



SCHOOL NURSE UPDATE

www.dhss.mo.gov/SchoolHealth/

School Nurses
THE HEART OF SCHOOL
HEALTH SERVICES

Missouri Department of Health and Senior Services

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"Get Covered - Get in the Game"

New program from the Centers for Medicaid and Medicare Services (CMS) designed to bring coaches, schools, families and communities together to raise awareness about available health coverage and get eligible children enrolled. Getting covered will protect them both on and off the field.

For more information

<http://www.insurekidsnow.gov/professionals/getcovered/index.html>

Link to the Missouri Application for MO HealthNet

<http://www.dss.mo.gov/mhk/appl.htm>

Information for nurses on MO HealthNet dental benefits for kids at this site

<http://www.insurekidsnow.gov/state/missouri/benefits.html>

Link to assist in finding nearest Federally Qualified Health Center (FQHC)

<http://www.mo-pca.org/tools/find>

Resource guide of dental providers for low-income and underserved individuals

<http://www.modental.org/docs/consumers/downloads/cliniclist.pdf>

American Academy of Pediatrics Report on Head Lice Policies

Find out the current recommendations at

<http://pediatrics.aappublications.org/cgi/content/abstract/peds.2010-1308v1>

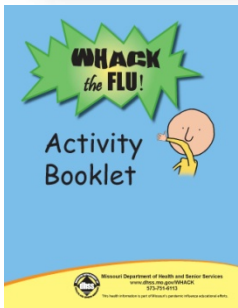
Time Article on Current Head Lice Policies

<http://www.time.com/time/health/article/0,8599,2006397,00.html>



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Let's Not Lose the Hygiene Awareness Momentum Gained During H1N1 - So Let's WHACK the Flu This Year!

A new school year and a new group of students need to be reminded to wash their hands and cover their coughs and

sneezes. Fall is the right time of year to teach these hygiene habits and it is also the pre-influenza season. WHACK the Flu resources provide a fun way to teach school age children how to help protect themselves and others from seasonal flu and other respiratory illnesses.

Teachers can **order free** supplies of the classroom poster, the activity booklet, a flu facts flyer, an evaluation form and a bookmark to re-enforce the WHACK concepts.

The program and an [order form](http://www.dhss.mo.gov/WHACK) can be found at www.dhss.mo.gov/WHACK. A video of the WHACK the Flu skit performed at a Missouri school can also be viewed on the same web page by clicking below the picture of a student.

Email Alyce.Turner@dhss.mo.gov with the Bureau for Communicable Disease Control and Prevention for more information and suggestions for activities.

Influenza Vaccination Recommendations for Fall 2010

Consequences of the 2009 H1N1 pandemic factored into the Center for Disease Controls' Advisory Committee on Immunization Practices' (ACIP) decision to **recommend universal influenza vaccination for all persons 6 months of age and older.**

Because this year's vaccine will include the 2009 H1N1 strain, it is expected that some consumers may have safety concerns. It is important to educate families that this year's flu vaccine is made in the same way as past flu vaccines. Flu vaccines

have an excellent safety record with an average of 100 million doses of influenza vaccine used in the United States each year. According to the World Health Organization (WHO), based on knowledge of past pandemics, the H1N1 (2009) virus is expected to continue to circulate as a seasonal virus for some years to come. While the level of concern is now greatly diminished, vigilance on the part of health authorities remains important.

For more information go to www.cdc.gov/flu or www.flu.gov.

Full recommendations from the ACIP can be found at <http://www.cdc.gov/mmwr/pdf/rr/rr59e0729.pdf>.

New Legislation for Schools New Provisions for Safe Schools Act

In HB 1543, the General Assembly amended two provisions of the Safe Schools Act (160.261 & 167.117) and added a definition of cyber-bullying to the anti-bullying law (160.775).

See the Department of Elementary and Secondary Education (DESE) summaries at <http://dese.mo.gov/schoollaw/LegFolder/HB1543Summary.htm>.

Model Seclusion and Restraint Policy

Recent changes in Missouri law (RSMo 160.263) require all school districts in the state to develop a policy on the use of seclusion and restraint, as well as other responses to emergency or crisis situations.

In accordance with RSMo 160.263, DESE developed a model seclusion and restraint policy which is available at <http://dese.mo.gov/schoollaw/documents/seclusionpolicy.pdf>.

