



Children's School Services

October 2015 | Volume 7 | Issue 10

Using Data to Improve Care

When clinicians want to see if their treatments are helping their patients get better, they monitor the effects of treatment by collecting data and looking for trends. When they provide patients with feedback about how their numbers change with changes in their routines, adherence to treatment plans improve and better outcomes occur.

Similarly, to improve the care we provide, Children's School Services is developing new ways to collect data, look for trends, and provide workers with performance feedback. Meaningful feedback requires reliable data. For reliable data, we need all nurses to use the same procedures consistently so that the similar events get counted in the same way wherever those events occur. Your responses to the School Nurse Asthma Survey indicated that most of you are confident in your ability to document all elements of the Asthma Action Plan and create accurate records of visits for asthma symptoms. Nonetheless, record reviews indicate that there is considerable variability in documentation. Common errors in the entry of Asthma Action Plans result in some plans not being counted. Also, failure to remove not-applicable items that auto-populate with selection of symptom templates results in counting of symptoms or actions that did not actually occur.

During the 2015-2016 school year, the CSS Performance Improvement team and the Outcomes and Evaluations Unit will be working together to extract and analyze data that you enter into Health Office to provide you with feedback about your activities. You will receive periodic reports about the following measures:

- Percent of students with a diagnosis of asthma who have a properly documented current Asthma Action Plans
- Percent of students with a diagnosis of asthma who have current prescriptions for rescue medication
- Percent of visits to the health suite for asthma symptoms when the student is able to return to class after treatment
- Percent of students in target grades who have Height, Weight, and BMI recorded in Health Office during the current school year
- Percent of students with Special Problems in Medically Fragile Levels 2-4 who have IHP for the current school year recorded in Health Office
- Percent of students in target grades who have properly documented vision screens
- Percent of students with failed vision screens who were referred for care

Also, the electronic version of the Immunization Surveillance Report will enable us to track our progress in our work to improve immunization compliance. Soon you will have several opportunities to review proper procedures to ensure consistent practice and documentation procedures. Be sure to fine-tune your practices in accordance with the most recent guidelines so that your hard work can be properly counted. Using feedback to improve care can help improve health and educational outcomes.

Janet Gingold, MD, MPH

Autumn Health and Safety Tips

- Take steps to prevent the flu— The single best way to protect against the flu is to get vaccinated each year in the fall. Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often. Stay home if you get sick.
- Get smart about antibiotics— Antibiotics can cure bacterial infections but not viral infections. The common cold and the flu are viral infections, so avoid using antibiotics if you have one of these. Using antibiotics when they are not needed causes some bacteria to become resistant to the antibiotic and, therefore, stronger and harder to kill.
- Test and replace batteries— Check or replace carbon monoxide batteries twice a year; when you change the time on your clocks each spring and fall. Replace smoke alarm alkaline batteries at least once a year.
- Keep food safe— Food is center stage during the holidays. Be sure to keep it safe by following basic food safety steps. Clean hands and surfaces often. Separate foods to avoid cross-contamination. Cook to proper temperatures.

Healthy Recipe of the Month– Mushroom Risotto

Ingredients:

2 cups low-sodium chicken broth
2 tablespoons butter, plus 1 tablespoon
1 large shallot or 1 small onion, diced
1 cup Arborio rice
1/2 cup dry white wine
1 pint baby bella mushrooms
A handful of porcini mushrooms
A small handful of morels
2 tablespoons grated Parmesan, plus 2 tablespoons
3/4 teaspoon kosher salt
3/4 teaspoon freshly ground black pepper

Directions:

1. In a medium saucepan over medium low heat, bring the broth plus 1/2 cup water to a simmer. Rehydrate any dried mushrooms in the broth.
2. Slice the baby bella mushrooms and roughly chop the porcini and morels.
3. In a second medium saucepan, melt 2 tbsp. butter, and then add the onion or shallot, stirring occasionally until soft and translucent.
4. Add the rice and stir to combine. Allow the rice to toast for about a minute and then add the wine. Now, stop stirring. Once the wine has almost completely evaporated, about 3 minutes, add 1/2 cup of hot broth.
5. Still, don't stir. Allow the broth to absorb almost completely, and then add another 1/2 cup of broth. Continue adding the broth 1/2 cup at a time waiting for it to evaporate each time.
6. When there is about 1 addition of broth left, add the mushrooms to the risotto and stir. From here on out, continue stirring constantly. Add the final addition of broth, stirring, and allow it to absorb.
7. Remove the pan from the heat, stir in the remaining butter, 2 tbsp. parmesan, and season with salt and pepper.
8. Serve topped with remaining parmesan. Serves 6 as sides or 3-4 as an entrée.

