



School Health Headlines

Quarterly Newsletter



Allergies and Anaphylaxis!

Info Submitted By Natalie Toomer, RN, Westlake Cluster Nurse

Allergies are among the most common diagnoses among school-age children. Approximately 6 million children in the U.S. under the age of 18 has a food allergy. In 2008, the Centers for Disease Control estimated that food allergies affected 1 in 25 children; now it's 1 in 13. That translates into 2 children in every classroom. It is especially disturbing to see how many of these children have multiple food allergies and have already experienced life-threatening reactions. Some of the common allergies include foods (nuts, seafood, wheat, milk, to name a few); insects; latex; and medications.

Some allergic reactions can lead to a life threatening episode called Anaphylaxis. The symptoms of an anaphylactic reaction can vary. They usually involve the following body systems: skin, gastrointestinal, respiratory and cardiovascular. The skin may be swollen (especially lips and eyes), itchy, warm, or redness/rash may be present. The gastrointestinal system may have pain, nausea, vomiting, or diarrhea. The respiratory system may respond with wheezing, coughing, shortness of breath, sneezing, difficulty breathing, throat tightness, nasal congestion, or hoarse voice. Cardiovascular symptoms may be noted as pale skin color, dizziness/lightheadedness, confusion or shock. Specific warning signs and severity can vary from person to person and from episode to episode (even in the same person). Breathing difficulties and low blood pressure can be the most emergent situation and may result in death if not treated quickly and appropriately. When responding to a possible allergic reaction think F.A.S.T. (face, airway, stomach, total body). A sense of urgency may occur with the person experiencing the symptoms prior to any obvious signs being noted. Words as 'feeling funny/strange', tingling, or itching may be used to initially describe the reaction. It is important to respond immediately and according to the person's specific care plan, if available

Two factors can increase the risk of someone having a severe allergic reaction: Asthma and under utilization of the epinephrine pen (epi-pen). An epi-pen is the emergency medication used to relieve the symptoms of an allergic reaction. It is fast acting but short lived. According to the American Academy of Allergy, Asthma and Immunology, there is no contraindication for using epinephrine in an otherwise healthy individual. It is the first drug that should be used in the treatment of a severe allergic reaction.

(Continued on page 6)

FCBOE-Student Health Services

Volume 1, Issue 21

November 2011

Special points of interest:

- ☺ Allergies and Anaphylaxis
- ☺ Calendar of Events
- ☺ Breast Cancer Awareness
- ☺ Healthy Recipe

Inside this issue:

Coordinator's Corner	2
Special Education Nurses News	3
Breast Cancer Walk	5
Spotlight of the Quarter	4
Healthy Foods	6

Fulton
County Schools
Where Students Come First

Editor's Note:

Greetings! Please check out our latest edition of Student Health Headlines. This issue focuses on a variety of health topics related to Allergies, Anaphylaxis and Breast Cancer. We also have a special spotlight for this issue...our Coordinator, Lynne Meadows! We hope that you will find this information helpful and interesting. As always, if you have suggestions or comments, please feel free to contact me at toomern@fultonschools.org.

HAPPY READING!

Natalie

Contributors

Editor: Natalie Toomer, RN, School Cluster Nurse

Staff Authors: Natalie Toomer, RN, Westlake Cluster Nurse; Lynne Meadows, RN, Coordinator-Student Health Services; Karen Wolk, RN, Special Needs Nurse; Terri Goodman, RN, Special Needs Nurse



November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 CPR Class	19
20	21	22 SHS Staff Mtg	23 Thanksgiving Break	24		25
27	28	29	30	→		

Schedule of Events

November 2011

- ☺ Nov 18th-CPR/AED Class
- ☺ Nov 22nd-SHS Staff Mtg.
- ☺ Nov 23-25th-Thanksgiving Break

December 2011

- ☺ Dec 9th-Infectious Disease Management Conference
- ☺ Dec 16th-CPR/AED Class
- ☺ Dec 20th-SHS Staff Mtg.
- ☺ Dec 23rd-Jan 3rd-Winter Break

January 2012

- ☺ Jan 4th-Teacher Workday
- ☺ Jan 16th-MLK Holiday
- ☺ Jan 24th-SHS Staff Mtg.
- ☺ Jan 27th-CPR/AED Class

Coordinator's Corner



Welcome Back! We hope you had a great safe summer. It is hard to believe that the 2011-2012 school year is already into full swing, and it has been such a busy school year! For many of us in Student Health Services, this marks the completion of our 10th year in Fulton County, and we are so excited! We are also excited about welcoming our new Superintendent and the other new members of the Executive Cabinet.

