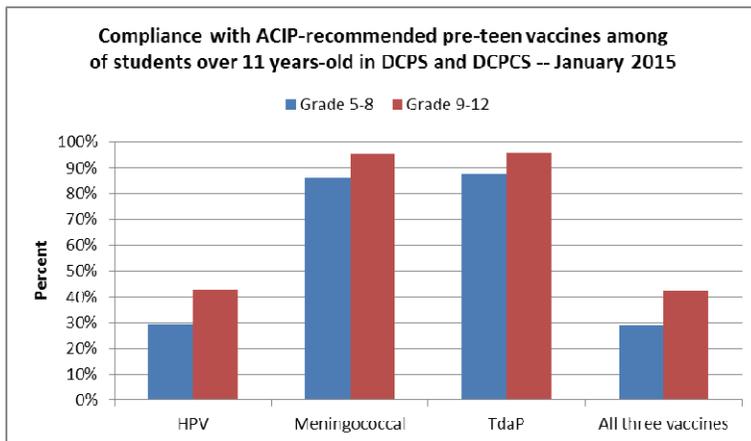


New Reminder-recall System for Improving Immunization Compliance

To aid your efforts to improve immunization compliance, the CSS Outcomes and Evaluations Unit has gotten the go-ahead from the Department of Health and DCPS to use automated calls to provide families with health messages, including immunization reminders. We recommend that nurses work with their Principals to send automated messages to remind families about immunizations, not only after they become overdue, but also as they pass a birthday and become "due." For example, each month, you can generate a list of kids in your school who have had their 11th birthday during the preceding month, and send them a message about the vaccines that are now due. Many families are unaware of the relatively recent ACIP recommendations for 11-12 year olds. A call from the Principal might prompt more families to take their kids to their medical home for those pre-teen vaccines. We have developed several scripts to use for automated calls for different groups of kids and these are available from your nurse manager. If your school does not already have a system for using automated calls, check with your nurse manager and the CSS Outcomes and Evaluations Unit about how you can set up the calls.



According to recommendations from the Advisory Committee on Immunization Practices (ACIP), children should receive Tdap, Meningococcal vaccine and HPV vaccine when they are 11-12 years old. Just 36 percent of students in grades 5-12 who are over 11 years old are in compliance with ACIP recommendations for all three of these three vaccines. While 91 percent are in compliance for meningococcal, and 92 percent are in compliance for Tdap, only 37 percent are in compliance for HPV. Several factors might contribute to differences between HPV and the other vaccines. Healthcare providers often miss opportunities to provide HPV because parents (or providers) are hesitant to give a vaccine that they think "can wait until later." Some kids get the first dose of HPV but fail to receive the second and

third doses. Sometimes when there is an opt-out policy in place, as there is in the District, parents perceive the vaccine as less important—they opt out because they think it can wait, and then they don't revisit the question later. The rationale for giving HPV vaccine to pre-teens is that completing the series during that 11-12 age window allows development of a full immune response well before exposure is likely. By reminding families about the recommended pre-teen vaccines, you can help ensure that all students have the best possible protection from vaccine-preventable diseases.

Janet Gingold, MD, MPH

February 2015 Health Observances:

National Children's Dental Health Month
 American Heart Month
 February 4: National Girls & Women in Sports Day
 February 6: National Wear Red Day
 February 7: Give Kids a Smile Day
 February 7-14: Congenital Heart Defect Awareness Week
 February 23-March 1: National Eating Disorders Awareness Week

Healthy Recipe of the Month– 10 Minute Creamy Cauliflower Soup

Ingredients:

- 4 1/2 cups cauliflower florets (1 large head cauliflower)
- 1 clove garlic
- 1/4 onion, chopped
- 2 1/4 cups warm milk
- 1/2 cup shredded cheese
- Salt and pepper to taste

Directions:

- 1) Steam cauliflower, garlic, and onion (A rice cooker works great for this)
- 2) Combine with the rest of the ingredients in a blender
- 3) Blend until smooth being careful not to over blend
- 4) Pour into bowls and serve warm with bacon, bit, croutons, and chives or another green garnish

Flu update: Spread the Word, Not the Germs

A recent report from the CDC estimates that this year's flu vaccine has reduced the risk of going to the doctor because of flu by 23 percent. This relatively low vaccine effectiveness results from antigenic drift of the circulating influenza virus--the antibody produced in response to the vaccine doesn't quite match the antigens on the circulating viruses. Flu vaccine is still recommended because partial protection is better than no protection. With less protection from the vaccine, preventing exposures becomes even more important.

