

Northeast Region Report CHNS & CHPS – December 2013

Laura Cook

- Jennifer and I presented to Wynne High School classes on the dangers of tobacco, Act 811 and secondhand smoke; a component was included on the effects of smoking while pregnant
- BMI and Scoliosis Trainings held for school nurses. Educated on the harmful effects of tobacco
- Jennifer and I presented to Wynne High School classes on Tobacco, Drug Prevention and Injury prevention, including the Reality Works dolls for Shaken Baby Syndrome, Fetal Alcohol and Drug exposure.
- Attended and recorded minutes for Poinsett Co Partners in Health coalition
- TA provided to school nurses regarding BMI, Scoliosis, permanent records, injury prevention, Eschool, APSCN, vision and hearing at the following schools: Jonesboro, Westside, Valley View, Blytheville, Gosnell, Osceola, Harrisburg, Wynne, Marked Tree, EPC, Marion, Riverside, Brookland and Newport

Karen Davis

- Disaster Preparedness Presentation on Medications given to the Clay County Emergency Planning Committee – approx. 40 in attendance. Distributed 1800 Quit Now, information to the Committee and discussed how in an emergency that tobacco addiction is the last thing you need to worry about.
- Worked with Dr. Jonathan Wolfe from UAMS on Disaster Preparedness Presentation
- CPR training to Clay County Road Department included education on the respiratory and cardiac health hazards of tobacco use. # 7 trained in CPR.
- Monitored new CPR Instructor on CPR and First Aid
- Monitored new CPR Instructor on CPR

Jennifer Lynch

- BMI Training at Crowley's Ridge Education Cooperative-Laura Cook and I presented BMI Training for school nurses and Para professionals. I presented data and information on overweight and obesity in school. We educated on the importance of BMI Screening, proper nutrition and physical activity in the school and at home, how to encourage school staff and parents to model a healthy lifestyle and how the school nurse can play a role in that model. We presented the role of the Community Health Promotion Specialist and the Community Health Nurse Specialist, the services and presentations

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that we provided for school districts including tobacco, nutrition, physical activity, injury prevention, SHI, BMI, vision and hearing, scoliosis, and wellness committee support. We also discussed with participants the resources available, as well as grants for the schools. Nine participants were in attendance

- Presented to the Armorel School District Wellness Committee in Mississippi County on the School Wellness Toolkit, SHI, BMI, CSH and the role of the CHPS, CHNS and Health Educator. I described in detail the programs that we work with such as nutrition, physical education, tobacco prevention and injury prevention. Also, explained how we provide technical assistance to schools in SHI, BMI, CSH, Screenings, CPR, Grants and other programs. I discussed Act 811, ATV Safety and Graduated Driver License Laws and the laws on cell phone use in school zones. A pre and posttest were given to the participants on Act 811 and GDL Laws. At the end of presentation, floor was open for Q and A. In attendance was the Superintendent, Assistant Superintendent, principals, school nurse, coaches, classroom teachers, community members and students. 20 participants were in attendance.
- Presented at the staff meeting at East Junior High in West Memphis on the School Wellness Toolkit, SHI, BMI, CSH, and the role of CHPS, CHNS and Health Educators. I described in detail the programs that the CHPS, CHNS and HE work with such as nutrition, physical education, tobacco prevention and injury prevention. Also, explained how we provide technical assistance to schools in SHI, BMI, CSH, Screenings, CPR, Grants and many other programs and services offered by ADH and the LHU. Talked to the group about Act 811, ATV Safety and Graduated Driver License Laws and the laws on cell phone use in school zones and preformed a pre and posttest with them. At the end of presentation, floor was open for Q and A. In attendance were the Principal, Assistant Principal, PE Teachers and various classroom teachers. I provided each participant with Crittenden County LHU Pamphlet and contact information for Cassie Lewis and Kim McCray. 25 participants were in attendance.
- Laura Cook and I presented to the 9th, 10th, 11th, and 12th grade Health Classes at Wynne High School. Presentation included Tobacco and Smokeless Tobacco, drug look alike and dangers of drugs and how to "Say NO" and prevent prescription drug abuse. We discussed the health dangers of tobacco and smokeless tobacco, drugs, alcohol, illegal and prescription drugs and provided hands on activity to show the students and staff that drugs, candy and drinks can be confused for each other and look alike. Education on Act 811 and pre and posttest were performed on types of cancer that tobacco can cause as well as other health disparities. There were 2 groups and a total of 58 participants were in attendance.
- Presented at the Science Night at the Wynne High School. Parents, students and family members were grouped together in 10's and rotated through various rooms with presentations where they spent 30 minutes in each group. I presented on Tobacco and Smokeless Tobacco, Drugs, Alcohol, Illegal Drugs, Prescription Drugs, and used the Tobacco Wheel to educate participants. Also, incorporated Nutrition, Physical

