Children's National ™

Children's School Services

March 2016 | Volume 8 | Issue 3

Immunization Update

The CDC has updated its recommended immunization schedule, effective February 1, 2016. While the changes in the schedule do not affect the rules regarding immunization compliance for school children in the District of Columbia, you should be aware of them as you talk with parents about their children's immunizations. One change involves new Meningococcal B vaccines. The meningococcal vaccines routinely used at age 11 and 16 protect against types A,C,W, and Y, but not type B. After several outbreaks of Type B meningococcus, two new vaccines were approved for use in persons 10-25 years of age for prevention of type B meningococcus when individual clinical decision making determines it is appropriate. A MenB vaccine series may be administered to adolescents and young adults aged 16–23 years to provide short-term protection against most strains of serogroup B meningococcal disease. The preferred age for MenB vaccination is 16–18 years. MenB vaccine may also be used in persons in certain high-risks groups.

Also, the HPV recommendations have been updated to include the new vaccine that protects against 9 strains of HPV (9vHPV). 9vHPV vaccine is recommended for both boys and girls at 11 -12 years of age. Updated recommendations state that the HPV vaccine series can be started at age 9; children with a history of sexual abuse or assault who are 9 years old or older should receive HPV vaccine if they have not yet completed the 3-dose series. For the complete updated CDC vaccine recommendations, visit http://www.cdc.gov/vaccines/schedules/

Congratulations to the nurses who helped their schools achieve the greatest decreases in the number of vaccine-non-compliant students from October through January: Deal MS, Raymond EC, Bruce Monroe ES, Tubman ES, Wilson HS

Do you ever wonder if your efforts to get kids immunized really makes a difference? A recent nationwide study (http://pediatrics.aappublications.org/content/early/2016/02/19/peds.2015-1968) investigated the change in HPV infections since the introduction of HPV vaccination in 2006. Data from 2009-2012 indicates that among all females 14-19 years of age, the prevalence of infections with strains of HPV present in the 4vHPV vaccine has decreased 64% compared with the pre-vaccine era. Prevalence also decreased significantly among 20-24 year old females. The greatest decrease in HPV infections was found in the age-groups with the highest vaccine coverage; significant decreases were not found for HPV strains not present in the 4vHPV vaccine. This study provides good evidence that the HPV vaccine program has helped to decrease the burden of HPV in the US. With more young people vaccinated, fewer vaccine-type HPV infections have occurred, and fewer HPV-associated cancers can be expected in decades to come. Vaccination protects not only the individual vaccinated but also his or her contacts in the future. As more kids get vaccinated, we can expect better herd immunity, as has been found in other countries with higher HPV vaccination coverage. So keep on with your efforts to educate and remind families about HPV vaccine. It works!

SHARE YOUR STORY

Where did you find an opportunity for improvement? What did you do about it? Did the change lead to an improvement? What did you learn?

Janet Gingold, MD, MPH
School Physician

March 2016 Health Observances

Bleeding Disorders Awareness Month
National Colorectal Cancer Awareness Month
National Kidney Month
National Nutrition Month
Save Your Vision Month
Trisomy Awareness Month
Workplace Eye Wellness Month
National Sleep Awareness Week (March 6-13)
National School Breakfast Week (March 7-11)
National Women and Girls HIV/AIDS Awareness Day (March 10)
World Kidney Day (March 10)
Patient Safety Awareness Week (March 13-19)
Brain Awareness Week (March 14-20)
National Poison Prevention Week (March 15-21)
American Diabetes Alert Day (March 22)
World Tuberculosis Day (March 24)

Learning, and controlling, your metabolism rate for weight loss

Metabolism is a term that is thrown around a lot in the nutrition world, but most people do not fully understand what it really is, what aspects of your metabolism are under your control and how you can optimize it to help you lose weight and keep the weight off. The term metabolism refers to all the chemical processes that take place in your body to keep you alive. As far as weight loss, most people are referring to the total energy expenditure (TEE), or the number of calories that you burn on a daily basis.

Your resting metabolic rate is the number of calories your body burns at rest. This makes u approximately two-thirds of TEE and depends on your age, sex, body size, its composition, hormone levels and recent energy intake. The more body mass you have, the more you burn, and muscles and other lean tissue, especially major organs, burn significantly more than fat. As we get older, changes in hormones and protein metabolism, combined with decreased physical activity, lead to a muscle loss of three percent per decade starting in your thirties, often accompanied by a slow gain in fat. Regular strength training can help offset these changes in body composition.

