

CSNO San Diego / Imperial Section Newsletter

March 2007

President – Luisa Monson

Greetings to all! I want to welcome new chairs on our board: Cecelia Waters, Secretary; Jackie Doria, Nominations; Julia Smith, School Health Manager; and Roseanna Duenas, Member-at-large. Jackie has kindly agreed to also continue as CTA Chair for the remainder of the school year. I want to extend my gratitude to our outgoing chairs: Jeri Ibbetson, Secretary and Molly Coughlin, Nominations. Jeri and Molly caringly and unselfishly carried on their duties; and many thanks to all our Board Members for your work and commitment!

It was great seeing those of you who attended the annual CSNO Conference in Santa Clara last month. The theme was “School Nurses Transform Challenges into Opportunities”. Bay Coast worked hard and put together a nice conference. It’s a treat seeing our colleagues and sharing our challenges, victories and knowledge. About 625 attendees from throughout the state had the opportunity to participate in the good-mix of sessions offered. I specially enjoyed one of the speakers, Sue Hershkowitz-Core, who spoke on communicating with others; and how when faced with an answer, we have a “default behavior” – the easiest answer; if we look for a 2nd right answer, we may get better results. She also outlined her communication **P.E.R.K.s: Purposeful, Enthusiastic, Respectful, Kind.**

At the Awards Luncheon, each Section’s School Nurse and School Nurse Administrator of the Year were honored; including this year’s state awardees, Gayle Ubaldi, for School Nurse, and Melinda Baker Landau, School Administrator. Melinda has also been named NASN School Administrator of the Year. Although our own School Nurse of the Year, Sandy Wright, was unable to attend the conference, she was there in spirit. Our congratulations to these dedicated school nurses – what a great honor to be recognized in such a special manner! Dale Parent from Chula Vista Elementary SD was installed as the incoming State President. Our current State President, Dee Apodaca’s term will continue until July 1, 2007. Other officers installed were: Barbara Miller as President-Elect; Barbara Ciarlo, Treasurer; Ann Williams, CTA Representative as well as Section Presidents for Bay Coast and Southern Sections. Our best wishes to these nurses in

CONFERENCE 2008

The 2008 CSNO State Conference will be held in San Diego January 23-26, 2008 at the Town and Country Hotel in Mission Valley. The conference theme is “Journey to Health...Together We Make It Happen. As the title expresses, we will need everyone’s assistance to put on a fantastic conference for all our colleagues throughout the state. There are approximately 12 sub-committees which need chairs and people to work with those chairs. The various committees include: Special Events/Entertainment. Decorations, Public Relations/Awards, Hostess/Information Booth, Speakers/Speaker introductions, Non-Profit Exhibits, Hospitality, Section Product Sales, Program (works closely with the Speaker Introduction committee), Bags, Donations, Scholarship Baskets and Education.

As you can see, it will take everyone’s assistance to put on a state conference of this magnitude. We expect between 800-1000 school nurses to visit our fair city and want to make this the best conference ever. Jeri Ibbetson and Susie Horn-Sosna are co-chairing the 2008 conference and will be working with Rosenberg & Risinger professional meeting consultants. We have some chairs in place and will be contacting everyone to see where there expertise and interest lies. We seriously hope that you will be an active part in next year’s conference. Please contact Susie Horn-Sosna (858) 270-7732 or Jeri Ibbetson (619) 660-9555 to volunteer for a chair or to be part of a committee. Thanks in advance for all the help you may be able to provide.

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their new leadership roles on the State Board.

And talking about conferences, we are hosting the 2008 CSNO Conference. The Conference Report in this newsletter has more information. This is very exciting; and at the same time there is much work to do; Susie Horn and Jeri Ibbetson need everyone's help for our conference's success!

I want to thank those of you who helped cover the Professional Products table in Santa Clara. Over \$12,000 in Professional Products were sold at the conference. Our section is in urgent need of Chair(s) for Professional Products. Please give this serious consideration. I'd love to have you on our board.

Funding for CSNO comes primarily from three sources: membership dues, annual conference, and Professional Products. Currently, there are over 1400 CSNO members in California, of which, about 155 are in our section. It takes all of us advocating for CSNO's mission - "to promote and strengthen its members in their role as the primary health professional within the educational community." Here are some of the ways we can accomplish our mission: by helping recruit new members, letting them know the benefits of membership; attending the general meetings; being on the board; networking; supporting CSNO's Political Action Committee (PAC), and much more. Together we are stronger and make it happen - "All children should be in school, healthy, ready, and able to learn" I applaud and admire you for all your work!

