



Massachusetts School Nurse Outlook

The Mission of the Massachusetts School Nurse Organization is to promote and advance quality school health services throughout the Commonwealth and to promote the rights, interests and professional growth of its members.

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JANUARY 2012

Together We Face the Challenges and Opportunities of the New Year

I wish you all a very happy, healthy New Year.

New Years are initiated with resolutions: those that last, those that fade and those that never had a chance. One dictionary explanation of resolutions is – “firm determination.” As we approach this New Year, let us be mindful of the challenges, the opportunities, the disappointments, and the successes we’ve had during the previous year. Let us also be mindful that perhaps our best achievements were those acquired with others, with firm determination. Research has demonstrated the importance of healthy relationships. . . . *Healthy relationships have been identified to provide a competitive advantage.* (Smith, 2004).

Our ancestors learned from history ‘a past that is full of important events’. In the words of Winston Churchill, “The farther backward you can look the farther forward you can see.”

The year 2012 is full of opportunities and relationship building/networking. MSNO welcomes and recognizes the leader in each of us, enhanced by the support of and collaboration with others. Together we can face the New Year with the perspective of the important events of the past.

Together, let us forge ahead and take full advantage of the changes and opportunities that await us.

Pamela Rivers
MSNO President

Smith, A. (2004). Partners at the bedside. The importance of nurse-physician relationships. *Nursing Economics* 22(3): 161-164.

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Board Updates

Since our last newsletter, MSNO is fortunate to have filled several of the open positions on the Board. Several of the existing Board members assumed additional duties to fill some of the vacant slots. MSNO would like to welcome new Board Members: Gayle Nutile-Pimm, Marge Maurukas and Rosemary Connors. Names and contact information for the new members can be found on the MSNO website under the Executive Board link; brief bios of the new members are contained in the region updates. A few positions remain open; if you would like to join the Board, please contact your Region Chair.

PRESIDENT **PAM RIVERS**

MSNO was represented at an Education Summit in Boston with Governor Patrick in November, and at the School Nutrition Working Group meeting, the ESHS Nurse Leader Conference and DPH Budget meeting in December. MSNO corresponded with the *Boston Globe* about a positive editorial on school nursing, and to the EOHHS related to preserving the ESHS funding in line item 4590-0250 for FY2013 equal to FY 2012. MSNO actively engaged in several legislative conference calls to further our agenda

PRESIDENT ELECT **JUDY STYER**

In addition to supporting and participating in many of the activities of the president, a letter to DESE was drafted relating to supervisor/director licensure for school nurses. Additional focus is on plans to develop a restructuring plan for MSNO leadership to make the Board more functional and more engaging to our members.

PAST PRESIDENT **MIMI STAMER**

In addition to attendance at the Executive Board meetings, and supporting the efforts of the President, MSNO continues to be well represented in the community: at the Public Health Museum Annual Meeting, at the Health Disparities Council Meeting, and at the Massachusetts Childrens Health Quality Coalition meeting with Ann Sheetz and Mary Ann Gapinski of DPH.

TREASURER **KATIE VOZEOLAS**

MSNO has consolidated all MSNO accounts, including regional accounts, into one bank, the Bank of America. The FY2011-12 budget has been finalized, and all tax documents forwarded to the accountant for preparation of MSNO tax returns. The Fall conference generated \$801 in revenue from the raffle and silent auction; payments were made to the NASN Endowment representing \$1 per attendee at the Fall conference. Additional financial information is available by contacting the Treasurer.

NASN DIRECTOR **MARIE DESISTO**

The Governance Committee continues to review Position Papers. In January, the Committee will begin to make appointments with legislators in Washington, D.C. to discuss the NASN/MSNO agenda.

VICE PRESIDENT/PROGRAMS CHAIR **JUDY AUBIN**

After a successful Fall Conference, Programs is now finalizing the New England Region Conference schedule for May 4-6, 2012 in Plymouth. Final plans include identifying roles and tasks to facilitate registration, identification of members, purchasing conference supplies and finalizing the budget. Preliminary plans have started for the Fall Conference at the Holiday Inn in Marlboro on October 27, 2012.

(continued on next page)

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Marge Maurukas
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PROGRAM VENDOR CHAIR

SUE GLENNY

Vendor Chair is working with Programs to finalize fees for the New England Region Conference. Since booth set-ups and electricity are supplied by the site, the expectation is that costs for supplying a booth to the vendors will increase slightly over the costs associated with the previous conference in Maine. It was suggested that these increased costs be passed on to the vendors.

MEMBERSHIP

TERRY GRIMM

Member count has increase from 667 in April 2011 to 738. It is felt that this increase is largely due to the membership drive initiated by NASN.

