

School Nurse UPDATE



#13 February 23, 2023

Greetings!

Registration is now open for both the Wisconsin Association of School Nurses' (WASN) and the National Association of School Nurses' (NASN) annual conferences (p. 6).

I noticed a discussion regarding the **state budget process** on the WASN discussion list serve. The [link](#) shared is a concise and short summary by UW-Madison of Wisconsin's bi-annual budget process. [DPI's requests](#) for the upcoming budget were submitted back in September 2022.

I also noted discussions regarding **good videos to use to train staff in seizure management/response**. Note that there are a few such videos linked to DPI's [Epilepsy or Seizure Disorder webpage](#). A new video was added this week.

The American Diabetes Association recently released new school focused resources (p.10).

I encourage school nurses to find out if your district is applying for a **School Based Mental Health Services grant** (p. 3). If so, make sure you are part of the planning process. I have repeatedly stated **that school nurses need to embrace the role they play in school mental health**. It is important for the students for whom you provide services that you recognize the effect you have on their mental health. It is also important **because mental health and not chronic disease initiatives are the ones getting state funding**. Practice Points reminds school nurses of their role in behavioral and mental health and points to a resource describing **mental health related nursing interventions**.

Louise

SCHOOL NURSE UPDATE/ISSUE #13

FEATURED STORIES

PRACTICE POINTS -
Embrace Your Role

Expansion of Free Testing
Programs (DHS News)

CDC YRBS Data Release
(p. 7)

National Drug and
Alcohol Awareness Week
(p. 8)

Rule Change for EBD (p. 9)

SAVE THE DATES

DPI Consultant Office
hours 3/17/2023 8-8:45
AM

DPI School Nurse
Meeting-DHS 144
Explanation of
Implementation 3/6/2023
3-3:45 PM

WASN Annual
Conference April 26-28,
2023

DPI News



New Resources Posted to School Nursing Webpages

Several new resources are posted to the Resources and Publications [webpage](#) under the Opioid tab.

[Guidelines for the Nurse in the School Setting Children's Hospital of Chicago](#) is now posted as a resource under the Procedures and Protocols tab on that same webpage.

Another video appropriate for training staff to respond to someone experiencing a seizure is under the Seizure Training videos tab of the [Seizure webpage](#).

Forms Revisions

The Special Education Team is seeking input on their [sample IEP forms](#) for revisions to be considered this spring. Please identify the form or forms you would like to be changed, any issues you would like addressed, and suggestions for improvements. Please also let the team know if you have any comments on the style or accessibility of changes made to [disability category forms](#) compared to other forms. Please email your input to Ryan.McNamara@dpi.wi.gov by Monday, March 6, 2023.

23-24 Transition Readiness Grant Application Coming Soon!

The application for the 23-24 Transition Readiness Grant (TRG) Awards will be released on Wednesday March 8, 2023. The application and supporting materials for interested applicants will be posted to the [TRG Webpage](#). School districts and charter schools under [Wis. Stat. 118.40](#) (2r) and (2x) are eligible to compete for funding for FY 24 that supports evidence-based practices related to the successful transition from high school for students with IEPs. The \$1.5 million fund will support:

- * Transportation options (including contracted services or vehicle purchases)
- * Competitive Integrated Employment Training (CIE) Programs
- * Post-secondary tuition/supports for students
- * Transition Training for Staff Members

A virtual Q&A Session will be hosted for interested applicants on Wednesday March 15, 2023 from 12-1 pm. Click [HERE](#) to register for the Q&A session.

WI State School Nurse Consultant Sworn in as President of NASSNC

At the February 16, 2023, membership meeting Louise Wilson MS, BSN, RN, LSN, NCSN took the oath of office as the next president of the National Association of State School Nurse Consultants (NASSNC), Wilson will serve a two-year term as president.

Several new resources are posted to DPI's School Nursing webpages.

DPI News



School Based Mental Health Services Grant-NOW OPEN!

The State School-Based Mental Health Services Grant Program is a 2 year grant aligned with the Wisconsin biennial budget. The next grant cycle runs from July 1, 2023-June 30, 2025. Applicants may apply for up to \$75,000 per year of the two year grant.