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Education, Reality Baby Works, and an activity on Rethink Your Drink where participants had to match bags of sugar with the proper drink. Education on Act 811- A pre and posttest were performed on types of cancer that tobacco can cause, as well as other health disparities. 150 participants were in attendance.

Becky Lamb

- December 10- Flu clinic at ASU Beebe
- December 11- Flu clinic at ASU Searcy
- December 13-School flu clinic at Southwest Middle School
- Recruited School Nurses to enter BMI data into E-School as part of a pilot study
- Scheduled Teen Driving Class at Cabot High School for January 16, 2014

Cynthia Schaefering

- Southside 5th and 6th grade students were given a pretest to determine their knowledge about tobacco and its use among youth, and then students viewed, "Just Say Know" about tobacco education. After watching the video we discussed in detail the ways big tobacco targets youth and how they can say NO and mean it. Informed students of Act 811 and over half of the class had parents who smoked in the vehicle with them. Students were informed of the SOS quit line for referring the parents. Students were able to correctly answer questions on the posttest over tobacco. Focused on smokeless tobacco and the frequent use of it on school campuses and what it meant to be a Tobacco Free Campus. Discussed the importance of using helmets while operating an ATV, and other ATV safety issues. Total of 41 participants, outreach forms done
- Presentation to the Sharp County Personal Care Aides on Shaken Baby Syndrome with the use of the Reality works doll. Education included the baby's vulnerability, signs and symptoms of SBS, physical results of SBS related brain injury, long term injury vs. death from SBS and who is at risk of shaking a baby. Participants were then given a demonstration of how easy it is to cause brain injury by shaking the baby simulator. Discussion on what SBS was not, including tossing a baby in the air, whiplash from car crash, bouncing a baby on the knee or jogging with the baby in a carrier. 16 participants
- Independence County HHI Meeting: A demonstration of the Reality works Safety dolls was presented to the members of the Independence county HHI coalition. A full demonstration of the SBS doll was provided with information about the upcoming training and uses of the doll. The Prenatal Drug Affected baby was then demonstrated to the members with information on possible ways to incorporate into their schools, prenatal classes or organizations. Same was done with the Alcohol Affected Baby. Members were also informed on the availability of other services from CHNS or CHPS including tobacco, injury prevention, physical activity and nutrition. Informed of the

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availability of Professional Development hours available to school staff members also.
15 attendees

- A demonstration of the Reality works Safety dolls was presented to the staff of the New Beginnings pregnancy crisis center and to the staff of the Alpha Parenting Center. A full demonstration of the SBS doll was provided with information about the upcoming training and uses of the doll. The Prenatal Drug Affected baby was then demonstrated to the staff with information on possible ways to incorporate into their prenatal education classes. Same was done with the Alcohol Affected Baby. Staff was informed on the availability of services from CHNS to promote these during their parenting and prenatal classes. 7 participants.
- Contacted Batesville, ICC, Midland, Concord, Viola and Calico Rock schools to make arrangements for presentations to their FACC classes on the Reality Works Safety Dolls.