



## Where School Nurses Connect

## OCSNO Tri-Annual Newsletter Orange County School Nurses Organization Fall 2019

### CHAIR MESSAGE–

**Riva Nist Apodaca, MSN, RN, PHN**

Dear OCSNO Members,

This has been an interesting year of change for me. It has been a time to reflect on the past and think about the future. Retirement has provided me the time to reflect upon my career, the field of school nursing and the amazing impact we are able to have on the community, specifically with vulnerable populations. Although we often work in challenging environment, I feel fortunate to have been able to be involved in some amazing organizations and been able to utilize resources that helped me throughout my career to constantly grow and adapt to the community we serve.

First off let me say that retirement is wonderful. After 32 years of dedication to school nursing, it's wonderful to receive the benefits of our Cal STRS contributions as a tangible reminder of our years of service and hard work. This has allowed me to relax and look at the next stage of my life. It's been fulfilling to take advantage of volunteer opportunities to continue helping vulnerable populations by serving on the boards of OCSNO, CCRA (Crippled Children's Association) and OCHTTF (Orange County Human Trafficking Task Force). The programs and opportunities that these organizations provide are amazing and I am happy to be a part of it.

Retirement has also provided the opportunity to travel without time constraints. One of the highlights of my travel experiences this year was to attend the School Nurse International (SNI) Conference in Stockholm Sweden this summer with several other nurses. There were so many countries across the globe represented, as well as many attendees from all over the United States. It was interesting to discuss our different practices and realize how much we shared in common.

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### ODES FROM OCDE–

**Pamela Kahn, MPH, RN, NCSN**

As we move into the 2019-20 school year, there have been some notable changes to the laws regarding the immunizations required for entrance to school in California. These changes will take effect for those who will be entering school on or after July 1, 2019.

### Starting in the 2019-2020 school year, school immunization requirements will include:

- 2 (rather than 1) doses of chickenpox vaccine at
  - ◆ TK/Kindergarten entry
  - ◆ 7th grade advancement
  - ◆ TK/K-12 admission or transfer
- 2 MMR doses and 3 Hepatitis B vaccine doses at admission or transfer for most K-12 students.
- Other vaccine dose requirements of 5 doses of DTaP, 4 doses of polio, and 1 dose of Tdap at 7th grade entry remain the same.

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### PROGRAM CHAIR–

**By Michelle DeHaven, RN, BSN, PHN, NCSN**

### SAVE THE DATE: Spring Conference

Our Spring Conference will be held on May 13th at Mile Square Park in Fountain Valley from 4-8pm. At this conference, we look forward to lectures by an orthopedic surgeon from Shriners for Children Medical Center and Rachel McClanahan, DNP, RN, NCSN, assistant professor at CSUF. We always have a great time of networking with other school nurses and you will get 3 CEUs. The cost is \$55 for members and \$70 for non-members. Registration will be open in April.



**MEMBERSHIP-**

**Marci McLean , M. Ed, BSN, RN**

Reminder to all our OCSNO members: Annual membership runs July 1 to June 30 every year. All applications can be found online at our new website, [www.ocsno.weebly.com](http://www.ocsno.weebly.com). We encourage all our members to consider joining our professional organizations (NASN and CSNO). In case you were not aware, NASN and CSNO separated their memberships in 2018. You can now choose to join one or both! Ever wonder what the difference is?

