director - N. Spalj – Nashville 2007 NASN conference	\$.00
2007 NASN Conference Expenses – Nashville T. Leavens, T. Swarzendruber – President-elect	\$1,137.10
Board Meeting - 2007 Spring DM Board meeting – food, hotel/T. Swarzendruber (CC) M. Knauss – travel Board meeting	\$.00
Regional Leaders Expenses	\$.00
Conference Spring 2007	\$4,309.20
Conference – Spring 2008 T. Leavens – travel to determine 2008 conference site	\$321.20
Entertainment T. Swarzendruber – SN Day Reception	\$61.99
ISNO Clothing	\$.00
Web Page Expense	\$.00

Total Expenses June, 2007: **\$5,946.74**

Checking Account Balance June 30, 2007: **\$40,143.10**

US Bank – Investment CD = \$5,290.63

Total ISNO Assets June 30, 2007 **\$45,433.73**

***CD #3-964-0095-3974 matured on 9/9/05 – balance at maturity = \$5,290.63 – renewed for another 25 months and next maturity date will be 10/9/08. Contact US Bank 24-Hour Banking for questions – 1-800-872-2657.

Report June 30, 2006 to June 30, 2007

Checking Account Balance as of June 30, 2006 \$28,288.34

Income:

NASN/ISNO -- Membership Dues	\$8,256.00
CEUs	\$3,660.00
Advertising	\$0
Interest Earned	\$24.87
ISNO Conference – Spring 2006	\$4,710.00
ISNO Conference – Spring 2007	\$21,988.00
ISNO Clothing	\$140.00
University of Iowa New School Nurse 2006 Conference	\$386.00
Fall Board meeting – repay	\$36.00
Reimbursement/Rebate – N. Spalj from 2007 Winter Conference	\$283.48

Total Income Year End Report 2006-07: \$39,484.35

Expenses:

NASN Affiliate Dues	\$100.00
INA dues	\$1,600.00
Printing	\$493.50
Newsletter	\$225.91
Postage	\$83.55
CEU Expenses	\$1,010.72
National Director - N. Spalj	\$2,746.61
Board Meetings	\$3,697.61
Regional Leaders Expenses	\$260.87
ISNO Conference Spring 2006	\$4,859.15
ISNO Conference Spring 2007	\$5,356.70
ISNO Conference Spring 2008	\$321.20
NASN National Conference – NY 2006	\$2,567.22
NASN National Conference --Nashville – 2007	\$1,657.32
ISNO Clothing	\$0
Web Page Expense	\$1,130.00
Gift/S. Yearous, Picture Frame – IA School Nurse of the Year	\$11.60
Audit – 2006-07, Patty Jansen	\$35.00
President Expenses (Trish Swartzendruber)	\$294.85
Allied Insurance – 2007 Surety Bond	\$182.00
Legislative day – S. Yearous	\$28.76
NASN Endowment Fund Proceeds from Raffle (\$165.00 – 4/12/07, \$108.00 – 4/13/07)	\$273.00

Visual Imaging--ISNO Banners	\$286.00
Eaton Enterprises Awards for SNOTY and SNATY	\$127.20
Supplies – SN day magnets, SNATY award frame/S. Yearous, T. Leavens – SNOTY awards	\$128.20
Bank Service Charge (Depository services – over 171 deposits = 85.00 + 5.13 Iowa tax)	\$90.63
Entertainment T. Swarzendruber – SN Day Reception	\$61.99

Total Expenses Year-End Report, 2006-2007: \$27,629.59

Checking Account Balance Year-End Report, 2006-2007: \$40,143.10

US Bank – Investment CD = \$5,290.63

Total ISNO Assets June 30, 2007 \$45,433.73

Investment CD Matures 9/9/06 – Balance = \$ 5,290.63. Term at Renewal – 25 months

*****CD #3-964-0095-3974 matured on 9/9/05 – balance at maturity = \$5,290.63 – renewed for another 25 months and next maturity date will be 10/9/08. Contact US Bank 24-Hour Banking for questions – 1-800-872-2657.**

ISNO wants to get to know YOU!!!

We really want to support and celebrate you. Please e-mail Trisha Swarzendruber at trishcrpc@msn.com with any big news (good or bad) happening in your life.

What is 18 Months? Operation Military Kids



Two birthdays. Two proms. The Christmas concert. A season worth of 8th grade football games. When a soldier is deployed for 18 months these are just some of the important, never to be repeated again events that a young person cannot share with their parent. Many Iowa soldiers have been deployed two or even three times. 18 months + 18 months + 18 months..... At what point do military kids begin to disconnect from their soldier parent because of repeated deployments?

Military kids face multiple stressors in their lives. Because of the structure of the National Guard and Reserves, military families are geographically dispersed. There may be only one family in a school district and military kids lack connection to other kids facing similar stressors. They suffer from separation and anxiety issues and worry about the safety of their deployed parent. They are negatively impacted by the intensity and frequency of media coverage. There is less communication with their deployed parent and they resent their parent missing the significant events in their lives. There may be less parental involvement from their custodial parent because of additional responsibilities and family finances may suffer. Some military kids with both parents deployed or who come from a single parent family have to live with extended family or friends. Teens have increased chores or responsibilities for younger siblings. Academic and behavioral changes occur as these military kids ride an emotional roller coaster.