The SBMH services grant provides funding to support the development and sustainability of Comprehensive School Mental Health Systems (CSMHS). A CSMHS provides an array of supports and services that promote positive school climate, social and emotional learning, and mental health and well-being, while reducing the prevalence and severity of mental illness. They are built on a strong foundation of school professionals in strategic partnership with students, caregivers, and community health and mental health partners. A CSMHS assesses and addresses the social and environmental factors that impact mental health, including policies and social norms that shape mental health outcomes. In collaboration with a community mental health provider, grantees provide a continuum of mental health supports that promote the well-being of students and school staff.

Who is Eligible to apply?

School boards and independent charter schools may apply for a grant individually or as a consortium of school boards, charter schools, or both; also, Cooperative Educational Service Agencies (CESAs) can be considered a consortium of school boards. **Per statute, private schools are not eligible to apply.**

How Do We Apply?

The application portal is now open. DPI will be accepting applications through May 5th, 2023 at 4:00 PM. Application materials can be found on the [SBMH Grant website](#).

Optional SBMH Services Grant Writing Webinar

February 22nd at 10 AM

In this webinar, facilitators will provide guidance for participants completing the School-based Mental Health Services Grant application.

This webinar will be recorded and posted to the grant website.

Join Zoom Meeting

<https://us02web.zoom.us/j/82986859654?pwd=SzkrYjYwSXI3emdITmFhYWlGOHk2dz09>

Meeting ID: 829 8685 9654

Passcode: 124173

One tap mobile +13092053325,,82986859654#,,,,*124173# US

A CSMHS provides an array of supports and services that promote positive school climate, social and emotional learning, and mental health and well-being, while reducing the prevalence and severity of mental illness.

DHS News

Respiratory Report

[The Weekly Respiratory Report](#) is available and updated bi-weekly.

National Outbreak of Extensively Drug-resistant *Pseudomonas aeruginosa* Associated with Artificial Tears

On February 1, 2023, the Centers for Disease Control and Prevention (CDC) issued a [Health Advisory](#) about infections with an extensively drug-resistant strain of Verona Integron-mediated Metallo- β -lactamase (VIM) and Guiana-Extended Spectrum- β -Lactamase (GES)-producing carbapenem-resistant *Pseudomonas aeruginosa* (VIM-GES-CRPA) in 12 states.

The VIM-GES-CRPA infections are associated with the use of artificial tears, with the majority of patients reporting use of EzriCare Artificial Tears, a preservative-free, over-the-counter product packaged in multidose bottles.

Patients and health care providers should immediately discontinue using EzriCare Artificial Tears and Delsam Pharma's Artificial Tears pending additional guidance from CDC and the [Food and Drug Administration \(FDA\)](#).

DHS Expands Free COVID-19 Testing Program Say Yes! COVID Test order to Now Include Two COVID-19 Self-Testing Kits per Month

Every Wisconsin household placing an order through the state-supported Say Yes! COVID Test program will now receive two free COVID-19 self-testing kits. Orders can be placed on the [Say Yes! COVID Test website](#). Each test kit includes a total of five rapid antigen COVID-19 self-tests. Households will continue to be eligible to place one order per calendar month, while supplies remain. Ordering will reopen the 1st of every month for households who placed an order during previous months. Ordering is open to all Wisconsin households, including those without health insurance. Once the tests are ordered, delivery is expected to take 1-2 weeks.

When should I take a test?

- Anyone experiencing [symptoms of COVID-19](#), should take a test immediately.
- Everyone, regardless of vaccination status, should take a COVID-19 test five days after being [exposed](#) to someone with COVID-19.
- If you test negative with any at-home COVID-19 antigen test, take multiple tests over 2-3 days. All at-home COVID-19 antigen tests are [FDA-authorized for repeat testing](#), or serial testing.



Each test kit includes a total of five rapid antigen COVID-19 self-tests. Households will continue to be eligible to place one order per calendar month, while supplies remain.

