

March 2008 CSNO San Diego/Imperial Section Newsletter

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continued.....

PRESIDENT

Luisa Monson

San Diego/Imperial welcomed over 600 nurses to CSNO's 58th Annual Conference! *Journey to Health... Together We Make It Happen!* My special thanks to Conference co-chairs Susie Horn and Jeri Ibbetson. I applaud the Conference Committee chairs, all the volunteers and Barbara Miller, state President-Elect, for all your energy and dedication. You all stepped up to the plate to make this conference a success; I appreciate all you tireless and awesome work!

At the Awards Lunch this year, our section was outstanding, it was almost a "full sweep" for San Diego - with our own Jennifer Gorman and Jessie Wallace honored as California's School Nurse Administrator and School Nurse of the Year, respectively. Patricia Hardebeck received the CSNO Graduate Scholarship Award. And Dr. Tom Jensen was the Lyda Smiley Award winner for his significant contributions to school nursing. Beverly Miller, from Central Valley Section, received President Dale Parent's "Above and Beyond Award". Congratulations to these honorees for all their achievements!

Congratulations to our incoming SDI President, Jeanne Salvadori, who was installed at the conference. Also, Kathy Ryan is our incoming President Elect and Stephanie Abel our new Member-at-Large. Their terms on the board begin this July 1st. Congratulations are also in order for Rosemary Jaworski, honored by the Children's Dental Health Association at their Golden Crown Gala on February 23.

As you are all aware, our current economic situation is very gloomy. The proposed budget cuts to education have put the wheels in motion for school districts' cuts as they work on the upcoming school year's budget. Some of you received RIF or "pink slip" notices. I encourage you to keep your hopes up that other ways are found to solve the current state budget crisis. Some resources on what you can do regarding the budget crisis, can be found at: sandi.net and click on: **California Budget Crisis - What Can You Do?** Furthermore, the CSNO website has RIF Action Alert and resources, please visit: csno.org and click on RIF Resource. I challenge you not to sit idle and quiet. Let our representatives know that California's budget cuts cannot keep falling on school budgets and medical access! It's also important to take every opportunity that arises to educate our community – parents, school staff, school board members, etc. on the services we provide for students – there is still much ignorance and misconceptions out there.

On another note, we currently have an opening on the board – Professional Products Chair. Please let me know if you are interested in filling this vacancy. This is a great opportunity to get more involved with your professional organization.

As planned, our section is catching up to today's technological era. The March general meeting notices were sent via email, and this will be the last "hard copy" newsletter. (Cont'd next page)

Committee Chairs (cont.)

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Vacant

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Roseanna Duenas

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(Cont'd)

Hard copies will be sent to those of you with no listed emails and as requested. Please know that all the meeting notices are also posted, 3-4 weeks before a meeting, on the CSNO website under "Coming Up". We obtain your membership information from NASN, including email; therefore, it is extremely important to keep your data current with NASN.

As my term winds down, it has been an honor being your President. This has been a positive, enriching and noble experience for me. I want to thank you for your support. I extend my special gratitude to all our SDI board members, and also Dee Apodaca and Dale Parent, State Presidents during my term. I appreciate all your selfless help and support. All that you contribute to CSNO and School Nursing makes a difference. And most of all, many thanks for all you do to keep our children safe and healthy.

And as you go about your work and are busy taking care of others, please keep in mind the importance of balance in your life - take care of yourselves and your loved ones, and have fun ...as one of my favorite saying goes... take the time to ***Live, Love and Laugh!***

CSNO Legislative Action Alert - this alert was sent to CSNO members via email. We hope you have submitted your letter in opposition of this bill. SB 1487 Negrete McCleod was introduced with the sponsor being the American Diabetes Association. Passage of this bill will allow unlicensed volunteers, at the school site, to administer insulin in the absence of a credentialed school nurse or other licensed nurse onsite at the school. The bill amends Ed Code section 49414.5, which is the section that currently deals with glucagon administration. If you need a copy of this alert via email, please contact: Kathy Ryan, SDI GRC Chair at: kryanfp@cox.net or Luisa Monson at blsmonson@cox.net

