

Power of One: Advocate for Bone Marrow Donation

Deborah Owens, LPN, Ward 1, was the Power of One Awardee in September 2014. At the December 17th Hospital Management Staff Meeting, Ms. Owens was recognized by CEO, Dr. Kurt Newman, for her exceptional work. Last school year, a six year old student at the Creative Minds International Public Charter School came into school nurse Deborah Owens' office when he wasn't feeling well. It turns out that the boy had sickle cell disease, and by connecting him to Children's National Health System for treatment it was determined he needed a bone marrow transplant. "His future depended on the transplant, and I knew I had to do something to help," Owens, says. Owens is an employee of Children's National and is a school nurse through Children's School Services (CSS), as part of Children's long-standing tradition of collaborating with public and private entities to proactively address the health needs of local families. "I started looking into resources out there that we could give to the parents, and I found out about the *Be the Match* program," Owens says. *Be the Match* is the world's largest and most diverse bone marrow registry program.



Nurse Owens, LPN with her Power of One cake

With the help of a *Be the Match* regional representative and administrators at Creative Minds International, Owens set up an educational event at the school for students, parents and community members to learn about registering as a bone marrow donor. Sixty individuals signed up for the bone marrow registry at the event, agreeing to be tested to determine if they were a match for the student. Owens also set up a table in the Creative Minds International lobby on multiple occasions to pass out information on becoming a bone marrow donor to any new visitors or community members visiting the school. Owens arranged for a speaker from *Be the Match* to attend a Ward 1 nurse staff meeting to educate her colleagues about this program. "There's a greater need for bone marrow donors in the African American community, and the lack of potential donors is mostly due to lack of awareness," Owens explains. "I wanted to educate the community and other nurses so they could help spread the word." As a result of her efforts to engage other nurses, *Be the Match* was also able to set up two events at Howard University to register even more potential donors.



Nurse Owens, LPN, with Kurt Newman, President and CEO, Children's National

All of Owens' hard work paid off: a potential match for the student was found. While it cannot yet be determined if the match was found at the local events, the individuals that Owens helped register are now potential matches for other people in need of a bone marrow transplant. CSS Executive Director Barbara Scott, MSN, NE-BC, RN-BC, nominated Owens for the Power of One Award. "The fact that Deborah was successful in using her organizational and collaborative skills to advocate so successfully on behalf of this student is phenomenal," Barbara Scott wrote. "Deborah is truly capable of thinking outside of the box to establish creative connections as she advocates on behalf of the students entrusted to her care in the school setting."

Owens was a nurse in Children's burn unit for 20 years before becoming a school nurse. "I love working for Children's," she says. "My job is to make sure the kids and the staff stay healthy and well, so they are able to stay in class and participate to their full potential. I try to solve anything standing in the way of that. I want all the students to succeed academically and in their personal life."

Healthy Recipe of the Month– Turkey Tenderloin with Vegetables

Ingredients:

- Boneless and skinless turkey breast tenderloin (about 1 lb.)

Rub mixture:

- 1/2 teaspoon black pepper
- 3 garlic cloves, minced

Sauce and vegetables:

- 2 tablespoons low-sodium chicken broth
- 2 teaspoons cornstarch
- 1 1/2 oregano
- 1 teaspoon onion powder
- 1 tablespoon Parmesan cheese
- 1 cup tomatoes, chopped
- 1/2 cup zucchini, chopped
- 1/2 cup yellow squash, chopped
- 1/2 cup onion, chopped

Serves 4

Directions:

- Preheat broiler
- Combine black pepper and garlic in a small bowl and rub mixture on both sides of turkey
- Place turkey on broiler pan and broil for 5 minutes. Turn and broil for another 5 minutes, or until internal temperature reaches 185 degrees. Juices should run clear and the turkey should not be pink in the center
- While turkey is cooking, combine chicken broth, cornstarch, oregano, onion powder, and Parmesan cheese in saucepan, and mix well
- Stir in tomatoes, zucchini, squash, and onions
- Cook and stir vegetables over medium heat until mixture boils and thickens. Cook and stir 2 minutes more after mixture begins to thicken
- When the turkey is done cooking, place the vegetables on top of it to serve

