

Healthy Students

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Health Learners

May 2012

Volume 1, Issue 3

Get Out and Enjoy the Summer

Sun safety is never out of season. Summer's arrival means it's time for picnics, summer sports, camps, trips to the pool, lake, and beach – and a spike in the number of sunburns. But winter skiers and fall hikers should be as wary of the sun's rays as swimmers. People who work outdoors need to take precautions too.

The need for sun safety has become clearer over the past 30 years. Studies show that exposure to the sun can cause skin cancer. Harmful rays from the sun – and from sunlamps, and tanning beds – may also cause eye problems, weaken your immune system, and give you skin spots, wrinkles, or 'leathery' skin.

Sun damage to the body is caused by invisible ultraviolet (UV) radiation. Whatever our skin color, we're all potentially susceptible to sunburn and other harmful effects of exposure to UV radiation. Although we all need to take precautions to protect our skin, people who need to be especially careful in the sun are those who have: pale skin; blond, red or light brown hair; been treated for skin cancer; family member who's had skin cancer. Some medications may increase sun sensitivity. Ask your health-care professional about sun-care precautions.

Sun safety Tips:

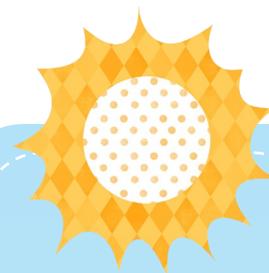
- Reduce Time in the Sun – limit sun exposure between 10 am and 2 pm
- Dress with Care – wear clothes to protect your body
- Be Serious about Sunscreen – use sunscreen and reapply often
- Protect your Eyes – wear sunglasses

The American Cancer Society estimates that one American dies every hour from skin cancer. In 2012 alone, the ACS estimates there will be more than 76,250 new cases of malignant melanoma, the most serious form of skin cancer. (See page 2 for map for your county rates.)

American Cancer Society promotes Slip! Slop! Slap! Wrap!

- Slip on a shirt
- Slop on sunscreen SPF 15 or higher
- Slap on a wide brim hat
- Wrap on sunglasses

Information taken from article on Food and Drug Administration's Consumer Updates page, www.fda.gov



Arkansas School
Nurses Association
Spring Workshop
July 24, 2012
ACH East Campus
Children's Hall A and B
Little Rock Arkansas

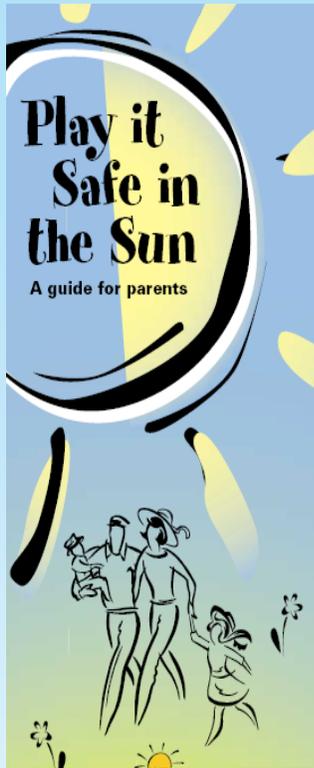


NASN 44th Conference
June 23-26, 2012
San Francisco. CA

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"Play it safe in the sun: A guide for parents" can be found at

<http://www.cdc.gov/cancer/skin/pdf/CYCParentsBrochure.pdf>

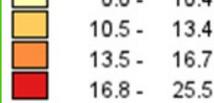
Age-Adjusted Invasive Cancer Incidence Rates in Arkansas Melanoma of the Skin, 2004-2008

By County

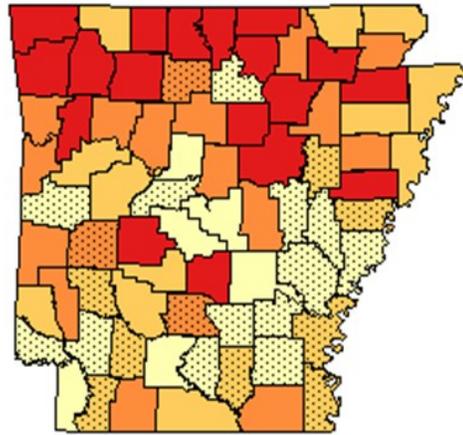
Age-Adjusted to the 2000 U.S. Standard Million Population

Arkansas Rate: 13.8

Rate per 100,000



 Unstable



Data accessed May 23, 2012.

Based on data released February 08, 2011.

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How to Use Sunscreen

SPF, or Sun Protection Factor, is a measurement of how well a sunscreen will protect skin from UVB rays, the kind of radiation that causes sunburn. If your skin would normally burn after 10 minutes in the sun, wearing an SPF 15 sunscreen would allow you to stay in the sun for 150 minutes (10 x 15) without burning. This is a rough estimate, however, and your own skin, the type of activity you do in the sun, and the intensity of sunlight may give you more or less safety.

