

President's Message  
August 5<sup>th</sup>, 2010

The Iowa School Nurse Organization held its 2010 summer board meeting July 15<sup>th</sup> & 16<sup>th</sup>, in Des Moines. Congratulations to newly elected, Sally Immerfall, President-elect, Melanie Hicklin, Treasurer, Patrice Lambert, National Director, and Erica Lubbers, Secretary. We wish you a successful and exciting tenure.

Sally, Melanie, Patrice and Erica have been active in ISNO for several years.

- Sally has been ISNO Continuing ED co-chair for 3 years and secretary for 2 years.
- Melanie has been the ISNO Treasurer for 10 years.
- Erica has been ISNO Secretary for 5 years.
- Patrice has served 10 years as National Director.

We welcome Kathy Wilder and Suzi Wilkes, newly appointed as Continuing Education (CE) Committee co-chairs. Both Kathy and Suzi work as school nurses in the Iowa City Community School District. Connie Barry will join us as Past President co-chair. Connie works as a school nurse in MOC-Floyd Valley Schools.

ISNO wishes to thank Deb Johnson who has stepped down as Continuing Education co-chair! We will miss her. Deb has returned to school to work on her MSN in leadership and management. She has been CE co-chair for 4 years, as well as a school nurse and an ISNO member for about 14 years.

The ISNO board is made up of nurses who have together worked many years in school nursing. It is an honor to work with such experienced leaders in school nursing.

The ISNO board meeting agenda was full and the content interesting; look for a summary of the board meeting on the website. If you are interested in working on an ISNO committee please call me and let's talk. It is a great opportunity to work alongside other experienced nursing leaders who share a common bond. The next board meeting will be at 6:00 pm on Thursday, October 14<sup>th</sup>, at the UI School Nurse Conference at the Sheraton Hotel in Iowa City. We encourage and invite ISNO members to attend the board meeting if you would like to learn more about what is going on at ISNO.

### **Spring Conference**

The 2010 ISNO spring conference, April 8<sup>th</sup> & 9<sup>th</sup>, in Marion, was a great success! Speakers from various disciplines, clinical nursing, academic nursing, education, public health, veterinary medicine, psychology, the Iowa Department of Education, and social work participated. The topics, motivational interviewing, diseases humans and animals share, immunizations, evidence based classroom interventions for challenging behaviors, 21<sup>st</sup> century literacy skills, attachment disorders, and the McKinney – Vento Homeless Assistance Act offered updates and information on the health and prevention issues prevailing in school health services.

On Thursday evening we enjoyed learning about exercise enhancing learning, we enjoyed a wine and cheese reception sponsored by Timberline Billing, and a presentation by children's author, Julia Cook, reading from her books, I Am a Booger, Treat Me With Respect, and It's Hard to be a Verb, among others.

And thank you to all who filled out the evaluation forms and gave us ideas for next year.

We are beginning to plan next year's conference and have some great speakers and programs in mind. The conference will be in the Des Moines area this year, probably in late March or early April. Visit the ISNO website for updates in early 2011.

### **National Association of School Nurses**

There were 9 of us from ISNO that attended the National School Nurse Conference in Chicago, June 29<sup>th</sup> to July 3<sup>rd</sup>. The conference was terrific; the theme was "Vision, Voice, and Visibility: Charting the Course for a Healthy Future." There were about 100 presentations to choose from; 130 plus speakers from all over the US. I attended about 14 presentations and a poster session, including: School Delivered Mental Health Services, Preventing Child Abuse, The School Nurse's Critical Role When Parents Opt Out of Vaccinating Their Children, and a research presentation about key roles nurses play in saving lives and failure to rescue data.

### **2010 Iowa School Nurse Research Consortium Meeting**

The University of Iowa College of Nursing 2010 Iowa School Nurse Research Consortium Meeting was held July 27<sup>th</sup>. Lioness Ayres presented her research ideas on The Social Ecology of Childhood Disability.