January 2015 Health Observances

Cervical Health Awareness

National Birth Defects Prevention Month

Thyroid Awareness Month

Glaucoma Awareness Month

National Blood Donor Month

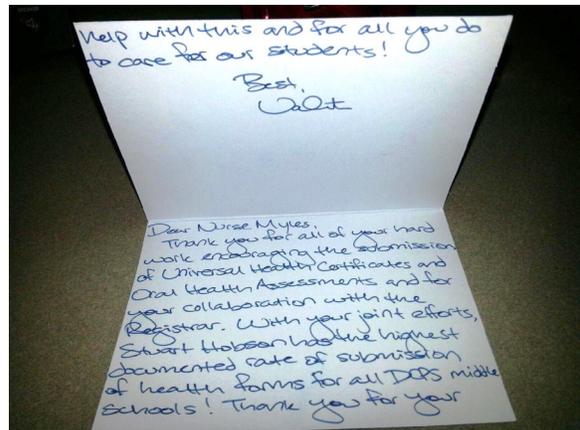
National Folic Acid Awareness Week (January 4-10)

Exceptional Work at Stuart Hobson

On Thursday, December 11, 2014, Valentine Breitbarth, from the District of Columbia Public Schools Office of Youth Engagement, visited Stuart Hobson Middle School to congratulate the school's registrar and the school nurse, Janice Myles, LPN, on having the highest submissions of Health/Oral Certificates among all DCPS Middle Schools. Nurse Myles was presented with a thank you note and a lovely poinsettia plant for her hard work.



Patricia Howard-Chittams, MSN, RN
Nurse Manager, Ward 6



Community Spirit in the Hearts of Ward 1 Nurses

In November 2014, Ward 1 Nurses took part in two community service initiatives. They collected food for the community pantry at People's Congregational Church and made personal hygiene kits for Ward 1 students who are homeless or living in shelters. The pantry collection for People's Congregational Church is an annual activity for the Ward. The pantry provides groceries for families in need not only in Ward 1, but anywhere in the city. The supplies for the hygiene kits are all donated by the nurses and each kit provides the students with shampoo, soap, toothpaste and a toothbrush as well as a comb. All Ward 1 nurses have access to the kits and are able to discreetly provide students with the basic hygiene supplies; the hope is that this will help students who may otherwise have poor self-esteem due to their inability to access personal care items.



Ward 1 nurses preparing hygiene kits



Food collected to give to the People's Congregational Church

Cathy Raisher, RN, BS, NCSN
Nurse Manager, Ward 1

Adapt

On Saturday, December 13th, school nurses Marilyn Fuller, LPN, Maxine Headspeth, LPN, and Darlene Scott, RN (not shown) attended the premiere of the anti-bullying movie *Adapt*. The film tells the story of a high school student struggling to cope with physical and emotional bullying at school. Also shown in the picture are cast members Mika and Hasaan, who play brothers in the movie. Hasaan is Nurse Fuller's grandson and the movie was produced and directed by Malik Fuller, Mrs. Fuller's son. The movie is to be released for public and school showing in early 2015. All cast members are part of the National Anti Bullying Campaign. A second showing was added, due to an overwhelming response.

Maxine Headspeth, LPN
School Nurse, Aiton ES/Kimball ES



Glo Germ Hand Washing Challenge at Drew ES Career Day.

On December 12, 2014, Drew ES had a Career Day featuring Nurse Rose Moore, RN, Maureen Umeh, Fox Channel 5 anchor, Yvette Alexander, Ward 7 councilwoman, Dr. Banks, Howard University dentist, a fitness manager, a retired Colonel from the Army, fire fighters and police officers. Nurse Moore shared her background with the students and the role of the school nurse. She did a fun Glo Germ Hand Washing Challenge in which students and teachers learned how to wash their hands properly. Four five year old students who are future nurses dressed up in nursing attire along with parent helpers to assist with the challenge. To perform the challenge, one rubs the *glo germ* lotion on the hands and then washes hands with the proper washing technique. Then, you turn the lights off and use an ultra violet light to examine the hands. The germs still left on the hands will glow in the dark, allowing you to see where you missed when washing. The students and teachers were amazed at how many germs were left on their hands especially around the nail beds and between the fingers. All the students were given an "I pledge to wash my hands" coloring sheet to take home.



Nurse Moore, RN, BSN, demonstrating the proper handwashing technique.



Nurse Moore, RN, BSN, pictured with her students



Nurse Moore, RN, BSN, with Councilwoman Yvette Alexander

Rose Moore, RN, BSN
School Nurse– Drew ES

What You Eat Makes a Difference

You probably know practicing good sleeping habits can help you get a better night's rest. Maintaining a regular sleep schedule and keeping your bedroom dark have been proven to help but did you know that what you eat can have an effect your sleep as well? Here are some foods to try and a few to avoid:

- **Dairy.** Milk may make you sleepy due to tryptophan, an amino acid that promotes sleep. The brain uses tryptophan to make serotonin and melatonin, two hormones involved in sleep and wake cycles. If you are not a fan of milk, cheddar cheese works just as good.
- **Cherries.** Tart cherries are a dietary source of melatonin, an important hormone involved in the sleep cycle. Studies suggest that people who drink a glass of tart cherry juice before bed tend to sleep better. Other fruits, including pineapples and oranges, have also been found to boost natural levels of melatonin in the body.
- **Nuts.** Almonds contain magnesium, a mineral that helps relax muscles and plays an important role in regulating sleep. Peanuts are rich in tryptophan and walnuts have melatonin.
- **What to avoid.** Keep in mind that chocolate, not just coffee and soda, contains caffeine. Alcohol and fried fatty foods can also keep you up at night. Also– save larger meals for breakfast and lunch and try to eat as light a dinner as possible.

