Welcome back to school. Hope everyone had a pleasant summer break and is ready for the 2012-2013 School Year.

2012-2013 REPORTING

Immunizations
The 2012-2013 School Requirements have been translated into Spanish and are available on the Immunizations web page, under School Requirements.

The 2012-2013 Summary Report of the Immunization Status of Missouri Public, Private, Parochial or Parish School Children letter and fax back will be mailed on August 6th. If your superintendent does not receive the letter and fax back by August 23rd, please call 573-526-7659. There are two ways to complete and submit the annual summary report:

On-line:
- If the school submitted the report on-line last year, the same user name and password is active this year.
- To submit the report on-line for the first time, send an e-mail to SchoolImmunizationReporting@health.mo.gov requesting a user name and password. The school will receive reporting instructions with a user name and password within five business days.

Mail:
- Fax the summary report packet request form back, OR
- Send an e-mail to SchoolImmunizationReporting@health.mo.gov requesting the summary report packet be mailed to the school, OR
- Download and print the summary report packet at health.mo.gov/living/wellness/immunizations, select School Requirements.

Please note the Report of Students in Noncompliance with Missouri School Immunization Law (Imm.P.10) does not need to be returned. The form is still available and can be used as a tool for tracking students in noncompliance at the district level.
Surveys

The School Health Services Update and the Children with Special Healthcare Needs Survey are updated and ready for your reporting on the School Health Online Reporting System. This information is used to describe the intensity of school needs and advocate for resources for our school nurses and staff. Both of these surveys are due on December 1, 2012.

Should you have trouble filling out the surveys, please consult the Online Reporting System User Manual or email us at shs@health.mo.gov.

Vision Reporting Laws

By Brenda Kennedy, Coordinator, Prevention of Blindness Program
Rehabilitation Services for the Blind
Phone: (573) 751-4765 fax: (573)526-0611

In the recent past, Missouri had 2 vision statues that governed children’s vision exams and screenings. These were 167.194, which required vision exams for every child enrolling in kindergarten and first grade in public schools, and 167.195, which required vision screenings for first and third graders by the school districts. Both were allowed to sunset, and thus will no longer be required reports to Department of Social Services. Vision Screening continues to be a recommended best practice to identify barriers to learning.

Many of you have developed local resources to help pay for exams and glasses when you identify a child in need. The Prevention of Blindness program may be an additional source of assistance to turn to for some people. The Prevention of Blindness program is a state program under the Family Support Division. We cover eye exams, glasses, and glaucoma medications for Missouri residents who are low income and have no insurance. We don’t have an age requirement, though we do have both financial and visual criteria. While we do cover some routine eye exams and glasses for those who qualify, our main focus is on providing eye surgeries and treating diseases that could lead to blindness. If you know of any children or their parents who are having vision problems and might need our assistance, they can call us at 1-800-592-6004 ext 8 if they have any questions or to get an application. The MO Healthnet (Missouri Medicaid) program covers vision exams and glasses for eligible children (one exam per year and glasses every two years, but may be replaced in less than two years if medically necessary.

On last year’s School Health Services Update, Lead School Nurses were asked

“Are there protocols or guidelines requiring chronic disease management training for school nurses and other staff?”

Of the 384 schools that responded, only 50% responded that training was required.

The School Health Program feels strongly about the importance of training your school personnel on these issues. Please check the below link for guidelines and best practices for managing chronic diseases in the school setting.

http://health.mo.gov/living/families/schoolhealth/guidelines.php
Hello, and hello again to many of you! It has been my pleasure to work with Marjorie Cole, State School Nurse Consultant for a number of years to help inform school nurses about Medicaid/MC+/MO HealthNet for children and teens. Some years have been very challenging with lots of changes, but this year there are essentially no changes to eligibility or benefits, so that’s great news!

There have been changes in the MO HealthNet managed care health plans. The number of plans was reduced when the new contract year began July 1, 2012. The current managed care health plans are:

- HealthCare USA
- Missouri Care
- Home State Health Plan

All three plans will be in all three MO HealthNet managed care regions. There are no changes in the counties included in each region:

- **Eastern Region**: Franklin, Jefferson, Lincoln, Madison, Perry, Pike, St. Charles, St. Francois, Ste. Genevieve, St. Louis, Warren, and Washington counties and St. Louis City.
- **Central Region**: Audrain, Benton, Boone, Callaway, Camden, Chariton, Cole, Cooper, Gasconade, Howard, Laclede, Linn, Macon, Maries, Marion, Miller, Moniteau, Monroe, Montgomery, Morgan, Osage, Pettis, Phelps, Pulaski, Ralls, Randolph, Saline and Shelby counties.
- **Western Region**: Bates, Cass, Cedar, Clay, Henry, Jackson, Johnson, Lafayette, Platte, Polk, Ray, St. Clair, and Vernon counties.

