CONCURRENT SESSIONS—Round One

1A. Questions and Answers with the NC Board of Nursing
School Nursing is a specialty area of practice within the field of nursing. The unique care situations of the school nurse, and location within the education environment, often result in questions regarding the application of Board of Nursing rules and regulations. This session will provide an overview of recent practice issue questions from North Carolina school nursing and an opportunity for audience participants to ask questions.

Joyce Winstead, NC BON Practice Consultant

1B. Oral Health is Important
Oral health is important to overall health. Dental decay is almost entirely preventable, yet it remains the most chronic disease of childhood, with significant disparities in its prevalence and consequences. Children have difficulty focusing and learning when they are suffering from dental problems. According to the National Maternal and Child Health Resource Center, an estimated 51 million school hours are lost each year because of dental-related illnesses. Children from lower income families miss nearly 12 times as many school days because of dental problems as those from higher income families. This session will provide an overview of how oral health relates to overall health, what the Oral Health Section recommends to promote oral health in schools, and ways school nurses can partner with the Oral Health Section to improve the oral health of students across the state.

Sarah Tomlinson, DPH Oral Health Section Chief

1C. Public Health Emergencies: When Sick Students are More than a Bunch of Sick Kids
What is a school nurse to do when a group of sick students is part of a larger outbreak or pandemic? What about planning and exchanging information with administration, students, families and health departments? Do you need to isolate students and where? How do you protect yourself? These questions will be reviewed through an interactive discussion on best practices related to things like Ebola monitoring, measles outbreaks, and more.

Julie Casani, DHHS Head of Preparedness and Disaster Response

1D. Stop Bullying Now: Understanding the Facts and Prevention Techniques
Children are often told “these are the best years of your life.” However for some children that is not the case, as they are subjected daily to bullying and cyberbullying by friends, classmates and strangers. No longer does getting on the bus after school cause the bullying to stop. Instead children find themselves constantly barraged by electronic media which is used to continue the bullying long after the school bell rings to end the day. This workshop will present information on the techniques commonly used to cyberbully to help you identify it and provide guidance on how to prevent cyberbullying. No child is immune...so get informed to stop bullying now!

Gail Marsal, Associate Professor, NC Wesleyan College
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<td>Type 1 Diabetes: Technology in the School Age Child</td>
<td>Type 1 Diabetes in the school age child has steadily increased over the last decade. Progress in the efforts to treat diabetes have made technological devices, such as continuous subcutaneous insulin infusion and continuous glucose monitoring devices, a significant part of diabetes treatment. School age children spend much of their day in the care of school nurses, teachers and staff, making it imperative for you to have a basic understanding of common devices, including the means to treat emergency situations in association with their use. School nurses serve as a powerful resource to help families optimize diabetes management with the use of diabetes related technology. This session will address common technological devices that you are likely to encounter in the school setting as well as introduce some of the latest, highly anticipated technology in development. Nina Jain and Susan McGovern, UNC Pediatric Endocrinology</td>
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<td>Cutting Edge Issues in North Carolina School Health</td>
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<td>North Carolina Youth Drug Trends</td>
<td>This presentation will provide an overview of the types of prescription narcotics and street drugs currently being abused by the school age community of North Carolina. Strategies to combat the abuse and diversion of prescriptions narcotics will be highlighted during this session, and school nurses will gain a basic understanding of the role and function of the NC SBI’s Diversion and Environmental Crimes Unit. Donnie Varnell, Pitt County Sherriff Department</td>
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<td>1I</td>
<td>Educational Opportunities for School Nurses</td>
<td>Are you thinking about advancing your career through returning to school? There are so many choices available to school nurses regarding types of degrees and ways to acquire them that it can sometimes be confusing. This session will help to clarify possible educational opportunities and discuss the potential benefits and challenges as should consider as you make your degree decisions. Yolanda Hyde, Assistant Professor, UNC Greensboro</td>
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### 10:30 – 12:00

**CONCURRENT SESSIONS—Round One, continued**

**1J. Common Eye Problems Encountered by the School Nurse**

Children frequently present to the school nurse with ocular and/or visual complaints. This session will provide an overview of common pediatric eye conditions encountered by the school nurse, including red eye, failed vision screen, reading complaints, and ocular trauma. Emphasis will be on acute care and referral criteria. An opportunity for Q & A will be provided.

Laura Enyedi, Assoc Professor of Ophthalmology and Pediatrics, Duke University

### 1:00 – 2:30

**CONCURRENT SESSIONS—Round Two**

**2A. Case Management: A Panel Presentation**

School nurses in North Carolina have heard much about case management over the years and a number of systems have even participated in research on the topic. The challenge is not so much a lack of knowledge about the benefits or even the process of coordinating care. Rather the challenge seems to be more about how to move from theory into practice or where to start. This session will be a dynamic panel discussion with nurses from three different school systems who are in various stages of the case management process. Come learn from those who are just starting, those who have been doing this for a little while, as well as from those who are well experienced. The discussion will include the challenges these systems faced and how those challenges are being addressed.