CONSTANT CONTACT

SUE GLENNY

Rates of opened emails increased for emails whose subject matter addressed Credible Service. In an effort to increase our email readership, email addresses were updated. Region Chairs have been given a list of bounced emails with the hopes that they will be able to obtain current email addresses for all members in their region.

NBCSN LIAISON

PAT HOBAN

To date, four candidates for the NBCSN exam in February/March are interested in forming a study group to prepare for the examination since no prep courses are offered for the examination. Studies indicate that candidates who prepare for certification examination in study groups have a better passing rate. Those interested in forming study groups should send contact information to Pat Hoban (patc.hoban@verizon.net).

PRIVATE SCHOOLS

ADRIA PAVLETIC

A survey to gather data on salary and the role and responsibilities of the school nurse in the Independent School is currently in development. The survey will bifurcate

to collect data separately from day versus boarding schools. A meeting is scheduled for January 11, 2012 to finalize survey questions. The survey will be distributed and tabulated online via Survey Monkey and will sample by school rather than by individual school nurse. A meeting of the group is scheduled for January 18, 2012 at Dana Hall School in Wellesley, MA.

EDUCATIONAL COLLABORATIVE SCHOOLS

BARBARA DOUCETTE

The December 8 meeting was hosted by Paula Collins. The big news for the Collaborative Group is that Vice President of MECNA, Paula Allen, was awarded the Nurse of the Year in School Health by the March of Dimes. The group is working on their website and continues to update the directory of nurses from collaborative schools

SCHOLARSHIP/AWARDS

JAN TOWNSEND

The committee made three awards this year: School Nurse of the Year, School Nurse Administrator of the Year, and the Annie McKay Memorial Scholarship. Biographies of the recipients are noted elsewhere in the newsletter.

The Committee will start to consider nominations for these awards for 2012. The deadline for nominations is in May. If you would like to nominate someone for an award or scholarship, please contact the Chair, Jan Townsend at (townsend@msno.org).

MASS CHARTER SCHOOL NURSE GROUP

GAYLE NUTILE-PIMM
MARGE MAURUKAS

Recognizing the need to incorporate all school nurse educators into MSNO and to provide them with a forum to reach out to other MSNO members, the Executive Members of the Board established a new Board position: the Mass Charter School Nurse Group, dedicated to representing school nurse educators in charter schools. The new

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representatives are Gayle Nutile-Pimm, RN, MS and Marge Maurukas, RN. Welcome Gayle and Marge.

The initial meeting of the Mass Charter School Nurse Group was held in October in collaboration with the Department of Public Health and the School Health Institute. Nearly 30 nurses attended the initial meeting and it was determined that there was a clear desire to continue to meet on a regular basis to establish relationships and professional collaboration among members. The Innovation Academy Charter School in Tyngsborough recently hosted the second meeting of the newly formed Mass Charter School Nurse Group.

The next meeting of the Charter School Nurse Group will be held in early March at the Francis W. Parker Charter Essential School in Devens, MA. If you would like any further information regarding this newly formed group please contact Marge Maurukas at (mmaurukas@innovationcharter.org), or Gayle Nutile-Pimm at (gnutile-pimm@innovationcharter.org).

What Next?

After a physical examination by the school nurse, Jane appeared from the mysterious examination room with a pronounced limp.

“Say, what’s the matter!” inquired Peg, her chum, anxiously.

“Well that nurse in there said I had tonsillitis, a crooked spine and pyorrhea and I thought I might as well limp too,” replied Jane nonchalantly.

Indianapolis News

What Next? (1923, September 7) *Boston Daily Globe* (1923-1960), p.6. Retrieved November 1, 2009, from ProQuest Historical Newspapers Boston Globe (1872 – 1926) (Document ID: 865085902).

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Supporting the Home Front: Schools with Military Connected Children

By Carol Roupelian

Since the start of the wars in Iraq and Afghanistan, over 33,000 military service members in Massachusetts have been deployed. Most are members of the National Guard and the Reserves. There are unique issues associated with Guard and Reserves deployment. Guard and Reserve members are usually older, partnered, with dependent children, and less prepared for longer separations. Many have had numerous deployments. Most live in towns or cities where there is not a strong military community so they lack the support of their peers.

What does this have to do with schools? Schools in Massachusetts need to support military-connected children. Research shows that a child's functioning and coping may be affected by a parent's deployment. These students may struggle with issues unique to deployment which can manifest as academic difficulties. School nurses are a readily available resource for school-aged military children, their parents, and teachers.

In order to help schools help military-connected children, Northeastern University School Health Institute, the Red Sox Foundation, Mass General Hospital's Home Base Program, and the Department of Public Health School Health Unit recently collaborated to present a program targeted to school districts across Massachusetts. Looking to reach school teams of administrators, nurses, counselors, social workers, and other school staff, they shared information from

experts in the field about the risks and stresses of deployment on students and families. As one specialist described it, "we need to know what rocks are in the child's backpack as they climb their developmental mountain" and how that will affect their day.