DHS News

DHS Launches New Campaign to Reinforce the Age 21 Tobacco Law Wisconsin underage tobacco, vape sales remained high in 2022

The Wisconsin Department of Health Services (DHS) has launched a public education campaign with one simple message: 21 is the minimum legal sales age for tobacco and vape products – no matter what. The campaign’s importance is underscored by recent Synar Surveys, the annual statewide assessments of the retailer violation rate for underage sale of tobacco products, including e-cigarettes, or vapes. In 2022, the rate at which retailers sold tobacco and nicotine products to underage purchasers was 11.9%, more than double the pre-pandemic rate of 5.5%. The 2022 rate fell from 14.1% in 2021, the highest rate in over a decade.

Prior to the COVID-19 pandemic, the Synar Survey monitored tobacco and vape sales to those under age 18; however, the two most recent surveys monitored sales to those under age 21. This change follows a federal increase in the legal tobacco purchasing age from 18 to 21 at the end of 2019. The statewide retailer inspection program was also interrupted due to the pandemic, and underage tobacco and vape sales rose steeply during that time.

“Nearly 7900 Wisconsinites die every year from preventable tobacco-related disease. Young people can become addicted before they are old enough to understand the risks,” said Wisconsin Department of Health Services Deputy Secretary Deb Standridge. “Following the Tobacco 21 law can save lives.” View the entire [news release](#).

Updated expiration dates

The FDA has extended the expiration dates for many COVID-19 self-tests, including the tests delivered through the Say Yes! COVID Test program (iHealth). Once you receive your package, do not be concerned if the expiration date on your self-test appears to have passed. The FDA recently extended the expiration dates on iHealth brand COVID-19 self-tests from 12 months to 15 months past the initial date of manufacture. If your tests appear to be past their expiration date, you can use the lot number on the test package to look up the current expiration date on the [FDA list](#).

If you have other brands of test kits at home, we urge you to check the [FDA’s website](#) as the expiration dates on many at-home antigen tests have also been extended. An expiration date extension means the test maker has provided evidence to the government that the tests give accurate results longer than was known when they were manufactured.

If you have questions about your test kit received through the Say Yes! COVID test program, please email customer support at syct-orders@careevolution.com.



“Nearly 7900 Wisconsinites die every year from preventable tobacco-related disease. Young people can become addicted before they are old enough to understand the risks.”

NASN News

NASN Conference Registration Opens 2/22/2023

Once again, NASN is offering three options for registration: join us face-to-face in sunny Orlando, Florida, on our virtual platform, or both! In-Person NASN2023 will be June 30-July 3, 2023. Virtual NASN2023 will be July 10-12, 2023. You can double your learning and save by bundling both conferences together when you register!



NASN Resources

See NASN's [Mental Health page](#) and the Learning Center Courses [Advocacy and Action: How School Nurses Can Help LGBTQ Students Thrive](#) and [The Role of the School Nurse in Mental/Behavioral Health of Youth](#) to support upstream approaches to improve the mental well-being of students.

View NASN's [Allergies and Anaphylaxis page](#) for materials to aid school nurses in developing and evaluating school health services that focus on food allergy and anaphylaxis

School Nurses in the News

[‘2 lives were on the line’: Western Pa. school nurse saves pregnant teacher’s life](#) (Source: [post-gazette.com](#))

WASN News

Wisconsin Association of School Nurses Annual Conference –

Improving the Inclusivity and Visibility of School Nurses – April 26-28, 2023 – Registration now open. [Learn more](#)





New CDC report raises urgency to support school-based programs as a vital lifeline to help struggling youth

The Centers for Disease Control and Prevention (CDC) released new data last week from its [Youth Risk Behavior Survey Data Summary and Trends Report: 2011-2021](#), which shows that many teens are experiencing increasingly high levels of violence, sadness, and suicide risk. This report has the first YRBS data collected since the start of the pandemic. Although there are a few behaviors and experiences that are moving in the right direction, the increases in harmful experiences among adolescents are striking.

- Nearly 3 in 5 U.S. teen girls experienced persistent feelings of sadness or hopelessness in 2021—double that of boys and the highest levels reported in a decade.
- LGBTQ+ youth were substantially more likely to have experienced all forms of violence and had worse mental health outcomes than their heterosexual peers. While all teens reported increasing mental health challenges, experiences of violence, and suicidal thoughts and behaviors, CDC's new data indicate females and LGBTQ+ students fared worse than their male or heterosexual peers in 2021.
- Youth experienced high and worsening levels of persistent sadness or hopelessness across all racial and ethnic groups; and that reported suicide attempts increased among Black youth and White youth.

