

## **NW REGION COMPILED REPORT**

**August 2015**

**CHNS/CHPS**

### **CINDY JONES**

- In collaboration with the NW/ CHNS we planned and implemented 4 back to school nurse workshops for the NW Arkansas school nurses. There were 278 school nurses in attendance as well as vendors, physicians, and ADH employees. Topics covered Diabetes, tobacco use, pregnancy, and how tobacco use can affect pregnancy, adolescent health and diabetes.
- I facilitated the workshop, titled “ABC’s of Special Education” through Aleecia Starkey at Arch Ford cooperative. There were 28 participants.
- Presentation to the faculty of South Side Bee Branch School District called “Our Kids Don’t Use Drugs...Or Do They?” This class also included the tobacco emerging products course as well. There were 85 participants in the class.
- I taught a 2 hour Gatekeepers suicide prevention course for Arch Ford faculty as well as Brian Nation from Injury Prevention. There were 15 participants.
- Vision and hearing screening workshop provided to 8 area school nurses at the Russellville Regional Office. I educated on tobacco and its effect on our children’s hearing and the ears.
- I contacted my schools with comprehensive tobacco policies as directed by TPCP to see if they wanted TPCP to provide them with nice 12 x 18 metal signs

### **ASHLEY LEFEVRE**

- Provided technical assistance to three Bentonville teachers that were interested in using Go Noodle. Helped each teacher create an account and navigate through the website. Educated on appropriate times and situations when students may need a brain break or physical activity to keep their minds focused. Also educated on different activities and presentation I offer to students on nutrition, tobacco, and injury prevention.
- Met with 8<sup>th</sup> grade science, health, and PE teacher that is interested in presentations for all her classes. I educated her on all the different presentations I am able to provide such as nutrition, tobacco, injury prevention, and wellness. We discussed curriculums and programs in which relates to science and health. The goal is to educate her students

on each topic this semester as she would like all topics presented to her students. Provided technical assistance for online resources she can use such as Go Noodle, or choosemyplate.org. Provided her with a fruit and veggie poster for classroom

- Provided presentations at the Back to School Nurse Workshop in NW Arkansas. Educated 279 school nurses on the Big Pitch, My Reason to Write, HealthTeacher.com, Go Noodle, and the Comprehensive Tobacco Policy. Educated on resources for students and staff regarding tobacco cessation, emerging products, nutrition/physical activity, and injury prevention.
- Educated nutrition staff at Washington Regional Medical Center in Fayetteville about the dangers of smoking tobacco. I distributed handouts, cost of smoking information, and quit-line cards. Employees interested in smoking cessation were referred to the quit-line and SOS website.
- Met with Elmdale Elementary School nurse to provide nutrition facts/resources for nutrition education during morning announcements. Educated on monthly health topics to reach students and parents on issues such as oral health, nutrition, injury prevention. Educated nurse on free online resources she could use to gather materials to send home with students. Offered presentations to school staff and students on various health topics.
- Assisted Arkansas Department of Education in reviewing 2015-16 Joint Use Agreement Applications. It is a competitive application process in which selected schools are able to start up a joint use policy forming collaborative partnerships with local community resources with the intent of maximizing resources while increasing opportunities for physical activity.

#### **CHERIA LINDSEY**

- Collaborated with NW/CHNS on 4 Back to School Nurse workshops at Plumerville, Charleston, and Farmington along with facilitating at the OUR workshop in Harrison with 39 nurses and total of 69 altogether which included set-up and clean-up. This workshop included multiple topics, programs, and exhibitors targeting adults and youth for schools. Speakers were Dr. Joseph Bates "The State of Obesity in Arkansas"; Dr. David Grimes "Preventing the Upcoming Diabetic Tsunami"; Dr. Gary Wheeler "Pediatrics and Second Hand Smoke"; and Dr. Adam Maass "Diabetics in Pediatrics". The workshop also incorporated a tobacco presentation from the 2 NW/ CHPS, and many vendors (16) addressing many topics

- Training for teachers and staff on Gatekeepers-Suicide prevention which also included tobacco prevention, heart disease, stroke prevention, and diabetes also. Interactive presentation with questions and answers followed by an evaluation for the presentation
- One on one with new school nurse at Lead Hill on school nurse guidelines including all topics from mandatory screenings, eschool, immunizations, Act 811, youth advocacy, nutrition/physical activity, wellness committees, chronic health issues in the school- asthma, diabetes, and ADHD. Assisted with health office issues and for registration of upcoming trainings.
- Presented to 26, second year nursing students at North Ark College and 2 faculties on School Nursing issues and mandatory screenings and included suicide prevention with myths and facts and also presented emerging tobacco products and youth advocacy for tobacco along with the Quitline and how to make referrals. Post evaluation given to students about presentation
- Presented to 7 new school nurses Vision and Hearing training which also included discussion on fall in the schools with both children and adults. Provided information on Act 811 which included power point and the Quitline information for the school nurses offices. Pre and Post tests given with educational training
- Presented in self-contained classroom at Flippin the importance of hand washing and the flu vaccination for special needs children for 5 staff and 10 students. Education included oral health issues and provided toothbrushes and techniques for them to use after meals at school. Also went over transfers, ambulation and issues with falls at school. I educated on fire safety and plans for children

