

# THE SCHOOL NURSE BULLETIN

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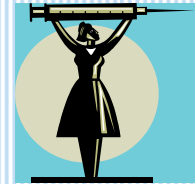


*Stephanie G. Knutson, MSN, RN School Nurse Consultant*



## *Special Points of Interest:*

- *2009-10 School Health Services Information Survey*
- *Brain Injury Awareness Month—March 2010*
- *Professional Development: Pediatric Vaccination*



## **2009-10 School Health Services Information Survey**

Thank you for your efforts last year with the School Health Services Information Survey. We received 66 percent of the surveys back from Connecticut school districts. A copy of the report along with the 2004-09 Summary Highlights Report are available from the EDUCATION CONNECTION Web site at [http://www.educationconnection.org/new/programs/prog\\_sde.php](http://www.educationconnection.org/new/programs/prog_sde.php) or the Connecticut State Department of Education (CSDE) Web site at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320768> (scroll down to “Definition of School Nursing/Survey” section).

The CSDE would again like to request your participation in the School Health Services Information Survey. This survey represents an opportunity to continue documenting the school health services provided to students and staff in Connecticut public and private, non-profit schools. This survey was introduced in 2004 and has been revised slightly per your comments for this year’s data collection. Data collection for the 2009-10 academic year should be conducted during February and March. All surveys **MUST** be completed by June 30, 2010, to allow adequate time for data analysis.

All information needed to complete the survey may be found on the EDUCATION CONNECTION Web site at [www.educationconnection.org](http://www.educationconnection.org). On the homepage you will see a list of links. The first link in the list is entitled “Professional Development and School Improvement.” Please click that link. On the left side of the next page you will see a list of services provided. Follow the link to “Survey Services.” At the bottom of the next page you will see a section entitled “Current Surveys.” The survey listed is called the “SDE Health Services Survey.” Please click that link and enter the SDE School Health Services Web page.

On that Web page, you will see instructions to complete the survey, a sample form for data collection by school nurses at the building level, the 2010 School Health Services Information Survey, and reports from the last years of data collection including the summary reports tracking trends over time. A list of all school districts in Connecticut and their school codes is also posted for your convenience.

Each School Nurse Coordinator/Supervisor will need to gather some of the data from each building and compile the information. As the coordinator/supervisor, you will be entering only the totals for your district into the School Health Services Information Survey.

I would like to thank you in advance for your participation in this important project. This annual report will be distributed to each school district and will provide useful information from a state and regional perspective. Please feel free to contact me at 860-807-2108 or [Stephanie.Knutson@ct.gov](mailto:Stephanie.Knutson@ct.gov) if you have any questions.



## Brain Injury Awareness Month - March 2010

### Morbidity and Mortality Weekly Report

March 5, 2010 / 59(08);235

This year, in recognition of Brain Injury Awareness Month, Centers for Disease Control and Prevention (CDC) encourages school professionals, coaches, parents, and athletes to learn the risks for concussions in youth sports. A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head.

An estimated 135,000 sports and recreation-related traumatic brain injuries, including concussions, are treated in United States emergency departments each year (1). Most persons with a concussion recover fully. However, returning to sports and other regular activities too quickly can prolong recovery time, sometimes for months. A repeat concussion that occurs before the brain recovers from the first can be very dangerous and might slow recovery or increase the chances for long-term problems.

To date, CDC has disseminated approximately 1.3 million educational pieces on concussion in sports for health-care professionals, coaches, parents, and athletes (2). CDC's next steps include an online training course for coaches on concussion prevention, recognition, and response. CDC also will be launching a national initiative that consists of educational materials for school professionals who work with students aged 5 through 18 years (or in Grades K-12). The new initiative, **Heads Up to Schools: Know Your Concussion ABCs**, will focus on the prevention, recognition, and response to concussion in schools. Additional information about concussions in sports is available at <http://www.cdc.gov/concussion>. To access the full document with references, please click on the following link: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5908a8.htm>.