SPF ratings can be confusing at times. For example, the rating tells you about UVB protection, but nothing about protection from also harmful UVA rays. The SPF 50 does not prevent burns 2/3 times longer than a SPF 30. It only blocks about 1.3% more UVB radiation than SPF 30.

Sunscreen Application

Go home and try a small portion around your wrist.

If you see any allergic reaction or skin problem, buy a different sunscreen. Repeat these two steps until you find the right sunscreen.

On the day you will be in the sun, 30 minutes before you go outside, apply an ounce of sunscreen.

That's right, a full ounce. To get the most protection you MUST put on at least an ounce.

To apply sunscreen, squeeze a dollop of cream onto your hand and rub it on all the skin that will be exposed to the sun.

Rub it in until you can't see the white anymore.

Re-apply sunscreen every hour



Alcohol Awareness Month

April was Alcohol Awareness Month. The 4th Annual Underage Drinking Prevention Conference was held in Little Rock by the Little Rock Police Department and the Arkansas Department of Finance and Administration. Multiple presentations were given on underage drinking and substance abuse. Some of the topics included were "Enforcing Social Host Laws", "Trends in Underage Drinking", "Shaping the National Underage Drinking Strategies", and many more. Multiple resources were made available to help assist in efforts to reduce youth access to alcohol.

State and local communities across the nation are working to implement the statutes and ordinances that address the complex issues surrounding underage drinking. One of the most progressive approaches adopted involves strategies surrounding the issue of social hosting or people who provide the setting for the gathering of underage drinkers. Act 976 of 2009, is an

act that states, "to provide criminal liability for a social host who knowingly serves alcohol to persons under the age of twenty-one; who knowingly allows minors to consume alcohol on his or her property; and for other purposes." This is one of the only laws that allow a township or county to produce a much stricter ordinance and set their own punishments. The 2012 APNA survey states that 86% of youth are given alcohol by a parent or a friend's parent. Thus, it is important for us to not only educate our youth but the adults on underage drinking. Many consequences result from underage drinking. The combination of alcohol and driving is a factor that contributes to injury and death but also alcohol is a factor to sexual assault, trauma both intentional and unintentional, and violence and crime. Therefore, identifying the problems in your community and using effective strategies can help to reduce and combat against underage drinking.

"It is easier to prevent bad habits than to break them." Benjamin Franklin

Prescription Drug Summit

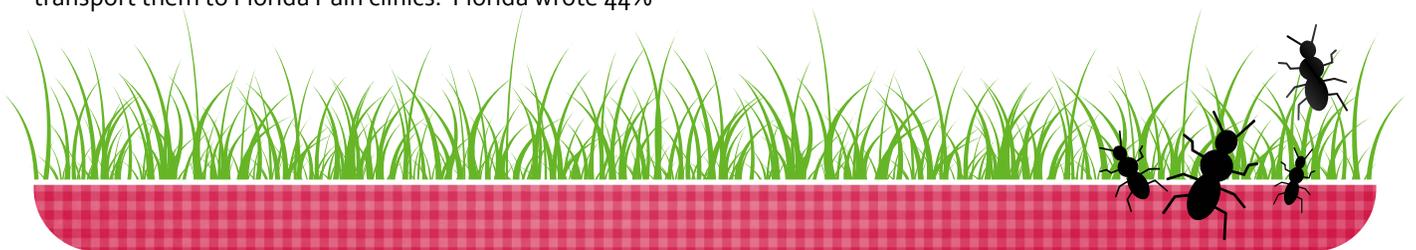
On April 26, 2012, the Arkansas Attorney General's office sponsored the first Arkansas Prescription Drug Summit. The summit was held in Little Rock and included a panel of experts on prescription drugs.

Alan G. Santos, Associate Deputy Assistant Administrator of the Office of Diversion Control in the U.S. Drug Enforcement Administration, spoke about the trafficking and abuse trends currently in the state. According to Mr. Santos, "More people die from opiate analgesic abuse than from car accidents." Arkansas currently ranks 25th in the number of hydrocodone prescriptions written and 46th in the number of oxycodone prescriptions.

Currently, most people who can't get their prescriptions from local doctors are participating in the "Florida Oxy Express". Buses load up potential customers and transport them to Florida Pain clinics. Florida wrote 44%

of all oxycontin prescriptions in 2010. Interestingly enough, Florida was also suffering from greater than 11 deaths a day due to oxycontin use. Due to the rise in "bad" pain clinics, the DEA now investigates and monitors all clinics and must review every applicant who requests to open a pharmacy or clinic.

