

Asthma Care and the Whole School, Whole Community, Whole Child Model

Your asthma management activities provide an excellent example of how school nurses can apply the Whole School, Whole Community, Whole Child framework to coordinate policy, process and practice to improve learning and improve health. Asthma affects the whole child. With the asthma action plan as your guide, you can reinforce education about use of controller medications and avoidance of triggers to keep the child healthy. Children and their families can feel safe knowing that appropriate medication is available for prompt treatment of symptoms and that an emergency plan is in place. When children can breathe better, they are less likely to miss class time and can be more engaged in all of their school activities. When you treat them with kindness and check in with them regularly, they feel supported. When their asthma is well-controlled, they are better able to stay awake during social studies, pay attention in math class, run in PE, and hold their notes in music. They are ready to discover the joy in succeeding when they are challenged.



Through collaboration, you can amplify your effects and utilize the resources of the whole school and the whole community. One-on-one with your students or in classroom groups along with the health educator, you provide health education about lung health and asthma management. You work with the physical education teacher to pre-medicate and adapt activities when needed so that children with exercise-induced symptoms get much-needed physical activity. You work with nutrition services to prevent exposure to food allergens. You pick up clues that counseling, psychological and social services might help to address emotional factors that complicate asthma management and refer as needed. You help to develop and implement school-wide emergency plans and policies to improve the social and emotional climate of the school, so that children with asthma feel safe and supported. When patterns of symptoms suggest triggers in the physical environment, you advocate for clean air and make recommendations for elimination of airborne allergens and irritants such as mold, dust, smoke, and fumes. Your efforts to promote flu vaccines and smoking cessation improve employee wellness, while decreasing potential triggers for your students with asthma. Through your updates about their child and ongoing education about the importance of controlling asthma to optimize learning, you promote family engagement in both asthma management and school activities. When you participate in your school wellness committee, address the PTA, or link families to community resources for addressing air quality issues or accessing health care and medications, you activate community involvement. In the coming year, as you enter asthma action plans, remind parents about medications, and treat children with symptoms, remember: As school nurse, you are the key to bringing all these elements together to improve the health and learning of your students with asthma.

Do you have examples of how you are applying the WSCC Model in your school setting? If so, please email Dr. Gingold at jjingold@childrensnational.org

Janet Gingold, MD MPH
School Physician

Welcome to Children's School Services!

Dawna Gadson, CHN—KIPP Douglas Street SE

Dehdyeti Cooper, CHN—Ward 3

January 2016 Health Observances

Cervical Cancer Screening Month and Cervical Health Awareness Month

National Birth Defects Prevention Month

National Blood Donor Month

National Glaucoma Awareness Month

National Winter Sports Traumatic Brain Injury (TBI) Awareness Month

Thyroid Awareness Month

Women's Healthy Weight Day (January 21)

IV Nurse Day (January 25)

Healthy Weight Week (January 17-23)

National Drug Facts Week (January 25-31)

Ward 3 Nurses Giving Back

Ward 3 nurses recently took on the wonderful task of spreading happiness for the holidays. They came together as a group and sponsored a less fortunate student for Christmas. The child's name is Taysean Moore and he is a 4th grader at Inspired Teaching PCS. Taysean recently moved to the DC area with his grandmother, Ms. Gentry, who suffers from health problems. She has found it difficult to battle her health issues and at the same time raise her grandchild. Taysean is a newly-diagnosed diabetic, but his high spirits are infectious when you meet him.

Right before the Christmas break, ward 3 nurses gathered at Taysean's school and surprised him with gifts including clothes for school, toys and his absolute favorite-a Nintendo DS! His grandmother was present and could not hold back her tears. Ward 3 has found that there is nothing better than a child's smile and being able to help out his grandmother, who was very grateful. After the surprise Ms. Gentry said, "Thank you- I will be eternally grateful for your generosity. It could not have come at a better time". Kudos to our nurses for spreading warm wishes during the holiday season!



Taysean with one of his gifts!



