

**Southwest Region
CHNS/CHPS Report
January 2016**

Cheryl Byrd, CHNS

- Distributed to school partners: Best Practices and Engaging Health Officials in Tobacco Control and Prevention Tuesday, February 9, 2016. Description: Tobacco use is the leading preventable cause of death in the United States. State and local health departments play a significant role in implementing policies and programs to protect the public and reduce tobacco use. Join ASTHO and NACCHO for this webinar to learn how to engage health officials in tobacco control and for a review of best practices and available resources. The featured speaker is Dr. Edward Ehlinger, ASTHO's Board President and Commissioner of Health for the Minnesota Department of Health.
- Provided information re: ASIST Suicide Training in Hope for school personnel and community members to Sevier and Little River Coalitions.
- Provided TA to School Nurses re: Medication Administration, maintenance of controlled drugs, documentation of medications, return of controlled drugs to ADH Division of Pharmacy, etc.
- Provided educational opportunity with HHI coalition members, school partners and school wellness committees re: Farm to School webinar series.
- Partnering with Early Childhood (ECH) at DMEC to provide education to ECH educators re: Gluten Free diets, food allergies and physical activity for ECH.
- Provided tobacco signage to three schools: Mena (8 signs), De Queen(12 signs) and Ouachita River (4 signs) to complete their comprehensive tobacco program for each school.
- Provided presentation to Sevier Co Coalition members re: Driving Safety program hosted by schools for community, school staff, parents and students in 7 area schools.

Eddie Greenwood, CHNS

- Presented mandated scoliosis certification training to 11 school nurses at SW Education Coop in Hope. Presentation included a discussion about how smoking interferes with bone healing. This event provided school nurses with 3.5 CNE's of continuing education for licensure. Presented mandated Obesity Prevention and Education/BMI certification training to 8 school nurses. This event provided school nurses with 2.0 CNE's of continuing education. Informed the nurses the CHNS is available to come into their schools and do presentations about tobacco/nicotine products and the consequences of using these products.
- Presented mandated vision and hearing screening certification trainings to four school nurses. This event provided school nurses with a total of seven CNE's for continuing education. Tommie Rogers, RN, CHNS and Lynette Slaughter, RN, CHNS assisted the school nurses on how to use the vision machine from their school. Discuss the effects of smoking/tobacco use and contacts and eye health. Presentation also included incidence of ear infections for children exposed to second hand smoke and third hand smoke exposure. Educated participants on Act 811. Also educated nurses on Quitline.
- Presented Hands-Only CPR (01/05) to 31 seniors and (01/06/) to 36 seniors at Prescott High School as part of their graduation requirement at the request of the Counselor and Principal.

Discussed number one cause of heart attacks is cardiovascular disease and how hypertension and tobacco plays into cardiovascular disease.

- Presented Hands-Only CPR to 14 at-risk teens in Hope for SW Youth Services. Discussed number one cause of heart attacks is cardiovascular disease and how hypertension and tobacco plays into cardiovascular disease.
- Presented Medication Administration in a Childcare Setting to 34 Head Start teachers from four counties in Texarkana. Discussed: General medication administration, what meds could be given documentation, and security of medications; Allergic reaction and use of Epinephrine pens; what to do if a child has a seizure; How to use inhalers and spacers; and the need for immunizations in children adults. I also discussed not using or having tobacco/nicotine products around the children or where they are accessible.
- Wellness Committees for Beginners was presented to 15 participants by Melissa Shatley, CHPS, at SW Education Cooperative in Hope. Topics covered were an overview of Act 1220, School Wellness Committees, goals, rules and responsibilities, Overview of the School Health Index and working with one module. Rhonda McDonald, RN, CHNS discussed suicide and the upcoming ASIST training to be held at SWAEC. Edie Greenwood, RN, CHNS welcomed the group and discussed how she can do presentations in the school on numerous health topics especially on tobacco to prevent initiation of tobacco/nicotine use and assist with Wellness Committees.
- Attended and assisted with the mini Health Fair and Community Forum held in the evening for the residents of Lafayette County in Lewisville sponsored by the LIFE Coalition, Leadership Lafayette County, and the Arkansas Minority Health Commission. This Forum was to discuss ways to improve the county's health rankings from their present position of last in the state. At the request of the organizers, I assisted with blood sugar checks using their equipment.

