



38th ANNUAL NORTH CAROLINA  
SCHOOL NURSE CONFERENCE

# Agenda and Session Descriptions

December 7-8, 2023 | Koury Convention Center | Greensboro, N.C.



GILLINGS SCHOOL OF GLOBAL PUBLIC HEALTH  
North Carolina Institute for Public Health



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**  
Division of Child and Family Well-Being

# General Information

Join us for the 38th North Carolina School Nurse Conference, **December 7-8, 2023** at the **Koury Convention Center in Greensboro, N.C.**

This year's theme is **"Growing Our Foundational Roots and Reaching for the Sky."**

This conference, with over 600 annual participants, offers extensive opportunities for professional development to advance the practice of school nurses. Participants can learn from national, state and local experts, discover cutting-edge resources and network with professionals from a variety of backgrounds.



## About the Conference Providers

This conference is jointly provided by:

- The Whole Child Health Section of the North Carolina Division of Child and Family Well-Being at the North Carolina Department of Health and Human Services.
- The North Carolina Institute for Public Health at the UNC Gillings School of Global Public Health.

This year's conference is supported through a contract to the North Carolina Institute for Public Health from the North Carolina Department of Public Instruction and North Carolina Division of Child and Family Well-Being as part of the American Rescue Plan Act (ARPA) investment in North Carolina's public health workforce funding to the North Carolina Division of Public Health.

# Agenda

## Wednesday, December 6

4:00 p.m.-6:00 p.m. Early Conference Check-In (Optional)

## Thursday, December 7

7:00 a.m.-8:20 a.m.	Breakfast
7:00 a.m.-8:30 a.m.	Conference Check-In
<b>8:30 a.m.-8:45 a.m.</b>	<b>Welcome, Overview</b>
<b>8:45 a.m.-10:00 a.m.</b>	<b>Keynote Address: Leadership and Emotional Resiliency</b>
10:00 a.m.-10:30 a.m.	Morning Break (Exhibits Open)
<b>10:30 a.m.-Noon</b>	<b>Breakout Sessions (Round One)</b>
Noon-1:30 p.m.	Lunch
<b>1:30 p.m.-3:00 p.m.</b>	<b>Breakout Sessions (Round Two)</b>
3:00 p.m.-3:30 p.m.	Afternoon Break (Exhibits Open)
<b>3:30 p.m.-5:00 p.m.</b>	<b>Breakout Sessions (Round Three)</b>

## Friday, December 8

7:00 a.m.-8:00 a.m.	Breakfast, Welcome and School Nurse Association of North Carolina (SNANC) Announcements
8:00 a.m.-9:00 a.m.	Plenary Session: Understanding the Intersection of HIPAA and FERPA
9:00 a.m.-9:15 a.m.	Stretch Break
9:15 a.m.-10:15 a.m.	Plenary Session: The Use of Automated Insulin Delivery for Treatment of Type 1 Diabetes
10:15 a.m.-10:45 a.m.	Morning Break (Exhibits Open)
10:45 a.m.-11:45 a.m.	Plenary Session: Who Is Caring for the School Nurses? Is Self-Care and Resilience a Realistic Answer?
11:45 a.m.-Noon	Closing Remarks

# Keynote Address

## Leadership and Emotional Resiliency

**Michelle Cummings, MS**

*Thursday, December 7 at 8:45 a.m.-10:00 a.m.*

Emotional resiliency is the ability to adapt to stressful relationships and situations as we encounter them in our day-to-day. There has definitely not been a shortage of stress in the world the last few years. Stress affects each of us and the clients we serve differently, and the right amount of the right kind of stress is actually a good thing. In this highly interactive session, we will discuss our stress triggers, biofeedback and behaviors and how they affect our ability to lead. We will also discuss concepts around Locus of Control and how to train our brains to focus on things that are within our control.

# Plenary Sessions

## Understanding the Intersection of HIPAA and FERPA

**Kirsten Leloudis, JD, MPH**

*Friday, December 8 at 8:00 a.m.-9:00 a.m.*

This session will provide an introduction to the Health Insurance Portability and Accountability Act (HIPAA) and the Family Educational Rights and Privacy Act (FERPA), with a focus on how these two laws may impact the use and disclosure of certain student information that is created and held by school nursing staff. Participants will learn how to determine whether one or both of these laws applies to student records in their possession and what that means for how student records may be used and disclosed. At the end of the case study, the audience will be invited to apply what they learned to a series of case studies that draw on real-life experiences and questions that have arisen in the field.