As you know, Student Health Services (SHS) works to ensure the health and well being of students by developing, implementing, and delivering health services and programs. The following are some of the school health services and programs that we will continue to offer and coordinate this school year:

- Mass Vision & Hearing Screenings at all elementary schools
- Scoliosis Screenings at all middle schools
- Monthly CPR/AED Classes – held in both north and south county
- Handling Medical Emergencies Classes, Hand-washing Classes and other school-requested trainings for school staff
- Management of Acute and Chronic Illnesses in collaboration with the Clinic Assistants
- Prevention and Control of Communicable Diseases
- Flu Vaccine Clinics for staff and possibly students
- Other Health Initiatives and Wellness Activities – State Immunization Audit, Breast Cancer Awareness, offering other adult vaccines, etc.
- Host the 2nd Annual SHS - School Nurse and Clinic Assistant Conference

We also have several other school health initiatives planned for this school year which includes: expanding Project 20/20 and Sight Savers of America vision screenings and AEDs in the elementary schools; implementation of a new Universal Precautions Video and sharing updated Communicable Diseases training and information; continued partnership with the Assistance League – Operation School Bell where schools will receive donated items and supplies for students and this includes Payless shoe vouchers, coats and clothing items, and other basic clinic supplies. In past years, these donations have exceeded over \$50,000. Stay tuned to hear more about these and other exciting programs and initiatives.

We are excited to welcome all the new Clinic Assistants and Clinic Subs who are joining Fulton County Schools. Welcome Aboard! We are thrilled to have you working with us.

For additional information, please visit our website – http://portal.fultonschools.org/departments/Operations/Health_Services/Pages/StudentHealthServices.aspx.

Let's continue to have a great school year!

Lynne Meadows, RN, MS, Coordinator – Student Health Services



Special Education Nurses News

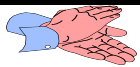
What to do if you Witness a Seizure

Terri Goodman, RN, Special Education Nurse-North County

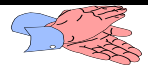


Witnessing a seizure can be extremely upsetting to observe especially the first time. You may not know what to expect and may feel scared. The big question is what do you do? Remember, the thing that you need to remember is to stay calm. If you have a seizure condition, be sure to tell a co-worker, your administrator, a neighbor or friend, and wear a medical alert bracelet. If you have a student or parent that mentions a history of seizures, be sure to contact your Cluster Nurse or Special Education Nurse so a seizure history and seizure plan can be completed. Remember, seizures can present differently in different people. Here are some simple steps:

- Stay calm and reassure other people who may be present to also remain calm.
- Remember, do not hold the person down or try to stop the movements/seizure activity.
- Time the seizure with your watch or cell phone or clock. If a seizure lasts 5 minutes or more, call 911 without a seizure history. If the student has a seizure plan, follow the doctor’s instructions on the plan.
- Place something flat and soft, like a folded jacket, shirt or blanket under the person’s head.
- Remain with the person until the seizure stops. Note the amount of time that the seizure lasts, activity/behavior prior and during the seizure.
- Do not place anything in the person’s mouth and make sure the person is on their side.
- If this is a new/first time seizure, call 911 for medical assistance. If a new seizure occurs, encourage the person to follow up with a doctor.



Special Thanks.....



Student Health Services would like to thank The Assistant League of Atlanta for providing our schools with free clinic and school supplies which includes brand new school uniforms, coats, underwear, socks, belts, shoe vouchers, and many other essential items.