Dr. Jack Stein, with the White House Drug Control and Policy Department, spoke about the National Drug Control Strategy that came out in 2010. This program is a science based public health approach that is being coordinated federally. The plan has 4 focus areas: education, prescription drug monitoring, proper medication disposal and enforcement. The plan will include legislation, education for professionals, development of evidence based guidelines and support for research for non-opiate pain meds.



Prescription Drug Summit:continued

Other speakers included John Eadie, Executive Director for the Prescription Monitoring Program. He gave an overview of that monitoring program and how it can assist with tracking offenders and ending their abuse. The Chief Medical Examiner for Arkansas, Dr. Charles Kokes, gave information from his office's perspective. Deaths due to prescription drug abuse have risen to nearly 3 times the number of deaths in the 2 previous years.

Fran Flener, Arkansas State Drug Director assisted with the summit. She stated that it was encouraging to see so many people present and concerned about prescription drug abuse in Arkansas. The summit was full to capacity and several wishing to participate had to be turned away. New drug tracking systems were also discussed and those who are

responsible at the state level for that program were there to answer questions and explain the program.

During the closing session, there was a panel discussion for presenters and participants to dialogue concerning the prescription drug topic. All in attendance agreed that the problem was serious and growing. With the awareness raised and education given, the hope is for a future that will include prescription drug abuse prevention.

Secure, Monitor and Dispose remains the greatest strategy against prescription drug abuse. Participants were encouraged to educate the public on these simple steps that can change lives.

"Diseases can rarely be eliminated through early diagnosis or good treatment, but prevention can eliminate disease." Denis Burkitt

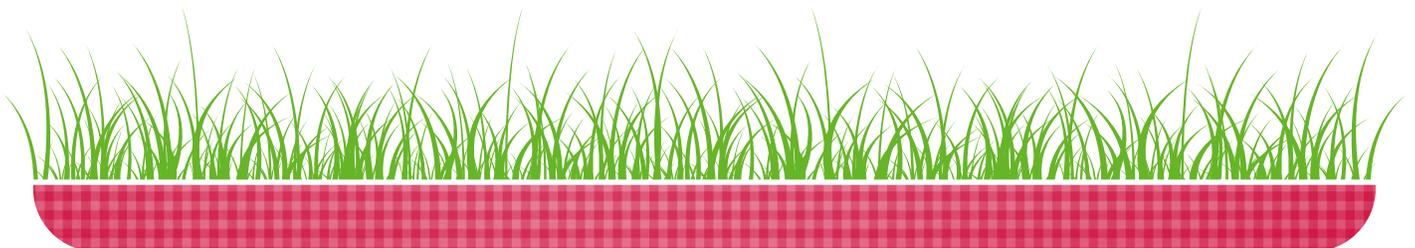
Community Health Nurse and Promotion Specialist Contact Information

South Arkansas

Kim Hooks	Supervisor	Cleveland County Health Unit	870-325-6311
Anna Haver	CHPS	Central Region	501-791-8551
Cynthia Wilborn	CHNS	Central Region	870-280-4950
Cheryl Byrd	CHNS	DeQueen/Mena Coop	870-386-2251
Edie Greenwood	CHNS	Southwest Coop	870-777-3076
Tommie Rogers	CHNS	Dawson Coop	870-246-3077
Emily Lyons	CHPS	Dawson Coop	870-246-3077
Rhonda McDonald	CHNS	South Central Coop	870-836-1619
Cassie Lewis	CHNS	Great Rivers Coop	870-338-6461
Rosemary Withers	CHPS	AR River Coop	870-534-6129
Lisa England	CHNS	Southeast AR Coop	870-367-6202
Juanita Buckmaster	CHNS	AR River Coop	870-534-6129

North Arkansas

Nancy Green	Supervisor	Van Buren County Health Unit	501-745-2485
Marilyn Cone	CHNS	North Central Coop	870-368-7955
Laura Cook	CHNS	Crowley's Ridge Coop	870-578-5426
Jennifer Lynch	CHPS	Crowley's Ridge Coop	870-578-5426
Becky Lamb	CHNS	Wilbur D Mills Coop	870-882-8614
Karen Davis	CHNS	Northeast AR Coop	501-454-2871
Mary McCraw	CHNS	Arch Ford Coop	501-354-2269
Christine Reifeiss	CHPS	Arch Ford Coop	501-354-2269
Cheria Lindsey	CHNS	OUR Coop	870-429-9100
Sarah Brisco	CHPS	OUR Coop	870-429-9100
Nancy Marsh	CHNS	Northwest Coop	479-267-7450
Miranda Curbow	CHNS	Western AR Coop	479-965-2192