The message this program gave is that schools need to first identify these students. Districts should ask as students register, or at the beginning of each school year, whether a family member is actively serving in the military. Once students are identified, schools need to ask both students and families what can be offered to support them. Does the family need counseling services? Are they looking to connect with other families dealing with deployment? Let them know who the "go-to" person is in their school.

Numerous resources are available to these students and families – if they just have the means to access them. Schools should be the supportive community that surrounds the families and helps them deal with the issues that may arise as a result of military service.

The conference included hearing the experiences of Red Sox wife, "military mom and nurse" Jacque Francona. She and other military families described difficult experiences in school when staff was unaware that students had family members serving. Thoughtless remarks about war or current events and even curricula subject matter can easily stress a child who has

an active service family member.

Conference participants were introduced to "Fort Beverly" – a program developed at the North Beverly Elementary School. Using a team approach, school leaders, the school nurse, and other related service providers support military-connected children and their families across the North Shore. As their mission states, "We recognize the need for our military-connected families to have a "home base" on the North Shore in order that they may receive support, have access to resources and a sense of community connectedness." Fort Beverly offers student support groups, referrals to local agencies, family fun nights, and even facilitates direct communications links with service members via Skype. The conference ended with participants charged with developing their own district plans to support military-connected families utilizing the multiple available resources with input from the expert speakers.

Many of the resource organizations were present at the conference with tables set up to showcase their support offerings. ISFAC (Inter-Service Family Assistance Committee), MA National Guard Family Program Network, JIFSAP (the Joint Family Support Assistance Program), the Military and Family Life Consultants, and Operation Military Kids, were just some of the organizations highlighted which offer services to military families. Many of the resources are available online; many

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of the organizations will travel to educate communities about their services.

Statistically, most schools have at least one student who is living through a parent's deployment and needs help. School nurses are likely to see these students in their office and not have a clue as to why they are there or how to help them. Learning more about identifying military connected families and the resources to support them is one more way school nurses can keep children in school, healthy, and ready to learn. Remember: when a service member enlists, the whole family is drafted.

Conference materials and details on *Schools Supporting Military Children* can be found on the School Health Institute Website under Links and Resources (<https://www.neushi.org/linksresources.pl>). For additional information email Carol Roupenian (croupenian@plymouth.k12.ma.us). Carol is a School Nurse Educator at the Plymouth Community Intermediate School in Plymouth MA.

Membership Drive

One of NASN's strategic objectives is to increase recruitment and retention of NASN members. Since MSNO is unified with NASN, individuals from Massachusetts who join NASN automatically become members of MSNO. MSNO is charged with increasing membership by 5%. Recruitment comes from new members signing up and lapsed members renewing their membership. Please remember to renew your membership and to encourage others to join.

There are many benefits to membership, some include: free or low cost CNE contact hours, Vision Service Plan for student gift certificates, and access to journal articles that can help keep your practice "evidence-based." MSNO has already reached its target of 5% and exceeded that goal by 5%. In April there were 667 members; as of November that number increased to 738. Given the number of school nurses in the state, and with member support, MSNO can recruit even more school nurses. The question is: *how high can we go?* Only you can answer that question!

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What Do the New Nutrition Guidelines Mean for School Nurses?

By Kathy Hassey

School Nurses are involved with children's health and wellness every day. We know that proper nutrition is vital to every child's academic success. On July 30, 2010, the "Act Relative to School Nutrition" was signed into law and it establishes nutrition standards for competitive foods and drinks that are sold in public schools during the school day including 30 minutes before and 30 minutes after school. Foods and beverages sold in vending machines must comply with the standards at all times.



A guide to these recommendations, *Healthy Students, Healthy Schools: Guide for Implementing School Nutrition Standards*, can be found at (<https://www.neushi.org/linksresources.pl>). This guide will answer any questions you have regarding the implementation of this law and provides many excellent examples of how schools and school districts have successfully implemented these standards already. This is a perfect opportunity for administrators, school nurses, food service directors, faculty, and PTO's to work collaboratively on providing a healthy environment for students!

To quote the introduction of the guide:

The goal of the standards is to ensure that public schools offer students food and beverage choices that will enhance learning, contribute to their healthy growth and development, and cultivate life-long healthy eating behaviors. The regulations are part of the Commonwealth's broad-based, collaborative initiative to reduce childhood obesity and prevent its complications in childhood and later in adulthood. The Massachusetts Department of Public Health worked with the Massachusetts Department of Elementary and Secondary Education, the Harvard School of Public Health, the Boston Public Health Commission, the John C. Stalker Institute of Food and Nutrition at Framingham State University and other key partners to develop the nutrition standards which are based primarily on the *Institute of Medicine's*

Nutrition Standards for Foods in Schools and the Dietary Guidelines for Americans, 2010. The nutrition standards and the associated regulations go into effect on August 1, 2012 unless otherwise noted.