Charles Jennissen, an ER physician, talked about his research on All Terrain Vehicles: A School-Based Education Program. He was looking for ideas about getting the program into schools. He got lots of ideas.

Chris Childs spoke about using Hardin Library online. He is willing to work with the Regional Leaders and present CE program and assist school nurses to research data bases and find evidence-based articles on different health issues we work with in the schools. For instance he will assist the nurses at the CE program to look up topics they have an interest in so they can access information for IHP's etc.

Sharon Yearous presented her continuing work on data showing what school nurses do. She had several opportunities with legislators this past year to discuss student visits to the school nurse. She is currently working on specific data sets to be collected on student mental health visits to the school nurse.

Chasity Brimeyer presented her research data on School Re-entry for Children with Cancer.

And lastly Amy Chebuhar MSN(c) presented her work on the Use of Effectiveness of Picture Schedules on Reducing Anxiety Symptoms in Patients with an Autism Spectrum Disorder. She and Joni Bosch, ARNP, had taken pictures of the different stages of a physical exam with a real person getting examined. They showed the patient the pictures prior to the exam to help them understand and prepare mentally for what would happen in the exam. They talked about using pictures in the school health office to help students who had communication disorders.

Many thanks to Sharon Yearous and Ann Marie McCarthy for organizing the conference; the research consortium meeting is a collaboration between the College of Nursing and ISNO.

### **New School Nurse Conference**

The jointly sponsored conference by the University Of Iowa College Of Nursing - Parent Child Family Area of Study - and The Iowa School Nurse Organization, was held August 4<sup>th</sup> at the Iowa Methodist Center in Des Moines. About 33 returning and new school nurses attended. Sharon Yearous, Mary Ann Strawhacker, and Barb Allen presented for ISNO. The independent role of the school nurse, IHP's, 504's and IEPs and medication administration areas were covered. Ann Marie McCarthy, UI College of Nursing, discussed Evidenced-based Practice in School Nursing and Stephen Rinderknecht, DO, presented an update on immunizations. Mary Rexroat, the nurse epidemiologist from the Iowa Department of Public Health, covered Communicable Diseases.

We had several nurses join ISNO at the meeting. I enjoyed meeting everyone and brought along copies of asthma and allergy actions plans, as well as diabetes guidelines from the NASN website.

Kathy Wills from the Louisa Muscatine School District would like to use the ISNO mentor program. Ann Qualls, the regional leader from West Liberty Schools will contact Kathy.

**Thinking about joining ISNO /NASN?**

Joining ISNO offers school nurses the opportunity to access up to date school health information, professional development or education programs, and opportunities to interact with other professionals. When you join ISNO you also become a member of the National Association of School Nurses.

Members of ISNO/NASN receive online continuing education, educational and research opportunities and awards, access to tools, position statements, networking opportunities, discounted meetings, publications, the opportunity to contribute to special interest groups and the ability to give back, to lead, advocate, study, and influence.

Also go to the NASN website and look for programs that directly benefit students. The Sight for Students program assists students to get free eye exams and glasses and a new affinity program offered by Liberty Mutual Insurance with discount auto and home insurance, and a new prescription discount card good at many pharmacies nationally. The prescription discount card is accessible on the NASN website and only needs the student name to print a card.

NASN has recently added NASN Radio as a way to get information about health issues that impact children, to school nurses, the entire education community and parents! Listen to discussions, on Allergies in the Schools, Vision Screening: Avoiding the Big Mistakes, Life or Death in the Hands of the School Nurse, Hidden Places Where Germs Hide in School, and the School Health Benefits of Going Green to mention a few.

Feel free to contact me at [barb.fleckenstein@gmail.com](mailto:barb.fleckenstein@gmail.com) or at 319-321-0896. I would love to hear from you. I hope you will consider joining ISNO and if you would like to work on a committee please let me know. We will work with you side by side and learn from each other.

Barb Fleckenstein