



# Newsletter

Editors:

Laurie Gladieux & Denise Kaufman

Fall 2009

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Fall, 2009



Welcome Back Old and New NWOASN Members,

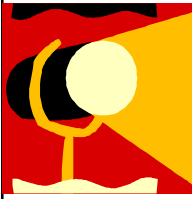
I hope everyone enjoyed their summer and are recharged, ready to face another challenging school year. Besides the usual challenges of immunizations, medications, and school emergencies; we will be on the forefront with H1N1 Flu. We will be asked to help contain and prevent the spread of H1N1 Flu within our schools. Besides the CDC, please use NWOASN, OASN, and NASN for up-to-date information on this evolving health threat.

Taking suggestions from some of our members, we are trying to rotate the sites of our continuing education programs looking to reduce the costs and occasionally bringing the programs closer to our outlying members. I hope you will support us in these efforts. Thank you and have a great school year.

Sincerely,

Beth Roth, RN  
President

# NURSE SPOTLIGHT



My name is Elizabeth (Beth) Roth and I am currently serving as president of NWOASN for the 2009-2010 school year. I work for Toledo Public Schools and serve in two elementary schools, Grove Patterson Academy and Martin Luther King Elementary. I enjoy working with this age group of children very much.

I have been a nurse for many years, always working with a maternal-child population. I worked in Public Health, Hospital Pediatrics, Maternal-Child Home Care, and Nursing Education before settling in as a School Nurse. I must admit that School Health is my favorite area of practice.

I received my BSN at UT/MUO and my Masters in Maternal-Child Nursing at the University of Delaware. While teaching Nursing at Lourdes College and placing my students with School Nurses, I noticed how rewarded the School Nurses were with their practice. I returned to school and obtained my School Nurse Certification through Bowling Green State University. For me School Nursing has been a very rewarding career move.

My most memorable school experience has been following the progress of elementary students over the course of their school years. Taking care of them through illnesses, health screenings, and medications has given me the pleasure of knowing them as individuals. It has been a joy watching these children grow and develop.

What do I do for fun? I spend time with my husband, my best friend. We are avid walkers and readers and do a little traveling to visit our son on the side. To keep my mind sharp I study French. Although I speak the language very poorly, I do like to read it.

I believe that eventually we will meet the goal of one school nurse to 750 students. I think we will continue to help guide health care in our schools and meet the health needs of our students.



A BIG thanks Mary Martin and Marybeth Durbin for doing our newsletter for many years- and thanks to Chris Magsig for designing it. Denise Kaufman and Laurie Gladieux are the new newsletter members. If there is something you want to put in the next newsletter-please email us at



### 2009-2010 Board Members

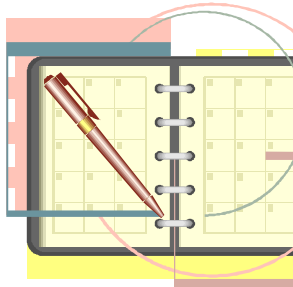
President	Elizabeth Roth
President-Elect	Nanci Murdock
Past-President	Denise Kaufman
Secretary	Erica Spychalski
OASN Rep	Marie Kraus
Membership	Ann Cipriani
Ways & Means	Mary Schwartz
Newsletter/Website	Laurie Gladieux & Denise Kaufman

### The US Centers for Disease Control and Prevention releases updated guidance for schools

#### Updated Guidance for Schools for the Fall Flu Season

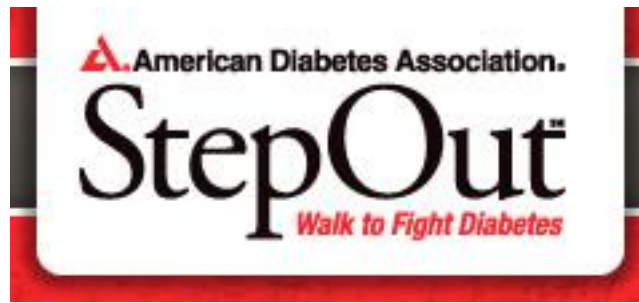
The guidance reflects what we learned this spring and what we must plan for this fall.