Each one of you is a valuable member of this organization. All your questions, comments, and suggestions are important and I would like to hear from you. I may be reached at: 858-627-7589 or blsmonson@cox.net

Professional Standards - Veronica Bowen

Position Statements are posted on the CSNO website www.csno.org under Resources, Position Statements. Position Statements are descriptions or official positions taken by the CSNO on issues related to school nursing. I recommend that school nurses read and/or print these Position Statements. Some of the Position Statements are:

- Role of the Credentialed School Nurse
- Role of the School Nurse in Early Intervention Program
- Role of the School Nurse in Mental Health
- School Nurse Attire
- Soft Drinks and Snack in the School Setting
- Tattooing, Piercing and Branding
- Volunteer Workers Assisting the School Nurse
- Wellness Program
- The Health Office

Report from the President-Elect Jeanne Salvadori

In January we had an extremely interesting presentation by Martha Garcia, RN, an Epidemiology and Bioterrorism PHN for the San Diego County Department of Health and Human Services. She shared a video about and went over some of the history and devastation of the 1918 Pandemic Flu, reviewed the differences between a seasonal and a pandemic flu. She shared the latest on the spread of the Avian Flu H5N1 and discussed planning for a future pandemic.

On March 24th we are planning an integrative medicine morning with Dr. James Mattioda and Megan Hockenberry, ND. Dr. Mattioda is a licensed pharmacist, a nutritional consultant and founder of Arcana Herbal and Homeopathic Pharmacy. Dr. Hockenberry is a doctor of naturopathy and a member of the Arcana Team. It should be a very interesting way to spend a Saturday morning. Meeting notices were mailed the first week in March.

Topics/speakers are still under discussion for our last general meeting of this school year, which will be held May 17th.

Education Committee

Carole Phillips & Kathleen Burke

Cathy Brugman, the nurse at Clairemont High School, SDUSD, was awarded the Joanne Gill Scholarship for \$500. Judge David Gill came from his duties at Superior Court to attend the presentation. He very generously gifted an additional \$2,000 to keep the scholarship solvent. Cathy was also presented the Judy Beck Scholarship for \$250. Both scholarships are given yearly to a CSNO member who has been a member for at least one year and is pursuing additional education in school nursing. Applications can be obtained from Carole Phillips at 858-273-3323 ext. 2120 or by e-mail at cphillips@sandi.net. The deadline for application completion is October 31, 2007.



Judge Gill Presents Cathy Brugman with the Joanne Gill Scholarship

FITNESS
Getting Students Started
Jessie Wallace

We all know how important it is. The trick is to dangle that carrot both the real one and a figurative one. Healthful eating is one part. Showing the power of vegetables and fruits can be fun with such things as collectible PowerVeg or Sports Nutrition MVP cards, which include a classroom curriculum or program with special tips. Fitness also means regular exercise. Starting a walking program in your school is very doable and teaches students an inexpensive and easy lifelong habit. And you MUST dangle that "carrot"! Instant and/or periodic rewards really help get the students, parents, and staff motivated to be more active. Tickets for laps, foot tokens for each time walked, or other special incentives for participation are all possibilities. Successful walking programs are in many of our schools. If you are interested in starting one please contact me or another school where there is an ongoing program. The participants of the Hamilton Hikers have walked over 40 miles so far this year!

Childhood Obesity / BMI
Media Talking Points from NASN

Causes: The causes of overweight and obesity in children and adolescents are a combination of unhealthy eating patterns, a lack of physical activity, genetics, lifestyle, behavioral, psychological, sociocultural and environmental influences.

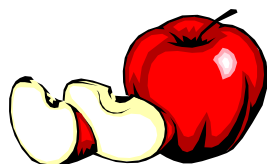
Effects: Childhood obesity can lead to various additional health risks, including, but not limited to, type 2 diabetes, high blood pressure, coronary heart disease, hyperlipidemia, musculoskeletal disorders, mental health issues and asthma.

The important role of the school nurse: School nurses have knowledge and expertise in the areas of nutrition, weight maintenance and exercise. The school nurse can work to combat childhood obesity through health education, support programs, counseling services, referrals to physicians, follow-up and support.

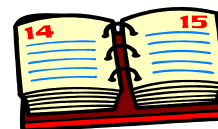
Collaboration is key: School nurses collaborate with school faculty and staff, primary-care providers, students, families, community resources and community coalitions and task forces to help reduce childhood obesity and prevent the related health conditions such as type 2 diabetes.

BMI: Body Mass Index (BMI) is a screening tool used to identify children at risk. Further assessment is necessary to identify children at risk for health complications. BMI screening is required in school districts in 12 states. (Arkansas, Florida, Illinois, Maine, Massachusetts, Missouri, New Mexico, North Dakota, Ohio, Texas, Virginia, West Virginia.) NASN recommends that after the screening, the BMI should be interpreted and communicated in a supportive manner to parents. When BMI report cards are used, they should include detailed explanations and an invitation to further discuss the results with the school nurse. BMI information can open a dialogue with parents about the growth and health of their child. Information to guide families to follow-up with a physician is also crucial.