Some of the recommendations are the following:

1. Make water available to all students during the day without charge.
2. Offer for sale fresh fruits and non-fried vegetables at any location where food is sold, except in non-refrigerated vending machines and vending machines offering only beverages.
3. The use of fryolators is prohibited for competitive foods.
4. By August 1, 2013 make nutrition information available to students for non-prepackaged competitive foods and beverages served in the cafeteria. (This regulation does not apply to fresh fruit or vegetables.)

Also included:

- ✓ Foods and beverages should not be used as rewards or discipline for academic performance or behavior.
- ✓ All marketing of foods and beverages should be restricted to items that meet the nutritional standards.
- ✓ Healthy foods and beverages should be promoted throughout the school.
- ✓ Street vendors should be prohibited from selling food within 200 yards from a school.
- ✓ Nutrition regulations should be applied at all times, including evening and community events.
- ✓ Adequate time should be allowed for lunch.
- ✓ Recess should be scheduled to be held before lunch.
- ✓ Farm-to-School Initiatives should be implemented to enhance access to fresh, locally grown produce.
- ✓ Nutrition education should be provided to students.
- ✓ Nutrition education should be provided to parents.

In addition to the new nutrition guidelines this Act

... requires the establishment of school wellness advisory committees within school districts. This provision was included to ensure that school districts put in place a key element of infrastructure necessary to carry out the intent

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of the School Nutrition Bill. The purpose of these regulations is to set standards for the establishment and operation of School Wellness Advisory Committees. These committees are intended to ensure that each public school district has an established group of school staff and concerned community representatives to recommend, review and help implement school district policies addressing school nutrition, nutrition education, physical activity and related issues that affect student health.

Many schools already have School Wellness Advisory Committees that are very active, and this Act will encourage others to do the same.

Fixing school nutrition is not an issue that school nurses can take on alone. It is a great opportunity for the whole school community to come together to work for better nutrition and health for our students. The John Stalker Institute at Framingham State (<http://www.johnstalkerinstitute.org>) will be providing training programs. They are an excellent resource for nutrition information in schools.

If you have any examples of how your school has successfully implemented these regulations, please email Laura York (laura.york@state.ma.us) or Chris Nordstrom (Christina.nordstrom@state.ma.us) and share your successes.

From: NEW YORK NURSE: May 2011

Clara Barton's Missing Soldiers Office Found

By Alison Munday

What once was overlooked and boarded-up has now been found and will be restored. In this Civil War sesquicentennial year, it's wonderfully fitting, yet possible only through an odd convergence of circumstances, that the Missing Soldiers Office of Clara Barton will enjoy a new lease on life, as a museum.

Barton, a renowned Civil War nurse, humanitarian, and founder of the Red Cross, opened the "Office of Correspondence with the Friends of the Missing Men of the United States Army" in 1865, but over the years the office had been abandoned and forgotten.

Then, fifteen years ago, Government Services Administration (GSA) carpenter, Richard Lyons was charged with securing a run-down boarding house at 437½ Seventh St. NW, Washington D.C. prior to demolition, when he made a fluke discovery. According to the GSA website, he noticed an envelope dangling between the ceiling slats on the third floor. Continuing to explore he found artifacts including the metal sign for the Missing Soldiers Office, a blouse with a bullet hole, lists of missing soldiers and more than 2,000 other items, which he later learned had been stashed by Barton's neighbor in the crawl space above her office, after she left for Europe.

He had chanced upon the cluster of rooms Barton had occupied during and immediately after the Civil War. Here, she stored supplies for battlefield nursing and ran the Missing Soldiers Office. From this space, boarded-off by the owner nearly a century earlier, Barton responded to more than 60,000 letters from grieving loved ones, most requiring further research and, ultimately, leading to lists of the missing she would publish.

By 1867, Barton's office had been instrumental in identifying the fate of more than 22,000 men. Lyons' find prompted the GSA to reverse the demolition order for the building, and to announce plans to create a museum that would honor Barton's Civil War work. In March, the GSA and the National Museum of Civil War Medicine (NMCWM), under whose auspices the museum will operate, reached agreement on a partnership that allowed the project to move forward.

"This museum would complete the circle with Clara Barton. Her contribution, both in terms of the nursing she delivered during the war and the humanitarian aid she gave during and after the war . . . helping families seek lost soldiers . . . that's the story that needs to be told," said George Wunderlich, executive director of the National Museum of Civil War Medicine in Frederick, Maryland.