- [CDC Guidance for State and Local Public Health Officials and School Administrators](http://www.flu.gov/plan/school/schoolguidance.html) available at <http://www.flu.gov/plan/school/schoolguidance.html>
- [Technical Report for State and Local Public Health Officials and School Administrators on CDC Guidance](http://www.flu.gov/plan/school/k12techreport.html) available at <http://www.flu.gov/plan/school/k12techreport.html>
- [Preparing for the Flu: A Communication Toolkit for Schools \(Grades K-12\)](http://www.flu.gov/plan/school/toolkit.html) available at <http://www.flu.gov/plan/school/toolkit.html>



SAVE THE  
DATE

NWOASN  
Fall Conference  
October 28th  
Topic:  
Marfan's Syndrome  
More info will be sent  
later this month



A message from Denise Kaufman [dbkaufman@bex.net](mailto:dbkaufman@bex.net).

Dear Colleagues:

My name is Denise Kaufman, and I am a school nurse and past president of NWOASN. I'm taking part in Step Out: Walk to Fight Diabetes to support the American Diabetes Association. I will be joining thousands of walkers on to help stop diabetes. Diabetes is a disease in which the body does not produce or properly use insulin. It is a disease that has deadly serious consequences, and there is no cure.

You can join my team, , and raise funds to help the American Diabetes Association provide community-based education programs, protect the rights of people with diabetes and fund critical research for a cure. You can also make a donation online in support of one of our team members by visiting our Team Web page using the link below. If you would like more information, please contact me at . Thank you in advance for any help and support you can provide.

Together we can stop diabetes. One step at a time.

Sincerely,  
Denise Kaufman

[Click here to visit my personal page.](#)

If the text above does not appear as a clickable link, you can visit the web address:

[http://main.diabetes.org/site/TR/StepOut/StepOut260118010?px=5141992&pg=personal&fr\\_id=6404&et=EUpmNA6Z958mNojqci8-vg..&s\\_tafId=262879](http://main.diabetes.org/site/TR/StepOut/StepOut260118010?px=5141992&pg=personal&fr_id=6404&et=EUpmNA6Z958mNojqci8-vg..&s_tafId=262879)

[Click here to view the team page for NWOASN "Got a School Nurse?"](#)

**NORTHWEST OHIO ASSOCIATION OF SCHOOL NURSES**



**Remit payment to:  
Ann Cipriani  
5913 Sun Breeze Trl  
Sylvania, OH 43560**

Dear School Nurses:

It is time to join the Northwest Ohio Association of School Nurses for the **2009-2010** school year. Our organization will keep you informed of current trends in school nursing, while providing a vehicle for you to network with other school nurses. NWOASN will also provide information regarding certification requirements, and current legislation regarding our schools. We sponsor three educational offerings during the school year, complete with CNE's and packed with timely topics regarding the children that we care for in our schools. As a member of our organization you will be able to attend these at a discount rate and receive a **semi-annual news-letter via email unless you request a mailing.**

NWOASN dues are \$20.00 per year. Retired school nurse's membership is \$10.00. Please note that membership to NWOASN does not include membership to OASN (Ohio Association of School Nurses). Make checks payable to NWOASN and mail to Ann Cipriani at the above address. Looking forward to hearing from you!

Membership Committee Chair,  
Ann Cipriani R.N., BA, MEd

\_\_\_\_\_ detach and return with your payment \_\_\_\_\_

**NWOASN Dues 2009-2010**

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_

E-Mail \_\_\_\_\_

Name of School(s) \_\_\_\_\_ County \_\_\_\_\_ School Phone \_\_\_\_\_

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Please mail my newsletter through US mail \_\_\_\_.



## *Do you have a handy tip to share?*

### Gerri's Perfect Cold Packs

From a school nurse who has tried everything from ice cubes to sponges

#### **Ingredients:**

Zip lock bags Uncooked regular (not instant) rice

#### **Steps**

Fill the bags and squeeze out the air. There should be enough rice so that when you lay the bag flat the rice is about an inch deep.

Put them in the freezer overnight.