Achieving healthy weights: Given the time, tools and financial resources, school nurses can help children achieve healthy weights.



NASN has awards, grants and scholarship opportunities. To download award applications and for more information, visit the NASN Web site at: www.nasn.org. CSNO offers one \$800 Graduate Scholarship Program for those school nurses working toward completion of their credential in school nursing. CSNO offers a \$500 Research Award to individuals completing research in the field of school nursing. Deadline for both is October 30, 2007. More information is available on CSNO web site. The California State PTA offers Continuing Education Scholarships for School Nurses for up to \$500 each to public school nurses. Check their website at www.capta.org for more information.



Upcoming Events

National School Nurse Day
♦ May 9, 2007

San Diego/Imperial Board Meeting
Lindbergh-Schweitzer School (East) 4-6pm
♦ March 14, 2007
♦ May 9, 2007

San Diego/Imperial Upcoming General Meetings
♦ March 24, 2007 8:00 am-12noon
Rady Children's Medical Office Bldg Rom 113
♦ May 17, 2007 3:45 – 6:00 pm
Rady Children's Hospital, Dining Rooms A-B

NASN Annual Conference in Nashville, TN
♦ June 28 – July 1, 2007
"Children's Health: Our Primary Investment"

School Nurse International Biennial Conference
Singapore, China
♦ July 30 – August 3, 2007

CSNO 58th Annual Conference, San Diego
♦ January 23-26, 2008

Adolescent Health Update

Lisa Ehrlichman

Sex, Drugs, Safety, Smoking, Eating Disorders, Sports, Etc.

- Teens say that parents most influence their decisions about sex. However, parents of teens underestimate the influence they have in this area, according to a new nationally representative survey released by the National Campaign to Prevent Teen Pregnancy www.teenpregnancy.org to view the complete results of this survey, including the exact wording of the questions posed to respondents.
- Latest study in the Archives of Pediatrics and Adolescent Medicine reports that obesity surgery triples among US teens with almost 1000 such operations this year.
- That same journal published a recent study discussing R-rated movies and the lure of white teens into smoking.
- The CDC offers an excellent, free training toolkit for high school coaches called "Heads Up, Concussion in High School Sports". Often after a head impact students don't realize they should get out of the game or a coach may encourage the student to continue playing. The tool kit has posters, stickers, fact sheets, a Video and CD-ROM to enlighten students and coaches on concussions and the risks of keeping the athlete in the game. The idea is "it's better to sit out one game than the whole season". www.cdc.gov most of the items in the kit can be downloaded or you can order the entire kit to be sent to you.
- Nicotine levels in cigarettes have increased by 10% over the last 6 years. These initial findings were presented by the MA public health department. The tobacco industry refuted the findings. Then Harvard School of Public Health did an independent study that not only confirmed the previous study, it also included research that concluded that the tobacco companies knew about the increase in nicotine and systematically caused it. See MA Public Health Dept. Press Release August, 2006 and Harvard School of Public Health Press Release January 2007.
- Last month "The Year of the Adolescent" was held at the San Diego County Office of Education (SDCOE). Topics discussed were the Teen Brain, Adolescent Health Assessment, including Psycho-Social Assessment, Teen Relationship Violence and Addiction Dynamics and Trends. In December Self Inflicted Violence Expert, Tracy Alderman, Ph.D. gave a wonderful presentation on "Helping Those Who Hurt Themselves"
- The SDCOE frequently hosts informative educational opportunities on a variety of topics with CEU's. Sign up for the SDCOE Nurse Listserv to stay in the loop and check out the excellent resources on the website <http://www.sdcoe.k12.ca.us/nurse/>
- The International Association of Eating Disorder Professionals (IAEDP) had their annual conference in San Diego in early March. The pre-conference day was completely devoted to adolescent eating disorders. If you didn't get a chance to attend, mark your calendars, the National Eating Disorder Association is holding their annual conference in San Diego October 4-6, 2007. www.nationaleatingdisorders.org is the largest information clearinghouse about eating disorders and related issues. They have tons of information for students, professionals and parents on eating disorders including a recent poll that sites almost 20% of college students admit to having an eating disorder.
- As many as 10 million females and 1 million males in the U.S. are battling eating disorders such as anorexia and bulimia. Millions more suffer from binge eating disorder.
- The peak onset of eating disorders occurs during puberty and the late teen/early adult years, but symptoms can occur as young as kindergarten.
- More than one in three "normal dieters" progresses to pathological dieting.
- Eating disorders affect people from all walks of life, including young children, middle-aged women, men and individuals of all races and ethnicities.
- Long-term physical health implications of eating disorders include heart failure, kidney damage, esophagus, colon and intestinal problems, osteoporosis, tooth decay and hair loss.
- Anorexia nervosa has the highest mortality rate of any mental illness.
- Although eating disorders are potentially lethal, they *are* treatable.
- UCSD is offering FREE family treatment for adolescents with anorexia nervosa. For more information call (858) 366-2525 or edresearch@ucsd.edu
- Drug Fact Sheets, Free Posters and Pamphlets, Drug information developed specifically for students and young adults can be found on the National Institute on Drug Abuse website as well as a host of information for healthcare providers <http://www.nida.nih.gov/students.html>.
- Understanding Confidentiality & Minor Consent in California: An Adolescent Provider Toolkit is available FREE from the Adolescent Health Working Group in San Francisco. The kit is downloadable and includes everything you want to know about adolescent healthcare rights including a confidentiality poster for your office and the California Minor Consent Laws, available in several languages. They also have toolkits for sexual health, mental health and weight management. <http://www.ahwg.net/resources/toolkit.htm>