#### References:

1. [CDC. Sports-related recurrent brain injuries---United States. MMWR 1997;46:224--7.](#)
2. Sarmiento K. Evaluation of the Centers for Disease Control and Prevention's concussion initiative for high school coaches: "Heads up: Concussion in High School Sports." *J Sch Health* 2010;80:112--8.

### The Flu Season is Not Over Yet: Have you Been Vaccinated?

The flu season is not over yet. Seasonal flu usually peaks in February and March, and activity can be seen as late as May. According to the Centers for Disease Control and Prevention (CDC) "increased activity from either seasonal flu, 2009 H1N1 or both are still possible this season." The CDC cites the 1957-58 pandemic where flu activity dropped in December and January and assuming the worst was over, they stopped encouraging people to get vaccinated, only to have flu activity increase abruptly in February and March, and hospitalizations and deaths increased as well.

The CDC's updated **Technical Report for State and Local Public Health Officials and School Administrators on CDC Guidance for School (K-12) Responses to Influenza during the 2009-2010 School Year** encourages vaccination for all students and staff who are recommended for vaccination. Remember that vaccination not only protects you, but also protects the children and staff in our schools. As school nurses, we work with two of the priority, high risk populations associated with H1N1 influenza: young children/young adults and pregnant women.

To find a flu clinic near you, please check with your primary care provider or access the Department of Public Health Connecticut Flu Watch Web site at <http://www.ct.gov/ctfluwatch/> (in the left column click "find a flu clinic").

If you have questions regarding H1N1 influenza management, please contact Kim Sandor, MSN, RN, FNP, Connecticut State Department of Education H1N1 Coordinator at [kim.sandor@ct.gov](mailto:kim.sandor@ct.gov).



### Hand Sanitizers

Have teachers asked you for guidance on using hand sanitizers? The Connecticut State Department of Public Health has created the **Environmental Health Technical Brief: Hand Sanitizers**. This document provides general guidelines on hand hygiene as recommended by the Centers for Disease Control and Prevention; as well as recommendations and information on use and selection of hand sanitizers. The full document can be accessed at the Department of Public Health Web site at [http://www.ct.gov/ctfluwatch/lib/ctfluwatch/h1n1/hand\\_sanitizers.pdf](http://www.ct.gov/ctfluwatch/lib/ctfluwatch/h1n1/hand_sanitizers.pdf).

If you have questions regarding H1N1 influenza management, please contact Kim Sandor, MSN, RN, FNP, Connecticut State Department of Education H1N1 Coordinator at [kim.sandor@ct.gov](mailto:kim.sandor@ct.gov).

## **EMPLOYMENT OPPORTUNITY**

### **DIVISION OF FAMILY AND STUDENT SUPPORT SERVICES BUREAU OF HEALTH/NUTRITION, FAMILY SERVICES AND ADULT EDUCATION**

#### **EDUCATION SERVICES ASSISTANT ANNUAL SALARY RANGE: \$56,125 - \$72,302**

The Connecticut State Department of Education is currently recruiting for the position of Education Services Assistant in the Bureau of Health/Nutrition, Family Services and Adult Education.

#### **GENERAL STATEMENT OF DUTIES:**

To assist in the development and improvement of services and programs for children in the Child Nutrition Programs (CNP).

#### **EXAMPLE OF DUTIES:**

Duties may include the following administrative, consultative, and advisory activities:

- monitor and evaluate programs with the CNP unit;
- provide oversight and monitoring of the Fresh Fruit and Vegetable Program;
- assist with the implementation of the Child and Adult Care Food Program (CACFP) Supper Program and other CACFP programs;
- assist with the development and submission of annual reports related to state and federal regulations; and
- perform related duties as required.

#### **QUALIFICATIONS:**

##### **Knowledge, Skill and Ability:**

A thorough knowledge of federal laws and regulations pertaining to the Child Nutrition Programs; knowledge of the philosophy and methods of education with particular reference to the field of nutrition, institutional management and child development.

