

WELLSPRING

The Source

*The Official Publication of the
Iowa School Nursing Organization*

Iowa School Nurse Organization
Sharon Yearous
372 Willshire Ct. NE • Cedar Rapids, IA 52402



Summer 2006

New York, New York... here we come!

The National Association
of School Nurses 2006
conference will be held in New York
from June 30th-July 3rd.

Several ISNO representatives will
be attending. If you will be attending
the NASN conference, we would
like to hear from you in advance so
we can plan for a state gathering
while we are there. Please contact

Trisha Swartzendruber at

trishcrpc@msn.com or

Sharon Yearous at

np4kidz@aol.com if you

are planning to attend.



Message from the New President

By Trisha Swartzendruber, RN, BSN, NCSN



Well, the end of the school year is nearing and it has been an amazing year for ISNO and the profession of school nursing. We started by "Storming the Hill" in Washington DC, and followed up with contacts to our state and local representatives. We then have made great strides in getting some language changed in policies and had a bill proposed to increase the number of school nurses in Iowa. Although the bill did not go through, it's a baby step in the right direction and we have gotten our legislators to start thinking about school health.

School Nurses have been very visible in the media nationally and locally. We have been on the Today show, on the news, in the newspaper and on the radio. The community is starting to see the value of having school nurses in the schools and the problem of not having enough school nurses.

ISNO has awarded the School Nurse of the Year award to Sally Immerfall RN, and will now have a school nurse to represent Iowa at the NASN conference in New York City this summer.

Those of you that attended the spring conference really got a taste of the community and support that ISNO has to offer. We had an amazing conference. Sue Will RN, President of NASN, talked about the history and future of school nursing and the importance of us supporting one another. Mary Mincer Hansen, Director of the Iowa Department of Public Health, addressed the nurses about Healthy Iowans 2010 and what a vital role school nurses play in the plan. We swore in a new president—elect, Tami Leavens and new secretary, Erica Lubbers.

So what lies ahead: As president, I will continue to foster the relationships that Sharon has created with INA, IDPH, and the DOE. We hope to have another bill introduced next session increasing the number of school nurses. We hope to continue working on restoring the inclusion of school nurses in teacher compensation. We hope to restore the opportunity for school nurses to obtain a Statement of Professional Recognition.

As you may have noticed, all of these sentences start with the word "We," this means YOU! We have over 900 school nurses in Iowa and 150 are members of ISNO/NASN. We do not need your membership for the funds, as you may know that only 10% of your membership fee actually gets returned to ISNO, the rest goes to NASN. As a Board, we have chosen to keep dues down and not increase state dues. *What we need is greater numbers and your voice.* We need to show that ISNO is a strong organization so that we can address issues such as salaries, compensation and numbers of school nurses. We need to show bigger numbers of members and we need to have more nurses speaking out to their communities and representatives. If we maintain the same size, we hope to still accomplish our goals but it will be a much slower process. I have attended many conferences where many school nurses complain about these issues but it seems as if no one ever wants to do anything about it. Changes are not going to happen by sitting at home or in your clinic and complaining. **ISNO NEEDS YOUR SUPPORT. WE NEED YOU!** Most of you reading this are already members; please reach out to your fellow nurses and recruit. If you are not a member, please consider joining ISNO and NASN. Many exciting things have happened for school nurses over the last year and many things are going to change in the future. **WE NEED YOUR HELP! IOWA SCHOOL NURSES UNITE!!**

ISNO Represented at Iowa Partners: Action for Healthy Kids

Iowa legislators and Iowa students joined members of Iowa Partners: Action for Healthy Kids on March 8th to celebrate healthy eating and physical activity in the rotunda of the Iowa Capitol. Members of the Iowa Partners: Action for Healthy Kids had a very successful day showcasing our important work as we create healthier Iowa schools.

During the day, Iowa's legislative decision-makers:

- learned about the outstanding initiatives underway from partner organizations
- ate a healthy school lunch
- watched kids jump rope and even join in a Conga dance around the state house.

While an ISNO representative was not available to attend the March 8th celebration, Deb Brown, ISNO Continuing Education Chair, represented ISNO at the February 7th meeting and Sharon Yearous, ISNO Past-President represented ISNO at the April 11th meeting. Quarterly meetings are scheduled in Des Moines for the next academic year and an ISNO representative will attend these meetings.

ISNO Mission:

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

Outgoing President's Report

By Sharon Yearous



What an experience it has been to be selected by fellow school nurses to lead the state of Iowa!!! I can only encourage every one of you to become involved in ISNO, as an officer or offering your help on smaller projects, to learn what type of colleagues, mentors, and friends you have in Iowa. I would like to summarize the highlights of the last few months as I transition to the past-president and Trisha Swartzendruber leads our state organization for the next few years.