The CDC report also notes that antiviral drugs are effective against this year's circulating flu viruses when given within two days of onset of symptoms. When kids have flu symptoms, encourage families to check with their health care provider about whether antiviral drugs might be indicated, especially for those with underlying medical conditions. Whenever you can, spread the word about things people can do to decrease flu transmission and prevent complications:

- Get a flu shot
- Avoid close contact with people who are sick
- If you get the flu, stay home until the fever is gone for at least 24 hours. Check with your doctor about antiviral medication
- Cover your mouth and nose with a tissue when you cough or sneeze; throw the tissue in the trash after you use it
- Wash hands frequently
- Avoid touching your eyes, nose and mouth
- Clean and disinfect frequently-touched surfaces

Check out these resources to help educate students and families about the flu:

The Flu: A guide for parents http://www.cdc.gov/flu/pdf/freeresources/updated/fluguideforparents_trifold.pdf

"Cover your cough" flyer <http://www.health.state.mn.us/divs/idepc/dtopics/infectioncontrol/cover/gen/cycpgeneng.pdf>

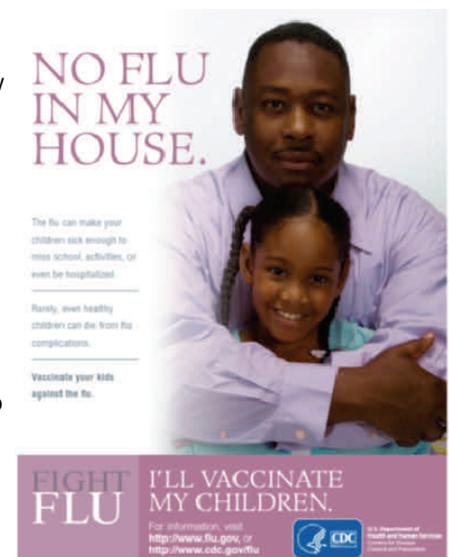
Toolkit for teaching young children about flu <http://www.cdc.gov/flu/pdf/freeresources/updated/teachingchildrenflu.pdf>

"No Flu in my House" flyer http://www.cdc.gov/flu/pdf/freeresources/updated/noflummyhouse_print.pdf

Janet Gingold, MD, MPH

Take Time to Celebrate Our Nurses!

The Innovation Council encourages you to nominate a nurse for the Daisy Award. The award was established to celebrate the extraordinary compassion nurses provide their patients and families every day. The Daisy Award winner is selected monthly. To nominate a nurse, please complete the form and email it to daisy@childrensnational.org or return it to the nurse manager.



Magnesium, An Invisible Deficiency That Could Be Harming Your Health

If you often feel exhausted or occasionally notice muscle cramps interfering with your workout, you may be suffering from a magnesium deficiency. Though easy to overlook and hard to diagnose, magnesium deficiencies are more dangerous than one might think. "Magnesium is involved in more than 300 biochemical reactions in your body. It affects everything from your heart beat to your muscles to your hormones," says Danine Fruge, MD, Associate Medical Director at the Pritikin Longevity Center in Miami, Florida. Studies show that only about 25 percent of U.S. adults are at or above the recommended daily amount of 310 to 320 milligrams for women and 400 to 420 for men. The initial symptoms of magnesium deficiency are loss of appetite, nausea, and fatigue, which are unfortunately common side effects of other health conditions, making it very hard to diagnose. Though symptoms are minor at first, a magnesium deficiency may eventually cause noticeable problems with your muscle and nerve function such as tingling, cramping, numbness and contractions. As it worsens, a magnesium deficiency could even cause seizures, personality changes, or abnormal heart rhythms.

It's probably what you are eating, rather than what you are not eating that is putting you at risk for a magnesium deficiency. If you drink a lot of soda, caffeinated beverages and alcohol, you are less likely to have adequate amounts of nutrients including magnesium in your diet. In fact, alcohol may interfere with your body's absorption of vitamin D, which aids magnesium absorption. Refined sugar causes the body to excrete magnesium through the kidneys, causing a net loss.