The second major aspect of TEE is activity energy expenditure, which accounts for fifteen to thirty percent of the total calories you burn each day, based on how physically active you are. One major aspect of exercise that many people fail to realize when they are trying to lose weight is that the less you weigh and the more fit you become, the fewer calories you burn doing the same amount of exercise. This is why it is imperative that one modifies his or her workouts regularly. Working out longer, increasing the intensity of your current regimen and changing the types of exercises you do to work different muscle groups will be helpful.

The final component of TEE is the calories you burn digesting and processing the food you eat, accounting for only about ten percent of the total. Protein requires more calories to digest and process than carbohydrates, and carbohydrates more than fat, but that does not mean that you should load up on chicken breasts to boost your metabolism. Total caloric intake still matters the most, although the quality of those calories does play an important role in facilitating weight loss.

Irregular eating patters can decrease the number of calories burned during digestion and the time of day that you eat can also play a role. A recent study suggested that there is a higher boost in post meal calorie burning in the morning than in the evening. Until more studies are done and we learn more, your best bet is to exercise regularly (including both cardio and strength training), pump up the intensity of workouts when you can, eat regularly (do not skip breakfast and have a huge dinner), do not crash diet and lead a more active lifestyle.

Dr. Melina B. Jampolis, Special to CNN

http://www.cnn.com/2015/11/30/health/controlling-your-metabolism-for-weight-loss/

Healthy Recipe of the Month– Easy Roasted Salmon and Bok Choy

Ingredients:

- 2 salmon fillets without skin
- 2 tablespoons olive oil
- 2 tablespoons low sodium teriyaki sauce
- Salt
- Pepper
- 1 teaspoon sweet paprika
- 1 large bok choy, chopped
- 4 tablespoons butter
- 1/4 cup chopped white onion
- 1/2 cup vegetable stock
- 1/4 cup frozen green peas
- 1/4 teaspoon dried thyme

Directions:

1. Preheat oven to 375 degrees
2. Brush both sides of salmon with olive oil and place skin side down in a saucepan over medium-high heat. Brush with teriyaki sauce and season with salt, pepper and paprika. Place skillet in oven for 15 minutes, or until fish is cooked through
3. Meanwhile, steam or boil bok choy until tender, about 8 to 10 minutes
4. Heat a frying pan over medium heat. Add butter and melt. Add onion and cook until translucent, about 5 minutes. Add bok choy and veggie stock. Cook until soft. Add peas, thyme and salt and pepper to taste. Saute until stock has mostly evaporated, about 10 minutes.
5. Remove salmon from oven and cover skillet with aluminum foil. Let rest 5 minutes before serving. (This allows juices to distribute throughout salmon)
6. Serve salmon atop bok choy.

DC's reproductive health efforts

Washington, DC, maintained the same grade as last year and received a "B" in the Population Institute's fourth annual report card on reproductive health and rights, while the U.S. as a whole received a "D+." The district is one of seventeen states receiving a "B" or higher. In releasing this year's report on 2015, Robert Walker, the organization's president, said "Every state has a role to play in ensuring access to affordable reproductive health care. Today's report card indicates that Washington, DC, is doing better than many states, but there is still room for improvement. Without continued progress they will continue to see high rates of unintended and unwanted pregnancies, including teen pregnancies. That should be a matter of concern to women and their families."

The Institute's report card ranked each of the 50 states and the District of Columbia on four broad indicators relating to reproductive health and rights: effectiveness (30 points), prevention (20 points), affordability (25 points), and access (25 points). Washington, DC, received a "B" grade for several reasons. It has expanded the Medicaid program under the Affordable Care Act and also mandates comprehensive sex education in public schools, covering abstinence, HIV prevention, as well as different methods of contraception. Washington, DC, also currently does not have laws enacted that make it unnecessarily difficult for a woman to have an abortion if she chooses to do so.

Walker warned that "A woman's reproductive health should not depend on where she lives, but increasingly it does. Women in many areas are experiencing reduced access to reproductive health care services." He added that twenty-one states have refused to expand Medicaid under the Affordable Care Act, leaving millions of women without improved access to contraception and other health care services. Walker also stated that two hundred eighty eight new abortion restrictions have been approved since January 2011, and that several states have cut funding for family planning services.

Sex education in the schools also varies widely. Some states require no sex education, while others fail to require any instruction about use of condoms, birth control or the prevention of HIV/AIDS. As a result, the quality of sex education can vary widely from one school district to the next.