CSNO San Diego/Imperial Section Board

Executive Board

President	Luisa Monson blsmonson@cox.net
Past President	Susie Horn-Sosna shorn1147@msn.com
President Elect	Jeanne Salvadori jsalvadori@sdcoe.net
Treasurer	Barbett Wood bwood@sandi.net
Secretary	Cecelia Waters cwaters1@sandi.net
Nominations	Jackie Doria jdoria@guhsd.net

Committee Chairs:

Adolescent Health	Lisa Ehrlichman (acting) lehrlichman@sandi.net Renee Carlo-Ruiz raynesther@aol.com Susan Egan segan1@sandi.net
Communications	Lisa Ehrlichman lehrlichman@sandi.net
Conference chair	Susie Horn-Sosna Shorn1147@msn.com Jeri Ibbetson ibbet@cox.net

Committee Chairs (cont)

CTA Liaison	Jackie Doria jdoria@guhsd.net
Early Childhood	Peggy Belliston mbelliston@sandi.net
Education	Carole Phillips cphillips@sandi.net Kathleen Burke Kburke@sandi.net
Govt. Relations	Jo Chappell stmstp@cox.net
Membership	Eileen Griffiths egriffiths@sandi.net
Prof. Standards	Ronny Bowen ybowen@sandi.net
Public Relations	Cathy Brugman cbrugman@sandi.net
Publications	Jessie Wallace jwallace@sandi.net
School Health Mgt.	Julia Smith julia.smith@suhds.k12.ca.us
Section Products	Rosemary Jaworski rjaworski@sandi.net
Member at Large-Awards	Jan Stollenwerk jstollenwerk@sandi.net
Members at Large	Susan Efting sefting@sandi.net Roseanna Duenas rduenas@sandi.net

Adolescent Co-Chair - Renee Carlo-Ruiz

At the CSNO Conference last month, I had the opportunity to attend a presentation by attorneys Jennifer Kelleher and Patricia Massey. Some of the topics covered during this presentation included: educational records and privacy, student's rights to medical care/access, children with disabilities (504, IDEA), family law issues, foster youth, youth on probation, and more. I thought the speakers were very knowledgeable and the information presented would be helpful to all school nurses in their practice. I currently work at a high school and this presentation helped me to better understand the students' legal rights, and how I can assist our students in my role of school nurse. The presenters did mention that we should first always consult with our own district lawyer for questions/issues that come up.

If interested, the PowerPoint presentation may be requested from: jenniferk@lawfoundation.org

"You can't educate a child who isn't healthy and you can't keep children healthy who are not educated."

Jocelyn Elders, M.D.

Our first black, female surgeon general

"In the great work of education... our physical condition, if not the first step in point of importance, is the first in order of time. On the broad and firm foundation of health alone, can the loftiest and most enduring structures of the intellect be reared."

Horace Mann, Educator

**Bring a Friend to the CSNO
general meeting.**

**Non-members can accompany
you for FREE. It's a great way
for them to network with other
school nurses & learn about
CSNO.**

CEU's are available for a nominal fee.
See page 3 for details on the next meeting.

**In the last quarter our section's
membership has grown from 139 to
155. Please continue to spread the
word, CSNO is your professional
organization.**

Important notice to our members

Within the next six-eight months, San Diego/Imperial will be taking a more technological approach - we will be posting general meeting information and newsletters on the CSNO website, instead of sending them by U.S. mail. Members will receive an email letting you know when information is posted on the website. If you are not familiar with the website, please visit: www.csno.org for great information and the wonderful resources available. For example, you can follow bills' status that CSNO is watching, tracking or supporting by clicking on: Resources, then Legislation, and last on Bill Status Report. Please note that if you would like to continue receiving hard copies of meeting notices and the newsletter, you need to notify Luisa Monson at 858-627-7589. Many thanks.

Every child deserves a school nurse!