

Children's School Services

The Springtime Blues—Understanding Seasonal Allergies

Allergies affect a diverse population of individuals in an equally diverse manner. In its physiological context, “allergy” refers to the body’s hypersensitivity to certain environmental conditions. It is an exaggerated response of the immune system to substances that cause no harm in most individuals. Seasonal allergies describe a particular class of hypersensitivities based on seasonal conditions, particularly those of the spring and summer months when flowers are blooming and pollen spreads through the air.

Seasonal allergies commonly make their presence felt through a condition called allergic rhinitis, or “hay fever.” Despite its name, hay fever does not result in an actual fever. Instead, it is similar to the common cold, with certain differences that can make it a more uncomfortable experience.

There is no known cure for allergies, but there are treatments that can make the symptoms less severe. The most obvious way of preventing symptoms is to avoid those allergens that cause them. Unfortunately this can be rather inconvenient for those who would like to enjoy the great outdoors during the beautiful spring and summer months. All sorts of allergens are floating around in the air, so life for an allergy sufferer can be anything from annoying to downright miserable. Fortunately there are a wide variety of medications available to ease the agony.

The most common type of allergy medication is called an antihistamine, which typically brings a lot of relief but do often cause drowsiness. For some people, typical allergy medications are not enough. There is still hope for them though, and it comes in the form of a process called immunotherapy, which aims to desensitize the immune system to allergens by administering a series of shots over the period of several years. These shots contain trace amounts of the allergen and after a while the immune system “learns” that it is harmless.

References: Charles Janeway, Paul Travers, Mark Walport and Mark Shlomchik. Immunobiology (5th ed.) New York: Garland Science, 2001

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Nurse Manager-Ward 7

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April Health Observances

Alcohol Awareness Month
Autism Awareness Month
Foot Health Awareness Month
Minority Health Month
Sexually Transmitted Infections Awareness Month
Sports Eye Safety Month
Sjogren's Syndrome Awareness Month
Women's Eye Health & Safety Month
Public Health Week (7-13)



Sjogren's Awareness Month!

There are currently 80 identified autoimmune diseases. Sjogren's is an autoimmune disease which affects the moisture producing glands.

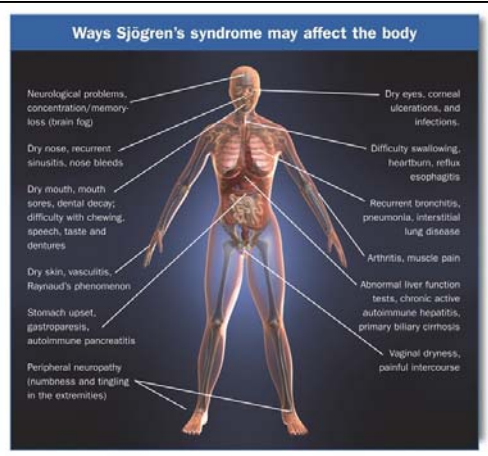
It is estimated that 4 million people in the United States are affected by this potentially debilitating disease and it is also very difficult to diagnose and treat. For more information,

please visit the Sjogren's Syndrome

Foundation website: [https://](https://www.sjogrens.org/)

www.sjogrens.org/

Beverly Taylor, BSN, RN
School Nurse– Browne Education Campus



Benjamin Banneker High School: Celebrating Alumnae in the Health Profession

Benjamin Banneker Academic High School in ward 1 recently celebrated Women's History Month by honoring alumnae who work in the health profession. Camille Wheeler, CHN, Banneker alum and current school nurse at Bell SHS and Annette Timmons, RN, school nurse at Banneker HS, were among those honored.

Wheeler and Timmons spoke about the impact of their nursing careers on their lives, the duties of a school nurse and the joy they receive from providing care for students and their families. Wheeler explained to the students how her involvement in community services as a student at Banneker helped prepare her for a career in nursing. Students were encouraged to begin preparing now for their future and reminded that working hard and setting goals are key for success.



(l-r Nurse Annette Timmons and Nurse Camille Wheeler).



Womens History Month panel

Annette Timmons, RN, BSN School Nurse-Banneker HS
Camille Wheeler, RN, BSN, MA School Nurse– Bell SHS

The Maryland Association of School Nurses Annual Conference

On March 29th, the Maryland Association of School Nurses held its annual conference in Ocean City, MD. Despite the dismal weather, those in attendance had an enjoyable time and learned a lot. Some of the topics included new trends in management of concussions, human sex trafficking, and current research and management of asthma.