Dr. Fruge recommends food over supplements for magnesium consumption. The body absorbs magnesium from food differently than it does from supplements. You should only use magnesium supplements under the direction of a doctor as too much of a supplement can put your heart into an arrhythmia. Food sources are safest so focus on leafy greens, white beans, whole grains, and most types of fish.

Zahra Barnes for Life by DailyBurn

http://edition.cnn.com/2014/12/31/health/magnesium-deficiency-health/index.html?hpt=he_c2

NBC4 Annual Health and Fitness Expo

Beulah Gwynn, nurse manager for ward 7, recently attended the NBC Health Expo at the Washington Convention Center, where she demonstrated proper CPR procedure to about 40 participants. Gwynn also discussed how to keep the heart and body healthy, signs of stroke, and when to call 911. Nurse Garnett Freeman, RN, BSN, and Valerie Horne, RN, worked as volunteers during the expo and joined the National Kidney Foundation in assisting with urine screening for potential kidney disease risks. The nurses not only assisted participants but also raised awareness of the primary risk factors for chronic kidney disease, hypertension, and diabetes.



Nurses Valerie Horne, RN (left), and Garnett Freeman, RN, BSN, at the Health Expo



Beulah Gwynn, RN, BSN, Nurse Manager

Beulah Gwynn, RN, BSN & Garnett Freeman, RN, BSN
Nurse Manager/School Nurse

5 Ways to Improve Odds and Beat Heart Disease

In honor of American Heart Month, CNN Health compiled a list of five ways to dramatically reduce the chance of getting heart disease:

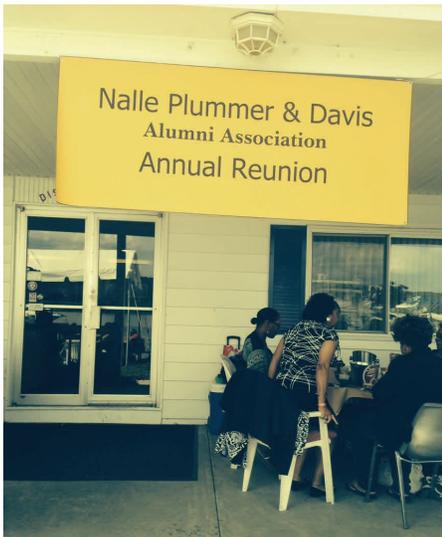
- 1) No smoking: Smoking not only damages your lungs and skin, it also hurts your heart. In fact, nearly as many smokers die of heart disease as they do from lung cancer. The chemicals in cigarettes cause physical damage to your heart and they interfere with your blood cells. Smoking can cause plaque to build up in your heart and narrow your arteries, making it harder for blood to circulate. Too much plaque leads to coronary heart disease.
- 2) Get your BMI in check: Try to keep your body mass index (BMI) between 18.5 to 24.9.
- 3) Exercise as much as you can: Engaging in physical activity at least 2.5 hours a week can make a significant difference.
- 4) Keep a healthy diet: If you are active, you can eat about 2,200 calories a day and maintain your weight and still be considered healthy. If you exercise occasionally, try 2,000. If you tend to just sit on the couch everyday, shoot for 1,800. Counting calories is not as important as making sure you are eating a balanced diet that consists of all the food groups.
- 5) Drink alcohol, but only in moderation: Studies have shown that women who do drink in moderation have a better chance than nondrinkers of staying healthy as they age. Moderate drinking can reduce inflammation, promote healthy cholesterol levels, improve insulin resistance and help blood vessels function properly. The CDC suggests that you should not start drinking for the health impact if you do not drink already. There are a lot of extra calories in alcohol.

Jen Christensen, CNN

<http://www.cnn.com/2015/02/05/health/feat-healthy-heart-habits/index.html>

Giving Back in Ward 7

Carolyn Dickens, RN, BSN, is a member of the NPD Alumni Association, a neighborhood group comprised of those who attended Nalle ES, Plummer ES, and Davis ES and grew up in the area. The group came together in 2005 to give back to the community and take great pride in helping the less fortunate. From donating Christmas trees to providing groceries and cold weather accessories, they are constantly looking for ways to help. The fundraising activities consist of card parties, crab feasts and more. It truly gives us great joy to provide meaningful services to our community.



Members of the NPD Association at a gathering



Gifts collected by the NPD Association during the holiday season

Carolyn Dickens, RN, BSN
School Nurse: Maya Angelou PCS

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

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