UPCOMING EVENTS

- ◆ **May 7 - School Nurse Day**
- ◆ **May 14 - SDI Board Meeting 4-6 pm at Lindberg- Schweitzer School**
- ◆ **May 19 - CSNO Legislative Day in Sacramento**
- ◆ **May 22 - SDI General Meeting, Rady Children's Hospital Medical Office Bldg, Room 113, 3:45-6:00 pm**
- ◆ **June 28 -July 1 - NASN Conference, Albuquerque, NM**

The Annual Conference was a Wonderful Success

Co-Chair Susie Horn-Sosna

The San Diego Imperial Section of CSNO welcomed over 600 nurses to the Town and Country Hotel for the state annual conference this past January. With the help of 21 wonderful chairs, Barbara Miller, president-elect of CSNO and CMI resources, the conference went off with nary a hitch. Jeri Ibbetson and Susie Horn-Sosna, conference co-chairs, want to thank not only our chairs but all the volunteers who helped to make the conference a success. Volunteers stuffed the conference bags, manned the hostess and information table, helped sell section products, decorated tables for the luncheons, poured wine and kept the food tables full in the hospitality suite, donated baskets for the silent auction and introduced speakers. We could not have pulled it off without all the assistance we received from everyone.

How about those speakers? They were wonderful! Nurses around the state took home valuable information to enhance their practice. Our own Lisa Ehrlichman, Rosemary Jaworski, Bonnie Bear, Dianne Collins and Jeanne Salvadori were break-out speakers. Keynotes included Dr. Robert Ross of the California Endowment and Dr. Nick Yphantides who both made inspirational and heartfelt presentations. The Silent Auction raised over \$2200.00 for our scholarship program. If you are just starting out in school nursing or going back to school for an advanced degree, be sure to check out the scholarships CSNO makes available both locally and at the state level. Just another benefit of becoming a CSNO member.

CSNO is also active at the state level in legislation. The Political Action Committee works with a lobbyist to work on bills that support school nurses. The PAC reception featured wonderful desserts and a fabulous fashion show with models Jeanne Salvadori, Barbara Regas, Ann Sutherland, Renee Carlo-Ruiz, Kathleen Burke, Molly Coughlin and Jackie Doria. Clothes from Chiccos were featured and conference attendees received 10% off any purchase made during the conference. Our models were terrific! (see photo below)

Next year the State Annual Conference will be Sacramento and we would encourage you to attend, if not the full conference, then just a day or two. It is really an amazing experience to meet other nurses from around the state and hear about the similarities and differences in our practice. Additionally, you always come away with valuable information to enhance your school nurse experience.



Education

Carole Phillips

The annual Conference in San Diego was a huge success. Over 600 school nurses from around the state attended and were very satisfied by the many educational presentations. Thirty nurses took advantage of getting university credit from USD while the others received Contact Hours based on the number of days in attendance.

On March 8th, Patricia Hardebeck was presented with the \$500 Joann Gill Scholarship by Judge Gill who has provided all the funding for the scholarship. Patricia also received the Judy Beck Scholarship for \$250.

Those of you who are continuing your education and who have been members of CSNO for a least one year may apply by contacting Carole Phillips and requesting an application. (cphillips@sandi.net)



State Education Chair Cathy Owens Presents the CSNO Scholarship to Patricia Hardebeck

Professional Standards

Ronny Bowen

I had an opportunity to be co-chair of the CSNO conference Registration Bag Committee. The experience was amazing! I will always have high regard to the people who are in charge of planning, coordinating and implementing any conference. The amount of time and people involved is unbelievable

The conference was scheduled for January 2008 but the timetable started 10-12 months in advance. The Registration Bag Committee Chairs (The Bag Ladies) first met in March to determine the style, type and colors of the Registration Bag. The Conference Committee Chairs met in May and “The Bag Ladies” presented the chosen Registration Bag for approval. During Summer Break we initiated donation letters to request items for the bags. By September, it was time to make decisions and order the Registration Bags. In December we began requesting volunteers to assist with stuffing the Registration Bags.