1. 2006 legislative efforts this year were "successful" in terms of educating legislators, but HF2324 became dead. I contacted Alabama to learn from their recent success in securing state funding for more school nurses, but at this point, I have not heard back from them. ISNO will work on drafting proposed language for the next session and will seek a legislator to introduce the bill for us and support it through the state government. This will be a HUGE feat, but I am confident that

we have the knowledge, skill, and passion to make this effort. I will remind you once again, this means EVERY school nurse will need to contact their legislator (and more than once or twice) to be sure they understand that we are devoted to our roles as school nurses and we impact children's health and academic success. My closing phrase with legislators is, "When you are making decisions regarding health, education, and children, I would like you to think of 'school nurses.' Please contact me if you have any questions."

2. ISNO intends to develop a succinct presentation for other school policy/authority boards (ie; Iowa School Boards Association, Iowa State Education Association, School Administrators of Iowa, Iowa Board of Educational Examiners) and ask for time to present to them in the fall 2006. It is critical that we have support from these organizations as we continue to forward in our legislative efforts.
3. I am working with our web page developer, Mike Denehy, to completely revise the ISNO web site. It is my intention to make the ISNO web page a valuable resource for every school nurse in Iowa. The ISNO web page is in continuous development. If you think of information that would be valuable for the web site, please send a message through the "Contact Us" link on the web site.
4. Partnerships continue with the following agencies:
 - a. Iowa Department of Public Health
 - i. A Healthy Iowans 2010 brochure was developed as a partnership project. These brochures were inserted in folders of information to members of the Education Committee and Health and Human Services Committees. The PDF file for this brochure will be on the new ISNO web page. The brochure is most appropriate for health care providers or legislators (those who know and understand the purpose of Healthy Iowans 2010).
 - ii. IDPH, ISNO and several school nurses (who volunteered to help) will work at developing the Iowa School Health Manual which we anticipate placing on the ISNO web site as a resource to all school nurses in Iowa. A timeline for this project has not been agreed upon yet, but I hope that we can work collaboratively on this project and make it available as soon as possible.
 - b. Iowa Partners: Action for Healthy Kids
 - i. Please consider joining this organization (for free) to show school nursing visibility and support (<http://actionforhealthykids.org/learn.php>).
 - ii. Legislation was passed to establish a Task Force for Healthy Children in Iowa. INA is the only nursing representation on this Task Force. I talked to Karol Joenks and Linda Goeldner at INA and they encouraged several school nurses to submit applications for committee appointments to the Governor's office. I will be submitting my application and will wait to hear if a school nurse is appointed to this Task Force.
 - c. Iowa Chapter of AAP – I have contacted them to pursue developing an Emergency Guidelines for Schools but have not had a commitment yet. This manual would be similar to the Ohio Emergency Guidelines for Schools. Anticipate if we can collaborate on this project that the final version of this will also be on the ISNO web page.
 - d. PTA's of Iowa – I presented at the State of Iowa PTA conference on April 22, 2006 in Cedar Rapids. My presentation related to communicating with children/adolescents, but also included a pitch for the role of the school nurse. I urge you to talk to parents in your schools and continue to educate the public about your role in helping children be successful.
5. Policy and Procedure Manual
 - a. Each ISNO Board member and committee chair has been working on revising sections of the Policy and Procedure Manual for ISNO. This has been a significant task and the leadership of all is much appreciated. A special thank you to Deb Brown for offering to coordinate and organize the final version of the Policy and Procedure Manual.

NASN Director's Report

Submitted By Nancy Spjal

I've been reading/editing a lot of issue briefs and position papers from the respective NASN task forces. All are drafts until the Annual National Meeting in New York.

These include:

- Field Trips and Extended School Trips
- Child Abuse and Neglect
- Backpacks
- Medical Services vs. Health Services in the School Setting
- Health Care Reform: Managing The Uninsured and the Underinsured
- Alternative Medicine Use in the School Setting
- Delegation
- Management of Students with Chronic Health Conditions in the Schools
- Individuals with Disabilities Education Act : Management of Children in the Least Restrictive Environment.
- Standardized Nursing Languages
- School Nurse Role in Care and Management of the Child with Diabetes in the School Setting.

Some of these are being revised and some will continue in task force to be worked on further.

NASN has a new home in Silver Spring, MD. The consolidation of two offices into one is an effort to contain costs and to position NASN closer to the national government agencies. The search for a new Executive Director is still in progress. As soon as an Executive Director is appointed, ISNO will inform members.