Allergy Policy and Procedure

Section 167.208, RSMo, requires each school district to adopt a policy on allergy prevention and response, with priority given to addressing potentially deadly food-borne allergies. The policy



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and procedures must be in place by July 1, 2011. Pursuant to 167.208, the DESE, in collaboration with Missouri School Board Association (MSBA) and the Department of Health and Senior Services (DHSS), developed a model policy intended for use by any public school/school district.

The model policy and procedure are at <http://dese.mo.gov/divadm/food/allergypreventionindex.html>.

The focus of allergy management shall be on prevention, education, awareness, communication, and emergency response.

Resources have been placed on the School Health Program Website at <http://www.dhss.mo.gov/SchoolHealth/Presentation.s.html> including a PowerPoint for training staff.

A “Guidelines for Allergy Prevention and Response” manual will be posted to this website in the “Guidelines” section this fall.

For further assistance please call or email the School Health Program at 573-751-6213 or SHS@dhss.mo.gov.

Summer Quarter 2010 “Adolescent Shorts” newsletter feature article on **Food Allergies in Teens** can be found at <http://www.childrens-mercy.org/Content/view.aspx?id=1272>.

October Immunization Report Now Online

The Bureau of Immunization Assessment and Assurance is very excited to announce that the annual *Summary Report of Immunization Status of Missouri Public, Private and Parochial School Children* can now be submitted online. Each school is assigned a username and password to log into the system. If you would like to submit this year’s report online, send an e-mail request to SchoolImmunizationReporting@dhss.mo.gov.

Fluoride Varnish Program: PSP Alive and Well

School nurses are improving the oral health of Missouri’s children one smile at a time. During the 2009-2010 school year, 595 schools & Head Start centers in 97 of Missouri’s 115 counties implemented the Oral Health Preventive Services Program (PSP). Over 54,000 children statewide were served by the program.

The PSP is managed by the DHSS and is a free community based program currently available to any child in the state of Missouri.

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

A K-12 oral health curriculum is available to school personnel who wish to use it as part of the oral health education component of the program.

Each region of the state is served by an Oral Health Consultant (OHC) whose role is to assist the school nurse in setting up the PSP.

Your OHC will provide all necessary paperwork; offer suggestions about securing dental professionals to conduct the oral screenings; process supply orders; and give you advice and guidance on arranging the two PSP events.

Check out PSP at www.mohealthysmiles.com, where you can find the Oral Health Consultant who serves your county; hear testimonials about PSP from school nurses, dental professionals, and others; view the K-12 oral health curriculum; and find other useful information.

The DHSS Oral Health Program staff anticipates continued growth as we begin the 2010-2011 school year. Please consider the PSP to improve the oral health of your students.



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News from DHSS Bureau of HIV, STD and Hepatitis

It's that time of the year and school is almost back in session! Let the Missouri DHSS, Bureau of HIV, STD and Hepatitis help prepare your students for a safe and healthy school year.

We offer free comprehensive health education and risk reduction services, including STD education and prevention presentations, HIV and STD educational literature and technical support and assistance.

Later in the year, we hope to make available another exciting HIV/STD resource. This resource is a sex education and prevention tool kit, Helping Youth Take Control (HYTC) and is currently in the process of being evaluated before distribution. This toolkit will be available to assist school nurses and educators in the delivery of health education and risk reduction programs.

For more information on the toolkit or to take advantage of our existing services, contact Stephanie Washington at 573-522-2550 or via email at Stephanie.Washington@dhss.mo.gov or Ken Palermo at 573-291-6535 or via email at Ken.Palermo@dhss.mo.gov.

“One of Every Two Sexually Active Young People Will Get an STD by Age 25,” Ken Palermo, Health Educator, Bureau of HIV, STD, and Hepatitis.

With an estimated 19 million new sexually transmitted infections occurring every year in the United States, it is clear that sexually transmitted diseases (STDs) remain a widespread and persistent health threat. One of every two sexually active young people will get an STD by the time they turn 25.

Most won't know it due to the often asymptomatic nature of some STDs.⁽¹⁾

The health consequences of STDs are staggering. Chlamydia and gonorrhea are the two most commonly reported infectious diseases in the United States with chlamydia being the leading preventable cause of infertility.

