



Georgia Department of Education

# Georgia School Nurse NEWS

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EDUCATING GEORGIA'S FUTURE

NOVEMBER 2017



## NOVEMBER NATIONAL HEALTH OBSERVANCES

- ⇒ [American Diabetes Month](#)
- ⇒ [COPD Awareness Month](#)
- ⇒ [Diabetic Eye Disease Month](#)
- ⇒ [Lung Cancer Awareness Month](#)
- ⇒ [National Alzheimer's Disease Awareness Month](#)
- ⇒ [National Healthy Skin Month](#)
- ⇒ [Stomach Cancer Awareness Month](#)
- ⇒ [Nov. 16 Great American Smokeout](#)
- ⇒ [Nov. 19 International Survivors of Suicide Day](#)
- ⇒ [Nov. 24 National Family Health History Day](#)



*The articles and hyperlinks to external websites appearing in the School Nurse News are intended to be informational and do not represent an endorsement by the Georgia Department of Education.*

## DEFINITION OF SCHOOL NURSING

School nursing, a specialized practice of public health nursing, protects and promotes student health, facilitates normal development, and advances academic success. School nurses, grounded in ethical and evidence-based practice, are the leaders that bridge health care and education, provide care coordination, advocate for quality student-centered care, and collaborate to design systems that allow individuals and communities to develop their full potentials. **Approved by the NASN Board of Directors June 2016.**



## UPCOMING WORKSHOPS

### School Nurse Updates...

- [Children's Healthcare of Atlanta Fall Conference](#)- November 10th from 7:00 AM-4:00 PM at Scottish Rite Hospital
- November 29th CHOA/DOE School Health Update via Webinar (SAVE THE DATE)
- December 6th from 9:00 AM-12:00 PM Pioneer RESA 1342 GA-254 Cleveland, GA



# Great American Smokeout-November 16



Quit for you and everyone who cares for you.

How does your body recover after quitting ...

- |                     |  |   |
|---------------------|--|---|
| 20 minutes          |  | Your heart rate and blood pressure drop.  |
| 12 hours            |  | The carbon monoxide level in your blood drops to normal.  |
| 2 weeks to 3 months |  | Your circulation improves, and your lung function increases.  |
| 1-9 months          |  | Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.         |
| 1 year              |  | The excess risk of coronary heart disease is half that of someone who continues to smoke. Your heart attack risk drops dramatically.  |
| 5 years             |  | The risk of cancer of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years. |
| 10 years            |  | The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.                                      |
| 15 years            |  | The risk of coronary heart disease is that of a non-smoker's.   |

Source: [cancer.org/healthy/stayawayfromtobacco/benefits-of-quitting-smoking-over-time](http://cancer.org/healthy/stayawayfromtobacco/benefits-of-quitting-smoking-over-time)

To get help and learn more, visit [cancer.org/smokeout](http://cancer.org/smokeout) or call 1-800-227-2345 for free tips and tools. #greatamericansmokeout





## Flu Activity in Georgia

Each year from October to mid-May, Georgia's Department of Public Health tracks flu activity throughout the State and reports the findings in the [Georgia Weekly Influenza Report](#). Along with other [surveillance components](#), influenza-like illness is tracked with the help of volunteer sentinel providers (private providers, occupational health providers, student health clinics and emergency departments) as part of CDC's [ILINet](#) program. While each individual case of influenza is not reportable to health authorities, we monitor flu activity by watching the percent of doctors' visits that are for "influenza-like illness" (fever >100° F and cough and/or sore throat). When these doctors' visits for "influenza-like illnesses" begin to increase compared to baseline levels, we suspect that influenza is active in an area. Baseline levels are considered to be 0-3%.

After House Bill 198 passed in the 2017 Legislative session, schools are required to provide information to parents and guardians of students in grades 6 through 12 on influenza and its vaccine whenever other health information is provided. Below you will find many resources on Influenza and the flu vaccine.

## Influenza Resources

[About Influenza](#)

[Influenza Terms](#)

[Influenza Prevention](#)

[Novel Influenza A Infection-H3N2v](#)

## Influenza Related Pages

[Influenza: What You Need to Know](#)

[Frequently Asked Questions](#)

[Influenza Surveillance in Georgia](#)

[Vaccine Information Sheet Influenza](#)

[Flu Activity in Georgia](#)

[Novel Influenza A Infections](#)

[Georgia Pandemic Influenza](#)

[Preparedness Information](#)



# AMERICAN DIABETES MONTH

## The Staggering Costs of Diabetes

### GROWING EPIDEMIC

Diabetes affects **over 30 million** children and adults in the U.S.



That's **1 in 11** Americans.



**84 million** Americans have prediabetes and are at risk for developing type 2 diabetes.

**90%** of them don't know they have it.



Every **21 seconds** someone in the U.S. is diagnosed with diabetes.