## The Use of Automated Insulin Delivery for Treatment of Type 1 Diabetes

**Emily Matney, BSN, RN, CDCES, and Aimee Bateman, BSN, RN, CDCES**

*Friday, December 8 at 9:15 a.m.-10:15 a.m.*

This presentation will provide an overview of current automated insulin systems available for treatment of Type 1 diabetes. We will also discuss continued responsibilities of the child and/or caregiver as well as limitations and considerations of the insulin pump/continuous glucose monitors. Current technology can be an effective tool in improving both quality of life and blood sugar control.

## **Who Is Caring for the School Nurses? Is Self-Care and Resilience a Realistic Answer?**

**Natalie May, PhD**

*Friday, December 8 at 10:45 a.m.-11:45 a.m.*

Every one of us has a story of a time (or two or three) when a school nurse cared for us in a time of need. But who is caring for the school nurses? Healthier work environments, cultures of well-being, peer support, and stigma-free approaches to mental health are all essential pieces of the puzzle. That said, self-care and resilience are critical puzzle pieces as well, and their development is within our control. In this presentation, Natalie May, PhD, will take a deep, and often humorous, dive into evidence-based tenets of self-care that truly make a difference in our well-being and good mental health. These practices, or “superpowers that we probably don’t even know we have,” are grounded in neuroscience and brain neuroplasticity. They require no extra time, no fancy sneakers, and they don’t add extra calories. The power to pay attention, to be present, to reframe, to wonder and to savor are just a few of the practices that can be honed anywhere — in our work, with our families or in line at the supermarket. The talk addresses several of the myths around self-care as well as the need for systemic change in our schools. Natalie is an acclaimed speaker, researcher and writer at the University of Virginia School of Nursing. She is co-author of an AACN award-winning textbook, *Self-Care for New and Student Nurses* (Sigma, 2021) and the recently published *Self-Care for Nurses: Small Doses of Wellness* (Sigma, 2023).

## **Breakout Sessions**

<i>Session Title</i>	<i>Rounds</i>
<b>Breakout Sessions Round One</b>	
Psychogenic Non-Epileptic Events: Risk Factors and Management	1, 2
The Role of the School Nurse in Suicide Intervention and Prevention	1, 3
Collaboration Between Community Health Provider and Pediatric Orthopedics: When to Refer, When to Reassure	1, 3

Role of the School Nurse in Risk Assessment: Supporting Students at Risk of Self-Harm or Harm to Others	1
Identifying Youth Drug Use and Overdose	1
Related Services for Students With IEPs: Determining, Designing and Delivering	1, 3
Addressing Unique Mealtime Needs: A Team Approach	1, 2
The Art of Communicating Effectively in the Workplace	1, 2
Equity and Collaboration — The Keys to Asthma Control	1, 2
Often the Only: Homeless Youth and the School Nurse	1
<b>Breakout Sessions Round Two</b>	
Psychogenic Non-Epileptic Events: Risk Factors and Management	1, 2
I Don't Have Time to Teach — Or Do I?	2
Common Skin Conditions in Pediatric Patients	2
Communicable Disease Control in Schools: Lessons From a Once-in-a-Lifetime Pandemic	2, 3
Bullying UnCovered With Social Media	2, 3
Return to Learn: A System-Based Progression Plan	2
Addressing Unique Mealtime Needs: A Team Approach	1, 2
The Art of Communicating Effectively in the Workplace	1, 2
Equity and Collaboration — The Keys to Asthma Control	1, 2
Leading Your School Health Team: Orientation, Evaluation and Mentorship	2
<b>Breakout Sessions Round Three</b>	
The Role of the School Nurse in Public Health General Population Shelters	3
The Role of the School Nurse in Suicide Intervention and Prevention	1, 3
Collaboration Between Community Health Provider and Pediatric Orthopedics: When to Refer, When to Reassure	1, 3
Communicable Disease Control in Schools: Lessons From a Once-in-a-Lifetime Pandemic	2, 3
Bullying UnCovered With Social Media	2, 3
Related Services for Students With IEPs: Determining, Designing and Delivering	1, 3
Trends in North Carolina School Immunization Compliance Data	3
D.I.T.E.P. Overview — Drug Impairment Training for Education Professionals	3
Preventing and Reducing the E-Cigarette Epidemic Among Youth	3
WSCC, SHAC and School Nurses: Healthy Students Learn Better and Live Better	3