For more information on the Clara Barton's Missing Soldiers Office Museum, visit (www.civilwarmed.org). Submitted by Dorothy Keeney, MSNO Historian

Regional Updates

Region II

Region II has seen a change in leadership. After many years of service to Region II, Cathy DeFillipo resigned. She will be greatly missed and those of us who benefited from her representation express our deepest gratitude to her. Barbara Hedstrom is now the Chair of Region 2 and hopes to be joined shortly by a Co-Chair.

Barbara is a school nurse in North Andover and has been a member of Board for about four years. In addition to Chairing Region II, Barbara is the DESE Liaison for MSNO. As part of that responsibility Barbara gives presentations on certification requirements and is available to answer questions. You can contact Barbara at: (hedstrom@msno.org). Barbara is looking forward to working with members of Region II. Welcome Barbara.

Region IV, by Catherine Caruso-Draghetti

Catherine has been involved with the MSNO Board prior to becoming a Region Chair. Welcome back Catherine.

On November 15, 48 school nurses attended a program at Shriners Hospital for Children in Springfield. Three presenters: a nurse, physical therapist, and an orthopedic surgeon covered scoliosis, cerebral palsy, and BMI/obesity. The presentations were tailored to school nurses and feedback was very positive. In addition, the nurses enjoyed an excellent dinner and time to network. Since more than half of the nurses were not MSNO members, and as part of the MSNO membership drive, MSNO regional members engaged in recruitment activities as part of their networking.

Regions VI, VII, IX, by Susan Glenny

Regions VI, VII and IX will join in presenting a program entitled "Electronic Health Records—An Evening with the Experts" on Wednesday, January 18, 2012 at Hudson High School from 4:30 pm to 7:30 pm. Details will be sent by Constant Contact to members of Regions VI, VII, and IX. Information will also be posted on our website with a downloadable registration form. Mary Ann Gapinski will present "Best Practices—Electronic School Health Records" and representatives from HealthMaster and SNAP will be conducting interactive Q & A breakout sessions. Contact hours and a light dinner will be provided.

Region VIII

Rosemary H. Connors, RN, BSN, MPH, NCSN is the new Chair of Region VIII. Rosemary has been a Boston Public Schools nurse for 15 years, most of them spent in an Early Childhood School. She works at the Dr. Catherine Ellison/Rosa Parks Early Education School in Mattapan.

In addition to school nurse duties, Rosemary is part of BPS School Wellness Council. She also sits on BPS' Nurse Faculty Senate and serves as a member of Joint Union Management. Rosemary maintains membership in the Developmental Disabilities Nurses Association (DDNA) and is currently pursuing certification in that specialty.

Rosemary lives in Dorchester and on the weekends enjoys escaping to Maine where she spends time in nature and fantasizes about leaving the city (Don't we all!!). Part of that fantasy is spending her days raising chickens and quilting by the fireplace. "I am excited to be a member of the Board and looking forward to serving the MSNO Region VIII members and working with my Co-Chair." Rosemary was recently joined by Roselaine Charluccien-Koech as Co-Chair. Welcome Rosemary and Roselaine.

Region IX, by Kris Carlson-Lewis and Jenny Gormley

Region IX is working on joint programs with nearby regions. The annual conference at the Lahey Clinic on December 3rd, organized by Kathy Hassey and involving regional co-chairs, focused on concussion. The conference was well-received and well-attended. Speakers included an athletic trainer and a sports physician followed by a panel of school health professionals addressing implementation challenges of the new concussion regulation.

Region IX is currently working with Region Chairs Sue Glenny (Region VI) and Judy Styer (Region VII), and Patty Wright to organize a program on electronic school health documentation for school nurses. This program has been scheduled for January 18, 2012 at Hudson High School, snow date of January 25. Mary Ann Gapinski, DPH, has agreed to present on medical-legal aspects of electronic health record documentation after which we plan to have breakout sessions for nurses interested in specific software applications, including SNAP and HealthMaster, with representatives from these companies providing information. We have contacted new members to Region IX to welcome them onboard and offer any assistance.

Region X

Region X recently held an asthma program at the Patriots Place Health Center. Approximately 40 individuals were in attendance, including members from Region III. There were no registration/admission costs for this program. Overall the program was well received.

Oral Health Tips for National Children’s Dental Health Month

You might think that the most exciting part of February is Valentine’s Day, or perhaps that spring is around the corner. The Massachusetts Dental Society (MDS) wants to let you know that the month of February is also strongly tied to oral health, especially that of children.

