



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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H1N1 Resources

Information continues to change daily. Therefore, school nurses and other officials need to frequently check for the most current information on sites such as the following:

<http://www.cdc.gov/h1n1flu>

<http://www.flu.gov>

http://www.dhss.mo.gov/BT_Response/H1N1Flu.html

<http://www.pandemicflu.gov/professional/school/schoolguidance.html>

Note: CDC's website will allow you to sign up on their website to receive email updates when changes are announced.

Missouri Department of Health and Senior Services has a new 24 hours a day, seven days a week toll-free number for current information about H1N1 flu and the vaccines to prevent it.

1-877-FLU-4141 (1-877-358-4141).

H1N1 Flu Info Line specialists will answer questions about flu symptoms, when to seek medical care, and the new H1N1 flu vaccine. Medical professionals are available to assist with the calls.

Tips for Setting Up a Vaccination Clinic- Provides helpful tips to educators and administrators on how to set up and provide vaccination clinics at schools. The brochure gives information to schools on how to partner with local public health agencies, obtain parental consent, ensure that the vaccination site is logistically prepared, and help to ensure that school leaders, students and family members are educated about current information on H1N1. <http://www.ed.gov/index.jhtml>

Algorithm for Physicians and Physician Offices- Released to assist in counseling parents about when to call or seek medical help.

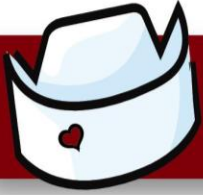
<http://www.cdc.gov/h1n1flu/clinicians/pdf/childalgorithm.pdf>

What Should Pregnant Women Know About 2009 H1N1 Flu?-

<http://www.cdc.gov/h1n1flu/guidance/pregnant.htm>

Brochure for Parents Who Have Children/Adolescents with High Risk Medical Conditions-

http://www.cdc.gov/h1n1flu/childcare/toolkit/pdf/H1N1Seasonal_HiRisk_Children_Final.pdf



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October 2007 Updates and Suggestions on Using the [WHACK the Flu program](#) in Schools

Here are a few ideas that might be useful in extending flu prevention campaigns.

Consider using the parent letter in the Activity booklet #1005. Tear off the cover page on the Activity Booklet #1005. The inside page has a letter to parents. Send it home with students either after the WHACK the Flu skit is performed in their elementary classroom or before a flu vaccination clinic is held in your local school or community. It will hopefully generate more discussions in the home and community.

- 1) **Contact the A-plus coordinator at the high school.** The WHACK the Flu Skit #772 is the core learning part of the WHACK program. It can be performed by older elementary students, adults, or high school students. There are multiple advantages in using high school students and A-Plus students may be able to get credit for their time doing performances.
- 2) **There are multiple venue possibilities for performing your skit.** The WHACK the Flu skit could be performed during your school flu clinics if space available, at parent-teacher night events, or any other community events to promote flu prevention.
- 3) **Tape your Skit.** Video-tape your local skit performance and see if local cable channels, city channels, etc. are interested in broadcasting.
- 4) **Check out the new smaller [WHACK the Flu poster #977](#)** – it includes a statement at the bottom to get a flu shot.
- 5) **[The WHACK the Flu Activity Booklets #1005](#) are now back in stock** and the bookmark #978 is now available at the Department of Health and Senior Services Warehouse. Fax orders to (573) 751-1574. **Please note:** The majority of the activity booklet is designed for K- 3 grade levels, and the last three pages of the booklet is geared toward upper elementary. **The perforated pages in the booklet can be separated, allowing two separate grade levels to use each booklet.**
http://www.dhss.mo.gov/WHACK/WHACK_Activity_Booklet.pdf.
- 6) **School nurses, please send in [evaluations](#) #982 from your classroom teachers.** **The first 100 school nurses submitting evaluations will receive a bottle of glow glitter (each bottle will cover the hands of approximately 30 children).**

EXTREME Health Challenge-A Free Nutrition & Fitness Activity for 4th and 5th Grades

Key Components:

KATY TRAIL CHALLENGE - As a class, students log enough physical activity to equal walking the entire 225 miles of the Katy Trail! Ideas for short classroom activity breaks help meet this challenge. Each class gets two pedometers to help track progress and a poster map to chart the journey.