Overall, Walker stresses that this report should be a call to action for the country and that every woman in America should have access to reproductive health care and her reproductive rights should not depend on where she lives.

https://www.populationinstitute.org/resources/reports/reportcard
https://www.populationinstitute.org/external/2015_Report_Card/dc.pdf

Smile Mobile Dental Program Visit Woodridge ES

On February 9, 2016, the Smile Mobile Dental Program visited FPCS Woodridge Campus. February is Children's Dental Health Month and it is a good time to reflect on educating our children about oral health. According to the World Health Organization, 60-90% of children have dental cavities. Tooth decay is the most common chronic and infectious disease among children. Oral health is essential to general health and quality of life. It is a state of being free from mouth pain, infection, sores, gum disease, tooth loss that limits an individual's capacity in biting, chewing, smiling speaking and psychosocial wellbeing. The Mobile Dentist set up a mini dental clinic and they provided dental service to 25 students. They provided on site x-rays, dental examinations, cleaning, fluoride, fillings, sealants and even extractions to children at school. Their goal is to provide dental care in communities to help with prevention of oral disease in children. Parents also benefited from the visit because they did not have to take children to the dentist and it also kept students from being absent from school. Overall, the visit was a success and children learned the importance of brushing their teeth and seeing the dentist regularly.

Frances Fletcher, RN
School Nurse, FPCS Woodridge

Camp Dr. Drew

Last month, Drew ES students and parents participated in an exciting event called Campfire Family Literacy Day. The school was set up like a campground with tents, flashlights, and a fire. The cafeteria was called the Golden Eagle Trail, the gym was called Big Woods Campground, the library was called Bear Paw Park (with someone in a bear costume!) and the lounge was called Los Libros Lake. The students and parents rotated to each camp site and read books. Parents were exposed to literacy resources and walked away with practical strategies to support literacy at home. The students experienced a day of family fun and were really excited about reading. Camp counselors signed the students "literacy map" after each of the four camp sites were visited for a raffle giveaway.

Nurse Moore with two of her students during Campfire Literacy Day

Nurse Moore with a student

Rose Moore, RN ,BSN
School Nurse, Drew ES

Celebrating our Roots

In honor of Black History Month, Thurgood Marshall Academy PCHS hosted the fifth annual "Celebrating our Roots," a powerful production that honored the Civil Rights Movement, then and now. The Drama Club and Black Lives Awareness Club did an awesome job reenacting the historical and monumental events in Black history.

One of the moments in the powerful production was a 1960's sit in. The skit involved groups of students in various sections throughout the audience with each group randomly standing up shouting chants for justice. It felt like the audience was reliving the actual moment.

This annual event is so necessary because it reminds all in attendance how far the African American race has come but also shows how much work we still have to do. Some of the issues are still relevant and common today.

Yvonne Akinwumi, RN, BSN
School Nurse, Thurgood Marshall Academy PCHS

The Johnson and Johnson School Health Leadership Program

The Johnson and Johnson School Health Leadership Program is a nationally recognized fellowship which empowers teams of school nurses and their school and community partners with skills and knowledge to become public health leaders in their local communities. A team consisting of Ruth B. Richardson, RN, Dawna Gadson, RN, Katrina Clark, RN, Karen Richardson, and Maisha Riddlesprigger, Ketcham ES principal and administrative partner, was recently accepted to participate in this year's program. The highly competitive fellowship program is designed to address a significant health concern or problem in the community . The selection committee received an overwhelming number of applications and the acceptance rate was approximately fifty percent. Each state/district, etc. selected its own group of nurses and administrative or community support members for their team (s).

Within the fellowship program, all participants will engage in online, self-paced learning. The process begins with the Preliminary Leadership Course. This course is designed to set the foundation for work done at the Leadership Institute. Following participation at the Institute, fellows will participate in monthly webinars and take three self paced online courses in relevant health issues.

After online learning is completed, the team will travel to New Jersey in July for a six day residential institute. Topics will include school leadership, advocacy, diversity, school nurse leadership, the community empowerment model, effective written communication, grant writing and team building.

The team looks forward to the challenges they will face as they explore and share their evidence based strategies for their assigned project.

Ruth Richardson, RN
School Nurse-Ketcham ES

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

Natalie Peart, MA
Program Coordinator, Editor
npeart@childrensnational.org

Sharon Bostic, DNP, MBA, BSN, RN, CPN
Director of Quality and Education

Colleen E. Whitmore, MSN, RN, FNP
Interim Executive Director
Director of Nursing