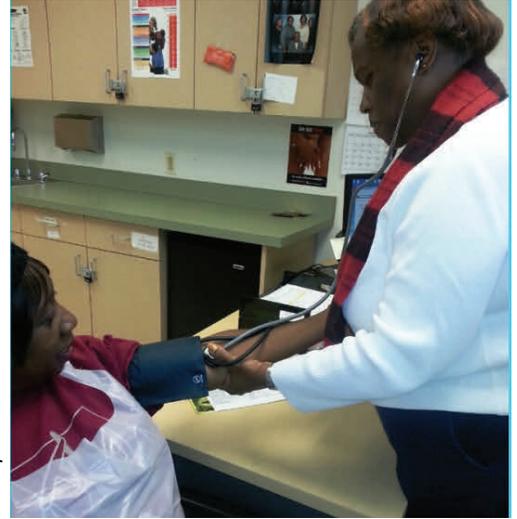




Children's School Services

National Go Red for Women Day

On February 7th, the women of Thurgood Marshall Academy PCHS wore red to recognize National Go Red for Women Day. This day is in support of American Heart Month, which brings attention to heart disease - the number one killer of women. According to the American Heart Association, heart disease has been called the Silent Killer because it often has no noticeable symptoms. It is more deadly than all forms of cancer combined and it is not just "an old man's disease."



Nurse Akinwumi checking a staff member's blood pressure

Each day of the first week of February, "red" healthy treats like apples and strawberries, were served in the staff lounge. The health suite was opened to faculty and staff who wanted to have their blood pressure checked. Our role as a school nurse is vital not only to students, but to staff and faculty. Don't let heart disease live up to its reputation as the Silent Killer - start changing old habits and begin to live a healthy lifestyle.

Yvonne Akinwumi RN
School Nurse-Thurgood Marshall Academy PCHS

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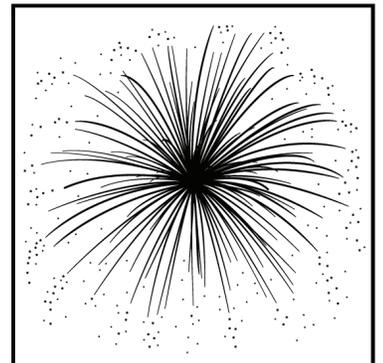
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March 2014 Health Observances

- National Kidney Month
- National Nutrition Month
- Save Your Vision Month
- Workplace Eye Wellness Month
- National Sleep Awareness Week (2-9)
- National Youth Violence Prevention Week (7-11)
- Brain Awareness Week (10-16)
- National Poison Prevention Week (16-22)
- World Kidney Day (14)
- American Diabetes Alert Day (25)



March Healthy Recipe

Strawberry Smoothie

Prep Time: 10 minutes

Ingredients:

- 1/2 c. vanilla soy yogurt
- 1/2 c. strawberries
- 2 tsp. vanilla extract

Utensils:

- Blender
- Measuring cups
- Measuring spoons

Directions:

Blend all ingredients until smooth

Serves:1

Note: This recipe is especially good for people with lactose intolerance



Risk Matters “ Medication Errors: Striving to Do No Harm” Part 2 of 3

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



Julia Lear, director of the Center for Health and Health Care in Schools, a policy resource center at George Washington University, expressed “it is clearly the schools' responsibility to develop reliable and safe ways to deliver medications; it is unrealistic -- and unfair -- for them to shoulder the responsibility alone. Parents should not ask the schools to provide nonessential medications. Use of over-the-counter products such as pain relievers and decongestants, for example, should be severely limited. If parents choose to use them, they should be administered before school starts. If a child is unable to get through the day without more medicine, parents need to consider whether the child is too sick to attend school”.

"Parents really need to understand that there's not a miracle system out there," says Lear, considering that many schools seem to be struggling to educate children, they probably shouldn't be counted on to medicate them as well.