Medically Reviewed by Robert Williams, MD

<http://healthguides.healthgrades.com/getting-a-good-nights-sleep/nutrition-tips-to-improve-your-sleep>

Outcomes & Evaluation Team Message: Reducing HPV-Related Cancers & Deaths in DC

Although it has been around for eight years, the HPV vaccine is the newest of the recommended childhood vaccinations. As such, some parents may have questions about the vaccine and as a school nurse, you are an ideal person to educate them. The CDC recommends that all 11-12 year olds receive the HPV vaccine. Like other recommended vaccines, HPV vaccine is required for school attendance in the District, but parents can opt out by signing a form. School health nurses can help protect more young people from HPV-associated cancers by providing parents with accurate, science-based information.

The human papilloma virus (HPV) causes cancers of the cervix, vagina and vulva in women, cancers of the penis in men, and cancers of the anus, mouth and throat in both men and women. The HPV virus is so common that most people are infected at some time during their lives--most commonly during adolescence or young adulthood. Most infections go unnoticed. Even a person who waits until after marriage to have sex can become infected if his/her partner is infected, even if no symptoms were ever noticed. Most of the 26,000 HPV-associated cancers that occur each year could be prevented by HPV vaccine. For the best possible protection, children should receive three doses of HPV vaccine well before any chance of exposure. They should get their first dose at 11-12 years of age. The second dose should be given 1-2 months after the first dose and the third dose should be given at least 24 weeks after the first dose. For every year that we maintain our current roughly 30 percent HPV vaccination coverage instead of reaching the national goal of 80 percent, 4,400 future cervical cancer cases and 1,400 cervical cancer deaths will occur.

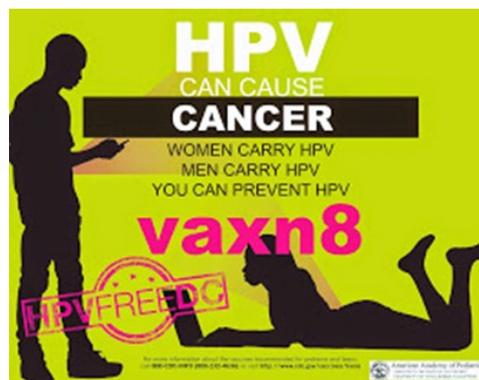
The HPV vaccine has been extensively tested and has been shown to be safe and effective. In the US, the HPV vaccine has been in use since 2006. Over 57 million doses of HPV vaccine have been administered with no serious safety concerns reported. Most side effects are mild, consisting of pain or redness in the arm. HPV vaccine has not been associated with any long-term side effects. Because HPV is sexually transmitted, some parents might believe that their child does not need the vaccine until they become sexually active. While children with opt-out forms on record might technically be "in compliance," they are not protected. Just as we don't wait for a measles outbreak to immunize children against measles, we shouldn't wait for high risk of exposure before giving the HPV vaccine. Giving the vaccine to pre-teens ensures that they can mount an effective immune response long before they are at risk of exposure. All children deserve the best possible protection from preventable diseases, including HPV and HPV-associated cancers. Most parents want to protect their children from whatever might threaten their health and well-being. While parents can't protect their kids from everything, they can help decrease the risk of HPV-associated cancers by ensuring that their child receives 3 doses of HPV vaccine on schedule at age 11-12.

For more information, visit the CDC's HPV resources for healthcare providers at <http://www.cdc.gov/vaccines/who/teens/for-hcp/hpv-resources.html>. Take a few minutes to watch the short video and review the Tips and Time-savers for Talking with Parents about HPV Vaccine.

QUICK TIP #1: For all preteens and teens, remember the Adolescent Vaccination 1-2-3.

- One dose of Tdap at 11-12 years
- Two doses of meningococcal vaccine (age 11 and age 16)
- Three doses of HPV vaccine at 11-12 years

QUICK TIP #2: Consider sending home a letter or calling families on their child's 11th & 16th birthdays to remind them of their vaccinations. Many more parents are unaware of the newer adolescent vaccination requirements as compared with those of early childhood.



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

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