- February is National Children’s Dental Health Month, sponsored by the American Dental Association. Dental Health Month is designed to raise public awareness about the importance of children’s oral health. The MDS wants to remind you about important oral health tips for kids—and for you, their school nurses.
- Children should brush their teeth for two to three minutes, at least twice a day, using a fluoridated toothpaste and a soft-bristled toothbrush. Flossing should occur as soon as the teeth are close together and any two are touching, usually by the age of four. Brushing does not remove the food particles and plaque that builds up between the teeth, so flossing is critical. Using a smooth-coated, mint-flavored floss will appeal more to young mouths.

- Certain foods and drinks can affect children’s teeth more than others and often lead to tooth decay. Sticky candy and snacks like gummy worms, licorice, fruit snacks, and even raisins have a high sugar content and are the worst offenders. Excessive consumption of soda and sweetened sports drinks can also cause decay. Children should drink water, low-fat milk, and all-natural fruit juices.

Dental visits are very important to ensure that children’s teeth are coming in properly and do not show signs of decay. The American Academy of Pediatric Dentistry and the American Academy of Pediatrics both recommend a child’s first visit to the dentist be six months after the eruption of the first tooth, or by the age of one. Children should also receive an examination and cleaning by their dentist every six months to avoid potential problems.

With good oral health habits, children can maintain healthy mouths—and healthy smiles. For more information about National Children’s Dental Health Month, visit (<http://www.ada.org/5578.aspx>). For more information about the Massachusetts Dental Society, go to (www.massdental.org).



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Maico MA 25 Portable Audiometer

The super-light MA 25 weighs in at only 3.6 lbs and is small enough to hold in the palm of your hand. Although the MA 25 is tiny, it offers a full range of testing opportunities. Frequency levels range from 250 Hz to 8000 Hz and signal intensities from -10dB to to 90dB HL. Because it is a portable audiometer, the MA 25 is engineered to be tough and reliable.

#29702 MA 25.....\$879.00 ea
**Comes with a FREE AC Adapter!
(A \$49.95 Value)**

LED Illuminator Cabinet

This small cabinet uses long-life LEDs to edge illuminate the light panel. Offers uniform lighting across the chart face when light conditions are poor. Great for testing distances ranging from 40 cm to 4 meters. It’s ultra-thin at only 1.2 inches and weighs only 4.5 lbs. It can be wall mounted, used with a floor stand, or with its magnetic table stand (sold separately). A chart pocket in the rear holds charts when not in use. Power cord is included. Dimensions: 10.5”W x 1.2”D x 14.25”H.

#66016 LED Cabinet.....\$225.00 ea
#66017 Magnetic Table Stand.....\$20.00 ea




MSNO Fall Conference Summary



The MSNO Fall conference, School Emergency Triage Training: A Program for School Nurses, was attended by 176 nurses. The speaker was Patricia Guilday, RN, MSN, NCSN from Delaware, MD.

Overall evaluations on the materials presented were very positive with 92 individuals giving a rating of “4” (highest option). The most notable comment regarding the presentations was that audience members would have liked more “hands-on” experience. Unfortunately the number of attendees and only one speaker made this impossible. The silent auction and raffle generated more than \$800 in revenue for MSNO.

Finally, at the business meeting over lunch, awards were presented to the recipients of the

School Nurse of the Year
Susan Harrington

School Nurse Administrator of the Year
Rosemary Peterson

and the **Annie McKay Scholarship**
Lori Flannery, School Nurse Educator.

Please join in congratulating our awards and scholarship recipients.

School Nurse of the Year
Susan Harrington



Susan Harrington celebrates with her family.

Sue is the School Nurse Educator at the Bourne Middle School on Cape Cod, where she manages the health-care of 800-900 students. Previously Sue worked at the elementary school level.

In addition to her day-to-day nursing duties and state mandates, Sue also organizes and participates in many school activities such as the Healthy Choices Walking Club, Wii Fitness Classes, and Staff Healthy Choices Challenges. Sue is a member of the Crisis Team and the Threat Assessment Team. She has served on the School Health Advisory Committee, the Wellness Committee, the Bourne Youth Task Force, and the School Council. In 2000, Sue wrote an application that resulted in the award of an Essential School Health Services grant that lead to the hiring of a nurse in all district schools.

Outside of school, Sue is an active member of the National Association of School Nurses, MSNO, and the Cape Cod School Nurse Association. She is the Chairperson for Region V, one of the most active MSNO state regions. She is the current President of the Cape

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Cod School Nurse Association and organizes 5 to 6 meetings per year held in various locations with speakers on timely subjects. For nine years Sue has participated in the American Cancer Society Relay for Life; for two of those years Sue was Chairperson.

Sue received a Bachelor of Science in Nursing from Fitchburg State College, a Master's Degree in Education from Cambridge College, and a Certificate of Advanced Graduate Studies from Fitchburg State College. She holds national certifications as a Community Health Nurse and as a School Nurse. Sue is certified by the DESE both as a School Nurse and as a Health Educator for grades Pre-kindergarten through 12.

