Delaware School Nurse Memo #4
December 9, 2016

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**Care Coordination**

**Peanut Allergies** – New guidelines have been released regarding the introduction of foods containing peanut to “hi risk” infants. The National Peanut Board released an [announcement](https://www.nationalpeanutboard.org/) this fall. The American Academy of Pediatrics has an [article](https://www.aap.org/igo/any/20160627-365307-365308) on the latest research and an [endorsement](https://www.aap.org/igo/any/20160627-365307-365308) of the interim guidelines. The guidelines are for healthcare providers to “assist the clinical decision making”.

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**Community/Public Health**

**Backpack Safety** - Backpacks that are overweight or worn improperly can create back and spinal strain. [Senate Concurrent Resolution 76](https://legis.delaware.gov/SessionLaws/SessionLaws141/SessionLaws141-2016/SessionLaws141-2016-2017-Resolutions/R076) recommended that schools “be educated on the health impacts of heavy backpacks and work on innovative strategies to reduce that impact”. In support of the Resolution, the DDOE School Health Services has updated its webpages to include information for parents on backpacks. The page provides a link to the trusted [Nemours kidshealth.org website](https://kidshealth.org/). Information on this site is developed for parents, kids, and teens. Schools are encouraged to share this link with students and families.

**DOE Health Examination Forms for Children and Adolescents** – Both the Child, PreK-Grade 6, and Adolescent, Grades 7-12, have been updated to reflect the new immunization requirements for Grade 9 and to remove the reference to SNAP. The forms are now available in both Word and pdf on the [School Health Services](https://www.doe.k12.de.us/about/programs/health/) website, [Health Examinations & Screenings](https://www.doe.k12.de.us/about/programs/health/) page. They are also discussed in Chapter 3 (page 18) of the [Delaware School Nurse Manual](https://www.doe.k12.de.us/about/programs/health/).

**Helping Children Cope in Unsettling Times** – The National Association of School Psychologists released an exceptional [article](https://www.naspa.org/advice/) in 2008 on ways parents and caring adults can support children when the world around them is unsettling. The article was written during a time of uncertainty regarding the economic crisis that was impacting our country. However, the principles and suggestions are applicable to any situations where children may feel confused or fearful. A link to this article has been added to the DDOE School Health Services webpage, [Staying Healthy](https://www.doe.k12.de.us/about/programs/health/), which provides information for Parents / Guardians / Families.

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Delaware Department of Education  
School Health Services  
Linda C. Wolfe
**The Division of Public Health (DPH)** recent Press Releases related to school health:

- [Public Health Closes Illegal Tattoo Operation in Clayton](#)
- [National Influenza Vaccination Week Dec. 4-10: It’s Not Too Late to Get a Flu Shot](#)
- [DPH to Announce Delaware Birth Hospitals Among Top in Nation for Support of Breastfeeding Mothers](#)

**The DPH Bulletin, December Issue**, is available. This month’s issue includes articles on:

- Choosing health insurance
- Flu clinics
- Radiation Protection Week

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**Leadership**

**Kudos to Delaware School Nurse Association** – Again this year, the Delaware School Nurses Association provided an incredible fall conference. These things don’t happen by chance. Congratulations on a successful conference and for offering the first Leadership class for new school nurses!

**Leadership Opportunities** – The Framework for 21st Century School Nursing Practice identifies Leadership as one of the five principles. Leadership means every school nurse, regardless of school setting, educational background, or experience. One way to demonstrate leadership is by working with professional organizations to promote their mission of supporting children and youth. The Delaware School Nurses Association (DSNA) is the only professional school nursing organization in Delaware totally dedicated to school nurses. They currently are looking for leaders:

- **Nominating Committee members** – One school nurse from each county is needed for this committee. The commitment is several conference calls over the next couple of months. Please contact Susan Hoffmann (suehoffm@hotmail.com), Nominating Chair, if you can assist with this short-term commitment.

- **Public Relations Committee chair(s)** – One or more school nurse is needed to lead DSNA’s public relation activities. The commitment includes attending quarterly DSNA meetings and identifying ways to promote school nursing. Please contact Sharon Rose Gargula (Sharon-Rose.gargula@redclay.k12.de.us), DSNA President, if you can volunteer.

- **NBCSN Liaison** – The current Liaison will be retiring at the end of the school year. She would like to work with someone this year to assist in the transition. The commitment includes promoting national school nurse certification. Please contact Sharon Rose Gargula (Sharon-Rose.gargula@redclay.k12.de.us), DSNA President, if you can volunteer.
Quality of Care

New Documentation Codes – Two new codes have been added to eSchool Plus: Blood Ketones and Urine Ketones. You can enter them under the PRN Rx/Tx Requirements or the Data Points in the Office Visit Detail. Use of these codes will improve student care by: 1. documenting the ordered ketones result over time to assess the student’s status, and 2. providing results for primary health care provider and family. Questions regarding coding entries should be directed to Jane Boyd, Education Specialist for School Health Services, at jane.boyd@doe.k12.de.us.

Standards of Practice

Delaware School Nurse Manual – Chapters 1 and 3 have been completed and posted on the School Health Services website. Chapter 1, Standards of Practice, expands on information from Section A. Chapter 3, Community/Public Health, includes all of Section D. It also has information about screenings, e.g., vision, hearing, posture/gait, and lead, which was previously part of Section B. Chapter 3 adds BMI screening guidelines and sections on students at risk, e.g., homeless, foster care, pregnant. School nurses should be familiar with the guidelines in the Delaware School Nurse Manual. Additional chapters will be posted when completed.

School Nurse Certification Program – Components of the School Nurse Certification Program components will be published in Schoology as they are developed. An email notification will be sent by School Health Services staff to the new school nurse with the PDMS course number needed to register for the course. The course will only be available for new school nurses, who are seeking certification.