Check out our
Website:
www.isno.org

ISNO Financial Report

March 31, 2006 to April 30, 2006

Checking Account Balance as of March 31, 2006	<u>\$17,332.55</u>
Income:	
NASN/ISNO March Membership Dues	\$839.00
CEUs Knapp, 3/10/05, Farley, IA	\$60.00
Advertising	\$0
Interest Earned	\$2.03
Conference – Spring 2006 (Raffle = \$270.50, Registrants = \$10,840.00, Vendors = \$2,450.00)	\$13,560.50
ISNO Clothing	\$0
Reimbursement Spring Board meeting by Board Members (dinner)	\$52.00
Total Income April 2006:	<u>\$14,513.53</u>
Expenses:	
NASN Affiliate Dues	\$1,600.00
INA dues	\$0
Printing Rhoda Shepherd/printing NASN policy and procedures 6/2005	\$139.05
Newsletter – S. Yearous postage	\$100.80
Postage	\$0
CEU Expenses	\$0
National Director - N. Spalj	\$0
Board Meeting	\$0
Regional Leaders Expenses	\$0
Conference Spring 2006 (Speakers – Dr. Collins, Ida Sorenson) Refund Western Dubuque CSD – D. Wilhelm)	\$280.00
NASN National Conference	\$0
ISNO Clothing	\$0
Web Page Expense January-March Updates	\$19.00
NASN Endowment Fund Sue Will – 2006 Conference Speaker (100.00) Raffle Proceeds from Spring 2006 Conference (270.50)	\$370.50
Great Iowa Nurses Contribution	\$100.00
Total Expenses April, 2006:	<u>\$2,609.35</u>
Checking Account Balance April 30, 2006:	<u>\$29,236.73</u>
US Bank – Investment CD = \$5,000	
Total ISNO Assets April 30, 2006	<u>\$34,236.73</u>

The Pink Book

The Public Health Foundation would like to introduce an important publication that may be of interest to members. Recent recurrences of mumps and pertussis in the midwest have made information on vaccine preventable diseases a necessity for all those who work with or come in contact with school age children.

Epidemiology and Prevention of Vaccine Preventable Diseases (The Pink Book) 9th Ed. The Pink Book, written by William Atkinson, MD, MPH, Director of the CDC's National Immunization Program, is the most comprehensive source of current vaccine information and recommendations. Each disease specific chapter is designed for easy reference by health care professionals. Information is available on anthrax, diphtheria, hepatitis A & B, influenza, measles, tetanus, and more. *Epidemiology and Prevention of Vaccine-Preventable Diseases, 9th Ed.* is distributed for the CDC's National Immunization Program by Public Health Foundation.

Chapter information includes:

- Signs and symptoms of vaccine-preventable diseases
- Characteristics of diseases and immunity
- Vaccination schedules
- Characteristics of adverse reactions to immunizations
- Standards for child and adolescent immunization practices

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The Public Health Foundation is a national non-profit organization that partners with the CDC and other federal public health agencies to provide training/resource materials for health-care professionals. We also have materials related to childhood obesity and diabetes, exposure to blood, hand hygiene, tobacco cessation, and emergency preparedness.

Meet the next ISNO President-Elect... Tami Leavens RN, BSN

Tami Leavens stepped forward to serve as the next president-elect at the Spring ISNO conference. We welcome Tami and her enthusiasm to ISNO. Tami graduated with her ADN from Clinton Community College, her BSN from the University of Iowa, and anticipates graduating in December of 2006 from the University of Iowa in the Master's in School Nursing Program. Tami has been the school nurse at Clinton Community School District since 2001. Prior to this, her work experience included the emergency room (which she still works per diem), community health, and geriatrics.



Tami stays active in her community by being involved in Make a Wish, Salvation Army Board of Directors in Clinton, Humane Society Volunteer, MS Society, and is an active parish member. She likes to take her dog for walks, yoga, and quilting. She has a husband, Bart, of 9 years, a cat, a dog, and no children at this time.

Meet the next ISNO Secretary... Erica Lubbers RN, BSN, NCSN

Erica Lubbers was elected as the next secretary for ISNO this spring. We welcome Erica and her commitment to share her time and talents with ISNO and serve as the secretary for our organization. Erica Lubbers graduated from Allen College of Nursing in 1996 and then worked in home health specializing in pediatrics. She is completing her 7th year as a school nurse in Sumner—working in the elementary and high school. She became Nationally Board Certified as a School Nurse in February of 2005. She and her husband live in Sumner with their 7-year old twins.

New School Nurse Orientation August 2, 2006

Iowa School Nurse Organization and The University of Iowa College of Nursing will offer a one-day workshop for new school nurses on August 2, 2006 in Johnston, Iowa. *The New School Nurse Orientation* is designed to provide a comprehensive overview of policies and procedures that confront nurses new to school health.

This workshop will bring together a number of school nurse experts who will share their knowledge and expertise in areas such as communicable disease, immunizations, special health care needs, medication administration in schools and emergency procedures. In addition, speakers will discuss the importance of school health as an essential component of the academic curriculum and student achievement. School nurses will acquire information about their role and legal responsibilities as they pertain to the Nurse Practice Act and Educational Codes of Iowa and be introduced to the recently revised *Scope and Standards of School Nurse Practice*.