Two days before the conference, the volunteers (and more) arrived and were ready to lend a hand. They were an awesome group. I couldn't have asked for a better group of people. It was wonderful! Like an assembly line, 700 bags were passed around and stuffed with more than 15 different items. I felt so grateful that The Bag Ladies' work was complete and breathed a sigh of relief.

Then the big day came. As soon as I arrived at the Town & Country Convention Center, I was told that the shoulder straps of the Registration Bags were breaking! The zippers of the bags were checked, however no one thought of checking those shoulder straps. What an embarrassment. I felt like running away. “Things Happen” was all I could think of to calm me down. Someone told me that an event like this was like a wedding, “Something's bound to go wrong.” Eventually the bags were taken care of.

Almost a year of preparation, planning, decision-making, meetings, etc. were all worth it for me. I met new colleagues and worked with many dedicated school nurses. The personal experience was incredible. I encourage everyone to volunteer; it's a fun way to get involved.

Some of the “Bag Ladies” in assembly line formation with Ronny at the helm directing the crew.



President Elect Jeanne Salvadori

I felt a tremendous amount of pride, responsibility and trepidation as I was installed as the incoming San Diego/Imperial Section CSNO president (effective July 1) at the recent CSNO annual conference.

I will be serving with wonderfully talented people up and down the state who make a difference in the lives of children every day. It is my hope and plan to serve you well.

The March 8th CSNO general meeting featured NASN's Managing Asthma Triggers program. We will be having one additional general meeting on May 22. The program for that meeting has not yet been finalized.

Planning for next year is beginning now. Kathy Ryan is the new President Elect (also effective July 1) and we will be needing member input for our 2008-09 meetings.



Jeanne Salvadori being installed as the incoming President of the San Diego/Imperial Section

San Diego County Office of Education
School Nurse Program Specialist
Jeanne Salvadori

SDCOE is planning for next year and will have its events calendar finalized soon.

Yet to come this year is the 2nd Annual Day of the Adolescent on April 23. The fliers are out now. For more information, please contact Beverly de Bourbon at (858)292-3795. It should be a wonderful program.

As of February 14, 2008 the California Department of Health asks that all healthcare providers report "severe" cases of community acquired MRSA to your local health department. As of now, the definition of "severe" is as follows: A case resulting in hospital admission to an ICU or death in a person who has not been hospitalized or had surgery, dialysis or residency in a long-term care facility in the past year, and did not have an indwelling catheter or percutaneous medical device at the time of culture."

The San Diego County Health and Human Services Agency is receiving numerous calls related to MRSA. They worked on a uniform response to schools, in accord with the State of California and CDC (including specific reporting guidelines).

Look for it in your email box.

At the Conference Gala: Jeri Ibbetson, Luisa Monson, Barbett Wood, Susie Horn-Sosna and Eileen Griffiths



Adolescent Health Update

Lisa Ehrlichman

Teen passengers are at higher death risk in car crashes according to a study in the March issue of the *Archives of Pediatrics and Adolescent Medicine*. Not wearing seat belts and young drivers are the primary reasons.

The status of mental health of America's adolescents has been referred to as a public health epidemic. The National Adolescent Health Information Center (NAHIC) at UCSF has released its 2008 brief on adolescent mental health. For excellent fact sheets see http://nahic.ucsf.edu/index.php/data/article/briefs_fact_sheets/

Remember we were told if "lazy eye" wasn't treated in early childhood then it was too late? According to recent information published in *Proceedings of the National Academy of Sciences* a new treatment shows promise in subjects up to 20 years old.

Free lunch isn't considered "cool" by students so many of them go hungry to avoid the stigma, according to a recent study conducted in San Francisco schools. Officials are now looking into ways to encourage more poor students to accept government-financed meals, including the possibility of introducing cashless cafeterias where all students are offered the same food choices and use debit cards or punch in codes on a keypad so that all students check out at the cashier in the same manner.

Two eating disorder terms commonly used in online blogs are now showing up in the research: *Drunkorexia* and *Diabulimia*. Both pose increased risks and are troubling to addiction and eating disorder professionals. Drunkorexia is self-imposed starvation or bingeing and purging, combined with alcohol abuse. Typically teen or college-aged women who starve all day to offset the calories in the alcohol they consume. According to a study in the journal of *Biological Psychiatry* 25-33% of bulimics also struggle with alcohol or drugs and about 20-25% of anorexics have substance abuse problems as well. Diabulimia is the highly dangerous practice of insulin dependent Type I diabetics, usually female, who binge but don't administer insulin, thus keeping themselves in ketoacidosis and avoiding weight gain from the binges.