Rhonda McDonald, CHNS

- Provided an ASIST Training in Union County at St. Mary's Church in El Dorado. TOUCH coalition sponsored the training with a donation for the food and snacks. The training was grant funded through SHARE Foundation. (14 participants).
- Attended the AHOC coalition; spoke on teen pregnancy and STD's in our teens in Ouachita County.
- Along with CHNS, Tommie Rogers and Edie Greenwood presented to over 180 high school teens at Gurdon High School on STD's and Teen Pregnancy. Presented to two groups (9th and 10th graders and 11th and 12th graders). Partnered with the Disease Intervention Specialist from Clark County to present to both groups of boys.
- Presented Vision Screening Training to four school nurses at Southwest co-op. Edie Greenwood facilitated the workshop.
- Presented at the wellness workshop on suicide. Informed the group on the stats of suicide in their counties and the rate of suicide in the US and worldwide. Also informed the group about the upcoming ASIST training in Hope.
- Provided an ASIST Training at Ouachita County Medical Center (10 participants).
- Attended the TPCP Tobacco training in Benton.

Tommie Rogers, CHNS

- Participated in the Arkansas Tobacco Prevention and Cessation Program Tobacco Control Academy-Tobacco 101 Training held in Benton.
- Hosted the Lifelines Intervention Workshop at Dawson Co-op in Arkadelphia. The workshop focused on facilitating intervention with and referral of potentially at-risk students by school resource staff (15 participants).
- Attended the Superintendent's Meeting; provided updates.
- Hosted and presented a School Nurse Scoliosis Certification Training at Dawson Co-op in Arkadelphia; assisted with the SW Region Vision/Hearing Certification Training held at the Southwest Co-op in Hope.
- Collaborated with the Clark County Extension Agent to present on Fall Prevention at the Arkadelphia Senior Citizen Center.
- Collaborated with the Disease Intervention Specialist, Edie Greenwood, CHNS, and Rhonda McDonald, CHNS, to present to the 9-12th grade girls and boys at the Gurdon High School. The classes were divided into 9th-10th and 11th-12th.
- Participated in the Public Health Grand Rounds E-cigarettes: An Emerging Public Health Challenge.

Melissa Kuhn Shatley, CHPS

- Presented the HOPE Health Commission to the Camden Fairview School District's Wellness Committee in Ouachita County; shared the vision of the commission, explaining how the commission and the committee can partner together for a healthier Ouachita County. Several members of the commission were present, including the County Health Officer.
- Presented MY PLATE to a class of third graders at Ivory Primary School in Ouachita County. Discussed physical fitness demonstrated by songs with motions, and fat/sugar content in fad foods targeted toward kids. Closed the presentation by giving each student fresh fruit as a healthy alternative (21 students present).
- Presented a Wellness Workshop in the Southwest Educational Cooperative in Hempstead County. Topics included Act 1220, Wellness Committees, Rules & Regulations, and the School Health Index. There were 12 educators and food service workers in attendance.
- Presented Wellness Committee Responsibilities to the Harmony Grove District Wellness Committee in Ouachita County. A meeting has been scheduled to meet with the district's superintendent in February.
- Presented Wellness Committee Responsibilities to the South Pike District Wellness Committee in Pike County. The superintendent was in attendance and at his request, will return to assist the Wellness Committee to refocus their wellness agenda.
- Attended the HOPE Health Commission of Ouachita County's monthly meeting. RadioWorks of Camden is going to partner with the commission in reaching the community with health education. The Camden News is also going to publish articles for the commission. A motion was made by the commission to partner with school districts in Ouachita County in support of ADH educating and empowering the teens of the county in sexual health via the CHPS and CHNS.

- Presented Healthy Active Arkansas to the United Community Resource Council at the request of Calhoun County's LHU Director. Healthy Active Arkansas is a framework of encouraging and enabling healthier lifestyles in our state (10 members present).
- Co-hosted a Community Garden/Farmer's Market Forum with the Ouachita County Extension Agent. The community was invited to join in designing the Farmer's Market for the upcoming season. A grant will be awarded to the committee from the Conservation District that will provide a new pavilion for producers and vendors.

Emailed to Andi, Sherry, Joni and Julie 02/08/16