Sue has been described as organized, a role model, a mentor, professional, energetic, a life-long learner, warm, kind, and caring. Amazingly, with all that she does, Sue still enjoys and looks forward to going on overnight field trips with her students! Sue lives in Sagamore Beach with her family.

School Nurse Administrator of the Year Rosemary Peterson

Rosemary currently is Secretary on the MSNO Board, in addition she is the Nurse Leader for the Belmont School Department and School Nurse Educator at the Chenery Middle School (population 1250 students).



Rosemary Peterson celebrates with her family.

Rosemary has a vision of excellence that runs as a theme throughout all that she does as a school nurse. Her nursing staff feels she strives for the highest quality nursing programs for the students, her staff, and the school community. She has been described as professional in all aspects of her work: intelligent, creative, enthusiastic, sensitive, an excellent communicator, and tenacious. Balancing these qualities has allowed her to work well with people of all ages both one-on-one and in large groups. As a member of the Leadership Council she has been a vocal advocate for school nursing. Rosemary has educated the town and the school community about the importance of developing and maintaining a comprehensive school health program. She reports to the School Committee with concrete examples of the work of her nurses, statistics, and graphs to track how the responsibilities have increased and changed over time. Her work resulted in a full-time nurse in each school, an increased total number of nurses leading to a higher nurse to student ratio, and a shift toward full parity with the teaching faculty despite the current budget crisis.

Faculty, administrators, and area nurses often consult Rosemary on health related topics. She regularly collaborates with the town health department. This relationship was especially helpful during the H1N1 outbreak. Rosemary has educated the faculty and staff on health issues such as life threatening food allergies and concussions. She researched and developed a school nurse evaluation tool to fairly evaluate nurses in a system designed for teachers. She is also responsible for the Belmont nurses receiving an Essential School Health Services grant for AED's in each school, and electronic student records and health logs. Rosemary was directly involved in the planning for the nurse's offices in new schools in Belmont so they would be centrally located and structured for best practices. She developed and maintains a school health website for families and the community containing current health information on a wide range of topics including: school health forms, and important school health messages.

Rosemary has organized and trained a loyal group of substitute nurses. Since she standardized systems throughout the nursing department, these nurses are comfortable moving from school to school. This allows the Belmont nurses to take advantage of continuing education opportunities that might otherwise been un-

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available to them. Rosemary actively encourages growth in her nurses by promoting: participation in legislative initiatives, work on advanced degrees, participation in professional organizations, and attainment of national certification. She is interested in and supports their ideas and health projects that benefit the community such as organic gardens and nutrition programs. As busy as Rosemary is with all these activities, she keeps the individual needs of the student central to everything she does. For her the student is what all her work revolves around.

Rosemary started her nursing career with an RN diploma from the Faulkner Hospital, and received her Bachelor of Science in Nursing degree from Northeastern University, followed by a Master of Education degree from Cambridge College. She is a Nationally Certified School Nurse.

**Annie McKay Scholarship
Lori Flannery**

Lori is a busy nurse at the North Attleboro Middle School. She cares for 1200 students. She started her career in school nursing eleven years ago in an elementary school of 280 students. Twenty-five years after receiving her BSN from Northeastern University, Lori decided to return to school to work on her Master's degree. She has been accepted into the Master's of Education program at Cambridge College. Lori will be sharing her stories of course workload and interesting classes with her own children, a daughter studying nursing at Villanova University and son at Columbia University.

Gallup Poll

Information from a Gallup poll conducted November 19-21, 2010 demonstrated nurses continue to outrank other professions in Gallup's annual Honesty and Ethics Survey.

Eighty-one percent (81%) of the respondents said nurses have "very high" or high honesty and ethical standards: a significantly greater percentage than for the next-highest-rated professions of military officers (73%) and pharmacists (77%).

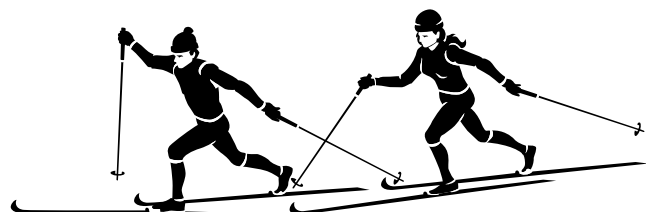
Results for this Gallup poll are based on telephone interviews conducted November 19-21, 2010 with a random sample of 1,037 adults aged 18 years and older, living in the continental U.S., selected using random-digit-dial sampling. Gallup first asked Americans to rate nurses in 1999. The nursing profession has topped the list since then in all but one year: 2001.