And after the soldier comes home and the initial joy of reunion fades, a military family faces even greater challenges as the soldier and family begin the reintegration process.

Over 6000 children and youth in Iowa have had a parent deployed. Operation: Military Kids was created in January 2004 to help communities, schools, and youth serving organizations understand the deployment cycle, how it affects military kids and families, and how they can support military kids and families.

Operation: Military Kids (www.operationmilitarykids.org) is a partnership between the U.S. Army's Child and Youth Services and USDA/4-H that provides support and outreach for military kids – the children of National Guard and Reserve soldiers. Other national partners are the Military Child Education Coalition (<http://www.militarychild.org/>), Boys & Girls Club of America, the American Legion, and the National Association of Child Care Resource and Referral Agencies (<http://www.naccrra.org/MilitaryPrograms/>). This partnership is dedicated to 1) building support networks, 2) providing educational, recreational, and social program options, and 3) providing training on the deployment cycle for schools, youth organizations, and communities.

For information and resources to support military kids in your school district contact Chris Gleason, OMK project director, Extension 4-H Youth Building, Iowa State University, Ames, IA 50011-3630, 515-294-1557, cgleason@iastate.edu

Outreach Committee Report

~Sandy Wells RN, BSN, NCSN (AEA 8)

ISNO REGIONAL LEADERS

As of November 2007

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AEA 2, 6, & 7	Angie Beenken	319-273-8250	abeenken@aea267.k12.ia.us
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AEA 15 & 16	Kathy Schneider	319-753-5244	kschneider@burlington.k12.ia.us

IPTV was a recipient of a grant that allowed IPTV and ISNO to co-sponsor the following statewide ICN offerings in May and June:

1. Pandemic Influenza Issues and Planning
2. The New Antibullying Law: What Schools Need To Know
3. School Nurse Practice: Individualized Health Plan: Using Standardized Languages
4. Legal Issues in School Nursing

NASN and the Epilepsy Foundation offered Seizure Management on statewide ICN also.

School Nurses across Iowa appreciated attending these classes close to home. ISNO is looking forward to offering more educational opportunities via ICN.

The Regional Leaders will continue to send information to all school nurses in their area via email. A survey from ISNO will be coming to all school nurses this fall to gather vital information. If you are not receiving correspondence from your Regional Leader, please contact her immediately at the above email.

The Regional Leaders goals for 07-08 are:

1. Complete an Excel Spreadsheet with current school nurse contact information for each Region or AEA by Nov. 1, 2007 and to share it with the Iowa School Nurse Organization, National Association of School Nurses, Iowa Department of Public Health and the Department of Education. (This will be an ongoing goal.)
2. Coordinate one face-to-face continuing education program in their area.

Recipe for Teacher Quality Money: Contract, Degree, and SPR

Barb Allen RN, BSN, NCSN - ISNO Legislative Chair

Recipes are always worth sharing if they are absolutely irresistible or if it is absolutely necessary for everyone to know. There has been much discussion and misunderstanding about the recent bill (SF 277) which includes school nurses in the Teacher Quality funding. We want ISNO members to have the right recipe in order to have the most current and accurate information, so here is the recipe:

Ingredient #1:

A school nurse needs to have a contract issued by the school board. This is the same contract a teacher signs. The school nurse must meet the definition of “teacher” as below:

11. "Teacher" means an individual holding who holds a practitioner's license issued under chapter 272, or a statement of professional recognition issued under chapter 272 who is employed in a nonadministrative position as a teacher, teacher librarian, preschool teacher, or counselor by a school district or area education agency pursuant to a contract issued by a board of directors under section 279.13.

This means that a school nurse must be under contract by their board of education. This contract makes the nurse part of his/her local collective bargaining unit pursuant to chapter 279 of the Iowa Code.

Ingredient #2:

A school nurse must hold a minimum of a bachelor's degree. This degree does not have to be in nursing but must be from an accredited college and his/her official transcripts must be on file in the school district's administration office. The purpose for this legislative ruling is to put school nurses and other non-teaching professionals on the same educational level as teachers. Teachers must have a minimum of a bachelor's degree in education in order to be eligible for a teaching license. Although a nurse does not need a degree to be licensed as a nurse, this degree allows the nurse to participate in the collective bargaining unit as a “teacher”.

Ingredient #3:

A school nurse must hold a Statement of Professional Recognition issued by the Board of Educational Examiners. (See definition of “teacher” above) The SPR is issued under chapter 272 of the Iowa Code in the same manner a practitioner's license is issued to a teacher. A process of application, fingerprinting and college transcripts are required. When the SPR is granted the nurse will receive a certificate from the Board of Educational Examiners. A copy of this certificate should be sent to the Human Services director of the school district.