In addition, school nurses who attend have the option of being paired with an experienced school nurse mentor to assist them in their first years of practice. This mentor will be identified from current Iowa School Nurse Organization members in your area.

It is important for the school nurse to become a strong and integral player on the educational team. With this opportunity, school nurses will be able to "hit the ground running" when school starts this fall. Please share this information with any new school nurse and encourage them to attend this orientation. Registration forms for this orientation will be posted on the ISNO web page (www.isno.org) and the University of Iowa College of Nursing (<http://www.nursing.uiowa.edu/conted/>). If you have any questions related to this educational offering, please contact Sharon Yearous at np4kidz@aol.com or 319-533-6290.

Featuring...An ISNO School Nurse

Submitted By Aulanda Zenner-Stecklein
Teacher – Eisenhower School, Dubuque

Linda Marshall has been a school nurse a total of 18 years for Helen Keller School for students with special needs and the merger with Eisenhower Elementary in Dubuque. Eisenhower is a Pre-K-5 building serving a variety of students with special needs within the general education setting. Linda has supported the educational reform to transition students with severe and profound needs from separate education into their age-appropriate classrooms. Since I am a teacher of students with such needs within our Personal Learning Program (PLP), I work very closely with Mrs. Marshall to assure a safe and healthy environment for many of my students who are medically fragile. We have a very inclusive education philosophy at Eisenhower and Mrs. Marshall works to find a way to balance many health concerns.

A former student of mine was very medically fragile and required some health procedures of which, I had not been exposed. The student with health needs was in kindergarten and each year the kindergarten class travels two hours on buses to the Madison Zoo in Wisconsin. Naturally, I want all of my students to be a part of as many experiences as possible and this trip was no exception. I remember the look Mrs. Marshall gave me when I talked to her about wanting him to be able to go. She listened, but I think she was hoping I was kidding, as she was more aware than any of us just how fragile this student was. Although we found out my student's mother was unable to attend, Mrs. Marshall never told me no. She began to plan and explore possibilities for my student to attend. At first, I would be accompanying him as I was trained in all of his procedures, but she then was able to arrange for a substitute nurse to travel with us to Madison.

Mrs. Marshall has and does have a vision I hope all people could have when it comes to all students with special needs. That is--they all have something to learn and, most of all, experience. Continually, I share with her my student's accomplishments, as she knows them better than most in my building and in doing so we also often share a tear. It has been a pleasure to work alongside such a team member. Now that she is retiring, I am praying for a nurse that can fill at least one of her shoes.

I will forever miss my colleague and my friend.



*Picture of Linda with students,
Alyssa and Wyatt
(permission to be photographed
obtained)*

Outreach Committee Report

By Sandy Wells (AEA 8)

ISNO continues to establish a network system for school nurses in the state of Iowa through the use of Regional Leaders in each AEA. Disseminating information to ALL school nurses in a timely manner is essential! Each Regional Leader will be asked to develop an electronic method of contacting the school nurses in their region. The ISNO leaders will utilize the Regional Leaders to further disseminate information to school nurses. School nurses are encouraged to share ideas, information, and concerns with Regional Leaders who can then report back to ISNO leaders. ISNO anticipates making concerted efforts to establish legislative changes again this coming year, but that will require EVERY school nurse in Iowa to speak up. Please welcome and make contact with your Regional Leader listed below:

Current Regional Leaders:

AEA	NAME	PHONE	E-MAIL
AEA 1	Sheila Knapp	563-744-3371	sknapp@epworth.w-dubuque.k12.ia.us
AEA 4 & 12	Jennifer Mars	800-572-5073	jmars@nwaea.k12.ia.us
AEA 2,6, & 7	Angie Beenken	319-273-8250	abeenken@aea267.k12.ia.us
AEA 8	Sandy Wells	712-288-6586	swells@slcsd.org
AEA 9	Wendy Shoppa-Sargent		sargent@machlink.com
AEA 10	Susan Rumelhart	319-558-3473	srumelhart@cr.k12.ia.us
AEA 11	Jean Phillips	515-242-7618	jean.phillips@dmps.k12.ia.us
	Barb Allen	515-986-9594	gallen478@msn.com
	Melanie Hicklin	515-278-5553	mhicklin@netins.net
AEA 13 & 14	Nancy Osborn	712-236-3106	nosborn@harlan.k12.ia.us
	Dawn Clausen	712-642-2279	dclausen@movalley.k12.ia.us
	Melissa Meeker	712-644-2168	mmeeker@logan.k12.ia.us
	Dawn Fichter		dfichter@movalley.k12.ia.us
AEA 15 & 16	Karol Little		littlek@oskaloosa.k12.ia.us
	Lesle Kouba		koubal@aea15.k12.ia.us

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