**OCSNO - local organization, [www.ocsno.weebly.com](http://www.ocsno.weebly.com)**

- 2-3 conferences per year
- \$30/school year (a new school nurse/school readiness nurse receives first year of membership free)
- benefits include: scholarships, conference registration discounts, and CEUs

**CSNO -- State Professional Organization**

[www.csno.org](http://www.csno.org) & [www.scsno.org](http://www.scsno.org)

- 2 Section conferences per year (Orange County falls under Southern Section)
- 1 State conference per year
- \$120 (now-Sept) /\$155 (after Sept) Active Membership
- \$60 (now-Sept) /\$72 (after Sept) Student Membership
- \$60 (now-Sept) /\$72 (after Sept) Retired Membership
- benefits include: scholarships, conference registration discounts, access to online and in-person learning opportunities, legislative advocacy, bi-monthly newsletter, mentoring, leadership opportunities, networking, and CEU's

Level	Quarterly Pmt. Pl.	Annual Payment
Active	\$38.75	\$155
Associate	\$38.75	\$155
Member-at-large	\$38.75	\$155
Student	\$18	\$72
Retired	\$18	\$72
Life-time	NO DUES	NO DUES
Corporate	\$62.50--no change	\$250

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**SCHOOL NURSING TIPS FOR SUCCESS**

**Riva Apodaca, MSN, RN**

**Merry Grasska, NP-C, MPH, RN**

It has been years of study and hard work to become a nurse. You have succeeded in passing nursing board exams, you have balanced work and family to achieve a school nurse credential, and quite possibly more advanced training and education. You now boast those well-deserved letters behind your name, and you have joined the ranks of school nurses, a specialty unlike any other!

Here are 10 self-care tips you should know as you advance and maintain a successful career:

1. **Understand Your Role and Take Ownership**

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**TOOLS OF THE TRADE**

**By Riva Nist Apodaca, MSN, RN**

At OCSNO our goal has always been to provide relevant information in order to assist school nurses in their profession of serving students. Most school nurses know how to help their students in usual situations; however, many times families ask questions that are outside of previous experience. Sometimes it's staff members who ask for help. School nurses cannot be expected to know everything but it is helpful to know where to look. Subjects such as domestic violence, homelessness, food insecurity, mental health access and elder care are but a few subjects that you might be asked about.

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**SCHOOL NURSE INTERNATIONAL 2019**

**By Jean Chung, MPH, RN**

This past summer, Riva Apodaca and I had the amazing opportunity to attend the School Nurse International (SNI) Conference in Stockholm, Sweden. We met over 100 school nurses from 24 different countries- from Bulgaria, Scotland, England, Nepal to Hong Kong. It was so exciting to hear about school nursing practice in different parts of the world.

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## CHAIR MESSAGE (Cont'd.)–

High level speakers from the World Health Organization and the CDC focused on broader public health issues. It really allowed me to see how my personal practice fit in within the wider perspective of global health. I've attended CSNO and NASN conferences before; however, this took it to a totally different level. I heartily recommend conference attendance to broaden your outlook and school nursing practice. We have the CSNO conference coming up this February in Garden Grove as well as NASN in June in Las Vegas. Consider attending as transportation and hotel fees can be minimized. The next SNI conference will be in Tokyo 2021, so start saving now if interested.

Another thing I realized is that school nursing is one of the best examples of community health nursing. I was offered the opportunity to teach the clinical lab component of Population Health Nursing at California State University at Fullerton this semester. We do all 15 community health interventions listed on the Intervention Wheel Model. These can include surveillance, disease/health event investigation, case management, outreach, screening, referral/follow-up, delegated functions, health teaching, counseling, consultation, collaboration, community organization building, advocacy, social marketing, and policy development/enforcement. My school nurse practice has provided me with specific examples of these interventions to share with the students. It has also given me the network contacts in Orange County to provide varied learning experiences that enrich my students' clinical time. Helping to train new and future school nurses through my work with CSUF community health nursing has been an amazing opportunity to multiply the impact on vulnerable populations by training future nurses and helping them to improve their skills to use in the community.