Summer Trainings for Schools and Communities

Arch Ford

Heartsaver/AED training for school staff

June 4, 2012

June 18, 2012

July 9, 2012

July 17, 2012

July 23, 2012

August 8, 2012

Basic Life Support for School Nurse

July 20, 2012

Igniting a Passion for Physical Activity

June 13, 2012

Concussion in Youth Sports

June 18, 2012

Physical Activity and Nutrition for All

Northwestern AR

Traumatic Brain Injury

June 25, 2012

Injury Prevention 101

July 6, 2012

Fetal Alcohol Spectrum

July 17, 2012

Back to School Nurse Workshop

August 7, 2012

Vision/Hearing for New Nurses

August 28, 2012

Arkansas River

CPR Instructor Course

June 14-15, 2012

Teen Driving 101 Train the Trainer

June 18, 2012

Heartsaver/AED/First Aid

June 26, 2012

Screening Training Certification for School Nurses

Vision/Hearing

August 7, 2012

Scoliosis/BMI

August 8, 2012

Injury Prevention 101

July 25, 2012

How Breastfeeding Promotion Can Be Incorporated in Health Lessons

July 24, 2012

Health Grant Writing

August 3, 2012

Back to School Nurse Workshop

August 10, 2012

OUR

Injury Prevention 101

June 8, 2012

TBI, Autism and other Disorders

July 12, 2012

Back to School Nurse Workshop

August 9, 2012

Western Arkansas

Biology of Cancer and Health Lungs

May 29, 2012

Health Emergencies in the Classroom

June 7, 2012

Wellness Committees and Making it Work

June 14, 2012

Back to School Nurse Workshop

August 8, 2012

Great Rivers

Food/Nutrition Service

August 14, 2012

Screening Training Certification for School Nurses

Hearing/Vision

August 21, 2012

Scoliosis/BMI

August 22, 2012

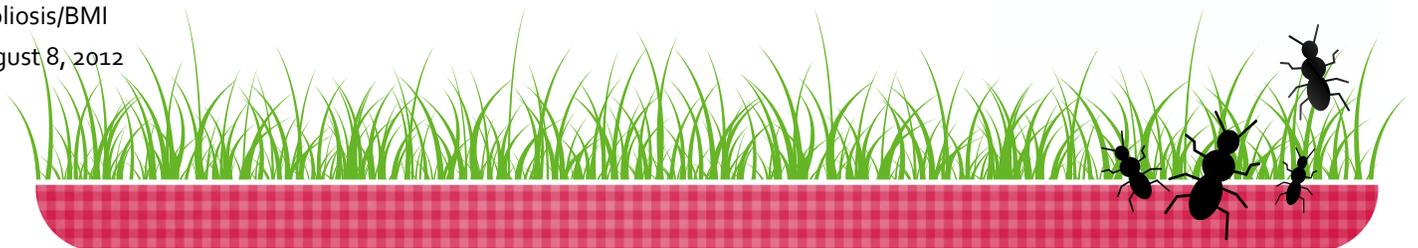
ACT 811 of 2011

Prohibits smoking in all vehicles when a child is under 14 years of age

Smoking in a vehicle with children under 14 is a primary offence for violating the law

Any first offenders may have their fine removed by providing current enrollment into a program to quit using tobacco

To quit tobacco call 1-800-QUIT-NOW



Summer Trainings for Schools and Communities

South Central

Healthy Lungs

June 5, 2012

The Brain

June 6, 2012

Gatekeepers-Suicide Prevention Training

June 7-8, 2012

Injury Prevention

June 18, 2012

Teens from Top to Bottom

June 21, 2012

Teen Brain

July 18, 2012

Southwest

CPR/AED/First Aid

June 6, 2012

CPR/AED for Staff

June 13, 2012

CPR/AED

July 16, 2012

Foodservice Workshop

August 15, 2012

De Queen/Mena

Preschool CPR/First Aid

June 20, 2012

June 25, 2012

June 26, 2012

CPR/AED for Staff

June, 21, 2012

Traumatic Brain Injury

June 27, 2012

Injury Prevention Day

July 18, 2012

CPR/AED for Preschool Workers

July 30, 2012

Dawson

Traumatic Brain Injury

August 6, 2012

Foodservice Workshop

August 8, 2012

Vision/Hearing Training

September 6, 2012

Scoliosis/BMI

September 27, 2012

June is National Home Safety Month

Keeping your family out of harms way is your number one priority. Unfortunately, many of our homes can be dangerous. Preventable injuries and deaths continue to rise in homes and communities. Here are a few tips on keeping your home safe for children and adults.

- Keep all medicines and vitamins up and away from children. Be sure to keep controlled substances locked away to avoid their abuse by those who enter or live in your home.
- To prevent falls, keep wide walkways around furniture and keep them clear of all items like magazines, toys and shoes.
- Make sure you have a fire extinguisher and know how to use it. Also, change the batteries in your smoke alarms each time you "Spring forward or Fall back." Go to www.nsc.org for more tips on home safety.

