

THE SCHOOL NURSE BULLETIN



VOLUME 18 ISSUE 1
September 2010

Stephanie G. Knutson, MSN, RN School Nurse Consultant



Welcome back!

Welcome back to the 2010-11 school year! I hope that your summer was restful and enjoyable. As you face the excitement of “first days back,” and welcoming new and returning students and colleagues, I would like to thank you in advance for the important work that you are prepared to do in ensuring that all students are safe, healthy and ready to learn. I look forward to working with you this year. Again, welcome back and have a great school year!



Stephanie Knutson

Health Promotion Services/School Nurse

The Connecticut State Department of Education’s Health Promotion Services/School Nurse Web site is dedicated to providing information and resources that are useful and pertinent to the role and responsibilities of school nurses in Connecticut schools. Included on the Web site are health forms; publications; regulations; and statutes that pertain to school nursing. Highlighted are the health form and publications sections of the Web site which can be accessed at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320768>.

Health Forms:

- **Revised** Health Assessment Form 2010
- Early Childhood Health Assessment Form
- Immunization Requirements 2010-11
- Medical Exemption Immunization Form
- Religious Exemption Immunization Form
- Sample Medication Authorization Form
- Individualized Health Care Plan
- Epinephrine Administration Form

Publications:

- School Nurse Bulletins
- Competency in School Nurse Practice School Nurse Competencies Checklist and Evaluation Tool
- Guidelines for Health Screenings: Vision, Hearing and Postural
- Guidelines for Blood Glucose Self-Monitoring in School
- Guidelines for Cumulative Health Records
- Learning and Diabetes: A Resource Guide for Connecticut Schools and Families
- Tuberculosis Control Screening Guidelines in Schools
- Guidelines for Managing Life-Threatening Food Allergies in Connecticut Schools





Unlocking the Potential of School Nursing: Keeping Children Healthy, In school, and Ready to Learn

A publication by the Robert Wood Johnson Foundation

A new report by the Robert Wood Johnson Foundation in the August 2010 publication of *Charting Nursing's Future* may be of interest to you. It highlights the role of today's school nurses as they "provide episodic care, manage chronic conditions, track communicable diseases, promote healthy behaviors, connect children with insurance and health care providers, and handle medical emergencies," all for the sake of "keeping children healthy, in school, and ready to learn." This report entitled, *Unlocking the Potential of School Nursing: Keeping Children Healthy, In School, and Ready to Learn*, "reveals huge disparities in service provision, highlights promising policies and funding strategies, examines the challenges school nurses face, and uncovers the potential of these professionals to improve children's health, remove barriers to learning, and save precious lives." The full report is available at <http://www.rwjf.org/files/research/cnf14.pdf>.

As you may recall, the State Board of Education's position statement on Student Support Services, also documents the need for school nursing services and the benefits to students that this specialty provides. The National Association of School Nurses recommend a school nurse to student ratio of 1:750 and Connecticut ranks fourth in the country with a school nurse to student ratio of 1:464 (NASN, 2007). The national recommended ratio of 1:750 is for well students; the ratio for children with special health care needs is 1:225. In Connecticut, the percentage of districts not meeting the guideline steadily decreased from 2005 to 2008. However, during 2009, based on our current economic challenges the percentage of schools not meeting guidelines increased for both levels over the 2008 levels. Thirty-three percent of secondary schools do not meet the 1:750 ratio, while only 2 percent of elementary schools do not meet the 1:750 ratio.

In addition, the Connecticut State Department of Education's *2009 Health Services Program Information Survey and Summary of Highlights*, provides additional data on services provided to students by Connecticut school nurses, including the following:

- Connecticut school nurses provide services to students with a wide range of physical and emotional health needs. The health care conditions reported most frequently by districts are asthma, allergies, Attention Deficit Hyperactivity Disorder/Attention Deficit Disorder (ADHD/ADD), and other behavioral/emotional conditions;
- the health care procedures most likely to be performed by school nurses in every school district are nebulizer treatments, blood sugar testing and insulin pump management;
- districts report 80 to 90% school nurse involvement in school health coordination, education activities, staff wellness, HUSKY enrollment, indoor air quality, and 504 coordination pro-grams; and
- **almost 90 percent of districts reported that 76 to 100 percent of students are returned to the classroom within one-half hour of receiving a nursing intervention rather than being sent home.**

The Summary and full survey reports are available at:

<http://www.sde.ct.gov/sde/lib/sde/PDF/deps/student/health/HealthServices2010.pdf>
<http://www.sde.ct.gov/sde/lib/sde/PDF/deps/student/health/HealthServicesSurvey09.pdf>



The American Academy of Pediatrics Clinical Report: Head Lice

(Barbara L. Frankowski, MD, MPH, Joseph A. Bocchini, Jr, MD and Council on School Health and Committee on Infectious Diseases)



Abstract: Head lice infestation is associated with limited morbidity, but causes a high level of anxiety among parents of school-aged children. Since the 2002 clinical report on head lice was published by the American Academy of Pediatrics (AAP), patterns of resistance to products available over-the-counter and by prescription have changed, and additional mechanical means of removing head lice have been explored. This revised clinical report clarifies current diagnosis and treatment protocols and provides guidance for the management of children with head lice in the school setting.

Summary of Key Points: No healthy child should be excluded from or allowed to miss school time because of head lice. No -nit policies for return to school should be abandoned.

To view the full document, please access the AAP Web site at <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;126/2/392#SEC13>.



Bed Bugs: The facts!

Bed bugs are parasites that preferentially feed on humans. They need to feed on blood to grow and reproduce. There are two species of human bed bug, the common bed bug, *Cimex lectularius* L. and the tropical bed bug *C. hemipterus* Fabr. In the past decade, bed bugs have begun making a comeback across the United States, although they are not considered to be a major pest. Bed bugs are a nuisance, however they are not known to spread disease.

Resources:

1. Connecticut Agricultural Experimental Station: Connecticut Coalition Against Bed Bugs (CCABB) Web site at <http://www.ct.gov/caes/cwp/view.asp?a=2826&q=437580>:

- Bed Bugs: How to deal with them
- CCABB, March 22, 2010, Bed Bug Forum
- Biology, history, and current bed bug issues
- Research and development
- Legal aspects of bed bug enforcement

2. Connecticut Department of Public Health Web site <http://www.ct.gov/dph/cwp/view.asp?a=3140&q=405378&dphPNavCtr=%7C>:

- Connecticut Agricultural Experiment Station - [A Home Owner's Guide to the Human Bed bugs Cimex lectularius L., C. hemipterus Fabr. \(Cimicidae: Heteroptera\)](#)
- Ohio State University Extension Fact Sheet - [Bed Bugs](#)
- NYC Department of Health - [Stop Bed Bugs Safely](#)
- Rutgers New Jersey Agricultural Experiment Station - [Bed Bugs Fact Sheet](#)
- [Bed Bug Presentation](#)



Professional Development Opportunities

What School Nurses need to know about Diabetes Management

This workshop will provide school nurses with information to guide their practice when working with students with diabetes, their health care team, nutritionist, school staff, and parents in order to provide optimal diabetes management in the school environment. School nurses will have an opportunity to discuss the nursing care and management of nutritional needs of students with diabetes in the school environment.

Date: October 27, 2010

Time: 12 noon to 3:30 p.m. (Lunch will be provided)

Location: American Heart Association, 5 Brookside Drive, Wallingford, Connecticut

Registration: Contact Harriet Dennis at harriet.dennis@ct.gov

Questions: Contact Cindy Kozak at 860-509-7737 or cindy.kozak@ct.gov

Limit 50 registrants!



Diversity Presentation: "Don't judge a book by its cover"

Ryan Martin was born with Spina Bifida and given up for adoption at birth. He was adopted to a family of twelve (eight adopted and four biological). As a result of complications to his birth defect, he had both of his legs amputated at the age of two. He first started playing basketball against his older siblings and quickly fell in love with the sport. After graduating Somers High School in 1997, Ryan went to follow his passion and brought his talents to Southwest Minnesota State University. Ryan graduated in 2002 with a degree in Secondary Education with a minor in Sociology. He is currently playing professional wheelchair basketball in Madrid, Spain. Along with a summer basketball camp for disabled students, The Ryan Martin Foundation offers public presentations for schools, Grades 4-12.

School presentations include:

- building empathy towards diversity, including issues related to ethnicity, disability, and self esteem;
- demonstrating *the sky is the limit*, regardless of one's adversities;
- building comfort levels; and
- reducing stigmas about persons with disabilities.

For further information and to schedule school presentations, please contact Ryan Martin at <http://www.ryanmartinbasketball.org>.

STEPHANIE G. KNUTSON, MSN, RN
SCHOOL NURSE CONSULTANT

...Keeping CT School Nurses
Informed and Involved!

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

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.