Schools can take steps to help prevent and reduce the negative impact of violence and other trauma and improve mental health. CDC's [What Works in Schools](#) evidence-based supports local school districts in improving health education, connecting young people to the services they need, and making school environments safer and more supportive. What Works in Schools can help to reverse negative trends and ensure that youth have the support they need to be healthy and thrive.

U.S Department of Health & Human Services

Fact Sheet: COVID-19 Public Health Emergency Transition Roadmap

Based on current COVID-19 trends, the Department of Health and Human Services (HHS) is planning for the federal Public Health Emergency (PHE) for COVID-19, declared under Section 319 of the Public Health Service (PHS) Act, to expire at the end of the day on May 11, 2023. Our response to the spread of SARS-CoV-2, the virus that causes COVID-19, remains a public health priority, but thanks to the Administration's whole of government approach to combatting the virus, we are in a better place in our response than we were three years ago, and we can transition away from the emergency phase. [Read more.](#)

Medscape Nurses

Closing the Toilet Lid Before Flushing Is Important

Toilets are designed to efficiently empty the contents of the bowl through a downward motion into the drainpipe, but the force of the flush cycle also creates a fine spray of particles in the air. Those particles easily spread when a lid is left up during flushing. [Read article.](#)

Paxlovid Doesn't Increase Risk for Rebound COVID Infection: Study

People who took the antiviral Paxlovid to treat COVID-19 infections were not more likely to get back-to-back bouts of the virus, a new study shows. [Read article.](#)



Miscellaneous

Gov. Evers to Announced Plan to Build Upon “Kai 11” Bill, Invest in EKG Screening Pilot to Protect Student-Athlete Health

The governor’s plan, which he announced in his 2023-25 budget, provides more than \$4.1 million in funding to local health departments to implement an EKG screening program for youths participating in athletics. Under the pilot, the state will provide funding to local health departments in Waukesha and Milwaukee Counties to implement a pilot screening program to ultimately help prevent cardiac-related health incidents in area student-athletes. The pilot will be critical in identifying any best practices and strategies for consideration in developing a future potential statewide expansion of the screening program. Read more [here.](#)

National Drug and Alcohol Facts Week March 20 - 26, 2023

National Drug and Alcohol Facts Week (NDAFW) is March 20th to 26th. NDAFW is coordinated by the National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA). The goal of NDAFW is to draw youth’s attention to science-based facts about drugs and alcohol. [Learn more.](#)

Moderna says its COVID vaccine will remain free for all consumers, even those uninsured

Moderna will keep its COVID vaccine on the market at no cost to consumers, even after the federal government stops paying for it, the company announced February 15, 2023. [Read ABC News article.](#)

... the force of the flush cycle also creates a fine spray of particles in the air. Those particles easily spread when a lid is left up during flushing.

WI FACETS

Understanding the Rule Change for Emotional Behavioral Disability

Wednesday, March 29 | 12:00pm

Join us to learn more about the rule change for the identification of an emotional behavioral disability and the role parents play in the special education evaluation process.

Presenter: Tim Peerenboom, School Psychology Consultant, WI DPI and Eva Shaw, Special Education Team, WI DPI

[REGISTER](#)



Office of Children's Mental Health

Wisconsin Office of Children's Mental Health Emphasizes the Importance of Peer Support on Youth Mental Health

Peer support is in the news: from the halls of Congress where legislators are working to ensure peer support is part of behavioral health services; to Governor Evers' recent State of the State address calling for more peer-run services; to municipalities and school districts addressing local mental health needs with the help of peer support. Adding to this collective call, the Office of Children's Mental Health (OCMH) issued a new fact sheet on Peer Support, outlining the important role that peer support plays for child and family well-being.

See the complete [fact sheet](#).

See [previous fact sheets](#).