The 2008 information on inhalant use from SAMHSA shows that inhalants were the most frequently reported class of illicit drugs used in the past year among adolescents aged 12 or 13.
<http://www.oas.samhsa.gov/2k8/inhalants/inhalants.htm>

Salty snacks means more soda for kids. Salty snacks lead to thirst and too often kids will turn to calorie-filled sodas. So maybe cutting back on salty foods is a good way to cut calories. That's the idea according to a recent study in the American Heart Association Journal.

Repeat Chlamydia infection common in girls because often the condition is asymptomatic. In the March issue of *Sexually Transmitted Diseases* researchers recommend that all sexually active women age 25 and younger be tested for the easily treatable bacterial infection annually. Those who test positive should be tested again 3 months later. More than 2 million Americans between the ages 14 and 39 are infected with Chlamydia. Left untreated Chlamydia can lead to pelvic inflammatory disease (PID) and infertility.

A recent study published in the *Archives of Pediatrics and Adolescent Medicine* finds popular music brimming with drugs and alcohol. The study calculated that Americans aged 15-18 listen to a daily average of 2.4 hours of music and hear 84 musical references to substance use every day, more than 30,000 per year. Rap music and country music seem to be the worst culprits showing tobacco, alcohol and other drugs in a positive light associating them with sex, humor and partying.



Dr. Jensen receives the Lyda Smiley Award from SD/I President Luisa Monson

Get that TV out of the bedroom. Several studies link TV watching in a teen's bedroom to sleep problems, overweight, lower scores on school tests, and a higher risk of smoking.

SAMHSA has a free stigma-buster poster for your office. One of the most important ways we can help fight the mental illness epidemic is by decreasing stigma. Become a stigma buster! The link will take you to other free mental health items for your office
<http://mentalhealth.samhsa.gov/stigma/poster.>

**Membership
Eileen Griffiths**

My roles of section membership chair and conference hospitality chair combined last month to make for a very social experience at the 58th Annual CSNO conference in San Diego. With my excellent staff of hostesses and bartenders we provided a warm welcome to attendees who visited the Hospitality Suite on Wednesday, Thursday and Friday evening. The friendly hostesses Ann, Patti, Tammy, Luisa, Cathy, Loretta, Patrice and Juliet greeted each guest and attended to their basic needs for food, fluids, relaxation and socialization. Our gregarious bartenders Lee, Brian and Scott charmed the guests and apparently spun a few tales. Each evening we held a raffle and the lucky winner went home with a copy of Fourteen Super Foods by local ophthalmologist and author, Steven Pratt, MD. We offered some of the super foods each evening subliminally spreading the message to promote healthy food choices. And yes, there was some chocolate available.

There was standing room only at the Meet and Greet Breakfast on Thursday morning for new members and first time attendees. Fortunately everyone had plenty of the delicious continental breakfast and a very cozy environment to meet up with other nurses from different sections of California. All of the guests received greetings from state Membership Chair, Cathy Bray and the CSNO State Board. I am still trying to figure out the balance between technology of evites and the lost art of RSVP.



California's School Nurse
Administrator of the Year:
← Jennifer Gorman

California's School Nurse
of the Year:
Jessie Wallace

→
Both from San Diego



Just another day of volunteering at the conference: Jo Chappel, Jeri Ibbetson, Patricia Hardebeck, RoseMarie Lofgren, Roseanna Duenas, and Jeanne Elyea.

IMPORTANT – PLEASE READ

All upcoming meeting notices & a link to the newsletters
will be sent via email.

Hard copies will only be mailed to members with no email listed.

Please keep your email updated with NASN.

Log on to: nasn.org & under "Member & Membership" click on
"Verify email address", this cues you to log-in
(you need your member#). Once you log-in, you are able to
verify/update your email address.

Just our way of being green.

To request a hard copy of meeting notices/newsletters, please contact
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