## Addressing Unique Mealtime Needs: A Team Approach

**Bridgette LeCompte, MS, OTR/L, and Perry Flynn, MEd, CCC/SLP, BCCLS**

Increasingly, students with unique and complicated needs around mealtime routines are requiring some type of intervention from a variety of school providers, including nurses, occupational therapists, speech-language pathologists and others. This presentation helps school nurses identify



their roles and defines some of the unique needs of this growing population of students. *This session is offered in rounds one and two.*

## **The Art of Communicating Effectively in the Workplace**

**Syvil Burke, MBA, MSN, RN**

Effective communication is the essential ingredient for meaningful interactions in any workplace. It is an art that must be developed. By understanding the barriers and challenges to effective communication, one can employ strategies for improvement. Effective communication promotes teamwork and fosters individual and organizational success. *This session is offered in rounds one and two.*

## **Bullying UnCovered With Social Media**

**Jessica Fowler, CADC, CPS, and Virginia Johnson, CPS**

Bullying UnCovered is an interaction program for adults who interact with youth. The program explores bullying — its definition, statistics, and trends that include cyberbullying. Through small group activities, participants will learn how positive adult modeling and school climate impacts bullying prevention and learn about tools to use to help children and youth experiencing bullying. *This session is offered in rounds two and three.*

## **Collaboration Between Community Health Provider and Pediatric Orthopedics: When to Refer, When to Reassure**

**Sheila Mason, DNP**

This presentation will focus on the unique ways that school systems and nurses can collaborate with pediatric orthopedic providers to ensure return to school in children with musculoskeletal conditions. It will also review common pediatric orthopedic complaints and indications for specialist involvement for further management. *This session is offered in rounds one and three.*

## **Common Skin Conditions in Pediatric Patients**

**Zeynep Akkurt, MD**

We will review the integumentary system, including anatomy and functions. We will discuss common skin conditions seen in pediatric patients and give tips on how to recognize them and when to refer to a health care provider. These will include infectious conditions, eczema, other rashes, moles and growths. *This session is offered in round two.*

## **Communicable Disease Control in Schools: Lessons From a Once-in-a-Lifetime Pandemic**

**Vanessa Gailor, MSN, RN, and Susan Sullivan, MS, RN-BC**

During the COVID-19 pandemic, schools and school nurses were at the epicenter of the response and worked closely with state public health officials. Many lessons were learned and will be applied to future recommendations and control measures. State communicable disease nurse consultants will share how this experience is shaping the future of collaboration among school and communicable disease nurses in promoting positive health outcomes among this population. *This session is offered in rounds two and three.*

## **D.I.T.E.P. Overview — Drug Impairment Training for Education Professionals**

**Robert Ryan, DRE/SFST**

Following this session, participants will be able to properly recognize and identify drug impairment indicators. They will also understand the involvement of drugs in schools and society. Finally, they will be able to identify the key factors to be considered when discussing substance abuse with a parent and how to make referrals to the appropriate resources. *This session is offered in round three.*

## **Equity and Collaboration — The Keys to Asthma Control**

**Gerri Mattson, MD, MSPH, FAAP, and Ann Nichols, MSN, RN, FNASN**

Asthma remains the most common chronic condition among students, with a higher incidence in African American and other students of color. This session will cover treatment options that may simplify asthma management for families in a way that also addresses equity issues related to challenges experienced by families. The implications for the school nurse and the asthma action plan will be discussed. The ASIST study regarding inhaled corticosteroids and Single Maintenance and Rescue Therapy (SMART therapy) will be reviewed as strategies to address some health equity issues in asthma management. Collaboration between family/student, provider and school nurse will be a focus, with representation from each of these stakeholders in the session. *This session is offered in rounds one and two.*

## **I Don't Have Time to Teach — Or Do I?**

**Abraya Johnson, MPH, BSN, RN, NCSN, and Tammy Alexander, MSN, RN, NCSN**

This presentation will assist nurses to assess what they would like to teach in their school population. School health offices can be extremely busy, and finding time to provide effective



teaching can seem overwhelming and sometimes impossible. This seminar will help school nurses assess the knowledge deficits in their school population and/or identify specific learning needs. We will explore a wide variety of teaching modalities and creative means to provide education to children, families and staff. *This session is offered in round two.*