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Miscellaneous

[Nursing compassion fatigue and burnout vs. moral injury](#)

[We all know about Anorexia, but can we talk a bit about Binge Eating Disorder?](#)

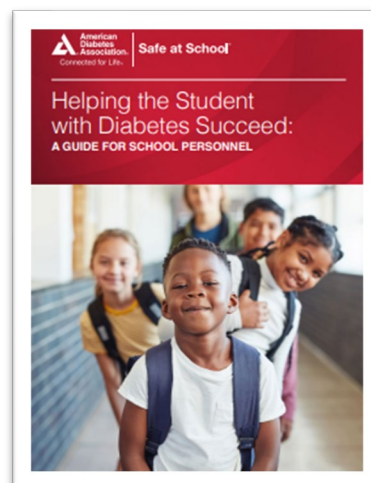
[Exploring the connection between adverse childhood experiences and diabetes](#)

American Diabetes Association

New Training Resources

The American Diabetes Association's Safe at School Campaign is pleased to offer new and updated training resources reflecting changes in diabetes technology and treatment in the school and childcare settings. Pediatric diabetes health care professionals and school nurses should use these resources and tools to train non-clinical school and childcare staff and increase staff awareness of diabetes. The following Safe at School resources align with best practices in the school setting and legal protections for children with diabetes:

- [Helping the Student with Diabetes Succeed: A Guide for School Personnel](#) provides school diabetes management information, recommendations, and important forms for school nurses and administrators, school staff, pediatric diabetes providers, families, and policy makers;
- [Diabetes Care Tasks at School: What Key School Personnel Need to Know](#) consists of 19 separate PowerPoint slide decks covering diabetes tasks including, but not limited to, continuous glucose monitoring, insulin administration, glucagon administration, type 2 diabetes, and other diabetes care tasks for use by diabetes educators, school nurses, and other health care professionals responsible for training non-clinical school and childcare staff;
- [Diabetes Medical Management Plan](#) is a fillable form for use by schools and pediatric diabetes providers to enable a more standardized and efficient completion of a student's school diabetes care order;
- [Guidelines for the Use of Continuous Glucose Monitoring](#) provides information about the use of CGMs in the school setting; and
- Other updated resources such as case studies for school nurses, insulin concentration information for school nurses, and a tip sheet for teachers are available at diabetes.org/sastraining.

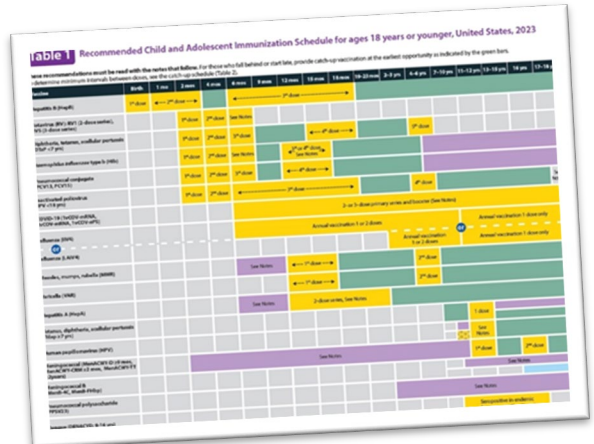


...new and updated training resources reflecting changes in diabetes technology and treatment in the school and childcare settings.

Immunization Action Coalition

[Recommended Immunization Schedules for Persons Aged 0 Through 18 Years, U.S., 2023](#)

This schedule includes the age-based routine vaccination schedule for children and teens and the approved catch-up immunization schedule for people age 4 months through 18 years who start vaccination late or who are more than one month behind. Essential explanatory footnotes are also included.



[Recommended Immunization Schedule for Adults Aged 19 Years and Older, U.S., 2023](#)

This schedule for adult vaccination provides recommendations by age group as well as by medical condition, essential footnotes, and a summary of contraindications and precautions for adult vaccine use.

MMWR

[Fruit, Vegetable, and Sugar-Sweetened Beverage Intake Among Young Children, by State – United States, 2021](#)

Many children aged 1–5 years, are not eating fruits and vegetables daily and are regularly drinking sugar-sweetened beverages. In 20 states, more than one half of children did not eat a vegetable daily during the preceding week.