School Nurse Panel: Alice Luttman, Candi Mizell, Nicole Monroe, Melanie Reese, Angel Atkins, Lucy Heffelfinger (Moderator)

**2B. Type 1 Diabetes: Technology in the School Age Child**

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### 2D. Common Infections and Other Causes of Fever in School-Aged Children

Fever and infections are very common in childhood and occur for various reasons. How do you know when a child should be referred and what recommendations to make? This session will provide an overview of a number of common childhood infections and appropriate treatments. Other sources of fever that are not infectious will also be presented in addition to the actions you should take as a school nurse when students present with fever.

**Harmony Garges, Consulting Assistant Professor, Pediatric Medicine, Duke University**

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**Gail Marsal, Associate Professor, NC Wesleyan College**

### 2G. Pediatric Emergencies for the School Nurse

Emergency situations happen every day in school and require prompt recognition and response. This session will be a presentation of common pediatric health emergencies encountered in the school setting. The session will present emergencies by body systems along with triage and physical assessment skills that will be discussed as they pertain to each of the emergencies discussed.

**Andrea Biondi, Nurse Practitioner, UNC Chapel Hill School of Nursing**

### 2H. Questions and Answers with the NC Board of Nursing

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**Joyce Winstead, NC BON Practice Consultant**
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**CONCURRENT SESSIONS—Round Two, continued**

#### 2I. NC Youth Drug Trends

This presentation will provide an overview of the types of prescription narcotics and street drugs currently being abused by the school age community of North Carolina. Strategies to combat the abuse and diversion of prescriptions narcotics will be highlighted during this session, and school nurses will gain a basic understanding of the role and function of the NC SBI’s Diversion and Environmental Crimes Unit.

*Donnie Varnell, Pitt County Sheriff Department*

#### 2J. Understanding Addiction and Trauma In Students

This session will focus on the process of addiction, the causes, the stages of development, and the consequences of the disease. It will cover the in-depth shame, fear and isolation that addiction creates among addicts and alcoholic persons and the family. Survival roles and enabling behaviors used by those involved to survive the family disease will be presented. It will also focus on trauma symptoms and how those are related to addiction in families.

*Pam Wiggins & Victoria Smith, NC Mentor*

### 1:00 – 2:30

**CONCURRENT SESSIONS—Round Three**

#### 3A. Pediatric Emergencies for the School Nurse

Emergency situations happen every day in school and require prompt recognition and response. This session will be a presentation of common pediatric health emergencies encountered in the school setting. The session will present emergencies by body systems along with triage and physical assessment skills that will be discussed as they pertain to each of the emergencies discussed.

*Andrea Biondi, Nurse Practitioner, UNC Chapel Hill School of Nursing*

#### 3B. Skin Problems in Children and Adolescents, A Review

Issues related to the skin are among the most common reasons that students see the school nurse. This presentation will review the recognition and management of skin problems affecting school-aged children and adolescents that are currently being seen in school populations.

*Daniel Krowchuk, Professor of Pediatrics and Dermatology, Wake Forest University*

#### 3C. Adolescent Eating Disorders Update

Disordered eating generally and eating disorders specifically are significant issues in adolescence that have varied physical and mental health consequences. School-based clinical settings are key venues for recognizing and addressing eating disorders among young people. In this session we will review core concepts in recognizing and addressing eating disorders and will also discuss a few hot topics in eating disorders care related to the Female Athlete Triad and eating disorders among boys.

*Richard Chung, Director of Adolescent Medicine, Duke University*
## CONCURRENT SESSIONS—Round Three, continued

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<td>A Picture Is Worth A Thousand Words: The Use of Infographics in School Nursing</td>
<td>School Nurses often say that no one really knows what we do except for other School Nurses. How can we begin to educate people in our communities on this topic? One effective way is through the use of infographics. Come learn how a picture can be worth a thousand words in promoting School Nursing and the great work you are doing in your school systems every day. Not a public speaker? So what! You don’t have to be. You will leave with the tools to develop infographics and how to use pictures to communicate with your target audience. Kim Ragan, Program Director, Cabarrus County</td>
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School Nurse Panel: Alice Luttman, Candi Mizell, Nicole Monroe, Melanie Reese, Angel Atkins, Lucy Heffelfinger (Moderator)

3J. Using An Acuity Business Model to Prioritize School Nursing Services
More students but no more nursing positions? During the past ten years Wake County has experienced significant student population growth. Due to limited school health resources it became necessary to develop a business model to meet the increasing demands while meeting the shared goals of both the local school district and the local health department. Acuity measures are based on a formula used to identify specific health needs of students, address health and educational disparities, and thus rank each school based on acuity scores low to high (1-3). Based on these acuity scores, allocation of school health service hours are made for each school and in each region. Using an Acuity Model sets school nurse service priorities and allows for health and educational outcome measures based program goals developed through use of a logic model. If you need a better way to decide how nursing services are assigned in your district, then this session is for you.

Donna Daughtry, School Health Program Manager, Wake County
Kelly Creech, Health Services Director, Wake County Public School System