If you have questions about any of the three current health plans, please see the contact information below:

- **Home State Health Plan** [www.homestatehealth.com](http://www.homestatehealth.com)  Toll free: 1-855-694-HOME (4663)
- **Missouri Care Health Plan** [www.missouricare.com](http://www.missouricare.com)  Toll free: 1-800-322-6027
- **HealthCare USA** [www.hcusa.org](http://www.hcusa.org)  Toll free: 1-800-625-7602

On another note… I’m sure many of you see uninsured parents every day. Missouri’s Community Health Centers can provide health care services for the uninsured/underinsured population. They also see patients with commercial insurance, Medicaid and Medicare.

Community Health Centers are local, non-profit, community-owned health care providers serving low income and medically underserved communities. They provide high quality, affordable primary care and preventive services, and often provide on-site dental, pharmaceutical, and mental health and substance abuse services. You can locate a Community Health Center in your area at [www.mo-pca.org/tools/find/](http://www.mo-pca.org/tools/find/).

Have a great year!
FREE Fluoride Varnish Program Available
The Missouri Department of Health and Senior Services offers a free community-based fluoride varnish program available to all children (infant to age 18) in the state. The Preventive Services Program (PSP) utilizes the services of volunteer dentists, hygienists, school nurses, and parents working together to implement its four components – surveillance/screening, education, prevention, and referral. The intent of PSP is to provide educational and preventive dental services to children, provide referrals for immediate/emergency dental care, and provide an evaluation of the state of oral health/disease in the community’s target population. PSP is managed by the Oral Health Program through five regional Oral Health Consultants (Registered Dental Hygienists) whose role is to provide assistance in setting up the program within the community.

Children who participate in PSP receive an annual oral screening from a local, volunteer dentist or dental hygienist, an oral health note indicating the need for dental treatment, an application of fluoride varnish twice per school year, and oral health education. They also receive a toothbrush, toothpaste, floss, and educational brochures.

School nurses continue to improve the oral health of Missouri’s children one smile at a time. During the 2011-2012 school year, PSP served over 63,800 children in Missouri. Please consider participating in PSP to improve the oral health of your students.

For more information on PSP, including testimonials from participating school nurses, K-12 oral health curriculum, and other useful information, visit http://health.mo.gov/blogs/psp/.

Now available – Diabetes School Health Resources in one place

Prepared by the Diabetes Council School Health Workgroup, the Diabetes School Health Resource provides Diabetes Prevention and Control Programs and their partners with national and statewide resources on caring for students with diabetes.

Visit the Diabetes School Health Resource to find information on:

- Legislation, Guidelines, and State Reports
- Training Materials for School Personnel
- Educational Materials for Children and Families
- Individualized Health Plans for Children with Diabetes
Five Ways to Make Nutrition and Physical Activity Part of Your District’s Game Plan

Fuel Up to Play 60, the in-school nutrition and physical activity program launched by the National Dairy Council®, local Dairy Councils and the National Football League, in collaboration with the United States Department of Agriculture (USDA), is helping to make wellness part of the game plan in more than 70,000 schools across the country. Fuel Up to Play 60 presents an opportunity for you to ensure changes made at school are sustainable, making it possible for children to choose tasty, nutrient-rich foods throughout the school environment and to have more opportunities to be physically active.

As a school nurse or health care professional, you may have responsibility for your school’s or district's wellness plans. You have a key role to play, and Fuel Up to Play 60 can help. You can reinforce positive messages about healthy eating and physical activity, provide content expertise and help guide and support a group of interested, committed individuals in implementing strategies for school wellness. Not only that: you can also raise awareness of this needed program throughout your district and community. You can provide important information and help bridge the healthy connection between home and school.

“Fuel Up to Play 60 has been the inspiring idea that assisted me in achieving my goal of helping my students become more mindful of activity and healthy eating,” says Kathy Beezley, RN, who is both a school nurse at Rogers Middle School in Saint Louis and the Missouri Fuel Up to Play 60 Program Advisor of the Year. “I have become so energized working with this program and the effect it has had on my kids and the staff. I would definitely encourage other schools to sign up to work with FUTP 60 and the program they have established. The information they provide is valuable and respected and is in a format that is functional and fun for the kids.”