Rates of infection are the highest among sexually active females age 15 to 19 years old and those in the early 20s.⁽³⁾ In females, about 70% of chlamydia infections are asymptomatic, while 40% of males report no symptoms.⁽³⁾ Without screening and treatment, up to 40% of chlamydia infections in females progress to pelvic inflammatory disease.⁽²⁾

Despite the availability of simple tests and effective treatments, over 32,000 cases of chlamydia and gonorrhea were reported in Missouri in 2009. The rate of chlamydia infections continues to rise while the rate for gonorrhea is trending downward. The increased use of CDC recommended injectable antibiotics is believed to be a partial cause for the downward trend.⁽²⁾ This is not an indication to reduce efforts to intervene in the spread of gonorrhea.

Public health officials are currently designing a plan to maintain the downward trend and duplicate the results in regards to chlamydia rates. It is also important to note most STDs have been associated with an increased risk of HIV transmission. Inflammatory STDs, such as chlamydia and gonorrhea, facilitate the transmission of the virus in both males and females.

CDC's recommendations for routine screening include yearly chlamydia testing of all sexually active women age 25 or younger, older women with risk factors for chlamydial infections (those who have a new sex partner or multiple sex partners), and all pregnant women.⁽⁴⁾

Screening has become exceptionally easy through the use of urine specimens. Nucleic Acid Amplified Tests (NAAT) are FDA approved for



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dual chlamydia and gonorrhea testing and do not require a first morning void.

Testing locations are available statewide, often at no or low cost and can be found at www.takethetest.info.

Additionally, STD awareness and educational information is available on Facebook at www.takethetest.info/facebook.

Or, merely search Facebook for Take Control Take the Test. More specific information regarding chlamydia screening and an implementation guide for healthcare professionals can be found at <http://ncc.prevent.org/providers.html>.

Educational and awareness materials including classroom presentations are available through the DHSS, Bureau of HIV, STD, and Hepatitis. Contact Ken Palermo or Stephanie Washington, Health Educators, at 888-628-9891 for more information.

- (1) "April is STD Awareness Month" *CDC Features*. U. S. Centers for Disease Control. Web. March 30, 2010.
- (2) Missouri Department of Health and Senior Services. 2009 Epidemiologic Profiles of HIV, STD, and Hepatitis in Missouri. Jefferson City, MO: Missouri Department of Health and Senior Services; 2010.
- (3) Maloney, Susan K and Johnson, Christianne. *Why Screen for Chlamydia? An Implementation Guide for Healthcare Providers*. Partnership for Prevention, Washington, DC. 2008.
- (4) "Chlamydia – CDC Fact Sheet" *Sexually Transmitted Diseases*. U. S. Centers for Disease Control. Web. March 30, 2010.

DHSS Short Videos on YouTube

Need some short videos to get a discussion started in your classroom on health-related topics?

Check out the short videos from the Missouri DHSS by visiting our *YouTube* channel at <http://www.youtube.com/user/MODHSS?feature=mhw5>.

Currently, there are 34 varied items listed including clips on ticks and mosquitoes, WHACK the Flu, youth tobacco, emergency preparedness and tuberculosis. (*To get notifications when DHSS adds new videos please subscribe to our channel.*) Check them out!

Email Alyce.Turner@dhss.mo.gov for more information.

Rabies and Dog Bite Prevention Educational Resources

Awareness of the [facts about rabies](#) can help young people protect themselves, their families, and pets from this potentially deadly disease. Soon after school starts, there is an opportunity to educate students about rabies and how the disease can be prevented by observing **World Rabies Day (WRD)** (www.worldrabiesday.org) on September 28th. You are invited to use, duplicate, and distribute these downloadable materials to help Make Rabies History!

- [Rabies: What Kids Need to Know \(PPT\)](#) (Virginia, USA)
- [Dog Safety - Bite Prevention Information and Activities](#) (Doggone Safe)
- [What You Should Know About Dog Bite Prevention](#) (AVMA)
- [Rabies and Kids](#) (CDC Rabies web page Just for Kids! at <http://www.cdc.gov/rabiesandkids/>)
- [Rabies Virus Overview](#) (CDC Rabies web page Just for Kids! at <http://www.cdc.gov/rabiesandkids/virus.html>)
- Rabies Activity Sheets [s1](#) [s2](#) [s3](#) [s4](#) Contributed by Dr George Beran, Iowa State, USA.

For more information about rabies, go to: www.dhss.mo/Rabies/ or contact the Missouri DHSS' Office of Veterinary Public Health at 573-526-4780.