##### **Minimum Experience and Training Required:**

A Master's degree and one (1) year of professional experience, or in lieu thereof, an equivalent combination of experience and training as approved by the appointing authority.

##### **Preferred Experience and Training:**

A registered dietician is preferred; however, the Department encourages applicants who do not meet the stated qualifications but who believe they possess equivalent qualifications to submit, in addition to their resumes, written statements indicating how their background and experience qualify them for the position.

#### **APPLICATION PROCEDURE:**

Interested candidates should reference announcement #715, submit a letter of application and resume with details of experience and training, three current letters of recommendation and a Resume Supplement/Applicant Data Form (Form HR-RS) which may be obtained from the Department of Education's website at <http://www.sde.ct.gov> to: **Cheryl Resha, Education Manager, Bureau of Health/Nutrition, Family Services and Adult Education, Department of Education, 25 Industrial Park Road, Middletown, CT 06457-1543. Telephone: 860-807-2050.** *Applications must be postmarked no later than the closing date listed below. **All required documents must be submitted to be considered for interview.***

**Closing date for applications: March 19, 2010 Anticipated date of employment: April 23, 2010**

"The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, national origin, sex, disability, age, religion or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to the Affirmative Action Office, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2071.

## National Poison Prevention Week



The Connecticut Poison Control Center (CPCC), a free and confidential service of the University of Connecticut Health Center is available 24/7 to answer your poison exposure and information calls throughout the state. What awaits you at the other end of the telephone line? Over 200 years of experience and expert toxicology advice from specialists in poison information who are registered nurses, doctors and pharmacists. What do school nurses like best about our service? When the case warrants it, the specialist in poison information calls back to check on the patient and follow-up. Nurses love that!

Calls from Connecticut schools vary, but many fall into the following categories: art supplies, chemicals, cosmetics, heavy metals (for example, elemental mercury from thermometers used in science classrooms), plants, eye exposures and poisons used in pranks and dares (fire extinguishers, stink bombs and pepper spray). Children get exposed to poisons by ingestion, inhalation, absorption through the skin and ocular exposure.

The CPCC point of service displays were sent to all elementary, middle and high schools in 2008. Results indicate a 97 percent satisfaction rate from school nurses and school nurse supervisors. The educator has fulfilled a number of school nurse in-services statewide: 260 attendees at seven events that included local, regional and statewide reach. Content includes: beyond the basics; school exposure data, trends, and common calls; communication; CPCC education resources; and CPCC marketing research findings. You may contact Amy Hanoian-Fontana at 860-679-4422 or [hanoian@uchc.edu](mailto:hanoian@uchc.edu) to schedule a training.

**National Poison Prevention Week is March 14 -20, 2010.** Do you have an opportunity to infuse poison prevention into student interactions, health curriculum, classroom lessons, school newsletters, Parent/Teacher Association events, mandatory school-wide training or parent interactions?

### Resources:

1. Connecticut Poison Control Center Community Education Specialist, Amy Hanoian-Fontana at 860-679-4422 or [hanoian@uchc.edu](mailto:hanoian@uchc.edu) :
  - schedule a training for school nurses;
  - request poison prevention lesson plans from pre-K through adult;
  - borrow poison prevention videos;
  - refill flyers in your school's Point of Service display (insert photo??); and
  - order educational materials or call 860-679-3531 to leave a message on the materials order line.
2. CPCC Web site at [www.poisoncontrol.uchc.edu](http://www.poisoncontrol.uchc.edu) for:
  - downloadable education materials on plants, carbon monoxide, medication safety and more;
  - program descriptions including health fair kits, train-the-trainer, borrowing props and teaching materials; and
  - interactive *Lenny Lend-a-Hand* section for kids.
3. Other Web sites you may be interested in:
  - National Inhalant Prevention Coalition [www.inhalants.org](http://www.inhalants.org);
  - Inhalant Prevention Resource Guide (includes background information and curriculum) from Virginia Department of Education at <http://www.inhalants.org/Inhalantbook.pdf>; and
  - National Library of Medicine Tox Town - household and environmental poisons with easy to navigate links for more information <http://toxstown.nlm.nih.gov/>.



