



Children's School Services

Tar Wars Smoking Prevention Program

Janney Elementary School students recently participated in the Tar Wars educational session. The tobacco-free program is designed for fourth and fifth graders and teaches kids about the short and long term consequences of tobacco use, the cost of tobacco products, and the advertising techniques used by the tobacco industry to market their products to youth. Nurse Peaks prompted the students to practice refusal skills in case they are ever approached to try tobacco products or other unsafe substances or behaviors.

Janney students created posters that communicate a clear and positive message to remain tobacco free with Nurse Peaks facilitating a poster competition. The fifth grade students and six Janney staff members voted for the top three posters. The winners, Zoe Thompson, Emily Scarrow and Virginia Suardi were recognized and awarded gift cards. The three winning posters and five additional posters were submitted for the DC Tar Wars Chapter 2014 Poster competition.



Students with their winning posters

Roslyn Peaks, RN, BSN, MS
School Nurse— Janney ES

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Barbara S. Scott, MSN, NE-BC, RN-BC
Vice President

Natalie Peart, MA
Program Coordinator/Editor
npeart@cnmc.org



June 2014 Health Observances

Cataract Awareness Month

Men's Health Awareness Month

National Migraine and Headache Awareness Month

Community Health Improvement Week (1-7)

Sun Safety Week (1-7)

Healthcare Risk Management Week (16-20)

School nurse acknowledged at Ketcham Elementary School

Ketcham ES administration, teachers, staff, students and parents honored Dr. Ruth B. Richardson, RN, EdD during Nurses Week from May 6th-12th and especially on School Nurse Day on May 7th!

She was given plenty of love, posters, cards, candy, flowers and more. Some of Ms. Friedman's 1st grade students completed a packet from ReadWorks.org entitled "Meet the School Nurse." The worksheets explained some of the activities and tasks that a school nurse performs during a typical day. The children also drew pictures of how the nurse has helped them and lessons she taught on being healthy.



Ruth Richardson, RN-BC, BA, BSN, MA, EdD
School Nurse-Ketcham ES/Orr ES

The Health Fair at Browne Education Campus

On May 21st, Browne Education Campus and the Edgewood/Brookland Family Support Collaborative hosted a health fair. Students, families and staff were given information on services available in the school and community. Students up to age 12 were given the opportunity to visit the Colgate Mobile Unit.



Nurse Taylor and Barbara Freeman, RN, MPA/
HSA, Case Manager

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

Sickle Cell Disease

Sickle cell disease is an inherited condition that affects the ability of red blood cells to travel throughout the body and shortens the lifespan of the cells. Red blood cells are generally smooth and round so they will readily move through the body's small blood vessels. However the red blood cells of those with sickle cell disease often assume a rigid "C" or sickle shape that causes them to stick in the small blood vessels where they block the normal flow of blood and starve vital tissues and organs of life giving oxygen. A minor genetic change produces a form of hemoglobin, the protein in red blood cells that picks up oxygen in the lungs and delivers it to the tissues, which leads to shape changes and shortened survival of red blood cells.

People with sickle cell disease can experience life-threatening infections, extreme fatigue and pain so debilitating that they must go to an emergency room for pain relief with powerful prescription narcotics. Forty years ago, almost 15 percent of children born with the disease died before the age of 2 and many more died in their teens. Today, however the life expectancy for people with sickle cell disease has dramatically increased.

I would like to encourage everyone to donate in the DKMS donor database. Their purpose is to identify unrelated donors for patients in need of a marrow transplant who have no suitable matches within their families. If you are interested, please call me at (202)636-8028 or (301)335-8268.

Garnett Freeman, RN, BSN School Nurse– Washington, Math & Science PCS

Disaster Safety Tips Shared with students and staff

Nurse Richardson recently taught disaster safety tips to students, staff and parents at Ketcham ES because of a series of events impacting the neighborhood. In preparation for any future incidents, the nurse demonstrated the duck, drop and cover technique. The nurse further explained the events in which this technique would be used and each participant was able to demonstrate it correctly. The students were very receptive to the educational information presented.



Nurse teaching students disaster preparedness tips

Ruth Richardson, RN-BC, BA, BSN,
MA, EdD
School Nurse-Ketcham ES/Orr ES

Kudos!

Selinda Boyd-Graham, RN-BC, BSN was one of the nurses selected by the Shared Leadership Professional Development Council in the “Structural Empowerment” category. The program took place on May 8th at Children’s National Medical Center. Nurse Graham was nominated for this category by one of her peers and we commend her for her dedication and support of the students and of Children’s School Services.

Beulah Gwynn, RN BSN
Nurse Manager– Ward 7



The Health Fair at Thurgood Marshall Academy Public Charter High School

Brian Moore, P.E. instructor and Yvonne Akinwumi, school nurse hosted the annual health fair at Thurgood Marshall Academy PCHS on May 6th. This year students were asked to create presentations rather than inviting outside vendors. The P.E. teacher and nurse oversaw the work of the students and helped them with their bulletin boards. Topics included drugs and alcohol, blood pressure, teen pregnancy, STD’s, and BMI calculation.



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

Walk to Cure Diabetes 2014

On Sunday June 1st, my family and I attended the “Walk to Cure Diabetes” at the National Mall. Our family team name is the “Duanesters,” a name that my 14 year old son, Duane, came up with. My son has been a diabetic since he was 7 years old and this our family’s third time attending the walk.