#### **Plusses**

These cold packs are light weight, mold to the body part and do not get hard. They feel great over the eyes and forehead for headaches too. When you first handle the bag, you think it doesn't feel cold enough because it is not wet or frosty. But experiment by laying it on your own wrist for about 5 minutes, and you will find that not only is it nice and cold, but it stays cold for a long while.

Although the first batch needs a few hours to get cold, they seem to retain their coldness for a long time, even after use, and recool very quickly as you rotate through your supply throughout the day.

After experimenting with smaller and greater amounts of rice, I found that having a little mass helped to retain the cold better, and the inch deep ones were perfect.

You can squash them into the freezer, they stay loose and malleable.

There is no condensation or dripping as they thaw because of the low moisture of the rice.

The snack size bags make great packs for fingers and for over eyes, If you want to double bag in order to give each user a clean surface, use regular zipper bags instead of freezer weight and double bag the rice, changing just the outer bag.

I may make some fabric slip covers for mine, which I will slip on before use but not when in the freezer.

By the way, if you happen to have a microwave, fabric bags filled with rice microwave into great warm packs.

#### **[School Nurse Perspectives Home](#)**

The end of the last school year was extended slightly for Mary Kiplinger, Nanci Murdock, Kathy Inderbitzin and retired school nurse Meg Bodie as they flew off to Boston for the National Association of School Nurses annual conference. Renewing old friendships and meeting new friends they attended meetings packed full with pertinent information on current issues to nurses.

Among the sessions that will help them this year were topics covering pediatric assessment, how to increase our impact and expand our sphere of influence, bumps, scratches, itches: dermatology for school nurses, childhood obesity, violence prevention, the ABCs of advocacy, and student and family perceptions of health issues. Each speaker gave core information with expounding on ways on how we could use that information in our own setting.

However, it was not all work, work, work. They had plenty of free time to enjoy touring historic Boston and Cape Cod, eating at numerous interesting and yummy restaurants, and shopping till they dropped. They all have many stories to tell about using the subway and rail systems and boat departure times.

At the Conference Banquet we had an evening of conversation, food, drink and entertainment. We also spent a few hours touring the Boston Harbor at the Endowment Dinner aboard The Spirit of Boston where we had a grand dinner buffet, listened to the oldies and danced under the stars.

The next NASN annual conference will be held in Chicago, June 30<sup>th</sup> to July 3, 2010. There will also be pre-conferences on June 29<sup>th</sup>. This is the easiest and most fun-filled way to earn as many as 30.75 CEUs. The conference is set up as a pick-and-choose session format, with opportunities to enjoy yourself in a myriad of ways. If you should have any questions about this conference (or any conference), ask any of the persons who have enjoyed an extra week at the end of the school year.

Nanci Murdock



# Attention Retired & Part-time nurses

The Ohio Department of Health, School and Adolescent Health section will be conducting a statewide BMI assessment of 3<sup>rd</sup> grade classrooms from randomly selected Ohio public schools during the 2009/2010 school year. We need health professionals in every county to assist in the weighing and measuring of these students. Please contact Heidi Scarpitti at [Heidi.scarpitti@odh.ohio.gov](mailto:Heidi.scarpitti@odh.ohio.gov) if you are interested in a \$500.00 personal service contract or know of any retired/unemployed health professional that would be interested. A brief training will be provided.



A school nurse is like an encyclopedia in a school. Most students find it informative and full of useful material. Some students refer to it daily, weekly, or several times during the school year. Most students know where it is kept and its availability. Other students have difficulty locating it. A few students prefer not to use it except in an emergency and then they learn to treasure it. Some of the school faculty are proud to have his book in their collection and refer to it often, while others consider it just another book. Some faculty members appreciate this great book, but others do not. This book is handled carelessly by most of the people and it has no place of its own on the bookshelf, like other books. It is shifted around and may be found in the most inconspicuous places in a school. In an emergency, the cry goes out over the public address system so everyone can try to locate the valuable book. This encyclopedia may be found anywhere in that large school - confusing someone in the yard, hallway, restroom, boiler room, on the stairs, in a classroom, in the teacher's lounge, cafeteria, gym, or even in a corner behind a door with its pages torn and cover bent."

Author unknown NASN Newsletter May 2008