



# Children's School Services

## Lafayette raises money for diabetes research

Lafayette Elementary School participated in a school-wide fundraiser for the Juvenile Diabetes Research Fund (JDRF) this April, culminating in a "Walk for the Cure" on April 9, 2014. Although we kept this fundraiser low-key and focused on education versus money, we still raised over \$5,000, exceeding our goal of \$4,000.

We kicked off our fundraiser with two very energetic and informative assemblies conducted by JDRF staff; both included a very cute and fun-filled video. Our first graders then became "Myth Busters" by debunking misconceptions about type 1 diabetes, via daily morning announcements to teach everyone about staying healthy.

Jonah, our only student with type 1 diabetes, led the walk and wore his King for the Day crown! It was amazing to see how many families, both staff and students, have been personally affected by type 1 or type 2 diabetes. Almost everyone had a story to share. The son of one of our administrative staff members is a 21 year old with type 1 diabetes. He graciously answered questions during the assemblies about what life is like living with diabetes.



(Jonah leading the Walk for the Cure)

Nurse Cockrell (far right holding sign) with students



Chris Cockrell, RN, BSN  
School Nurse-Lafayette ES

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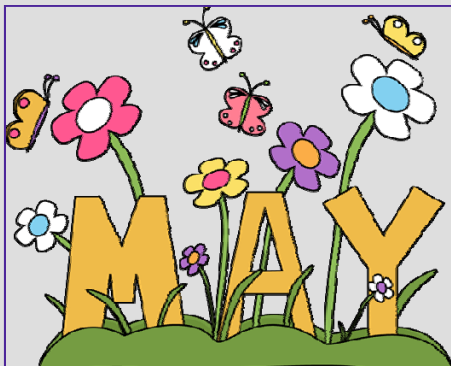
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## May Health Observances

- Arthritis Awareness Month
- Better Hearing and Speech Month
- Global Employee Health & Fitness Month
- Healthy Vision Month
- Mental Health Month
- National Asthma and Allergy Awareness Month
- UV Safety Month
- National Physical Fitness & Sports Month
- Food Allergy Awareness Week (11-17)
- National Women's Health Week (11-17)
- World No Tobacco Day (31)



## School Nurse investing in future nurses at Drew ES Structural Empowerment (Image of Nursing)

In recognition of National Nurses Week and in an effort to recruit future nurses, Nurse Moore decided to share the role and responsibilities of a nurse with Drew ES students ages three to five. Students learned about the stethoscope, thermometer, blood pressure cuff, the importance of hand washing and more. After they learned how to use the equipment, they were able to practice on each other. The children were very excited and asked questions like "Have you ever saved someone's life?"

Handouts included a hand-washing sheet to color and a cut out medical tools book to practice at home. Parents were also pleased with this activity and one mother shared that her daughter practices what she learned on her at home. Overall, I hope that this presentation will produce nurses in the next twelve to sixteen years. Let's make room for the new nurses of the future!



Rose Moore, RN, BSN  
School Nurse— Drew Elementary School

## Understanding hypertension risk factors

Your blood pressure is regulated by your genes, diet and lifestyle. Genetic factors play a big role in predisposing you to a certain degree of risk for hypertension. People with a family member who has high blood pressure have a higher risk, as do people who become stressed easily. Carrying a risk gene variant does not mean you will have high blood pressure. However, if you have a diet or live a lifestyle that is incompatible with your genes, your chances of having high blood pressure increase tremendously.

To lower your risk of hypertension, here are some effective prevention tactics:

1. Eat foods that lower blood pressure and avoid high sodium foods
2. Live an active lifestyle, avoid smoking and limit alcohol.
3. Manage stress

GB HealthWatch  
<http://www.gbhealthwatch.com/>

## May Healthy Recipe

### Club Wrap

**Prep Time:** 8 minutes

#### Ingredients :

- 1 whole-wheat tortilla, 7" diameter
- 2 tablespoons hummus
- 1 leaf of romaine lettuce
- 1 slice turkey meat
- 1 slice ham lunch meat
- 1 slice Swiss cheese
- 2 tomato slices

#### Directions:

1. Place tortilla on a flat surface
2. Spread hummus on one side of tortilla
3. Lay the lettuce, turkey, ham, Swiss cheese, and tomato on top of the hummus
4. Roll the tortilla in the shape of a cylinder



## Risk Matters– School Nurses and Confidentiality

Nyrtha D. Braxton, MGA, RN Ambulatory Risk Coordinator



The responsibility of school nurses is described in the *Scope and Practice of School Nurses* adopted by ANA and NASN in 2001, and should be reinforced in training for new school nurses and in ongoing in-service opportunities for experienced school nurses. All health information should always be considered confidential. Procedures and protocols should be maintained to address the handling of school health information and assure that protections are in place. The ethical responsibility of school nurses is critical in considering issues of confidentiality.

Issues of confidentiality present unique problems for the school nurse. The complexity of meeting the privacy needs of each student, complying with state and federal regulations both educational and medical, meeting professional standards, and involving families, can present conflicting directions. Students and families entrust private health information to schools and it is incumbent upon schools to assure that information is safeguarded, yet simultaneously, assure the safety of students by sharing health information when necessary and on a need to know basis only.