According to Dr. Pamela Brown, RN, PhD, CCRN, nurse manager of the pediatric intensive care unit at Doernbecher Children's Hospital at Oregon Health and Science University in Portland, the nurse has always been in the position of fall safe in medication delivery, which is a three tiered process: the MD orders the medication, a pharmacist prepares the medication, and the nurse administers the medication. If the physician makes an error, there are two chances to catch it. If a pharmacist makes an error there is one chance to catch it. *If a nurse makes an error it often reaches the patient.* Dr. Brown also added that the 5 rights of medication administration --- the right patient, the right dose, the right route, and the right time, all focus on individual performance, but does not give recognition to system defects that can affect safety in medication administration. They have been put in place to assist the nurse in creating order and routine in a chaotic environment. The rights, when applied in a consistent and strict manner, will yield a high level of patient safety.

What can the school nurse do to assist in promoting medication safety?

Encourage school staff and parents to keep the medication in its original, properly labeled container, so that doses, frequencies, and instructions for accurate administration are always available.

Remind the student that they should never take a medication unless an authorized adult gives it to them.

Provide in-service education, including information on the proper storage of medications during school hours and while on field trips.

Demonstrate the proper use of medical devices and measuring devices to students and care givers, when applicable.

Advise school staff to only accept a prescription medication that is labeled with the following information: the students full name, name of the drug, dosage, route of administration, and time intervals of the dose along with the prescriber's name and pharmacy contact name in case of questions.

Dr. Brown also expressed, the frustrations that nurse encounter, prior to the administration of the medication, following up on incorrect or incomplete orders, or waiting for timely and correct delivery *can often lead to rushing or skipping steps at the point of delivery.*

Some people blame the large number of medication errors on a shortage of school nurses and the schools' reliance on other staff members to administer medications. In the survey conducted by Marie McCarthy, Ph.D., associate professor of nursing at the UI, and published in the November issue of the Journal of School Health, errors were about three times more common when nonmedical personnel dispensed.

McCarthy stated, "Few if any national studies have looked specifically at the administration of medications in schools. The larger context is that there simply are more children in school with health conditions requiring medication now than in the past. Children with complex health care needs used to be kept at home or placed in separate classrooms, but now they are integrated into regular classrooms." McCarthy also noted the rise in the number of children diagnosed as having ADHD and being medicated to control it. "That's a relatively recent phenomenon," she said. She added, "When you put it all together -- more children, more health problems and more medications -- there are more opportunities for errors to occur."

References

- MedScape. Multispecialty, Medication Error Prevention: A Shared Responsibility, An expert Interview with Pamela Brown, RN, PhD, CCRN
Pharmacy Times, February15, 2010
Medicine, the MD, April, 2006
The University of Iowa News Services, Release: November 30, 2000

Fighting Obesity at Luke C. Moore Academy

In an effort to combat obesity and unhealthy lifestyles, Sandra Knuth, school nurse at Luke C. Moore Academy, started a 20 minute lunch time walk/exercise video class. The program was launched in January 2014 and has been very successful. The students are happier coming to school and look forward to the class. Many of the teachers also look forward to attending. Exercise and eating healthy are promoted during each session.



Students participating in an exercise activity

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

Teen Moms and Friends to “Weight” For

According to the Centers of Disease Control and Prevention, 50% of teen moms drop out of school and their children may as well. One way to improve the economic and academic status of the teen mom and overweight teen is to mentor them on the importance of budgeting and good nutrition. Both play an important role in fostering positive self-image and raising self-esteem.

The school nurses and the New Heights coordinator are working together to assist the teen moms, pregnant teens and overweight teens with their various concerns. Discussion topics include :

- The difference between wants and needs
- Which items are needed for the newborn baby during the first month?
- How can you stretch the food stamps and make sure there is enough food?

The students were very engaged in the discussion and asked very thoughtful questions. The sessions will take place weekly in March.

Geraldine H. Edmonds, RN
School Nurse– Coolidge SHS

Big Smiles

Big Smiles mobile dental team visited Luke C. Moore Academy on Wednesday, February 12th, Tuesday, February 18th and Tuesday, February 25th. They set up in the Health Suite and provided dental services to the students. The students really appreciated their services. If you would like Big Smiles mobile dental team to come to your school, they can be reached at 1-888-833-8441. Their website is www.mobiledentists.com



Student receiving dental services



Big Smiles mobile dental team

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