CSS nurses in attendance included Elfrida Kamara, LPN, Bonnie Durant, CHN, Augusta Anazodo, CHN, Patricia Tolson, CHN, Selinda Boyd-Graham, CHN, Joyce Grace, LPN, Laura Wallace, CHN, Deborah Owens, LPN and nurse manager Cathy Raisher, RN, BS, NCSN.



Bonnie Durant, MSA, RN
School Nurse– Community

Change 4 U

McKinley Technology Middle and High School students are ready to fight obesity, hypertension and other diseases that are hurting their population. “Change 4 U” is an after school program that will assist youth in awareness of love, health and developing self esteem. The goal of the program is to help students develop skills and values that will help them excel in the future. Students participate in different exercise programs and discuss lessons on healthy eating. Students have shared that they have lost weight, feel good and are starting to bring healthy lunches from home to school. This is only the beginning!



Brittani Haynes, MSN, RN
School Nurse– McKinley Technology High School

The Smile Program Dental Team visits Shepherd Elementary School

The Smile Program Dental Team led by Dr. Ernest Ponraj visited Shepherd Elementary School on Friday, March 28th.

A total of 13 students received preventative services and treatments. The students were very happy and grateful for this visit. We sincerely thank the team for a job well done!

Rose Roberts, RN, BSN
School Nurse– Shepherd ES

Otto the Auto and Big Smiles DC Visit JO Wilson Elementary

In late February, Mr. Joe Beddick, a manager from the Mid-Atlantic Services of AAA, presented two sessions for pre-school, kindergarten and first grade classes. Otto the Auto is a three foot tall remote controlled talking car. Otto engages the students in a traffic safety exercise. The presentation stresses the importance of wearing seatbelts, finding safe places to play, wearing bike helmets and looking all ways before crossing the street.



On March 19th and 20th, Big Smiles DC set up their stations at our school. The team performed dental exams, cleanings, and offered oral hygiene instructions. During the two day visit, forty-five students received service.



Linda Pope, RN
School Nurse-JO Wilson ES

Big Smiles DC dental team

MedStar Family Choice Visits Payne Elementary School

MedStar Family Choice visited Payne Elementary School on March 13th to share with the first and second graders information on dental health. The presentation was interactive and the students were able to practice proper flossing and brushing techniques. They were also given goodie bags with toothbrushes, toothpaste, disposable picks for flossing and a timer to use when brushing their teeth.



MedStar Family Choice with Payne ES students

Simone Anderson, LPN
School Nurse– Payne ES

She Still Marches On...

Still making strides after 45 years of unwavering commitment and dedication seen here at Children's National Medical Center, Mary Allen-Rochester continues to march on. She says that she would have never reached this pinnacle of success without the support of her family. Rochester had the desire, vision and determination to pursue a career as a nurse. While attending college, she also worked a full time job. She continued to further her education– going on to eventually receive a Master's degree in Community Health Promotion Counseling and Education at Trinity College (now Trinity University).

Now as a case manager for Children's School Services, she is a shining example of hard work and dedication. Adrienne Rogers, nurse manager for ward 2 and the ward 2 nurses wanted to acknowledge Rochester for her service. She was invited to their staff meeting to celebrate with cake and refreshments. She has been a wonderful and truly devoted case manager that has always gone above and beyond.

Yvonne Akinwumi, RN
School Nurse-Thurgood Marshall Academy Public Charter High School

The Biggest Loser at John Burroughs EC

Ms. Rita Gray, the school's Business Manager and Nurse Carter-Njinjoh decided to start the "Biggest Loser" challenge at Burroughs EC. Each participant paid twenty dollars to join. After a one month period, the staff member who achieved the highest percentage of weight loss was awarded the money collected by all nineteen team members. Ms. Gray also enlisted the help of Mr. Moore, a fellow staff member and fitness instructor to teach a one hour aerobics class three times per week in the school's gymnasium.

Nurse Carter-Njinjoh explained to the staff that yes, the money is a strong incentive but the ultimate goal for all is to become healthier by making better food choices and exercising to lower the Body Mass Index (BMI). Once each participant was weighed, he or she met with the nurse to get an understanding of the National Institute of Health Guidelines for Obesity using the BMI. The BMI is calculated by dividing the weight by body surface area. They were also informed that improving their BMI would help decrease their chance for hypertension, stroke, diabetes and heart disease.

Nurse Carter-Njinjoh also calculated the participants daily caloric intake needed to maintain their current weight by using this simple formula– body weight x 10 for women and body weight x 15 for men.



Nurse Carter-Njinjoh (left) and a participant

Marjorie Carter-Njinjoh, RNC, MSN
School Nurse– John Burroughs EC