## **Identifying Youth Drug Use and Overdose**

**Michelle Geiser, NBCC, LCS, LCMH-A, LCAS-A**

Youth overdoses and poisonings are increasing at alarming rates across the nation. School nurses are often at the front lines of prevention, intervention and early recovery. The landscape of substance misuse is changing, from the growing popularity of vaping, to the ever-present illicit manufactured fentanyl. This session will identify current trends, risk factors and physical presentations of substance misuse in youth. *This session is offered in round one.*

## **Leading Your School Health Team: Orientation, Evaluation and Mentorship**

**Trish Hooton, MSN, RN, NCSN, and Beth Shook, MSN, RN, NCSN, CNE**

Orientation and evaluation of school nurses are crucial components in the development of a safe and effective school health program. Many school nurses report they do not undergo a formal orientation process upon hire. Lead nurses are often in search of tools to use in the orientation and evaluation of their team members. School nurses benefit from having a structured mentorship program to help support both professional and personal growth. This class will highlight the steps of orienting a school nurse, the importance of mentorship, and the who, what, when, why and how of evaluating a school nurse's level of competency. *This session is offered in round two.*

## **Often the Only: Homeless Youth and the School Nurse**

**Pachovia Lovett, MSW**

For students experiencing homelessness, school nurses can play a vital role in addressing health needs and improving opportunities to succeed in school. From routine administration of medications and care for bumps and strains, to the unexpected emergency, school nurses are often the only health care providers who see these children regularly. Understanding the landscape of homeless students in North Carolina, and the connections to chronic illness, nutritional issues, sex trafficking and mental health is vital in supporting the whole child. This session will explore these connections and offer strategies to help meet the health needs of our homeless students. *This session is offered in round one.*

## **Preventing and Reducing the E-Cigarette Epidemic Among Youth**

**Jim Martin, MS**

This session will review evidence-based and evidence-informed strategies for preventing and treating adolescent tobacco use. Participants will learn strategies for preventing initiation, school-based prevention resources, screening for all tobacco use, engaging youth successfully in a quit attempt based on American Academy of Pediatrics recommendations, and Live Vape Free. The session will discuss new interventions using the JUUL settlement funds. *This session is offered in round three.*

## **Psychogenic Non-Epileptic Events: Risk Factors and Management**

**Kathleen Griffin, MSN, PNP-C**

Psychogenic non-epileptic events are considered a "seizure mimic"; however, there is no electrographic change on EEG. Children and young adults with psychogenic non-epileptic events face many challenges in the school setting, as do the nurses and educators caring for these students. Open communication among health care providers, school nursing team, students and parents is imperative, along with the development of a clearly defined action plan. *This session is offered in rounds one and two.*

## **Related Services for Students With IEPs: Determining, Designing and Delivering**

**Lynn K. Makor, MA, CAGS, and Cayce Favasuli, MS, EdS, PhD**

In the public-school setting, the Individualized Education Program (IEP) team determines the need for related services based on the student's IEP goals and objectives, the skills of the team members, desired student outcomes, and recommendations by the related services provider. School health and school nursing services are indicated as one of the many related service options for students with disabilities.

This session will provide a detailed sequence of the IEP determination process that aligns with federal and state requirements, as well as best practice. An overview of the service options available and specialist considerations in designing and delivery-related services for students with disabilities will also be provided. Participants will have the opportunity to engage with case scenarios to discuss specific related service issues connected to the provision of school health/school nursing as a related service. *This session is offered in rounds one and three.*

## **Return to Learn: A System-Based Progression Plan**

**Shelly Klutz, BSN, RN, NCSN**

A system-based approach that allows the student to identify present symptoms and provides accommodations accordingly. This plan allows the student to increase cognitive demand while monitoring symptoms. If symptoms increase, the plan has an algorithm to decrease cognitive demands.

This plan requires student and teacher communication with one another. It gives the student and teacher recommendations on what accommodations to use for certain symptoms. This plan also holds the teacher accountable in providing needs with a documentation area. *This session is offered in round two.*

## **The Role of the School Nurse in Public Health General Population Shelters**

**Joe Bowman BSN, RN, CPHN, and Maria Turnley, BSN, RN, CPHN**

Participants will learn about the roles public health nurses assume during disaster sheltering. Participants will learn about emerging competencies for public health nurses working in general population shelters and how they will support public health nurses in being prepared to staff in shelters. Participants will be oriented to the three shelter staffing models which may be used in NC for staffing shelters as well as the shelter staffing matrix used to ensure that shelters are appropriately and safely staffed. Participants will learn about the Division of Public Health level of support they can expect if staffing a shelter. Participants will also learn about the specific support provided by the Local Technical Assistance and Training Branch Command Center. Participants will also be engaged in discussion surrounding several scenarios and be provided with information specific to school nurses related to disaster sheltering and serving in general population shelters. *This session is offered in round three.*