KUDOs to the Fulton County Department of Health and Wellness for their ongoing assistance with screenings and other health initiatives (health-fairs, etc).

Much appreciation also goes to Project 20/20 and Sight Savers of America for conducting vision screenings at seven of our elementary schools! You made this process flawless and easy! Thanks for your help, we hope that we will be able to expand this service to more of our schools in the future.

We appreciate the support these organizations give to our students!

October Was Breast Cancer Awareness Month.....

Karen Wolk, RN, Special Education Nurse



Did you know:

1. One in 8 women in the United States will be diagnosed with breast cancer in her lifetime.
2. Breast Cancer knows no boundaries—be it age, gender, socio-economic status or geographic location.
3. Early detection and effective treatment for breast cancer has been shown to improve survival.
4. Making healthy lifestyle choices may reduce your risk of breast cancer.
5. There are more than 2.5 million breast cancer survivors in the US today.

Breast cancer affects more than just the patient—co-survivors (friends, family and co-workers) need support too.

Be aware. Take Action! (info from the Susan G. Komen Foundation)

“Children must be educated to be healthy and healthy to be educated”

Dr. Jocelyn Elder, Former Surgeon General

Feature Spotlight of the Quarter

SPOTLIGHT!



Spotlights on You:

Lynne Meadows, Coordinator, Student Health Services

Georgia Association of School Nurses (GASN) awarded Lynne Meadows this year's School Nurse Administrator of the Year (2011-2012). The school nurse awards are presented to licensed, registered nurses who display outstanding service and commitment in their schools and communities. Lynne has provided leadership in developing and implementing the school nurse program in Fulton County Schools since the inception 11 years ago. Amongst her many accomplishments, she partners with many outside sources (including the Fulton County Health Department, Fulton County Department of Health and Wellness, Centers for Disease Control, Grady Healthcare System, Assistance League of Atlanta) to assure that the nurses, students, and staff of Fulton County Schools have the necessary tools/resources for success.

Mrs. Meadows was presented with this honor at the Annual GASN Conference held in Peachtree City, Georgia this year. The recognition included a dinner in which her family, friends, and other school nurses were in attendance. She was surprised with not only their presence but also this honor. Board Member Catherine Maddox was also in attendance and made a special presentation on behalf of Fulton County Schools. She stated, "Mrs. Meadows is an outstanding administrator who has persevered through the circumstances we have all faced such as H1N1, decreased funding, staff shortages and the like. Although faced by these circumstances, there has certainly been no shortage in the services provided by our school nurses".

2011 School Nurse Administrator



During her employment, Mrs. Meadows has hired 19 nurses consisting of Cluster and Special Education Nurses. These nurses supervise and provide care for the more than 90,000 students enrolled in the district.

Lynne Meadows has impressively developed guideline standards, forms and resources for each school clinic in an effort to keep students and staff safe and healthy at school. Additionally, her staff continues to train clinic assistants and school staff in handling medical emergencies, CPR, and providing care for those with chronic health conditions as well as acute injuries. Mrs. Meadows has assisted with the implementation of disaster plans and emergency preparedness for each school as well. Mrs. Meadows serves as resource and advisor to schools and its administrators on subjects pertaining to health, wellness and communicable disease topics.

Lynne has the utmost respect and is respected by her staff, administrators and schools that she serves. Mrs. Meadows is a devoted healthcare professional and advocate for children throughout Fulton County School System. There is not a more commendable nurse that effectively leads her staff and more importantly possesses skills to motivate and bring out the best in each of her staff members. Lynne Meadows is a top notch School Nurse Administrator for school nursing and the state of Georgia.

There is not a more worthy or dedicated school nurse administrator as Mrs. Meadows, and we are proud that she is the Leader of Our Team! So, we salute you Lynne Meadows for a job that you continue to do with the utmost professionalism and care!



Quick Breast Cancer Facts

Info Submitted by Karen Wolk, RN, Special Education Nurse, North County



This year, hundreds of thousands of people will hear the words, "**You have breast cancer,**" and there's a good chance that some of them will be people we know and love.

