

Southwest Region
CHNS/CHPS Report
June 2016

Cheryl Byrd, CHNS

- Provided Act 811, SHS, nicotine poisoning, Prescription Abuse Awareness and Prevention, Prescription Drug Take Back Boxes and Events, to 137 foster grandparents at Annual Foster Grandparent Conference in Lake DeGray. Also provided Tobacco Quitline and tobacco harms education materials and distributed quitline brochures and poison hotline cards/magnets to all participants (137 participants).
- Met with SWR CHNS/CHPS to organize summer workshops for school nurses, health teachers, food service professionals, etc.
- Provided AHA CPR/AED/First Aid training to Early Childhood educators with additional information re; heat exposure for children, Act 811, poison control, nicotine poisoning prevention-provided all participants with posters re: CPR for infants/children/adults and choking for infants, children and adults (15participants).
- Collaborated with Aleecia Starkey to provide training to educators, school nurses, counselors, etc re: traumatic brain injury and “Designing Education Programming for Students with Brain Injury” (12 participants).
- Organizing the 2016 New School Nurse Conference in Plumerville, securing speakers, venue, CNEs, registration, lodging, meals, etc.
- Attended the two-day ASNA Annual AR School Nurse Association Conference.
- Partnering with Early Childhood at DMEC to provided education to educators re: Gluten Free diets, food allergies and physical activity.

Eddie Greenwood, CHNS

- Facilitated the “Health and Wellness Committee Awareness” workshop at SWAEC. Nineteen people from 10 schools in SW Arkansas attended. The workshop topics were: GoNoodle, Comprehensive School Tobacco Policy, School Improvement, School Based Health Centers, School Nutrition Standards, Rethink Your Drink & Fat in Foods, and Welcome and overview of the role of a CHNS and how they can assist the Wellness Committees in schools.
- In conjunction with the Pregnancy Resource Center in Hope presented infant safety to 7 expectant parents and 9 others. Discussion included Safe Sleep, WIC Breastfeeding, tobacco/nicotine harms and dangers, secondhand smoke dangers including Act 811. Pamphlets with Quitline distributed. Home safety to prevent falls, drowning, accidental poisoning, and car seat safety were also addressed. Also discussed the Period of Purple Crying and how it can relate to shaken baby. Each expectant mother was given a copy of the Period of Purple Crying DVD. Car Seat training and follow-up education with a car seat technician was scheduled with each participant.

- Presented how nicotine is a drug and can cause problems for a fetus to 27 participants at Camp Save A Life which is held on the UAH campus in Hope. There were 20 students in grades 7-9, 1-LPN to RN student, 3 EMT students, and 3 instructors. Students were given a test to see what they knew about tobacco and alcohol. Students were shown the pig lungs, Jar of Tar, and Mr. Gross Mouth to demonstrate how tobacco affects the lungs and mouth. Each student was allowed to put on gloves and examine the lungs. The EMT instructor took the opportunity for a teachable moment using the lungs to show how CPAP works to the EMT students. We also discussed alcohol and its effect on a fetus. Using an egg in alcohol as a demonstration on how alcohol can damage cells. The students had to keep notes during the experiment and then report back at the end of the class. We viewed the video from the Reality Works FASD baby kit. I passed around the dolls that show the effects of drug and alcohol use for each student to examine. Demonstrated shaken baby syndrome using an SBS doll.
- Facilitated and presented to 4 teachers at the “Health Teacher Resource Workshop” at SWAEC. SW Region Education Coordinator for Arkansas Game and Fish (AGFC) provided an overview of what AGFC has to offer classroom teachers to enhance their curriculum and to help them meet curriculum standards. She discussed the different programs available, presentations, publications, and even the different jobs the AGFC has to offer. She had participants up moving using some of the activities she would use in the classroom with students, such as ATV safety and boating safety. CHPS presented “Rethink Your Drink and Fat in Foods.” The participants were astounded by the amount of sugar and fat in some products. CHNS showed the different presentations that she can do with students on a variety of health topics: tobacco, secondhand smoke, smokeless tobacco, e-cigarettes, pre-teen health/puberty, oral health, sexual health including teen pregnancy and STD/STI/HIV, Reality Works-FASD baby, drug baby, and shaken baby syndrome, CPR/AED for high school seniors, portion distortion, nutrition and physical activity, poison, and communicable diseases. Distributed tobacco pamphlets available through SOS.
- Staffed a booth at the annual Fire Boat Safety School where rescue units from all over Arkansas were in attendance at this training. Distributed pamphlets about smoking dangers, Act 811, and the Quitline number. In addition as part of their emergency preparedness Tdap’s were provided to any person at the training (13 Tdap’s).
- Attended the annual Arkansas School Nurse Association Conference in Benton. Never Give Up: Solving the Puzzle of Autism, Updates from the School Nurse Consultant, Paula Smith, MNSc, RNP, Epilepsy, Seizure Recognition and First Aid, School Nurse Advocacy, The Impact of Marijuana Legalization and the Effects on Youth, What School Nurses Need to Know, Concussion Management, and Stress Management for School Nurses were some of the topics presented during the two-day conference.
- Attended the Nevada County Cancer Association meeting in Prescott (serve as Secretary for the Board). Preparing for annual fund raiser to be held August 6th.