## **Role of the School Nurse in Risk Assessment: Supporting Students at Risk of Self-Harm or Harm to Others**

**Deb Terrell, BSN, RN, NCSN**

School nurses have an integral role in supporting students who are at risk for self-harm or a threat to harm others. Nurses are uniquely placed to provide medical and mental health assessment, interpretation of diagnosis, medication monitoring, referrals to appropriate care and treatment plan development. Nurses can further serve as case managers connecting the medical, behavioral/mental health and educational needs of students in crisis and supporting them after an assessment. *This session is offered in round one.*

## The Role of the School Nurse in Suicide Intervention and Prevention

**Deborah Tyndall, PhD, RN, CNE, and Mitzi C. Pestaner, PhD, RN, JD, LLM**

This presentation will provide an overview of national youth suicide rates, followed by homing in on North Carolina statistics and recent trends. Participants will learn about the risk factors and warning signs of mental health problems and suicide risk among students. Protective factors, such as school connectedness, will be discussed, as well as how school nurses can contribute to a positive school climate. The co-presenters will share their own research from a 2019 integrative review of the role of the school nurse in suicide prevention, which led to further examination of the role of school nurses in North Carolina. We will share insights gained from ongoing data collection since 2021 from six school districts in Eastern North Carolina that reveal successes, challenges and policy implications for supporting school nurses in mental health and suicide prevention. Using the National Association of School Nurses' (NASN) *Framework for 21st Century School Nursing Practice*, participants can visualize current contributions to suicide prevention within the key principles and opportunities to advance school nursing practice. We will tease out practical strategies based on evidence from the literature and our own research findings for school nurse leaders to consider. Considerations will include policies and best practices for use of screening tools and advocacy for school nurse involvement in interdisciplinary team meetings. We will discuss school- and district-level strategies to dismantle "stay in your lane" mindsets to promote policies that are inclusive of the school nurse to foster mental health equity for students. *This session is offered in rounds one and three.*

## Trends in North Carolina School Immunization Compliance Data

**Lucy Sutter, MPH**

This presentation will review data and trends from the *North Carolina Annual School Immunization Report*, with a focus on changes in immunization levels during the COVID-19 pandemic and rising religious exemption rates following increased focus nationwide on vaccines and perceived health threats from routine childhood vaccinations as well as COVID-19 vaccines. Data will be presented at both the state and county level, giving an opportunity for a closer look at regional trends than is available with data released annually in CDC's *MMWR*.

A discussion will follow centered on the trend of increasing religious exemptions. A short overview of NC DHHS, CDC and other evidence-based strategies for promoting routine immunizations and discussing vaccine hesitancy will be provided.

The presentation will also include a discussion of the survey instrument used to collect the data, with a focus on common errors made during data collection, and how the data is cleaned and analyzed.

Increased time will be given for discussion and Q&A, to provide a forum for school nurses who complete this survey annually to ask questions and provide feedback on the reporting process. The presentation will be given by Lucy Sutter, Immunization Compliance Data Manager for the NC DHHS, who is fully involved in the compliance reporting process and will be able to answer questions with concise and actionable plans and implement changes based on feedback. *This session is offered in round three.*

## **WSCC, SHAC and School Nurses: Healthy Students Learn Better and Live Better**

**Jenifer Simone, MSN, RN, NCSN, and Susanne Schmal, MPH**

The Whole School, Whole Community, Whole Child (WSCC) model is a framework to inform the education, public health, and school health sectors to have greater integration and collaboration to improve the health and well-being of all students, staff and families. The WSCC model, a national framework adopted by North Carolina, is student-centered and emphasizes the role of the community in supporting schools to address the non-academic barriers to student success.

As part of this session, we'll discuss the policy regarding School Health Advisory Councils (SHACs) and WSCC, data that informs the work of the state and local SHACs, the intersection of this work and the role of the school nurse, as well as examples of SHAC efforts, partnerships, and the impact on important topics, e.g., mental health, physical activity, food security, access to health services and more.

When it comes to meeting the needs within schools, everyone has a role to play to ensure “Healthy Students Learn Better” and live better. *This session is offered in round three.*