FRUIT & VEGETABLE CHALLENGE- Students are challenged to eat more fruits and vegetables at school each day. Classes are encouraged to compete with each other.

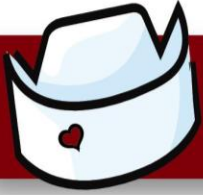
NUTRITION CURRICULUM- A nutrition program assistant from University of Missouri Extension teaches the Show Me Nutrition curriculum in qualifying schools classrooms.

KATY TRAIL STATE PARK CURRICULUM- Six lessons highlight the history of communities along the Katy Trail, and make the students' virtual journey along the trail more meaningful.

CAFETERIA SUPPORT- Food service workers are encouraged to promote fruits and vegetables, and participate along with the students in the challenges.

INCENTIVES- A fruit & veggie cookbook for each student, an opportunity for a family cooking demonstration by an MU Extension nutrition program assistant, and an opportunity for an educational session on outdoor activities at Missouri state parks.

Enroll your school; get instructions and materials at www.dhss.mo.gov/TeamNutrition.



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ThinkFirst Missouri is an award-winning trauma prevention program of the University of Missouri-Columbia School of Medicine. The mission of **ThinkFirst** is to educate the public (especially young people) about their vulnerability to brain and spinal cord injury; common causes of these injuries; and how to prevent them.

The primary program of **ThinkFirst** Missouri is the fast-paced school assembly program delivered to elementary, middle, and senior high school students. Each presentation features the compelling firsthand testimony of a young survivor of traumatic injury. These speakers motivate audiences to take personal responsibility and make smart choices.

Assemblies are presented in at least 50 schools, reaching 17,000 students each year. Thanks to generous state and private support, **ThinkFirst** programs are available to every school in Missouri at no cost.

To learn more about **ThinkFirst** Missouri, or to schedule a presentation, visit <http://www.thinkfirst.missouri.edu>, E-mail Penny Lorenz at lorenzp@health.missouri.edu, or call (573) 882-1176.

SCHOOL NURSE: TRAUMATIC BRAIN INJURY FACTS

School Nurses are presented with numerous situations throughout the school day. From sniffles to falls on the playground, the school nurse sees numerous students throughout the school year. In the role of school nurse, providing information to parents/guardians is vital to assisting them in decisions regarding medical attention for their student.

Traumatic brain injury (TBI) is the leading cause of disability and death among children and young adults in the United States. At least 14,000 TBI incidents (for all ages) are treated in Missouri hospital admissions or emergency department visits each year. The number of TBI incidents in Missouri is underestimated because mild TBI or concussions may be seen in a physician office, or occur without any medical attention at all.

Many times symptoms of mild TBI are undetected by x-ray or MRI, but the student may experience long term symptoms (such as headaches) and/or cognitive impairments. In Missouri, the leading cause of TBI in children is from a fall. 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:

Center for Disease Control and Prevention

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

Free “**Heads Up: Concussion in High School Sports**” tool kit

http://www.cdc.gov/ncipc/tbi/Coaches_tool_Kit.htm

Tennessee Disability Coalition

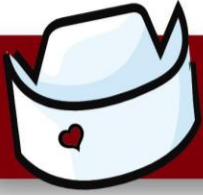
Project Brain

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

“**The Missouri Greenbook: Living with Brain Injury**”

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

For more information, contact Melody Boling, TBI Grant Project Coordinator for the MO Department of Health and Senior Services at melody.boling@dhss.mo.gov, or (573) 751-6246.



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“Ready? Get Set. Go! - Guide to Becoming Independent!”

This guide was created by New Hampshire Family Voices: Youth Educating Adults on Healthcare Advisory Council (YEAH). The advisory council also gives credit to the Division of Family Health, Rhode Island Department of Health, Office of Special Health Care Needs; Bloorview Kids Rehab in Toronto, Canada; National Center on Secondary Education and Transition (NCSET) Research Practice Brief; and The State Adolescent Health Resource Center, Konopka Institute.