My takeaway is that school nursing has given me the resources and experiences to continue in doing what I enjoy: helping people to be healthy. What a great job! Merry Grasska has written a great article on School Nursing Tips for Success. This is especially pertinent for new nurses; however, we can all use a refresher and will find value in her reminders. As you continue another school year, look for opportunities to increase your knowledge and networking opportunities. OCSNO's purpose as your professional organization is to continue to provide a forum for your personal and professional growth. ~

## ODES FROM OCDE– (Cont'd.)

A medical exemption filed previously remains valid until the earliest of:

When the child is next considered to be an admission at a school or pre-kindergarten facility (applies to both temporary and permanent medical exemptions), at which time staff will need to confirm if the previously filed medical exemption meets the newer requirements, or The expiration date specified in the medical exemption (applies to temporary medical exemptions)or

Advancement to 7th grade, for a medical exemption from varicella vaccine or Tdap.

More questions on the new requirements.

Please visit: <https://www.shotsforschool.org/>

**Medical Exemptions:** Starting July 1, 2019, a parent or guardian must submit a signed, written statement from a physician (MD or DO) licensed in California which states:

- The specific nature of the physical condition or medical circumstance of the child for which a licensed physician does not recommend immunization.
- Each specific required vaccine that is being exempted.
- Whether the medical exemption is permanent or temporary.
- If the exemption is temporary, an expiration date no more than 12 calendar months from the date of signing.

## MEMBERSHIP- (Cont'd.)

**NASN -- National Professional Organization** [www.nasn.org](http://www.nasn.org)

- 1 National conference per year
- \$105.00 Active Membership (annually)
- \$51.45 Student Membership (annually)
- \$57.75 Retired Membership (annually)

•benefits: including scholarships and conference registration discounts, VSP Certificates, member rates for books and online learning, online forums, and NASN Journal subscription.



## SCHOOL NURSING TIPS FOR SUCCESS (Cont'd.)

While being a school nurse comes with some amazing benefits, it is also filled with responsibilities. Learn all you can about your role, responsibilities and the best ways to ensure you stay informed and apply best practices. To stay abreast with your profession, join your professional organization, attend workshops, reach out and work with a colleague who can mentor you, read school nurse professional publications, or volunteer to participate on a special project where you work.

### 2. Stay Healthy

School nurses assume a variety of tasks to help students on a daily basis. You'll be exposed to plenty of different injuries, ailments and organisms. You will respond to the routine and the not so routine. You will complete assessments and care plans, and you will respond to emergencies. Your body may have a few aches after sitting in front of the computer or running to the field to respond to an emergency. This mix of duties can create physical and mental stress.

It will be important to stay healthy and maintain balance in your life. As a caregiver, it is essential to get plenty of sleep, drink plenty of water, and stick to that healthy diet and exercise regimen. By now most of us have been exposed to the concept of mindfulness. If you haven't started to practice it, look into it now. OCDE often offers workshops on mindfulness. Last but not least, even the school nurse has to stay vigilant and wash hands regularly.

### 3. Wear School Appropriate Professional Clothing

As a school nurse, you know how important it is to "dress to impress" children. It's part of having them feel comfortable seeking professional nursing help and guidance. Remember nurses are one of the most trusted professionals and the way a nurse presents herself or himself has an impact on others. A wardrobe that includes comfortable shoes and clothing easy to move in is critical and part of the school nurse job. Get rid of those high heels, short skirts, and low-cut tops. Save them for your days off. The male wardrobe has considerations also. For safety purposes, a man's tie may need to be secured or possibly not worn to avoid getting pulled or caught on things. Scrubs might scare kids, so consider leaving them in your closet. Some districts prefer lab coats or scrubs – follow your individual district guidelines. Invest in conservative school appropriate, child friendly clothes and comfortable shoes that you will feel comfortable sitting, moving and standing in during the school day. Your comfort and safety are important, too.

### 4. Take Time for Yourself

You're constantly taking care of other people and attending to their needs, but you can't do this properly if you let your own needs fall by the wayside. Your days vary in demands. Some go smoothly and others are fraught with surprises. Easier times are matched with times of higher stress. Flexibility is key. It's important to make sure you take the time for bathroom and meal breaks. You can't perform your best if you are distracted or feeling hungry. You are as important as your job. To do it well, you must take care of yourself.