October 2015 Health Observances

Eye Injury Prevention Month

Health Literacy Month

Home Eye Safety Month

National Breast Cancer Awareness Month

National Bullying Prevention Month

National Dental Hygiene Month

National Down Syndrome Awareness Month

National Physical Therapy Month

Sudden Infant Death Syndrome (SIDS) Awareness Month

Mental Illness Awareness Week (4-10)

National Depression Screening Day (8)

Bone and Joint Health National Awareness Week (12-20)

World Food Day (16)

International Infection Prevention Week (18-24)

National Healthcare Quality Week (18-24)

World Pediatric Bone and Joint Day (19)

Red Ribbon Week (23-31)

Respiratory Care Week (25-31)

World Psoriasis Day (29)

International Walk to School Day at Drew ES

October 7th was International Walk to School Day, a global event that involves communities from more than 40 countries walking and biking to school. Drew ES principal, school nurse, and teachers celebrated this day by sharing basic safety tips for pedestrian safety with the students. They were reminded to use intersections and crosswalks, stop at the curb before crossing the street, and wear bright colors when walking at dark. Sally Wilson, an Education, Prevention, and Outreach Coordinator at Children's National Health System, provided students with books, stickers and signs to remind them to stay safe.



Parent and student at Drew ES on Walk to School Day



Parent and student at Drew ES on Walk to School Day

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

Ward 5 Performance Improvement Meeting

On September 28, 2015, Ward 5 nurses gathered at the Lamond-Riggs Library to begin working on their 504 Plan Performance Improvement Project. Chantel Skipper, Performance Improvement Coordinator, along with Tanya Hankton, Nurse Manager, facilitated the meeting. The meeting began with a ward 5 table challenge. The challenge involved using rapid cycle testing to put together a Mr. Potato Head Model in the least amount of time. Each table used the PDCA cycle to develop a plan to improve their previous score time. The meeting was very productive overall and nurses learned a lot about performance improvement while team building.



(L-R) Gillian Ndi-Asongwed, CHN, Grace Ukeekwe, CHN, Vida Gbedemah, LPN, Kaamilya Joiner, LPN, Francess Bendu, CHN



Pictured: Robin Burns, CHN (left) and Tolu Adewoye, LPN

Tanya Hankton, RN, BSN
Nurse Manager, Ward 5

Patient Care Support Day

Priscilla Williams, CNA, was recently selected as one of the recipients of the Advocacy of Care Worker award for Patient Care Support Day. The formal presentation was held at the Children's National Health System main campus on September 22nd. This year's theme was "Embracing Change and Supporting Growth." Nurse Williams was nominated by fellow school nurse, Alicia Coffey.

Williams has been a dedicated worker at Sharpe Health for 35 years and knows all of the children by name. I want to personally thank her for her support and dedication to Children's School Services and the families of the new River Terrace Education Center.

Beulah Gwynn, BSN, RN
Nurse Manager, Ward 7

The Green Club

Fall is here, and Thurgood Marshall Academy's Green Club is harvesting scrumptious vegetables and herbs. Every Thursday the school facilitates a farmer's market outside on the school grounds. The farmer's market features organic vegetables like butternut squash, tomatoes, carrots and herbs such as chives, parsley and rosemary. The garden was started seven years ago by students in an environmental science class.

It's challenging to get students to choose fresh greens over Chinese takeout and fast food. The Green Club and farmer's market will encourage students to make healthier choices, become more conscious of the effects of the foods that they eat and adopt healthier eating habits.



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

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

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