### **SARAH BRISCO**

- Provided presentations on the Big Pitch and other Tobacco Prevention programs at the new school nurse workshops at the following Coops: at Arch Ford, Guy Fenter, NW Ar. and OUR
- Provided a presentation at Nan's daycare on the importance of physical activity by reading the book "Henry Gets Moving". Provided a presentation to Nan's daycare on the importance of hydration by using the Bee Hydrated materials and provided an injury prevention fact sheet
- Attended the Substance Abuse Planning meeting to discuss the Boone County Teen Summit and other events that pertain to Substance Abuse- Provided education and an update on the Comprehensive Tobacco Policy and the schools that will receive signs in Boone County.
- Met with the physical activity and health teacher at Alpena to educate on the different presentations I can offer this year and to set up some dates to come into the classroom.

- Provided materials on Injury Prevention (Suicide Prevention, Car Seat Safety, and Hydration for the local share and care food pantry- provided materials for 50 families that are in the waiting room waiting on food
- Attended the Searcy County Prevention Coalition- discussed the role of the CHPS and provided a handout on the presentations that the CHPS can offer in their community

### **MIRANDA CURBOW**

- Annual Back to School nurses workshop at GFESC: Survivor, Covered: Diabetes, Tobacco use, Asthma, Suicide, Violence, Health and Nutrition, Physical Activity, Act 811, Heart Disease, Stroke, Cancer, Immunizations, STD's, Family Planning, Teen Pregnancy, etc.... 79 present
- Education/presentation provided to the Early Childhood department of GFESC on Shaken Baby Syndrome, Effects of Drugs on the fetus, and Fetal Alcohol Spectrum Disorder. Education included tobacco use, secondhand smoke and their effects on fetus and infants. Information distributed with Act 811 information, infant mortality stats, smoking/tobacco use and relationship with chronic illness. Reality Works dolls and curriculum were used
- Provided CPR education to daycare staff. Included emergency preparedness, cardiovascular health, nutrition and physical activity education and information on tobacco and its effects on the body. Education provided on second hand smoke, Act 811, relationship to chronic disease, and quitline information. Distributed quitline cards and cost of smoking calculators. Injury prevention education included car safety, emphasized seat belt safety, proper car seats and their use, information on asthma, allergic reaction and other medical emergencies and how to prepare for them.
- TA provided to Booneville schools following a student suicide. Educated staff on Gatekeepers, Lifelines upcoming workshop and provided a toolkit for schools: suicide. Educated on proper follow up after a suicide/traumatic death
- Provided education/TA to para pro's from several districts during Para Pro workshop at GFESC. Educated using delegated skills curriculum.
- Provided TA to County Line schools regarding SHI, health in the schools, school emergency preparedness, Asthma in the school, medication in the school, comprehensive tobacco policy for schools and nutrition and physical activity. Assisted with SHI completion and planning.
- Provided TA to Charleston schools regarding upcoming teen summit. I assisted with media, choosing students and provided with an overview of HHI coalition planning for

the summit. Topics included: suicide, bullying, STD, teen pregnancy and basic life skills for teens. I also provided education on suicide and traumatic death and schools.

### **NANCY MARSH**

- Meeting with new school nurse at private school – education provided over immunization requirements; screening trainings and requirements; and other health laws and concerns (1 hour meeting)
- NWA School Nurse Workshop (139 school nurses – 186 people total) Physicians presented on Diabetes; Obesity; Diabetes in School Age Children; and Impact of Tobacco; and also Paula Smith, State School Nurse Consultant presented on new laws and rules and regs for school nurses. I provided information about SOS website and resources. Each school nurses got a packet of tobacco prevention resources from TPCP. Exhibitors: LHU; Hand soap dispensers company; School Software resources; Senior Health Care; Ozark Guidance – Mental Health; Tooth Fairy; ADH Environmental ; Hope Cancer Resources; Regional Prevention Providers; Uof A Nursing; Medicaid in the Schools; Air Vac; Hunger Alliance; Scrubs to You; NWA Suicide Prevention Coalition
- Meeting at new charter school with new school nurse; parent of diabetic student; and director of school – discussed laws concerning care of diabetic students; immunization requirements; need for full time school nurses; daily care of students/ with nurs
- Gatekeepers Suicide Prevention Training – Springdale School staff – 34 participants
- Gatekeepers Suicide Prevention Training for NWAESC Staff – 57 participants
- Visit with new school nurse at Decatur – 2 out of 2 new nurses at this district this year. Orientation about role of school nurse, which included the duties of a school nurse. Visited new school nurse at charter school – only nurse. Discussed role of school nurse and answered questions from nurse about medication administration; charting and other issues with students. 1 hour visit
- Processing A-train forms from NWA School Nurse Workshop – had to scan 29 pages of A-train sign in sheets to Central Office