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New Publication Covers Features, Benefits of Employee Wellness Programs

Workplace wellness programs are proliferating. They pay off in increased productivity, improved staff retention, higher morale, and lower absenteeism. Such programs also can help reduce health care benefit costs for businesses. For every dollar an employer spends on a wellness program, the average return on investment ranges between \$3 and \$5, according to a report from the Wisconsin Public Health and Health Policy Institute.

WorkWell Missouri Tool Kit, a new University of Missouri Extension publication sponsored by the Missouri Council for Activity and Nutrition, walks businesses through the process of creating a wellness program — from understanding the benefits to evaluating the outcomes.

The book provides numerous ideas for wellness plans from simple policy changes (e.g. serving fresh fruit at meetings) to comprehensive (e.g. providing an on-site exercise facility).

The 92-page book is available for \$30 from [MU Extension publications](#).

Preview some of the contents at:

- [Table of contents](#)
- [Six easy steps to a worksite wellness program](#)
- [Action plan worksheet](#)

Traumatic Brain Injury (TBI) Signs and Symptoms

In the role of school nurse, providing information to parents/guardians is vital to assisting them in decisions regarding medical attention for their student. Many times symptoms of mild TBI are undetected by x-ray or MRI, but the student may experience long term symptoms and/or cognitive impairments. In Missouri, the leading cause of TBI in children is falls. *According to research conducted by the Center for Disease Control and Prevention a mild TBI (also known as a concussion) can occur without the loss of consciousness and symptoms may not manifest until 13-18 days post injury.*

TBI Signs and Symptom

- *Answers questions more slowly or repeatedly
- *Clumsiness or balance problems
- *Difficulty concentrating/remembering
- *Difficulty expressing thoughts
- *Difficulty following conversation
- *Difficulty learning new things
- *Difficulty problem solving
- *Difficulty thinking clearly
- *Dizziness, numbness, and/or tingling
- *Drowsiness, sleeping more or less than usual
- *Feeling tired all of the time, no energy
- *Fuzzy or blurred vision, ringing in the ears, directions or paying attention
- *Headaches, irritability, change in emotions
- *Nausea or vomiting
- *Seizures, weakness, and/or paralysis
- *Sensitivity to light and/or noise

If a student should experience a blow to the head, alerting parents of the injury and providing information about the signs and symptoms may avoid the long term consequences of an undiagnosed or untreated TBI.

Below is a list of resources to learn more about TBI and to promote a greater awareness of TBI and its complications if not detected and treated:



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Brain Injury Association of Missouri

http://www.biamo.org/new_page0.aspx

Center for Disease Control and Prevention (fact sheets, resources and statistics)

www.cdc.gov/ncipc/tbi/TBI.htm and

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

Tennessee Disability Coalition-Project Brain

<http://www.tndisability.org/brain/cd/ProjectBrain/mediaframeset.html>

“The Missouri Green Book: Living with Brain Injury” and “Traumatic Brain Injury” Brochure

<http://www.dhss.mo.gov/SHCN/Publications.html>

For additional information, contact Melody Boling, TBI Grant Project Coordinator for the DHSS at melody.boling@dhss.mo.gov or 573-751-6246.

Free Suicide Prevention Training

CHADS Coalition is offering a free 3.5 hour class on the Signs of Suicide (SOS) Program. Classes will be presented at Mary Mother of the Church, 5901 Kerth Road, St. Louis, MO 63128 on Tuesday, September 28th. There will be a class from 8:00 am to 11:30 am and a second class from 12:30 pm to 4:00 pm.

SOS is a program of suicide prevention and mental health screening for middle and high schools. It can be easily implemented by school personnel during one or two school periods. The SOS Program teaches teens that depression is a treatable illness and empowers them to respond to a potential suicide of a friend or family member.

To register up to 2 attendees from your school organization, send an e-mail to Neal Penberthy at npenberthy@msn.com.

Suicide Prevention Week-September 5-11, 2010

For more information, visit

<http://www.suicidology.org/web/guest/about-aas/nspw>.

Youth Suicide Prevention the Topic of Fall 2010

National Series of Webinars from Well Aware

Three of America’s leading experts on youth suicide will be featured this fall in a new series of interactive webinars from Well Aware, a national prevention program for school administrators and education policymakers.

This series of three webinars includes school-based strategies from suicide prevention, fundamental information on helping youths who have lost a peer to suicide, and crisis response for schools and communities in the wake of a youth dying by suicide.

This free webinar series is brought to professionals throughout the nation by the Wyoming Department of Health, with federal funding made possible, in part, by the Garrett Lee Smith Memorial Act, grant SM57386 from the Substance Abuse and Mental Health Services Administration (SAMHSA), an agency of the U.S. Department of Health and Human Services.

