

Northeast Region CHNS and CHPS July 2013 Report

Laura Cook

- Completed and submitted ATrain CNE packets (Hearing, Vision and Scoliosis)
- Completed CNE packets for Back to School Nurse Workshops
- Back to School Nurse Workshop preparation: Contacted organizations and individuals and confirmed tables at school nurse workshop for vendors, such as Tracy Starks with MITS. Arkansas' Mass Fatality Manual- preloaded onto all jump drives for workshop along with Emergency Guidelines for Schools. Agenda shared with presenters for all 3 workshops in NE Region
- Assisted with the Safety Baby Shower at Poinsett Health Dept. Provided Car Seats for participants. Presentations on Tobacco, breastfeeding, general care of your baby and proper car seat installation
- Updated CHNS/CHPS brochure for the NE Region
Brochure continued shared at Workshops, with CHNS/CHPS and Supervisor
- Assisting with Breast Care outreach

Karen Davis

- Educated on tobacco effects and presented a program on nutrition and health to 4 – 9 year olds at daycare in Greene County.
- Attended an Arkansas Abstinence Advisory Council meeting and discussed Best Practices for Abstinence Programs and the outcome of each.
- Cindy Schaefering and I Provided a School Nurse Conference at the NEA Educational Coop for Northeast and North Central Coop School Nurses. Speakers did programs on Diabetes, Asthma, Physical Assessments and Mass Fatality Management. Approx. 40 were in attendance – breakfast and lunch was provided. Gift bags of First Aid Books, SOS material, Nutrition material and Poison Control were given away. Pen lights will be given to each attended at a later date. Information on STD/HIV, Head lice, Meningococcal and Tobacco was furnished. Also Connect Care was there and information was given to school nurses on their program
- Attended workshop at NE Co-op on Shaking Baby Syndrome and Safe Sleep Program
- Facilitated training at NEA Coop on "Medical Diagnosis's that Effect Learning", taught by Alicia Starkey
- Attended the Insurance Bureau Training and Underage Drinking Conference in Little Rock

Northeast Region CHNS and CHPS July 2013 Report

Jennifer Lynch

- Woodruff County 4H Camp, education on harmful effects of tobacco: smoking, smokeless and secondhand smoke, Act 811 and provided information for children and parents. 70 participants
- Greene County, AR Counseling, education to youth on harm of tobacco both smoking and smokeless, secondhand smoke, Act 811 and provided information for children to take home to parents and caregivers. Presentation on nutrition and Rethink Your Drink to 15 participants that were ages 10-15 years old. Incorporated a game where they matched drink bottles with sugar bags to understand levels of sugar and explained the affects it will have on their bodies. Also discussed sport and energy drinks.
- Attended the Back to School Nurse Workshop at the Northeast AR Cooperative in Walnut Ridge
- Poinsett County Provided for Harrisburg School District, 3 presentations on nutrition and cooking safety. Collaboration with Sanaz (Delta Garden AmeriCorps Service Member) on the Cooking Matters Classes that have taken place every Tuesday this Month.
- Presented with Anna Haver, CHPS, on “Engaging Community Resources to Improve Health and Wellness in Your School” at the School Health Conference in Little Rock
- Partnering with ARCOP and other Coalition Building 101 presenters over the state to work with them on developing 1 presentation.

Becky Lamb

- Provided CPR Training at Arch Ford Co-op and Wilber D. Mills Co-ops for school staff
- Facilitated Sports Nutrition Workshop at Harding University:
The purpose of this session is to provide the participant with the knowledge that would allow them to inform athletes of the best practices in nutrition and sports supplements that would allow the athlete to compete at their peak. Extensive discussion concerning appropriate caloric intake and breakdown will be covered, as well as the benefits (or negatives) of sports supplements. Knowledge will be gained that can be put into place for athletes wanting to gain weight, lose weight, or maintain weight and be at peak performance
- Facilitated Workshop at Harding University titled: Training and Conditioning Athletes the purpose of the session is to provide the participant with knowledge of the essentials of strength training and conditioning male and female athletes. Topics covered in this workshop will include Test Selection and Administration, Warm-Up, Resistance Training, Plyometric, Speed, Agility, Anaerobic Exerciser Prescription, and Rehab. Basically, this

Northeast Region CHNS and CHPS July 2013 Report

day will be all about program design, designing the appropriate workouts based on desired outcomes of the athletes being trained.

- Presentation to the Lonoke County HHI- ACA Insurance Information
- Provided BLS Training for 9 ADH nurses in Cleburne County
- Presentation for Prairie County Food, Fit & Fun Camp & assisted with other aspects of the camp

Cynthia Schaefering

- Presentation provide for the Summer Reading Program pre and school age children on oral health using the Dragon teaching aid to show children and their parents how to brush and floss their teeth. Along with the brushing and flossing, we discussed nutritional foods that help improve dental health and maintain a healthy mouth. Also talked about how smoking and using other tobacco products will harm your teeth and gums. Children were given the opportunity to practice flossing by using string and "flossing" between my fingers to demonstrate how it works to remove plaque that they can't see between teeth. Children were then quizzed on how many times/day they should brush and floss and how often to see their dentist for checkups. Written materials on how to brush and floss were given to children whose parents weren't there. There were a total of 50 kids and 32 adults present.
- Tobacco education, specifically smokeless tobacco, included in all CRP trainings to school staff members. Effects of smoking and secondhand smoke reviewed with the participants. Twenty nine staff members reached with this education. Provided First Aid and CPR training at the co-op to a total of 7 school staff members of several of the area schools.
- CPR provided to 12 Salem school staff members on their campus. CPR provided to 10 Rural Special school staff members at their campus
- Collaborated with James Tanner, Sharp County Tobacco Grantee Coordinator and Jeannette Cooper, Fulton County Tobacco Grantee Coordinator on Tobacco displays to be used for the Sharp and Fulton county fairs. This was an information booth with the potential to have reached over 2000 local residents
- Co-hosted a Back to School Nurse Workshop with Karen Davis, RN from NEA Co-op. Presentations on Mass Fatality, Diabetes, Asthma, and Pediatric Assessment were given. The event offered school nurses 5.5 hours of continuing education. There were a total of 40 attendees
- Worked with Josh Wilson of Ozarka to complete a Blue and You grant for providing CPR instructor training, CPR equipment and AED's for the schools in the four counties that Ozarka has campuses. This grant would allow for the training of one school staff member from each of the schools from Mountain View, Melbourne, Mammoth Spring, ICC, Highland and Cave City. Also included in the grant were monies to purchase

Northeast Region CHNS and CHPS July 2013 Report

additional AED's for those schools that have multiple buildings on campus without an AED.