Firefighters were added on a one-time basis in 2001 following reports of their heroism after the 9/11 terror attacks. Firefighters finished first at 90%, but nurses still managed a strong 84% honesty and ethics rating that year, tying for their highest rating ever. Car salespeople, lobbyists were rated as having the lowest honesty and ethics. Thanks to Kathy Hassey for bringing the poll results to our attention.

GO SCHOOL NURSES!



Lori both lives and works in North Attleboro.



Health Updates: Immunizations

INFLUENZA vaccination rates are up in children, reported David Brown in the *Washington Post*, December 5, 2011.

By the middle of November 36% of children were vaccinated. Vaccination rates for adults are unchanged: also at 36%. The CDC reports that for this season about 129 million doses of vaccine were delivered to clinics, doctor's offices, pharmacies, hospitals, and workplaces. One hundred eleven million individuals received the vaccine.



Under-immunized or unimmunized children are on the rise in more than half of the states due to the fact that more parents are opting out of immunization programs, reported Mike Stobbe in the Associated Press, November 28, 2011.

States with the highest exemption rates are in the West and upper Midwest. The increasing number of shots gives parents worry, as do the newer vaccines and possible relationship to autism: a theory from the 1990s that has been widely discredited. Parents who let their children skip vaccinations put their children and others at risk.



VARICELLA immunizations, routinely administered to children age 1 year old and older, have spillover benefits for infants, reports Denise Mann in *WebMD Health News*.

In a study conducted by the CDC, epidemiologist Adriana S.Lopez stated that vaccinating children aged 12 months and older protects infants who are too young to be vaccinated. This concept is known as herd immunity, where enough people in a community get vaccinated to reduce the spread of the disease.



PERTUSSIS (whooping cough) outbreaks have been reported in Montana, Illinois, Wisconsin, New Hampshire and Long Island, NY. To date, no cases have been reported in Massachusetts.

Message from the Editor

Ginny Curcio
Editor, *Outlook*

To all MSNO members,

I hope that this holiday season brought you much joy and happiness and that you were able to spend a peaceful and restful time enjoying family and friends. I welcome you back to your schools and hope that the remainder of the school year passes uneventfully for all.

As you will note in this edition of *Outlook*, a significant number of events have taken or are about to take place. We filled several of the open Board positions, and open positions still remain if you would like to join the Board. Our Program Chair is busily organizing the 2012 New England Regional Conference, as well as MSNO's Fall conference. Three of our nurse members were awards and scholarship recipients, presented at the Fall Conference. Our membership drive is in full swing. Finally, there are a number of "Save the Date" events for you to look forward to.

As a new editor to *Outlook*, I would appreciate your feedback on the newsletter and how *Outlook* can best serve you. My goal is to make *Outlook* as informative as possible and I can only do that with your input and your support. So send your feedback to me at curcio@msno.org. In particular, if you have a thought, an article, or a point of interest to contribute that will assist your school nurse peers in providing quality health care services, do not hesitate to forward the information to me. It is your newsletter; it can only be as good as you make it.

My best wishes for a wonderful rest of the school year.

National Wear Red Day
Friday, February 3, 2012



Save the Dates

Mass Charter School Nurse Group

Date: March 2012

Contacts: mmaurukas@innovationcharter.org
or gnutile-pimm@innovationcharter.org

Spring NE Regional Conference

Dates: May 4-6, 2012

Location: Raddison Hotel, Plymouth MA

Working agenda includes: ANCC asthma, eating disorders, legal concerns, MASNRN (research).

Link: msno.org for details

NASN National Meeting 44th Annual Conference, Summer 2012

Dates: June 23-26

Location: San Francisco

Link: <http://www.nasn.org/ContinuingEducation/AnnualConference/ConferenceHighlights>

School Health Institute Summer Institute

Dates: August 6-8, 2012

Location: Cape Codder, Hyannis

Link: www.neushi.org

Board of Directors meetings

Meetings start at 5:30 PM. Members are welcome to attend. Come watch your Board at work!

Monday 1/9/12
Monday 2/13/12
Monday 3/12/12
Monday 4/9/12
Monday 5/14/12
Monday 6/11/12

Location: Harvard Pilgrim Health Care Building , 93 Worcester Street (Route 9), Wellesley, Massachusetts 02481

National School Nurse Exams

Link: <http://www.nbcsn.com>

Certification

Application Deadline: 5/31/2012

Exam Dates: July 21, 2012 - August 4, 2012

Recertification

Application Deadline: May 31, 2012

Exam Dates: June – August 2012

Study Groups:

Candidates who wish to form a study group, please send me: name, hometown, school district, email address. As the NBCSN state liaison I will (with your permission) send this info to all who sign up so you may form your own study groups. [Pat Hoban \(patc.hoban@verizon.net\)](mailto:patc.hoban@verizon.net).