### 5. Embrace Change and have the Motivation to do New Things

The healthcare field and the education environment are constantly changing. Nursing and medical science expands and improves over time.

Improvements in technology change the way school nurses practice. As a nurse, take advantage of all of the new learning opportunities like workshops and conferences, exploring new computer software, or best practices. Find your niche and always strive to learn more. Have the initiative to stay-up-to-date on everything happening within your workplace and the realm of school nursing so you can perform your job as best and efficiently as possible.

Sometimes experienced nurses, after years of doing the same thing, get bored or they may feel like they are in a rut. Don't let those meaningful years of experience or the routine get you down. Try something new. Mentor another nurse, become a preceptor to a student nurse, write an article, or volunteer in your professional organization. There is a lot going on in the world of school nursing and you can contribute to school nursing practice.

### 6. Be Kind and Caring

As a school nurse you have the benefit of working week days, daytime hours, no weekends, and lots of time off. Even still, you work hard and you work a lot, so make sure you're prepared to give it your all. It's important for you to have the energy to treat your students with the attentive care they deserve and expect from their nurse. You are working with them or they are in the health office for a reason, so treat them gently and kindly. After all, they trust you to be on your game at all times. Leave your problems at the door and start each day with positive intentions.

## SCHOOL NURSING TIPS FOR SUCCESS (Cont'd.)

### 7. It's Not the End of the World

Not all the students and folks you deal with are going to be nice and agreeable. When you're dealing with challenging situations or others who are frustrated and unhappy, you can feel the stress piling on. Take a breath and compose yourself. You might not be able to control others, but you certainly can control yourself to be respectful and calm no matter the situation. Also, remember it's ok to ask for help when needed.

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### 8. Stay up to Date

There will inevitably be those "old-school" nurses who prefer the less complicated technology systems of the good old days. However, computers and other technology are part of today's world. Change is inevitable so take any opportunity to learn, take classes, get certified, and be mentored. You'll always be ready for what's to come when you have a full understanding of what is happening in your field.

### 9. Stay Organized and Meet Deadlines

There are plenty of schedules, and deadlines in school health service. A school nurse may be caught up in multiple priorities and be expected to respond to several conflicting demands. Keep a calendar with deadlines and monitor those important dates. Learn how to multitask while staying focused. This will help you achieve your goals, and be efficient, thorough, and calm. The organized school nurse who is tracking due dates and prioritizing, will also experience less stress.

### 10. Enjoy Your Work Environment

You're going to spend A LOT of time at work. Why not enjoy it? Greet everyone with a smile and a warm welcoming friendly approach, whether they be fellow nurses, support staff, administrators, and certainly students and their parents. Chances are, you'll get the same response back. Be a team player and become accustomed to your work family. Make an effort to work collaboratively. This usually results in better outcomes for students and a more satisfying work day for you. Ten tips may seem like a lot. Keep them close at hand. When you have one of those challenging days, you will have a reminder, you are not alone and there are things you can do to take care of yourself. As school nurses, we have many challenges and there is much we can do for ourselves to stay on track. You chose school nursing practice. Chose to be successful!

Based on an article from Elite Learning August 2018  
<https://www.elitecme.com/resource-center/nursing/10-self-care-tips-for-nurses/>

## TOOLS OF THE TRADE (Cont'd.)

*"There may come a time when you need help, but won't know exactly what kind of assistance is available – let alone how to access it. 2-1-1 Orange County can assist by helping clarify your personal situation and then employing an extensive up-to-date database to determine the best resource(s) for you. 2-1-1 Orange County is where you go when you don't know where to turn for help, acting as a single point of contact to thousands of social service programs."*

2-1-1 Orange County, a nonprofit 501(c)(3) organization, offers a comprehensive information and referral system linking Orange County residents to community health and human services and support. Callers seeking assistance can dial 2-1-1 or 888-600-4357 (toll-free) 24 hours-a-day and be connected to a trained Information and Referral specialists. These I&R specialists have access to a database with information on more than 2,000 government and nonprofit agencies representing thousands of specialized services, ranging from food and shelter to job placement and health care programs. 2-1-1 Orange County also serves as a crucial public information system during local crises such as earthquake, fire or other disaster.