For the 6th year in a row, Student Health Services formed a team to join others in **Making Strides Against Breast Cancer**. The competitive walk was held Saturday October 29th at **Centennial Olympic Park**, a great, new location!

Our desire each year is to encourage more employees and students from Fulton County Schools to join us in this great cause. We also hope friends and family will join us in next year's **Making Strides Walk**. For those of you who have never walked, it is an amazing feeling to be there surrounded by thousands of people - all there for one cause. There seemed to be an increased number of participants! It was a great day for a great walk!

Schools across the district raised money for Breast Cancer through t-shirt sales, donations, jeans day, athletic events, etc. The schools with the most monies raised were: Sandtown Middle School (\$1100); Palmetto Elementary (\$1005); and Parklane Elementary (\$690). Parklane collected their amount in pennies! WOW!

In the future, to join our team or make a contribution to our team, please contact your Cluster Nurse, your Special Education Nurse, Student Health Services or our team captain Karen Wolk RN @ 404-401-5548.

Friends, Family, Staff and Students Supporting Breast Cancer!



Pictured clockwise-above: Staff from Seaborn Lee ES; center-students from Parklane ES; far right-Staff-CRSC, South; Bottom right-Family and staff from Randolph; Center Bottom-Stonewall Tell Staff; Bottom left-Team Captain, Karen Wolk, family and staff from McClarin HS



FCBOE-Student Health Services

Meadows Operations Center
5270 Northfield Blvd.
College Park, Georgia 30349

Phone: 404-305-2177
Fax: 404-305-2172



Save the Date!

Student Health Services 2nd Annual School Nurse and Clinic Assistant Conference



“Infectious Disease Management in the School Setting”

DATE: December 9, 2011
TIME: 8:00am–1:30pm
LOCATION: Sheraton Suites Galleria
2844 Cobb Parkway SW—Atlanta 30339

Registration available in Employee Express

Continued from page 1..... Student Health Services has worked very hard this year to assure that staff members are able to recognize and handle an anaphylactic reaction in school. If you have not had an in-service in your school, please check with your cluster nurse. If you encounter a student with signs of a severe allergic reaction, remember these few steps: If there is a Clinic Assistant or School Nurse available, call for them immediately; If the student has his own Epi-pen and it is available, do not hesitate to use it; Follow the instructions in the packaging or training received by your school’s nurse; Call 911; Do not leave student unattended; Note the time of the initial injection given; Monitor until local emergency medical services (EMS) personnel arrives; and Do not discard the used epi-pen unless instructed by the local EMS.

Allergic reactions can be best managed if they are identified! Identify students with allergies, inquire about the allergies and the student’s response to the allergen. Contact your school’s nurse so that a health care plan may be initiated. Follow the emergency plan once completed. Be aware of eliminating/decreasing exposure to the identified allergens. Remain calm and contact your school nurse if you have questions or concerns.



Recipe Corner *Simple Turkey Chili* Allrecipes.com



Ingredients:

- | | |
|--|-----------------------------|
| 1 1/2 tsp olive oil | 1 lb ground turkey |
| 1 onion, chopped | 2 cups of water |
| 1 (28 oz) can of canned crushed tomatoes | |
| 1 (16 oz) can kidney beans-drained, rinsed, and mashed | |
| 1 tbsp minced garlic | 2 tbsp chili powder |
| 1/2 tsp paprika | 1/2 tsp dried oregano |
| 1/2 tsp ground cayenne pepper | 1/2 tsp ground cumin |
| 1/2 tsp salt | 1/2 tsp ground black pepper |



Directions:

Heat the oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown. Stir in onion, and cook until tender. Pour water into the pot. Mix in tomatoes, kidney beans, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

It is the policy of the Fulton County School System not to discriminate on the basis of race, color, sex, religion, national origin, age, or disability in any employment practice, educational program, or any other program, activity, or service. If you wish to make a complaint or request accommodation due to discrimination in any program, activity, or service, contact Compliance Coordinator Ron Wade, 786 Cleveland Avenue S.W., Atlanta, Georgia 30315, or phone 404-763-4585. TTY 1-800-255-0135.