Courtney Jones, Ward 3 Nurse Manager, Taysean Moore (4th grade student at Inspired Teaching PCS), Cassandra Gentry (his grandmother), Elizabeth Ngethe, CHN, JoeAnn Jackson, CHN, Shontanette Ingram, RN

Courtney Jones, RN, BSN
Nurse Manager, Ward 3

Healthy Recipe of the Month– Paleo Stuffed Bacon and Egg Tomato Cups

Ingredients

- 4 large tomatoes, tops and cores removed
- 1 tablespoon avocado oil or olive oil
- 4 cloves garlic, minced
- Rosemary
- Salt
- Pepper
- 4 slices bacon
- 4 eggs

Directions

- Preheat broiler to low
- Place tomato cups in a pan. Drizzle with oil and cover evenly with garlic and rosemary, salt and pepper to taste. Broil for 10 minutes
- Meanwhile, fry bacon in a pan
- When tomatoes are done, remove from broiler and turn over to 400 degrees. Crack eggs into tomato cups. Bake 20 minutes, or until eggs are set
- Crumble bacon over tops of tomatoes. Garnish with extra rosemary, if desired.

Community Helpers Visit Leckie Elementary

On Tuesday, December 15th, the kindergarten class at Leckie Elementary hosted their second annual publishing party. This year's topic was Community Helpers, or those who work in public service. Students researched various professions such as nurse, doctor, and fireman. After sharing their findings, they were able to ask a panel of "community helpers" questions. The panel consisted of a librarian, science teacher, dentist, school nurse, lawyer, doctor, policeman, bus driver, crossing guard, chef and paramedic. Our very own school physician, Dr. Janet Gingold, was featured on the panel and was asked what made her want to become a doctor and what tools she uses. The students learned a lot and really enjoyed this event!



Egypt Middleton, school nurse, Nicholas Camilleri, a kindergarten student, and Dr. Janet Gingold.



Addison Stuart thanking Dr. Gingold for coming and answering her questions.

Egypt Middleton, RN, BSN
School Nurse– Leckie ES

Acts of Charity at Christmas

Ward 8 nurses under the direction of Angala Johnson, Nurse Manager for ward 8, partnered with other CSS staff and St. Thomas More Church to brighten the Christmas season for low income families. Ruth Richardson, school nurse at Ketcham ES, served as Project Coordinator. Members of the Alpha Chapter of Chi Eta Phi Sorority, Inc, the District of Columbia Republican Party as well as administrative staff from Ketcham ES also participated in this act of service. During the week before Christmas, the various groups donated gifts, toys and new clothes to give to over 500 children and families in ward 8. On Saturday, December 19th, St. Thomas More Church hosted a holiday party where volunteers helped to serve food, assist the children in writing thank you notes for their gifts, and sort and bag the gifts to disseminate. The children and parents were so grateful and appreciated the thoughtfulness of those who donated gifts and volunteered their time.



(Left to right) Cathy Raisher, Case Manager, Patricia Howard-Chittams, Ward 6 Nurse Manager, Aziza Parker, Savoy ES teacher, Katrena Clark, CHN, Ruth Richardson, RN, Paula Fountain, RN, and Marie Houanche, CHN

Patricia Howard-Chittams, MSN, RN
Nurse Manager, Ward 6
Ruth Richardson, RN-BC, BA, BSN, MA, EdD
School Nurse, Ketcham ES

Why Its So Hard to Kick Your Sugar Habit

It's the start of the new year and many of us are striving to live and eat better. Less fast food...more vegetables...less sugar. However sugar is becoming very hard to avoid, even for those without a sweet tooth. It is obvious that soda and candy are loaded with sugar but nutritionists say that some breads can contain nearly six grams of sugar per slice! Some pasta sauces and low fat salad dressings have up to 12 grams of sugar per serving according to Lisa Drayer, nutritionist and author of "The Beauty Diet."

A lot of Americans believe that if something is "natural" then its healthy. For example, honey is natural but its very caloric and many do not realize that a teaspoon of honey or agave has more calories than a teaspoon of sugar. Studies show that natural sugars found in milk and fruit give no adverse effects to the body. Contrarily, added sugars included during processing cause weight gain and obesity. The World Health Organization suggests adults and children to reduce their intake of added sugars to less than ten percent of their daily energy intake. The American Heart Association suggests a maximum of 24 grams per day for women and 36 grams per day for men.

To regulate sugar intake, start by taking a look at the ingredients list. If sugar, corn syrup, high fructose corn syrup, agave, honey, molasses and anything else ending is 'ose' like dextrose, fructose, and sucrose are listed high on the label, avoid that food. As you gradually cut back on sugar, consume more protein and fiber rich foods. Protein and fiber slow the rise in blood sugar when consuming sugar containing food. Cutting back on sugar is not impossible but requires a conscious effort.

Samantha Bresnahan and Will Worley
CNN Health
<http://www.cnn.com/2015/12/10/health/sugar-habit-food/>

This newsletter is published monthly by the Children's School Services School Health Nursing Program.

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