As a school nurse or health professional, here are some things you can do right now – today – to help integrate Fuel Up to Play 60 in your school. You can:

1. **Make sure you’re enrolled** and link yourself to a school – or multiple schools in your district.

2. **Log in to your Dashboard and connect with your school's Program Advisor.** Find out who is leading the effort in your school and help that person build a strong team. If your school doesn't have a Program Advisor, consider volunteering. You'll be recognized for your efforts – and you'll make a difference.

3. **Lead a School Wellness Investigation** to identify your school's most significant needs.

4. **Brief your school's Fuel Up to Play 60 team** on the health issues and challenges facing students today. Work together to design the right Plays to help improve students' nutrition choices and opportunities for physical activity.

5. **Complete a funding application** form through Fuel Up to Play 60’s competitive, nationwide funding program for schools. Schools may apply for up to $4,000 per year at FuelUpToPlay60.com.

You can learn more about Fuel Up to Play 60 at FuelUpToPlay60.com.
DISEASE PREVENTION TOPICS

Communicable Disease Guidelines Update

This manual contains information for both staff and parents/guardians on numerous topics such as Cleaning, Sanitizing and Disinfection; Disease Fact Sheets; and Food Safety; to name a few.

Reportable Diseases and Conditions
A list of Diseases and Conditions reportable in Missouri is also available online at: http://health.mo.gov/living/healthcondiseases/communicable/communicabledisease/pdf/reportablediseaselist2.pdf

This list is a quick look at the communicable diseases and conditions that are reportable in Missouri. For the complete rule Governing the Diseases and Conditions Reporting in Missouri, see: http://www.sos.mo.gov/adrules/csr/current/19csr/19c20-20.pdf

Influenza
The Missouri Department of Health and Senior Services will post weekly flu reports beginning with the week which ends October 6, 2012, and will continue through the week ending May 18, 2013. Flu activity most commonly peaks in late January and February. However, the flu can occur anytime. The best way to prevent the flu is to get an influenza vaccine. What flu viruses does the vaccine protect against? Flu vaccines are designed to protect against three influenza viruses that experts predict will be the most common during the upcoming season. Three kinds of influenza viruses commonly circulate among people today: influenza B viruses, influenza A (H1N1) viruses, and influenza A (H3N2) viruses. Each year, one flu virus of each kind is used to produce seasonal influenza vaccine.

The 2012-2013 influenza vaccine is made from the following three viruses:
- an A/California/7/2009 (H1N1)pdm09-like virus;
- an A/Victoria/361/2011 (H3N2)-like virus;
- a B/Wisconsin/1/2010-like virus (from the B/Yamagata lineage of viruses).

While the H1N1 virus is the same as the 2011-2012 recommendation, the recommended influenza H3N2 and B vaccine viruses are different from those recommended for the Northern Hemisphere for the 2011-2012 influenza vaccine. More information about influenza vaccines is available at Preventing Seasonal Flu With Vaccination.

For information regarding Influenza, visit the Department of Health and Senior Services’ (DHSS) website at: http://health.mo.gov/living/healthcondiseases/communicable/influenza/index.php

To view DHSS’ weekly influenza reports: http://health.mo.gov/living/healthcondiseases/communicable/influenza/reports.php
**Free Resources on Pet Turtle Salmonella Risk**

Small turtles are a well-known source of human *Salmonella* infections, especially among young children. Because of this risk, the Food and Drug Administration (FDA) has banned the sale and distribution of these turtles as pets since 1975. Turtles with a shell length of less than 4 inches in size should not be purchased as pets or given as gifts. Despite the ban, some pet shops, street vendors, and online stores continue to sell small turtles. A June 2012 CDC report describes *Six Multistate outbreaks of Human Salmonella Infections Linked to Small Turtles*. It includes reports from 28 states, lists 149 cases and children make up 64% of the ill cases. Missouri does not report any cases associated with these outbreaks at this time.

Listed below are several free online and print resources that you can use with parents, staff and students to educate about pet turtle risk:


- Check out the additional CDC information and resources at: [http://www.cdc.gov/salmonella/small-turtles-03-12/key-resources.html](http://www.cdc.gov/salmonella/small-turtles-03-12/key-resources.html)

For more information contact the Missouri Department of Health and Senior Services, Office of Veterinary Public Health at (573) 526-4780.