### HUMAN COSTS

African Americans and Hispanics are over **50%** more likely to have diabetes than non-Hispanic whites.

People with diabetes are at higher risk of serious health complications:



STROKE



BLINDNESS



KIDNEY DISEASE



HEART DISEASE



LOSS OF TOES, FEET, OR LEGS

### ECONOMIC COSTS



The total cost of diabetes and prediabetes in the U.S. is **\$322 billion.**



The average price of insulin **nearly tripled** between 2002 and 2013.



People with diabetes have health care costs **2.3x greater** than those without diabetes.

Learn more at [diabetes.org](http://diabetes.org)



## FOOD FINDER GEORGIA

**FoodFinderGA** is a free smartphone app developed by a Georgia Public Schools graduate - it's available on the Apple App Store or Google Play right now (search: foodfinder), or online at [www.foodfinderga.org](http://www.foodfinderga.org).

The app creates a 100% anonymous, direct connection between students & families who need food and their closest free food providers.

Both the FoodFinderGA app and the website showed a dramatic increase in use over the Thanksgiving break:

- Thanksgiving week visits to FoodFinder = +496% vs. weekly average during this school year-to-date.
- Average Daily use during Thanksgiving week = +500% v. the daily avg this school year.
- Peak usage was Monday 11/21, the 1st full week without school lunch this school year = +1,269% daily average

Please download the app today, and tell your students about it before the Holiday break.



## FUNDING OPPORTUNITIES

- ⇒ **Firehouse Subs Public Safety Foundation [AED Grants](#)**
  - Thursday, **November 30, 2017** at 5:00 PM for 1st Quarter Grants (Q1 2018)
- ⇒ **Community Change Micro Grants**
  - Applications Due: **November 10, 2017**. [America Walks](#) is excited to extend its third round of \$1,500 grants to schools and other organizations for projects that promote walking and walkable communities. Applications must be submitted online by 4:00 p.m. CST. See the [2016 grantees](#).
- ⇒ **Apples4Ed Healthy Snack Grants**
  - The School Nutrition Association, National Association of State Departments of Agriculture, and the U.S. Apple Association are funding this [initiative](#) to support healthy snacking programs. Students, parents, educators, or administrators can nominate their school for a \$10,000 grant. [Nomination forms](#) must be submitted by **November 30, 2017**. All schools with students enrolled from Kindergarten through 12th grade are eligible. Check out the [2016 finalists](#).
- ⇒ **Saucony Run for Good Grants—**  
Applications Due: **December 15, 2017**
  - The [Saucony Run for Good Foundation](#) is accepting applications for grants to help run down the childhood obesity epidemic. The grants are open to community nonprofit organizations that initiate and support running programs for kids. See this [guide](#) to determine if your organization qualifies for a grant.



## WEBINARS AND RESOURCES

### ⇒ Webinar: Integrating Movement into a Well-Rounded Education

On November 8, 2017, at 4:00-4:30 p.m. EST, the [Action for Healthy Kids](#) (AFHK) will present this webinar. AFHK partner schools will share ideas for creating active classrooms through manageable movement strategies, games, and lesson plans.

### ⇒ Webinar: Addressing Obesity and Eating Disorders

On November 8, 2017, at 1:00 p.m. EST, the [School-Based Health Alliance](#) will host “Addressing Obesity, Feeding and Eating Disorders, and Body Dysmorphic Disorder among LGBTQ Youth.” Many LGBTQ youth experience bullying, rejection, and other identity-related stressors at home and at school. This webinar will teach providers how to use a culturally-responsive approach to preventing, identifying, and treating these conditions.

### ⇒ Webinar: A Proactive Approach to IAQ—November 9, 2017

From 1:00 to 2:30 p.m. EST, the U.S. Environmental Protection Agency (EPA) will host [Saving Money and Protecting Health with Preventative Maintenance](#). Join the webinar to hear about the benefits of transforming your approach to indoor air quality (IAQ) management from reactive to proactive.

### ⇒ Webinar: Drinking Water and Lead Exposure—November 7, 2017

[Why Are We Talking About It?](#) is the first of three webinars in the series “Let’s Tackle Drinking Water Safety!” The University of California will co-present the webinar at 2:00 p.m. EST. A simple overview will be provided regarding the importance of safe drinking water in schools, plumbing, and lead exposure in tap water.

### ⇒ Preparing Youth to Thrive: Promising Practices for SEL

The Social and Emotional Learning (SEL) Challenge was designed to identify promising practices for building skills in six areas: emotion management, empathy, teamwork, initiative, responsibility, and problem solving. The Field Guide, a product of the [SEL Challenge](#), shares best practices and collective expertise for equipping the rising generation with the SEL skills they need to thrive. Educators and out-of-school staff may download the [Field Guide](#) for use in developing SEL programming.