This webinar series is open to any adult who interacts with or influences policy affecting youths, such as school administrators, community youth services providers, student services personnel, school board members, education policymakers, community prevention coalitions, law enforcement officers, and juvenile justice personnel.

***September 29th at 2:30-3:30 pm CST:**

SCHOOLS AND SUICIDE: Latest and Best School-Based Strategies, with Dr. Madelyn S. Gould.

***October 12th at 2:30-3:30 pm CST: THOSE LEFT BEHIND: Helping Students Who Have Lost a Peer to Suicide**, with Dr. David A. Brent.



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***November 3rd at 2:30-3:30 pm CST: CRISIS RESPONSE: When a Student Dies by Suicide,**
with Dr. Scott Poland.

Participants can register for the web events by
visiting <http://www.wellawaresp.org/webinars.php>.

Conference Announcements and Resources

The Missouri Association of School Nurses
(MASN) “School Nursing: Orient, Renew, and
Review Preparing & Improving Your Practice,”
September 23-25th
Tan-Tar-A Resort
Osage Beach, Missouri
www.missourischoolnurses.org

Prevent Child Abuse Missouri 3rd Annual Child
Abuse Prevention Summit, September 30th
N.H. Scheppers Distributing Company
Jefferson City, Missouri
[http://events.constantcontact.com/register/event?
oeidk=a07e2zo36wl2030e47a&oseq=a01oeg5ilya
pr](http://events.constantcontact.com/register/event?oeidk=a07e2zo36wl2030e47a&oseq=a01oeg5ilya pr)

84th Annual American School Health Association
(ASHA) School Health Conference,
October 13-16th
“Healthy Students-Successful Learners”
Hyatt Regency Crown Center
Kansas City, Missouri
<http://www.ashaweb.org/84thConference>
Deadline for Early Pre-Registration-Oct 1st

8th Annual Missouri Health Policy Summit
October 29th
Hilton Garden Inn
Columbia, Missouri
For Information, call 573-882-3458

ParentLink serves Missouri families by
connecting them to the parenting information
and support they need!
1-800-552-8522 or En Espanol:
1-888-460-0008 or online at

www.parentlink.missouri.edu

More Resource Links

Epilepsy-New Site for School Nurses
www.epilepsyfoundation.org/programs/schoolnurse/schoolnurse.cfm

Hyperthermia/Heat Exposure
[http://www.dhss.mo.gov/Hyperthermia/How_to
Avoid_Heat_Related_Illness.pdf](http://www.dhss.mo.gov/Hyperthermia/How_to_Avoid_Heat_Related_Illness.pdf)

Missouri Coordinated School Health Coalition
(MCSHC) Current News
www.healthykidsmo.org/blog/index.php

MCSHS Health Services Resources (Lots of links
to more services!)
[www.healthykidsmo.org/services_health/index.p
hp](http://www.healthykidsmo.org/services_health/index.php)

Oral Health
AAP Pediatric Guide to Oral Health Flip Chart-
Now in Spanish!
www.aap.org/oralhealth

Public Health Foundation Resource Center
<http://bookstore.phf.org>

School Violence Hotline (Resources posted for
Anti-Bullying Efforts)
www.schoolviolencehotline.com or call
1-866-748-7047

Suicide Prevention Resources
American Association of Suicidology
www.suicidology.org/web/guest/about-aas/nspw

Suicide Prevention Resource Center
www.sprc.org



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Missouri Department of Mental Health
Resources on Suicide
www.dmh.mo.gov/cps/issues/suicide.htm

MU Institute of Mental Health
www.mimhtraining.com

New Resource Link to encourage teens to
“Reach Out” in tough times www.reachout.com

Signs of Suicide (SOS) Program Description
<http://library.sprc.org/item.php?id=307> For
Information on Training
781-239-0071

Question, Persuade and Refer (QPR) Suicide
Prevention Program
www.qprinstitute.com or call
888-726-7926

Kids Under Twenty One (KUTO) Youth-focused
services including community awareness, suicide
prevention education, survivor support
www.KUTO.org Crisis Helpline (7 days a week)
888-644-KUTO (5886)

SuicidePREV (Prevention, Response, Education,
Victory) Program by Mental Health America of
Eastern Missouri focuses on African American
Youth. For information, contact Bryan Evans,
314-773-1399 www.mhaem.org