Put it together and what have you got??? Well, it may not be as simple as Bibbity, Bobbity, Boo, but if all of these criteria are met, a school nurse will be included in the number of certified staff members who will receive the approximately \$3600 in Teacher Quality money this year and the \$1800 next year. School nurses who meet these criteria are also required to be evaluated per the Iowa Teaching Standards, participate in professional development and develop individual professional development plans. School nurses who do not meet these criteria are still eligible for phase one and phase two funds.

Like all recipes, this may be a combination of ingredients that many of you will not be able to fulfill. This may be a recipe that some of you do not like at all and feel that it is unreasonable

and unfair. On the other hand, this is a recipe that was determined by the Iowa State Legislature after four long years of collaborative work by the Iowa School Nurse Organization, The Iowa Nurses Association and The Iowa State Education Association to encourage the legislature to recognize that the academic success of Iowa's school children is directly related to their health and that the school nurses are the players on the educational team who can monitor that. ISNO encourages all of our members to take whatever steps are necessary to gather up all of the necessary ingredients of this recipe in order to take advantage of this legislated funding.

Recognizing Leaders in Iowa

Congratulations to **Connie Barry R.N., BSN, M Ed.** for winning an award at the 2007 NASN conference in Nashville for her poster entitled: **Role of the School Nurse in Prevention of Type 2 Diabetes in Children.** Due to the increase of childhood obesity and sedentary lifestyles, more children are at high risk for chronic diseases such as type 2 diabetes or its precursor, hyperinsulinemia. The high risk factors for type 2 diabetes as set forth by the American Diabetes Association will be explained. An easy step by step screening process will be outlined. This process can be easily incorporated into existing practice activities such as height and weight measurements that the school nurse already completes. Guidelines for medical referral will be given. Topics for educational intervention and techniques for motivational interviewing will be advanced for the school nurse to utilize when working with families of identified high risk children to promote necessary lifestyle changes.

The incidence of type 2 diabetes in children is on the rise. This type of diabetes is preventable through early identification of at-risk children, medical follow-up, and educational intervention with families regarding lifestyle changes. School nurses are in a key position to make an impact in decreasing the incidence. They already assess children's heights, weights, and perhaps body mass indices. If school nurses are knowledgeable about risk factors for type 2 diabetes, they can easily incorporate these assessments into their practices to make appropriate referrals of at-risk children to their primary health care providers and serve to decrease the incidence of type 2 diabetes.



Congratulations...Dr. Susan Adams

ISNO wishes to congratulate Susan Adams, former Bennett and Clarence-Lowden (now North Cedar) Community School District school nurse, on successfully defending her dissertation, *Understanding the Variables that Influence Adoption of Evidence Based Practice in School Nursing*.



Susan was a school nurse for eleven years and upon returning to college to advance her education she became involved in the development and dissemination of evidence based guidelines. Susan took this involvement one step further and authored the first evidence based guideline for school nurses (*Increasing Physical Activity in Schools: Kindergarten through Eighth Grade*) and continues to promote the development of additional evidence based guidelines for school nurses. Susan knows school nurses have unique needs and understands it is critical to develop strategies to increase the implementation of evidence based practice guidelines for school nurses. Susan's research will be published in several different nursing journals and her work provides a foundation for implementing evidence based practice guidelines in school nursing. If you would like to order any of the evidence based guidelines for school nursing, please visit the ISNO web site (www.isno.org) and check out the "Research" page!



January 23 - May 1, 2008

What is Go The Distance (GTD)?

- A **FREE**, 100 Day Challenge designed to encourage young Iowans to increase their physical activity levels and make better food choices!!!
- A **POSITIVE** way to teach kids about the importance of being physically active and show them ways to make fitness **FUN**!!!
- A way for your team to **WIN MONETARY AWARDS** for your school or organization to be used toward new playground equipment or physical education classes!!!

To learn more: <http://www.iowasportsfoundation.org/goTheDistance>

Schools can now access immunization records!

The Immunization Program at the Iowa Department of Public Health wants to help make school enrollment easier! The view-only version of IRIS, called the Immunization Registry Information System – Certificate Search (IRIS-CS), is now available.

IRIS-CS can help Iowa schools by allowing school personnel to search, view and print the Certificate of Immunization. The registry houses consolidated immunization information from healthcare providers into one reliable source. Using IRIS-CS will provide schools with required immunization information without added work on behalf of school personnel, parents, and healthcare providers.

“For quite some time, we’ve been receiving requests from schools to have IRIS access,” said Don Callaghan, Immunization Program Manager. “After working with our Information Management partners and the Iowa Department of Education, we’re now able to offer a view-only version of IRIS to schools.”

Vicki Porter, a school nurse at Newton Community School District, said they are thrilled to have this program. “We are just so excited to have the ability to find students’ certificates of immunization! We love having this program at our school!”

In May, all school superintendents received a letter from the Immunization Program with a New User Request Form and computer requirements. Any interested schools can complete and return the form to the Immunization Program. The Immunization Program staff will enroll and assist schools regarding the IRIS-CS installation process. To download copies of the form, visit the IRIS website at http://www.idph.state.ia.us/adper/immunization_programs.asp#iris. Computer requirements for IRIS-CS are also found on this website. For IRIS-CS questions, please call the IRIS Help Desk at 800-374-3958.