## Professional Development Opportunities

### 22nd Annual New England School Nurse Conference: School Nurses Lighting the Way

**Date:** April 30, May 1 and 2, 2010

**Location:** Mystic Marriott Hotel and Spa, Groton, Connecticut

**Registration:** [www.ctschoolnurses.org](http://www.ctschoolnurses.org)



### Pediatric Vaccinations

This course will provide a refresher training on flu vaccine injection and nasal spray procedures with emphasis on children and infants. All materials and supplies will be provided. Funding for this program provided by the Connecticut Department of Emergency Management and Homeland Security. Two Sessions will be offered.

#### Session 1

**Date:** April 5, 2010 **Time:** 10:00 a.m. – 11:30 a.m.

**Location:** University of Connecticut, Torrington, Connecticut

#### Session 2

**Date:** April 12, 2010 **Time:** 10:00 a.m. – 11:30 a.m.

**Location:** Connecticut Valley Hospital, Middletown, Connecticut

**Registration:** <https://ct.train.org> (use TRAINCT course ID # 1019229). For additional information please contact Denise Ramoutar, Connecticut Department of Public Health at 860-509-7248 or [denise.ramoutar@ct.gov](mailto:denise.ramoutar@ct.gov).



### STEPHANIE G. KNUTSON, MSN, RN SCHOOL NURSE CONSULTANT

Connecticut State Department of Education  
Bureau of Health/Nutrition, Family Services  
and Adult Education  
25 Industrial Park Road, Middletown, CT

Phone: 860-807-2108

E-mail: [stephanie.knutson@ct.gov](mailto:stephanie.knutson@ct.gov)

...Keeping CT School Nurses  
Informed and Involved!

### 2010 Asthma Educator Institute

The American Lung Association will be having an Asthma Educator Institute on April 15 and 16, 2010, in Mystic, Connecticut.

**Date:** April 15 and 16, 2010

**Location:** Ramada Mystic Hotel, Mystic, Connecticut

**Registration:** Online at [www.lungne.org](http://www.lungne.org)

For more information, contact Michelle Marichal at 860-838-4370 or [mmarichal@lungne.org](mailto:mmarichal@lungne.org).



### University of Connecticut School of Medicine presents:

#### UNNATURAL CAUSES: Is Inequality Making Us Sick? “Place Matters”

The workshop will begin with a viewing of the “Place Matters” episode from the acclaimed documentary series, *Unnatural Causes*. The series reveals findings that suggest there is much more to our health than bad habits, health care, or unlucky genes. Following the film, questions and more will be explored through discussion and small group workshops.

**Date:** Thursday, April 8, 2010

**Time:** 4:30 p.m. to 8 p.m.

**Location:** University of Connecticut Health Center, School of Medicine, 263 Farmington Avenue, Farmington, Connecticut, 06030 (Massey Auditorium)

**R.S.V.P. BY MARCH 31:** Joanne LaMothe, at 860-679-3482 or [lamothe@nso.uhc.edu](mailto:lamothe@nso.uhc.edu)



### “Together We Will” Annual Conference Assessment: It’s Not Just a “Tool”

“Together We Will” is an annual conference focusing on children age birth to 5 with developmental delays.

**Date:** April 9, 2010 **Time:** 8 a.m. to 3:30 p.m.

**Location:** Crowne Plaza, Cromwell, Connecticut

**Registration:** Please contact Linda Zorovich at 860-632-1485, extension 229 or Jasmine Lin at extension 245 for help navigating through the State Education Resource Center’s online registration system at <http://ctserc.info/>.

Deadline for submitting applications is March 26, 2010.

## Nondiscrimination Statement

*The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, national origin, sex, disability, age, religion or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding the Department of Education’s nondiscrimination policies should be directed to the Affirmative Action Administrator, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457-1543, 860-807-2071.*