2-1-1 Orange County refers callers to nonprofit and government agencies. These organizations have programs dedicated to a variety of specific needs, including:

- Food
- Shelter
- Prenatal care
- Substance abuse
- Government assistance programs
- Workforce development
- Health insurance access programs
- Prevention and safety services
- Child development assessment

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## TOOLS OF THE TRADE (Cont'd.)

2-1-1 Orange County has its roots in a prior organization known as InfoLink Orange County, which in turn grew out of an Irvine, California-based group called People for Irvine Community Health, established in 1984. In 2005, the California Public Utilities Commission designated Info Link Orange County as the 2-1-1 service provider for the county, and in 2006 the organization formally changed its name to 2-1-1 Orange County. They receive funding from a variety of sources, including the County of Orange; The Children and Families Commission of Orange County; the United Way of Orange County; various local cities and grants and donations from foundations, corporations and individuals.

Many school nurses might have heard about this valuable resource in the past however it bears reminding. Check out the 211OC website which provides extensive information on so many current public health issues and needs. I recently participated in a conference Beyond Silos: Domestic Violence and Healthcare Partnerships and was astounded by how much great content is available on the 211OC website. It will be worth your time and make you a better nurse.

## SCHOOL NURSE INTERNATIONAL (Cont'd.)

There were many similarities, and some differences, but the most profound statement came from the Nepal school nurse who said she was the first school nurse in her area and did not have a source to call for questions that came up, so she decided to “google” her questions (apparently there is no Pam Kahn in Nepal)!

I met some amazing colleagues—now friends on social media and it was truly a remarkable experience that I will always treasure.

Some of the highlights of this conference included relevant topics, such as:

- Global perspectives on adolescent health
- Operationalizing 21st Century school nursing practice at the school system level
- School Nurses are Leaders
- National Quality Register for the School Health Service in Sweden
- Transforming the Role of School Nurses

- Anaphylaxis in Schools: Are you prepared?
- Student/Family Centered Care Coordination among children with special health care needs
- Examining the Health Disparities and Psychological Struggles Experienced by LGBTQ Youth and much more.

There were research based poster presentations: Preventing Child Obesity through Parental Support, Development of Health Curriculum for Other Students with Disabilities, Basic Nursing Education Aimed at Developing Practical Nursing Competency in Support of School Children in Need of Medical Care: From the Perspective of Japanese School Nurses, Characteristic features of the fatigue state in children—in association between fatigue and sleep, and more.

In addition to learning and networking, we had FUN! We had a guided sightseeing tour of Stockholm, which was insightful and informative (Sweden has a royal family). Many tours were available to choose from: the Vasa Museum, Abba Museum, Under the bridge boat trip, Photography exhibit at a museum, and/or a visit to the Nya Karolinska Sjukhuset (hospital). Riva and I chose the Abba museum where we danced on a simulated stage with them to their number one hit, Dancing Queen!

After the conference, there was an optional post conference trip of North Europe, but Riva and I were joined by 4 other nurse friends and chose to cruise the Baltic Seas that stopped at Finland, Estonia, Russia, Norway, and Germany! There's something to be said about working alongside great colleagues, but there's something even greater when vacationing with great colleagues that become great friends!

If you love your job as a school nurse and love to travel, then join us at the next SNI conference July 19-23 in Tokyo, Japan. The venue has been set and registration will begin in September 2020! Stay tuned!!

See next page for photos from the trip.



# PHOTOS FROM SCHOOL NURSE INTERNATIONAL 2019