**Send a Health Message with an E-card**

Have you sent out a DHSS electronic health postcard recently? Listed on the DHSS website as **e-cards** – this is a fun way to send out health messages to parents, staff and students at your school in the click of a button. All you need to send an e-card is an email address. An address for a group distribution list also works. Current topics range from food safety, such as preparing healthy snacks after school, to tick and mosquito bite prevention strategies, to flu prevention. Check them out at [http://health.mo.gov/ecard/index.php/](http://health.mo.gov/ecard/index.php/). If you have a suggestion for an additional e-card topic please email Alyce.Turner@health.mo.gov.
INJURY PREVENTION TOPICS

Medication Abuse/Misuse Programs
Two campaigns useful in teaching and bringing awareness about medication abuse and misuse to the families, pre-teen and teenagers in your schools is **Wake Up to Medicine Abuse®** and **Lock Your Meds®**. Abuse of prescription drugs is a bigger problem than most people realize, especially among youth. Messages and links to these campaigns can be used in your classes, social media elements or your school’s web page.

**Wake Up to Medicine Abuse®** is an initiative to help bring the public and private sectors together in a national education effort and call-to-action to curb the abuse of medicine. Education is a crucial first step in tackling this problem. **Wake Up to Medicine Abuse®** will take place September 23-29, 2012, and will both encourage and help parents, teachers and the public-at-large to take action: first by talking with the kids in their lives about the dangers of abusing prescription and over-the-counter medicines, and second, by safeguarding and properly disposing of unused medications. This campaign will help make parents, educators, health professionals and adolescents themselves to be aware of the pervasiveness of prescription drug abuse and its harmful consequences. Watch for TV and radio public service announcements, public outreach, education and events during “Wake Up to Medicine Abuse Week”. It will shine a spotlight on this public health crisis.

**Lock Your Meds®** is a national multi-media campaign designed to reduce prescription drug abuse by making adults aware that they are the “unwitting suppliers” of prescription medications being used in unintended ways, especially by young people. Produced by National Family Partnership®, the campaign includes a wide array of advertisements, posters, educational materials, publicity opportunities, interactive games and slide show presentations, with all roads leading to their website, where visitors can learn more and ask questions. The printed materials may be ordered from the online store. It encourages adults to closely monitor prescription and over-the-counter medications to keep them out of the hands of teens and young adults. It is a campaign sponsored by the same organization that supports National Red Ribbon Week in elementary schools. **Lock Your Meds®** is about awareness and opening people’s eyes to the fact that legal drugs, in the wrong hands, are just as dangerous as the drugs people buy on the street. No adult wants to think that it will be their child or grandchild who abuses prescription drugs, but research shows that more than 2,500 youth nationwide start to abuse or misuse prescription drugs every day. Locking up medicines or safely disposing of unwanted or expired medications is an important message to teach and a great step to keeping our kids safe.
Not Even for a Minute
This has been a record-setting Missouri summer for being brutally hot & uncomfortable. Remember that the inside of a car can heat up to extreme temperatures very quickly. A child left alone, even for a short time, is in danger of dehydration, injury, abduction & death. The Children’s Trust Fund reminds you to never leave children unattended in or around vehicles…Not Even for a Minute. To request free literature, please visit www.ctf4kids.org (materials: order form).

FREE ONLINE TRAINING!
Bringing the Protective Factors to Life in Your Work -- A Resource for Action
The National Alliance of Children's Trust and Prevention Funds is pleased to make available a series of free online training courses to support implementation of the Strengthening Families™ Protective Factors Framework in multiple settings. This resource is for anyone who works with children & families. The curriculum includes seven (7) separate modules, each designed to be about two (2) hours long, with Certificates of Completion provided:

- Introduction to the Protective Factors *May serve as a stand-alone Strengthening Families 101 training
- Concrete Support in Times of Need
- Knowledge of Parenting & Child Development
- Parental Resilience
- Social Connections
- Social & Emotional Competence
- Moving from Knowledge to Action: Wrap-up Course

Each module/course includes:
- Purpose & learning objectives for the course
- Definition & explanation of the protective factor
- Definition & explanation of program strategy (or strategies)
- Individualized Action Plan (IAP) work

For additional information, please visit www.ctf4kids.org & click on the Protective Factors Training web button.

New guides aimed at treating concussions in adolescents
The two resource guides have been designed in simple terms to assist with signs, symptoms, treatment, prevention and support when it comes to dealing with concussions.