The mission of YEAH is to help teens and young adults get the information they need to live independently; live a successful life and make decisions about healthcare; to inform their doctors and physicians about their healthcare and general needs; and make information easily accessible for teens who may lack parental guidance to assist in these decisions. Their purpose is to help the transition from childhood to adulthood, dependence to independence, and pediatric medical care to adult medical care go more smoothly. http://www.nhfv.org/files/Ready_Set_Go.pdf

Maternal Child Health Library Releases New Edition of Knowledge Path about Children with Special Health Care Needs

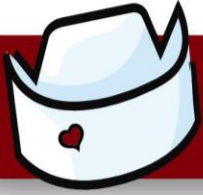
Children with Special Health Care needs: Knowledge Path is an electronic guide to resources that analyze data, describe effective programs, and report on policy and research aimed at developing systems of care for children and youth with special health care needs that are family-centered, community-based, coordinated, and culturally competent. The new edition of the *knowledge path*, produced by the Maternal and Child Health (MCH) Library at Georgetown University, contains information on web sites, publications, databases, and social media for health professionals, program administrators, policymakers, educators, researchers, and families. Separate sections address specific aspects of care and development, such as early intervention and education, financing services, rehabilitation, screening, and transition. The *knowledge path* is available at http://www.mchlibrary.info/KnowledgePaths/kp_cshcn.html.

Changes in the Department of Health and Senior Services Oral Health Program

The 2009-2010 school year will be the last year that the DHSS Oral Health Program will offer the fluoride mouth rinse program. The Oral Health Program is currently in the process of transitioning schools to the Preventive Services Program (PSP). PSP is a four part program that incorporates oral health screenings and education, fluoride varnish, and referrals for dental care. To learn more about the program, visit www.mohealthysmiles.com.

Bureau of HIV, STD and Hepatitis Free Education Services

The Missouri Department of Health and Senior Services, Bureau of HIV, STD and Hepatitis would like to remind schools of their free HIV/STD Prevention and Education program. Health Educators Stephanie Washington and Ken Palermo are willing and ready to assist school nurses, educators, community groups, or anyone seeking to better their health programs in this area. If a need has been recognized to develop a HIV/STD awareness presentation but guidance is needed as to how to begin, Ken and Stephanie would like to share their upcoming HIV/STD awareness/education curriculum. Each module will provide customizable scripts, presentations, and information that will provide everything needed to present accurate information to any audience. Please contact Stephanie and Ken at 573-751-6439, or email- Stephanie.Washington@dhss.mo.gov, or Ken.Palermo@dhss.mo.gov.



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Talk With Me Campaign

Talk with Me is a new campaign encouraging parents to talk with their kids about sex, values, and healthy relationships. Television and radio ads have been aired statewide during the past summer months. In the ads, teens emotionally express that they need their parents now, as they always have. Parent to parent messages reinforce staying involved with their child and setting an example. The Adolescent Health webpage includes two of the ads, and links to national organizations that have excellent information that can be downloaded for parents and teens. Go to www.dhss.mo.gov/AdolescentHealth.

Some free materials, including new brochures and posters, are available from the DHSS warehouse. A DVD of the entire set of ads can be ordered from the Adolescent Health Program by contacting Cera Lusher at cera.lusher@dhss.mo.gov. The campaign is funded by a grant from the U.S. Department of Health and Human Services. For more information, contact Patti Van Tuinen, Adolescent Health Coordinator at 573-751-6188 or patti.vantuinen@hdss.mo.gov.