### ⇒ Disaster Relief Resources

The [Healthy Schools Campaign](#) (HSC) points out that when disaster strikes, schools become even more important as a stabilizing force in students’ lives. In addition to maintaining a healthy and safe environment, schools can make sure that needed services are provided. The HSC promotes the [Hurricane Relief Resources](#) compiled by The School Superintendents Association (AASA).



## RESOURCES AND LEGAL TOPICS

### ⇒ **Talking to Children About Shootings**

In consideration of the tragic events in Las Vegas, please share [this free resource](#) from the National Center for School Crisis and Bereavement on talking to children about shootings and tragedies they will likely hear about at school or on the news.

### ⇒ **Third and Fourth Graders Who Own Cell Phones are More Likely to be Cyberbullied**

*American Academy of Pediatrics*  
Most research on cyberbullying has focused on adolescents. [But a new study](#) discovered cell phone ownership among children third to fifth grades finds they may be particularly vulnerable to cyberbullying.

### ⇒ **Parents Increasingly Fret About Bullying, and With Good Reason**

Ask parents what they're most worried about regarding the wellness of their children as a new school year begins, and stress and anxiety are high on the list. So are obesity and lack of exercise, along with smoking and alcohol and drug use. But for several years, the top answer is the same: bullying and cyber-bullying...About one in five middle and high school students is a victim of bullying, according to a 2015 study by the National Center for Education Statistics. [Read More](#)

### ⇒ **East Tenn. School Says Father Can't Administer Hemp Oil to Son on School Grounds**

James Griebe's son suffers involuntary twitching from a disorder called Tardive Dyskenisia. "It kills me to see him like this," he said. But he uses hemp oil to control it...But his son's school district is barring him from taking the oil to class....According to Tennessee law, marijuana is illegal, but that does not include 'Industrial Hemp'. Griebe said his oil, 'Charlotte's Web' from Colorado, falls under that category with less than 0.3 percent THC. The district also said they need a doctor's note to give the drug. Griebe disagrees, saying he doesn't because it's not a controlled substance. [Read More](#)

### ⇒ **Need for Epinephrine in Schools — And Staff Trained to Administer It**

*American Academy of Pediatrics*  
With school nurses often covering multiple buildings, researchers find that nearly one in five students who experience severe allergic reactions are given potentially life-saving epinephrine injections from unlicensed staff or students. [Read More](#)

### ⇒ **School settles claim it didn't evacuate disabled student during fire alarm**

The Watchung Hills Regional High School District Board of Education agreed to settle claims that staff failed to evacuate at least one disabled student during an unplanned fire alarm and did not have policies for evacuating students with disabilities. [Read More](#)



## CHOA SCHOOL HEALTH RESOURCES

Eighteen percent of children in the United States have a chronic medical condition. A well-trained school health professional can help these children manage their health and stay in school. Children's Healthcare of Atlanta (CHOA) works closely with school health personnel throughout the state to provide them with educational materials, training and support.

The Children's Regional School Health Coordinator, Gail Smith, provides the following services:

- ◆ [School nurse updates](#) and webinars on clinical pediatric topics
- ◆ Staff education for school districts in metro Atlanta
- ◆ Reviews and revisions of the [school health manual](#)
- ◆ Serve as prime contact for school nurses to call to discuss programmatic needs and difficult cases
- ◆ Provide the CHOA/DPH [Common Infectious Illness poster](#)
- ◆ [Behavioral Health resources](#)
- ◆ [Educational Videos](#)

Children's Healthcare of Atlanta also provides nutritional and wellness resources through the [Strong 4 Life Program](#). Please click the hyperlink for more information.

**For questions or requests, please contact:**

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Web Page: <http://www.choa.org/schoolhealth>

**Want to receive School Health News:**  
<http://pages.choa.org/School-Nurse-OptIn.html>



## HELPFUL LINKS

- ⇒ [ASTHMA](#)
- ⇒ [CHILDHOOD OBESITY](#)
- ⇒ [CULTURAL COMPETENCY](#)
- ⇒ [DIABETES IN CHILDREN](#)
- ⇒ [DISASTER PREPAREDNESS](#)
- ⇒ [DOCUMENTATION IN SCHOOL HEALTH](#)
- ⇒ [DRUG ABUSE](#)
- ⇒ [ENVIRONMENTAL HEALTH](#)
- ⇒ [FOOD ALLERGIES & ANAPHYLAXIS](#)
- ⇒ [IMMUNIZATIONS](#)
- ⇒ [HEAD LICE](#)
- ⇒ [MENTAL HEALTH](#)
- ⇒ [ORAL HEALTH](#)
- ⇒ [SCHOOL WELLNESS POLICIES](#)
- ⇒ [SEASONAL INFLUENZA](#)
- ⇒ [SEXUAL & REPRODUCTIVE HEALTH](#)
- ⇒ [VIOLENCE IN SCHOOLS](#)
- ⇒ [VISION AND EYE HEALTH](#)

\*\*\*Resources obtained from the [National Association of School Nurses Website](#)