



Children's School Services

Are you fitter than a fifth grader? Probably

New research presented at the American Heart Association's Scientific Sessions reveals that today's kids are less fit than their parents were at the same age, putting them at a higher risk for health issues in adulthood. Researchers from the University of South Australia's School of Health



Sciences analyzed and compared 50 studies on children's running fitness between the years 1964 and 2010. The studies included about 25 million kids aged between 9 and 17 in 28 different countries. They recorded running times from five to fifteen minutes and distances from a half mile to two miles. They concluded that over the 46 years, the cardiovascular endurance measured by the times it took to run the various distances among kids declined significantly. From 1970 to 2000, U.S. children's cardiovascular endurance fell about 6% per decade and among all countries it fell about 5% each decade. In short, today's kids are 15% less in shape than their parent were. Researchers suggest that cardiovascular fitness is one of the most important factors for good health, in childhood and in adulthood. The Centers for Disease Control currently recommend that children get at least an hour of daily activity that involves the entire body. Studies have shown that kids who are more physically active do better in school.

Alexandra Sifferlin, TIME.com

<http://www.cnn.com/2013/11/20/health/time-kids-fit/>

January 2014 Health Observances

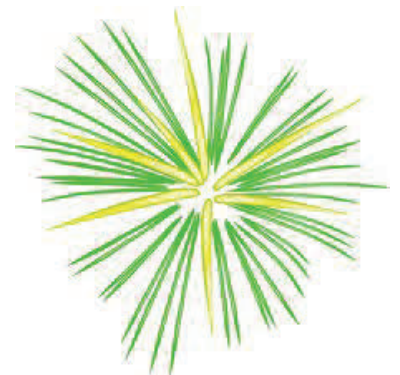
National Blood Donor Month

Cervical Health Awareness Month

Glaucoma Awareness Month

Healthy Weight Week (19-25)

Women's Healthy Weight Day (23rd)



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

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January Healthy Recipe

Spinach Salad

Ingredients

- 6 c. fresh spinach, torn in bite-size pieces
- 1/2 c. mandarin oranges
- 1 c. strawberries, sliced
- 4 oz. soy blue cheese crumbles
- 1/4 c. cashews

Dressing

- 3 tbsp. red wine vinegar
- 3 tbsp. orange juice
- 1 1/2 tbsp. canola oil
- 1/4 tsp. dry mustard
- 1/3 tsp. poppy seeds

Directions

Mix dressing ingredients and refrigerate. Mix the fruit and spinach together. Pour dressing over salad and mix well to coat evenly. Sprinkle cashews and soy blue cheese over the top.

Risk Matters- “Documentation: At School or Away, Is It the Same?”

Nyrtha D. Braxton, MGA, RN Ambulatory Risk Coordinator, Legal/Risk Management Dept.



The Healthcare Record: Why is it important?

The patient's health – care record is an important legal document that provides information that shows the specific care that has been provided. The medical record can also be used to assist in resolving questions and or concerns as it references accountability and the provision of care.

Another Best Friend

Documentation provides a chronological record of its many events involving a patient from admission to discharge. Often it is used to refresh the RN's memory if they are requested to provide evidence in court. It is very common for the courts to use clinical documents to reconstruct events, establish time frames, dates, and to resolve conflictive testimony.

Your Best Defense or Worse Enemy

For instance, *a lawyer representing an RN* most likely will rely on available information that has been documented to establish that the care which was provided by the RN was both logical and prudent. The same documentation can be used by the *patient's lawyer* to try and show that the RN failed to meet the standard of a reasonable and prudent care provider.

Quality Is the Key

In order to provide quality documentation, the who, what, how, and why must be reflective of the documentation as it relates to the care provided by the nurse. It is very crucial to include a record of the patient's response for the care provided.

In Summary

If these measures are followed and incorporated as suggested, they will assist others in confirming that the RN's care was competent and safe. They will also confirm that the care provided met acceptable standards and procedures, was timely, and consistent with organizations policies. If you are *ever unclear* in determining if certain information should be included in the medical record, you should consult your facility policy and if necessary consult with the Legal department for Children's National Medical Center at 202 471 – 4860.

Reference: College & Association of Registered Nurses of Alberta, 2006

The Hero Club

Yvonne Akinwumi, RN
School Nurse-Thurgood Marshall Academy



(Nurse Akinwumi and Russell Baxter, the recipient of her Christmas gift)

Mr. Jonathan Hayden, a teacher at Thurgood Marshall Academy, is the faculty advisor for the “Hero Club,” a program to help male students develop leadership skills, respect, moral values and prepare for college. The club has been in existence for six years at the school and also operates in six other high schools in wards 7 and 8. There are approximately thirty young men of all grade levels who participate in the program. The program has helped students manage and improve their attitudes and behaviors. Some members of the Hero Club were once loud, disrespectful and often received detention for disorderly conduct and now they diffuse altercations in the hallways.

I shared with Mr. Hayden that I wanted to give a Christmas gift to a participant who has shown tremendous behavioral control over the years, senior Russell Baxter. I handmade a fleece quilt and hope that out of all the gifts he received, that this one will provide the warmest nights.

Share the Love Day at Luke C. Moore Academy

Sandra Knuth, CHN
School Nurse– Luke C. Moore Academy High School

Ward 5 nurses Betty Witherspoon, CHN and Sandra Knuth, CHN gathered on Christmas Day to attend and contribute to the “Christmas Share the Love Day” holiday party at Luke C. Moore Academy High School. Nurse Manager Cathy Raisher, RN, BS, NCSN, also attended and donated gifts. Many of the students at the school are homeless or live in shelters. Principal Azalia Hunt-Speight served as the primary organizer of the very successful event, which showed how much the school and community cares for and values its students.



L-R Kimberly Ruprecht, daughter of Ms. Knuth, Betty Witherspoon, CHN and Sandra Knuth, CHN