Nurse Middleton with her family



Nurse Middleton, her son Duane, Chrystal Young-Johnson, RN Nurse Manager



Joyce Grace, LPN, Cathy Raisher, RN, Nurse Manager, Patricia Howard-Chittams, RN, Nurse Manager, Chrystal Young-Johnson, RN, Nurse Manager, and Patricia Tolson, RN

Egypt Middleton, RN, BSN
School Nurse-Savoy ES

An Exceptional Nurse

I am writing to share one of our fellow nurses’ good work. When Courtney Jones, RN, BSN, oriented me at Dunbar SHS last week, I discovered that for the last three years she led a mentoring group called The Ladies of Dunbar (LOD). She discusses etiquette, health issues, life skills and college preparedness with the girls. I met one of the students who will be pursuing a nursing degree next year. There was also a time when a student was very upset because her family did not have the money she needed to compete in a state competition. The Ladies of Dunbar were able to assist her with money left over from the groups fundraising. The student was able to attend the competition and I am sure the help she received will impact her for the rest of her life.

Courtney said that she did not want notoriety or accolades for all of this but too many times nurses do more than is required without recognition from anyone. I believe that she deserves to be recognized for her work with these girls and ultimately for the community. She mentors these girls while mentoring new hires, supporting her nurse manager and providing resources for other nurses as a Senior CHN. She is a great asset to Children’s School Services, Children’s National Medical Center and the DC community.

To nominate her for a Power of One award, visit the link below:

<http://intranet.childrensnational.org/about-us/priorities/power-of-one/Pages/power-of-one-award.aspx>

Sabrathia Draine Ishakwue, RN BSN
School Nurse– Dunbar SHS

Professor Bodywise’s Traveling Menagerie Visits Drew ES (Structural Empowerment-Community & the Healthcare Organization)

Kaiser Permanente’s Educational Theatre hosted “Professor Bodywise’s Traveling Menagerie” at Drew ES on May 23rd. The group travels to schools and performs plays that educate children about living a healthy life. The entire school attended and enjoyed every moment! Students said that they learned a lot.

Rose Moore, RN BSN
School Nurse-Drew ES





Joyce Grace, LPN, Elfrida Kamara, LPN, Annette Timmons, RN, Cathy Raisher, RN, Nurse Manager, Patricia Tolson, RN, and Lillian Smith, RN

CSS Nurses Race for the Cure

On Saturday May 10th, the day before Mothers Day, CSS nurses raced along with several thousand women, men and children (and a few dogs) in the 2014 Susan B. Komen Race for the Cure against breast cancer. This race is the world's largest and most successful education and fundraising event for breast cancer. In 2014, there are more than 150 races globally; they all share the common goal of a world without breast cancer. Pictured by the Tidal Basin are Lillian Smith, RN, Elfrida Kamara, LPN, Cathy Raisher, RN, Patricia Tolson, RN, Annette Timmons, RN and Joyce Grace, LPN (seated). Behind the camera is CSS nurse Deborah Owens, LPN. Walking with other teams were school nurses Salome Igbokwe, RN and Sara Tewolde, RN.



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

The American Nurse: Healing America Film Premiere

Ward 1 nurse Dolores (Dee) Crowder, BA, RN was an honoree at the premier of “The American Nurse,” documentary on May 7th at the AFI Silver Spring Theatre and Cultural Center. Crowder was one of the 75 American nurses (and the only school nurse) featured in Carolyn Jones 2012 book *The American Nurse*. Four other nurses from Children’s National were featured in the book and CNMC is the only freestanding pediatric hospital whose nurses were featured.



Although only 5 of the nurses featured in the book were subsequently filmed for an in-depth interview for the documentary, much to Crowder’s surprise, she was one of a handful of nurses who was shown as part of the introduction to the film. The documentary was hard-hitting and inspirational with no false glamorizing of the profession of nursing. This film gives a voice to nurses who are on the front lines of the biggest issues facing America. It renewed the spirit of all the nurses in attendance and reinvigorated their pride in being a nurse. It goes without saying that the CSS nurses and District of Columbia School

Nurses Association members in attendance were incredibly proud of Nurse Crowder for her part in their long-awaited tribute to nurses.

Cathy Raisher, RN, BS, NCSN, Nurse Manager & Dolores Crowder, BA, RN School Nurse– Cardozo Education Campus

Nurse's Week 2014

On the evening of Thursday, May 8th Ward 1 nurses got together to celebrate Nurse's week with dinner and camaraderie. We met at Eatonville restaurant on 14th Street and shared several hours getting to know our colleagues away from the workplace. Conversation of insulin dosage and 911 calls were replaced by anecdotes about family, hobbies and topics other than nursing (well., there may have been a little shop talk!) . The atmosphere was light hearted, the food was good but the company and conversation were terrific!



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

Magnet Cereal Drive

Summer is almost upon us and with the majority of DC students not attending summer school, breakfast is something many of our students will miss until August. As school nurses, the cereal drive is not an abstract activity-daily we see the faces of those who will be hungry during the summer. Ward 1 nurses, along with the other wards and the management team at Wisconsin Avenue are working hard to make sure our kids get that important morning meal. Last year, CSS donated more than any other department at Children's National. School nurses do make a difference in so many ways!



Ward 1 Nurses with cereal donations
at the May staff meeting

Cathy Raisher, RN, BS, NCSN
Nurse Manager, Ward1