Understanding Brain Injury in Adolescence is designed for the adult in a young person's life who has recently sustained a concussion; The Brain Injury Guide for Youth is specifically designed for youth.
Toolkit Helps To Prevent Suicide Among High School Students

SAMHSA has released *Preventing Suicide: A Toolkit for High Schools*. This toolkit represents the best available evidence and expert opinion on preventing suicide among high school students. It provides schools with recommended steps and accompanying tools to guide them in creating and implementing strategies and programs that prevent teen suicide and promote behavioral health among their students.

*Preventing Suicide: A Toolkit for High Schools* will help schools and their partners:

- Assess their ability to prevent suicide among students and respond to suicides that may occur.
- Understand strategies that can help students who are at risk for suicide.
- Understand how to respond to the suicide of a student or other member of the school community.
- Identify suicide prevention programs and activities that are effective for the needs of individual schools.
- Respond to the needs and cultures of each school's students.
- Integrate suicide prevention into activities that fulfill other aspects of the school's mission such as preventing the abuse of alcohol and other drugs.

Read "SAMHSA Launches New Toolkit on Suicide Prevention in High Schools" on the SAMHSA Blog to learn more.

Download *Preventing Suicide: A Toolkit for High Schools* Now

It's important to understand the impact suicide can have on both a school and the community. While communities can provide immeasurable support, the National Suicide Prevention Lifeline is also available to provide 24-hour, toll-free, confidential crisis counseling. If you or someone you know is in an emotional distress or suicidal crisis, please call the Lifeline at 1-800-273-TALK (8255).


The Brain Injury Guide and Resource site is a tool for those seeking to understand traumatic brain injury. The website provides education regarding TBI and related issues across the lifespan. Go to: www.braininjuryeducation.org to learn more.

LEGISLATIVE UPDATES

SB599 - CARDIOPULMONARY RESUSCITATION INSTRUCTION

Any public school or charter school serving grades nine through twelve may provide instruction in cardiopulmonary resuscitation to its students. Students with disabilities may participate to the extent appropriate as determined by the provisions of the federal Individuals with Disabilities Education Act or Section 504 of the Rehabilitation Act. The instruction may be part of a health education course and must include hands-on practice and skill testing to support cognitive learning. A school district may develop an agreement with a local first responder organization to provide the required practice and testing. Curriculum sources and teacher qualifications are specified in the bill.
HB 1188 -- SCHOOL NURSE ADMINISTRATION OF ASTHMA RESCUE MEDICATION

This bill establishes procedures under which a school nurse may administer asthma-related rescue medications. A school board may authorize a licensed nurse employee to maintain a supply of medication and to determine the quantity of medication that should be maintained. To obtain medications for a school district, a prescription written by a licensed physician, physician’s assistant, or nurse practitioner is required. For prescription purposes, the district must be designated as the patient, the nurse’s name must be required, and the prescription must be filled at a licensed pharmacy. The nurse or another employee trained and supervised by the nurse must have the discretion to administer the medication to any student whom the nurse or employee believes is having a life-threatening asthma episode. Existing law providing immunity from civil liability for trained employees administering lifesaving methods must apply to the employee administering an asthma medication under these provisions.

The School Health Program will keep you posted on the developments of technical assistance and training for school nurses on HB 1188. The Missouri Asthma Program is partnering with Asthma Ready Communities and the Missouri Chapter of American Academy of Pediatrics to develop a training and support for implementing HB 1188. This training will include making school nurses aware of the recently released NAEPP guidelines for the management of students with no asthma plan who experience severe exacerbations at school. As information is available, updates will be provided.

UPCOMING CONFERENCES/MEETINGS

School Nurse Orient, Renew & Review -
Sept. 20-22, 2012
Tan-Tar-A
494 Tan-Tar-A Dr. PO Box 188TT, Osage Beach, MO
Registration Document

Missouri School Nurse Leader Conference –
October 26, 2012
For Lead School Nurses to receive training and share best practices
Capitol Plaza – Jefferson City, MO
Registration emailed to Lead Nurses

Missouri State Immunization Conference -
November 15-16, 2012
Staying “Up to Date”: Policy, Technology, and Hot Topics in Immunizations
Hilton – St. Louis Airport, St. Louis, MO
Registration Information

Missouri Coordinated School Health Conference -
November 29 - December 1, 2012
Lodge of the Four Seasons - Lake Ozark, MO
Early Bird Registration $95 by June 30
Registration Information

Children’s Trust Fund Abuse and Neglect Prevention Conference – April 2-4, 2013
Capitol Plaza Hotel - Jefferson City, MO
Save the Date!
More Information available soon at www.ctf4kids.org