Practice Points

By Louise Wilson

Embracing Your Role

A few months ago I [wrote about having an elevator speech](#).

How many of your elevator speeches include the professional activities and expertise you display in addressing the behavioral and mental health needs of students?

My team at DPI will soon publish a document that outlines, compares, and contrasts the different roles of pupil services staff in school-based mental health services. The Department of Public Instruction fully recognizes and supports the role and contributions of school nurses in improving the mental health of our Wisconsin youth. Do you?

School nurses cannot ask to be at the table when important decisions are made about applying for grants (p. 3) or setting up mental health systems of support if each of you do not recognize, and then embrace your role and contributions.

Nursing promotes wellness and does not separate mental health from physical health. School nurses support the physical and mental health and educational success of children and youth by providing the link between health and learning. School nurses are often the initial access point to identify concerns, determine interventions, and link families to school and/or community resources.

The school nurse is the bridge between health and education in the school setting, promoting positive behavioral health and using assessment skills to identify children at risk for behavioral health needs. School nurses, in collaboration with the interdisciplinary education team, provide critical links to prevention, early identification, intervention, and referral for behavioral/mental health concerns.

The school nurse is especially qualified to assess a student's health status and how it might be impacting mental health and ability to learn in the classroom. Some physical health conditions mimic the signs and symptoms of mental health conditions. School nurses may be asked by parents and medical providers to monitor responses to pharmacotherapy.



School nurses cannot ask to be at the table when important decisions are made about applying for grants or setting up mental health systems of support if each of you do not recognize, and then embrace your role and contributions.

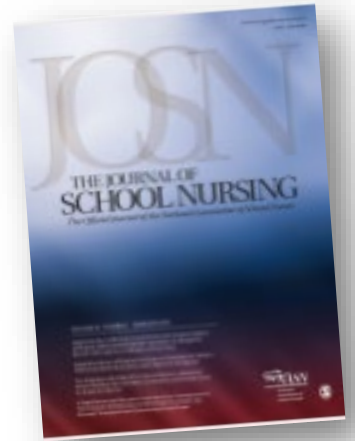
Your membership to WASN/NASN provides you with a free subscription to *The Journal of School Nursing*. Look up the editorial “The Mental Health of School-Aged Youth: A Call to Action for School Nursing” in Volume 38, Issue 5, October 2022. The editorial points out that skill development, continuing education, and recognition as a contributing member of the school-based mental health team are key to supporting integration of mental health care into school nursing practice. A table in the editorial describes mental health related school nursing services broken down by tiers in a Multi-Tiered Systems of Support (MTSS) Framework.

Opportunities for skill development and professional development will be part of the WASN conference and DPI’s School Nurse Summer Institute. The dates for the summer institute are yet to be announced. The topic for the institute will be training in Youth Mental Health First Aid (YMHFA).

DPI can help you with skill development and provide continuing education in the area of mental health. My SSPW team maintains [this E-learning webpage](#) with multiple opportunities to increase your knowledge and confidence.

Recognition as a contributing member to the school-based team is a joint effort of DPI and each school nurse. Unless you embrace your role no one else will either. A mobilized school nurse workforce, working to the full scope of their practice will go a long way to help schools struggling to meet the mental and emotional health needs of students (Kubik, Martha Y. and Erin D. Maughan. 2022. The Mental Health of School-Aged Youth: A call to action for school nursing. 2022. *The Journal of School Nursing* 38, no. 5 (October): 426-427. <https://doi.org/10.1177/10598405221113312>).

Embrace your role as a school mental health provider. Increase your knowledge and confidence if necessary. Look at your nursing interventions using the MTSS Framework. Educate others regarding the mental health nursing you provide to students as you practice to your full scope providing physical and mental health care.



Recognition as a contributing member to the school-based team is a joint effort of DPI and each school nurse.

This publication is available from:
Learning and Support
Student Services Prevention and Wellness Team
(608) 266-8857
<https://dpi.wi.gov/sspw/pupil-services/school-nurse>

February 2023 Wisconsin Department of Public Instruction

The Department of Public Instruction does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation, or ability and provides equal access to the Boy Scouts of America and other designated youth groups.