WorkWell Missouri

WorkWell Missouri is a new worksite wellness toolkit that you can use to enhance your school's worksite wellness program. This quick and easy to use toolkit can help you:

- **Promote benefits of a worksite wellness program**
- **Assess your environment and policies**
- **Develop and evaluate your program**

Get your free copy at <http://extension.missouri.edu/healthylife/worksite.htm>

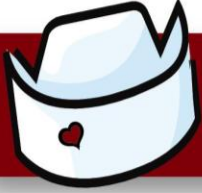
Practical Parenting Partnerships (PPP) 2009-2010 Regional Workshops

PPP recognizes how important parents and community members are to a successful school system. During this economically challenging time, it is more critical than ever that each school capitalizes on the value of active volunteers. These workshops will explore how to organize a volunteer program and how to keep it going and improving. Participants will gather ideas and find tools to use to put those ideas into plans and actions. The outline of these one day workshops that are being offered across the state during the 2009-2010 school year includes:

- **Why Volunteer**
- **Establishing a Volunteer Program**
- **Developing Volunteer Skills**
- **Working with Students, Teachers, and Parents**
- **Management and Legal Issues**
- **Tips and Resources**

The one day workshops cost to participants is \$95, which includes training notebook and lunch. Registration begins at 8:30 a.m. and the workshop is from 9:00 – 2:00 at the following locations:

December 2nd at Blue Springs School District, January 6th at Rolla Public Schools, January 14th at Cape Girardeau, February 4th at Keatley Center, St. Joseph School District, February 10th in Jefferson City (location to be arranged). For more information, visit the website at <http://www.pppctr.org>.



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Web Link Resources

Allergies and Asthma

- <http://www.dhss.mo.gov/asthma/Publications.html> (Missouri Asthma Manual)
- <http://www.asthmahere.org> (Department of Health and Senior Service/Missouri Asthma Coalition)
- <http://www.asthmaready.org> (Find “AsthmaReady” resources/Become an “AsthmaReady” School)
- <http://www.cdc.gov/healthyyouth/asthma/creatingafis> (Creating “Asthma Friendly” Schools)
- <http://www.cdc.gov/Features/SchoolAsthma> (Feature on “Asthma Friendly” Schools)
- <http://www.aafa.org> (Asthma and Allergy Foundation of America)
- <http://www.lungusa.org> (American Lung Association)
- <http://www.aanma.org> (Allergy & Asthma Network/Mothers of Asthmatics, Inc.)

Health Information and Current Issues

- <http://www.cdc.gov/nccdphp/dash> (Division of Adolescent and School Health-DASH)
- <http://www.healthfinder.gov> (U.S. Dept of Health and Human Services Health Information Site)
- <http://www.cdc.gov/mmwr> (CDC’s Morbidity and Mortality Weekly Report)
- <http://www.aap.org> (American Academy of Pediatrics)

Health Insurance for Kids

- <http://www.dss.mo.gov/mhk/index.htm> (MO HealthNet for Kids)
- <http://www.covertheuninsured.org> (Project of the Robert Wood Johnson Foundation)

Nutrition

- <http://dese.mo.gov/divadm/food/documents/MOEatSmartGuidelines2ndEd.pdf> (MO Eat Smart Guidelines)
- <http://eatright.org> (American Dietetic Association)
- <http://www.dhss.mo.gov/TeamNutrition> (Department of Health and Senior Services “Team Nutrition” Site)
- <http://www.nutritionexplorations.org> (National Dairy Council Nutrition Information Site)

Suicide Prevention Resources

- <http://www.mentalhealthscreening.org> (“Screening for Mental Health”, Inc. Information Site)
- <http://www.teenscreen.org> (“National Center for Mental Health Checkups” at Columbia University)
- <http://www.mentalhealth.samhsa.gov/links/default2.asp?ID=Suicide&Topic=Suicide>
(U.S. Dept of Health and Human Services-Substance Abuse & Mental Health Services Administration Site)
- <http://www.nimh.nih.gov/SuicidePrevention/suicidefaq.cfm> (National Institute of Mental Health Site)
- <http://www.sprc.org/index.asp>
(U.S. Dept of Health and Human Services-SAMHSA-Suicide Prevention Resource Center Site)

Violence Prevention

- <http://www.breakthecycle.org> (Information on Dating Violence)
- <http://www.preventviolence.info>
(World Health Organization, Centre for Public Health at Liverpool John Moore’s University Site)