Over the last several decades, the practice of school nursing has dramatically changed. The Disabilities Education Act and the Americans with Disabilities Act have allowed many students with special needs to be educated within the public school system. Addressing the multiplicity of issues that students now bring to school is a far cry from the historical role of the school nurse. Today, students are more likely than in the past to bring to school issues such as depression, eating, substance, and physical abuse, as well as chronic diseases that demand a high level of skill and a clear standard of practice. It is critically important that school nurses understand the legal and ethical issues surrounding student and family rights of privacy and confidentiality.

According to Nadine Schwah and Mary Gelfman, a school nurse may not release personally identifiable information, except that which is explicitly allowed in FERPA (Family Educational Rights and Privacy Act), without written consent of the parent. That written consent must include the specific record to be disclosed, the purpose for the disclosure, and the identification of the person or individuals to whom the disclosure will be made. Schwah and Gelfman pointed out that there are a number of exceptions that should be noted. FERPA designates that information may be released without parental consent under the following condition:

- To share information with another school to which the student seeks enrollment
- To support organizational studies on behalf of educational agencies with specific specifications
- To comply with an order or legal, lawfully issued subpoena
- To provide information in connection with health or safety issues
- To share information with another school official, agency or institution that the school has determined to have the legitimate educational interest in the provision of school health service (This is not an all inclusive list)

As defined by the Guidelines for Protecting Confidential Student Health Information (2002), posting the name of a student on a health list circulated to teachers is not appropriate as not all teachers provide services to the students on the list; therefore they have no “need to know.”

Informing teachers individually of their students in need of accommodations or who have potential emergency medical needs is appropriate. Based on this understanding, the school nurse would determine on a case –by– case basis, when a staff person would need access to a student’s health information.

Maintaining confidentiality in the school setting is no different from the hospital setting. Health information obtained from students and families must be gathered in a private, confidential manner. Office protocols should be established to assure health information is not inadvertently released to individuals not needing this information. When talking with families on the telephone, calls should be made from a private office. Staff opening mail must be educated about the importance of keeping health information confidential. When information is obtained by fax, a cover sheet marked “Confidential” should accompany the fax and be given directly to the school nurse.

Conversations with students should occur in a private setting with only individuals directly related to the situation present. Health records and other health information must be handled as confidential at all times and not left open on desks. When records are being typed, information should be covered to protect access from the casual observer.

In general, student health information should be stored in locked file cabinets or secure computer files with written parental consent for the disclosures. Restricted access requires that each record have an access log, showing the name and title of the person receiving information, the date of access, and ‘legitimate interest’ the person had in requesting the information. This does not apply to the maker of the record but does include school staff. For any record that is copied or released to individuals outside the school, the nature of the disclosure should be documented along with parental consent for the disclosures written. Information in this article has been shared to heighten awareness in school nursing as it relates to confidentiality. It should only be utilized and applied in accordance with your organization’s policies and procedures.

#### Resources:

School Health Association, Guidelines for Protecting Confidential Student Health Information, National Task Force on Confidential Student Health Information, American School Health Association, 2002.

Martha Dewey, HIPAA Hoopla: Privacy and Security of Identifiable Health Information, Journal of School Nursing, Vol. 17, No. 6, December 2001.

Schwah, Nadine and Mary Gelfman, Legal Issues in School Health Services, Sunrise River, 2001.

### Lupus Walk 2014

On Saturday, April 19th, CSS nurses and staff gathered to participate in the Lupus Foundation of America's Eighth Annual "Walk to End Lupus Now" in Washington, DC. Selinda Boyd-Graham, school nurse at Randle Highlands in Ward 7, served as team captain. The CSS/DCPS Ward 7 Nurses and Friends team was able to raise \$1885.00 . Nick Cannon, "America's Got Talent" host, rapper, actor and comedian, was in attendance. Cannon was diagnosed with the disease in 2012 and has tried raise awareness of the disease ever since.

I also want to mention that Ms. Boyd-Graham will be honored at Children's National Health System on May 8, 2014 by the Shared Nursing Leadership Professional Development Council. One of her peers nominated her in the category of Structural Empowerment for her outstanding care of the students in the District of Columbia Public Schools in Ward 7.

Thank you Selinda for a job well done in all that you do!!!



(Participants at the Lupus Walk)



(Team Captain with Nick Cannon, actor)

Beulah Gwynn, RN BSN  
Nurse Manager- Ward 7

### A Day Without Shoes

It is estimated that 40% of the world's population do not own a pair of shoes. The majority of that 40% are children under the age of 18. On Tuesday, April 29th, students at Oyster Adams Middle Campus, participated in "One Day Without Shoes," an event that brings awareness to the people around the world that do not have a pair of shoes. TOMS, a popular shoe brand, sponsors this event world wide. Fourth and fifth grade students spearheaded the event at the school with the leadership and assistance of their teacher, Mr. Giovanni Pena.

Students who chose to participate went barefoot or wore socks all day to consciously grasp the idea of what it is like. Some of the students sustained minor injuries from accidentally hitting their toes on objects, debris getting stuck in the heels of their feet, or pain from stepping on hard surfaces. Luckily, all reported injuries were minor. Various materials were arranged in aluminum pans to mimic the terrain around the world that some children have to walk on daily, especially while walking to school. Students were able to step in pans of potted soil, large rocks, shaving cream, small plants and Jell-O. This simple experiment helped raise awareness for many students and staff, who now have a greater appreciation for their shoes.

Danielle Chapman, RN, BSN, MSA  
School Nurse- Oyster Adams Middle Campus



Danielle Chapman, School Nurse



Student experiencing different types of "terrain"