Rhonda McDonald, CHNS

- Conducted training for (8) participants for CPR Instructor. This is a six hour class which requires follow up for the new instructor. Created handouts, printed handouts, assembled a file box with files for their classes.
- Facilitated a Google Drive workshop at the request of one of the school nurses. This was a 3 hour class (4 participants).
- Conducted training for Basic Life Support for Healthcare workers (School Nurses). This is a 3 hour class (3 participants).
- Conducted training for Heartsaver CPR/AED and First Aid. This is a 6 hour workshop (5 participants).
- Conducted training for Mandated Reporter/Student Teacher Relationship (2 hour) and Teen Violence (2 hour) at Arkansas River Co-op in Pine Bluff. Completed the packet for Injury Prevention for the Teen Violence presentation (10 participants).
- Conducted training on two hour suicide awareness at Arkansas River co-op in Pine Bluff (8 participants).
- Attended the TOUCH Coalition executive meeting (vice chair of the health living committee). Also attended the TOUCH Coalition meeting. The guest speaker presented on the consequences of legalizing marijuana for Arkansas.

Tommie Rogers, CHNS

- Hosted the Health Teacher Summer Workshop at Dawson Co-op. Topics and guest speakers included the AR Game and Fish Programs and Resources that are available to schools, Prevention Resource Providers with Community Service, Inc. shared the resources and brochures and, Active Recess. Community Health Nurse Specialist, spoke about resources that are available to schools and Tobacco Cessation/Prevention; Tobacco Cessation/Prevention table set up with tri-fold boards on smoking and second hand smoke, Mr. Gross Mouth, and Jar of Tar. (9 participants).
- Hosted the School Health and Wellness Workshop at Dawson Co-op. Central Region Community Health Promotion Specialist spoke on updates to rules governing Nutrition & Physical Activity and Obesity Prevention Advocacy. Other topics included wellness reporting in Indistar. America's ToothFairy: Oral Health Education, Special Olympics Arkansas Young Athletes and Universal PE Programs. The SWR Community Health Promotion Specialist spoke on the Comprehensive Tobacco Policy & Second Chance (40 participants).
- Met at the Arch Ford Co-op in Plumerville with the SW Region CHNS, Central Region CHNS and Arch Ford CHNS to discuss and plan for the 2016 New School Nurse Conference including the agenda and possible speakers, food, handout/reference books, door prizes, etc.... The New School Nurse Conference has been scheduled for September 20-21, 2016 in Plumerville.
- Preparing for July 27 Back to School workshop for school nurses; CNE packet has been submitted.
- Wrote and submitted an article for the SW Region Newsletter related to the June 7th Health Teacher Workshop.

- Participated in the Garland County Coalition Meeting (Project Hope). ADH Health Educator spoke about the Governor's Healthy Active Arkansas Initiative. Committee reports on Poverty, Human Trafficking, Domestic Violence/Crime, Suicide/Mental Health/Alcohol and Substance Abuse, Teen Pregnancy, Chronic Disease Management/Obesity, Homelessness, and Violence and Bullying were provided (19 participants).
- Participated in the South Central Co-op Google Training for Nurses at Camden.

Melissa Kuhn Shatley, CHPS

- Provided a presentation on "Rethink Your Drink" and fat content in foods as well as Tobacco Prevention for the Wellness Workshop at the Southwest Coop in Hope covering Hempstead, Lafayette, Miller, and Nevada Counties (20 participants).
- Provided a presentation on the Comprehensive Tobacco Policy and Second Chance Tobacco Education Curriculum for a Wellness Workshop at the Dawson Coop in Arkadelphia covering Clark, Garland, Grant, Hot Spring, Pike, and Saline Counties (44 participants).
- Provided a "Rethink Your Drink" presentation as well as Tobacco and Physical Activity for the Health Teacher Workshop at the Southwest Coop in Hope covering Hempstead, Lafayette, Miller, and Nevada Counties.
- Met with the Executive Members of the HOPE Health Commission and provided possible ideas in communicating their point of view about teen pregnancy to teens, parents and the community of Ouachita County.
- Provided 300 Tobacco Pamphlets with the City of Camden in Ouachita County to be distributed at an upcoming conference to be held in our county.
- Attended Ouachita County Farmer's Market/Garden Committee Meetings, created and distributed 50 Farmer's Market Flyers, and designed a billboard to be displayed on the Ouachita County Community Sign for the Farmer's Market.
- Met with the Assistant Health Professor at the University of Arkansas System Division of Agriculture about the YOGA FOR KIDS workshop she is presenting for the South Central Services Cooperative in July.

Emailed to Andi, Sherry, Joni and Julie 07/07/16