



THE SCHOOL NURSE BULLETIN

FEBRUARY 2015



Stephanie G. Knutson, MSN, RN School Health Administrator

Annual Epinephrine Training Program for Connecticut's Unlicensed School Personnel

Public Act No. 14-176, An Act Concerning the Storage and Administration of Epinephrine in Public Schools, amended Section 10-212a of the Connecticut General Statutes to require schools to administer epinephrine through a cartridge injector as emergency first aid to students who experience a life-threatening allergic reaction, even when there is no parental authorization or a written order of a qualified medical professional.

Public Act No. 14-176 also requires the Departments of Education (CSDE) and Public Health to jointly develop, in consultation with the School Nurse Advisory Council, an annual training program regarding emergency first aid to students who experience allergic reactions. This training program is available to Connecticut's local and regional boards of education for training purposes and is located on the Health Promotion Services/School Nurse Web site at www.ct.gov/sde/schoolnurse. A schedule of training sessions will be provided by the CSDE and is located on page 2 of this edition of the *School Nurse Bulletin*. In addition to these training sessions, school staff are also required to receive annual training in cardiopulmonary resuscitation and first aid in order to administer epinephrine as emergency first aid to students who experience a life-threatening allergic reaction.

If you have questions regarding the annual training sessions, please contact Stephanie Knutson, Education Consultant for School Nurses at 860-807-2108 or stephanie.knutson@ct.gov.



February is National Children's Dental Health Month (A message from the Child Health and Development Institute)

Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums. Recommendations for children's health are constantly changing as new information becomes available through research. Following are some new recommendations for good dental health from healthychildren.org:

- Everyone, even infants, should be brushing with fluoride toothpaste, according to a recommendation by the American Academy of Pediatrics issued in September. This echoed recommendations made earlier in the year by the American Dental Association.
- As soon as baby teeth begin erupting from the gums, parents should wipe them with fluoride toothpaste (the amount should be the size of a grain of rice) on a washcloth. Once the child reaches age 3, the amount can be increased to a pea-size.
- Tap water is better for a baby than bottled water or nursery water. Tap water has fluoride, which is good for teeth. The only exception is if you're in an area that doesn't have safe tap water, but most places in the United States do have safe tap water.
- Tap water doesn't need to be filtered unless it's from a well that hasn't been treated and could have some bacteria. In those cases, you would need to boil the water and then cool it before giving it to a child - so you may choose to use the bottled water, but make sure it's bottled water with fluoride.

For additional information on Connecticut's oral health mission, vision and goals, visit the State Department of Public Health Office of Oral Health's Web site at <http://www.ct.gov/dph/cwp/view.asp?a=3125&q=388844>.

Connecticut State Department of Education
Annual Epinephrine Training Program for Connecticut's Unlicensed School Personnel

Public Act No. 14-176 requires the Departments of Education (CSDE) and Public Health to jointly develop, in consultation with the School Nurse Advisory Council, an annual training program regarding emergency first aid to students who experience allergic reactions. This training program is available to Connecticut's local and regional boards of education for training purposes to unlicensed personnel and is located on the Health Promotion Services/School Nurse Web site at www.ct.gov/sde/schoolnurse. Attached is the schedule of training sessions that will be provided by the CSDE. In addition to these training sessions, school staff are also required to receive annual training in cardiopulmonary resuscitation and first aid in order to administer epinephrine as emergency first aid to students who experience a life-threatening allergic reaction.

Who May Attend:

School nurses; principals; teachers; licensed athletic trainers; licensed physical or occupational therapists; coaches; and school paraprofessionals.

Dates and Times:

Dates and times are indicated below.

Location:

All workshops will be held at the Connecticut State Department of Education, 25 Industrial Park Road, Middletown, CT 06457, in Room MCR-3.

Registration:

Return completed registration form to Stephanie Knutson at stephanie.knutson@ct.gov. When your registration is accepted, you will receive an e-mail confirmation with directions.

Each person must register separately. (Space is limited to 30 attendees per workshop.) Indicate your first (1st) and second (2nd) choice for attendance to the following workshop sessions:

- | | |
|---|--|
| <input type="checkbox"/> March 10, 2015, at 8:30 a.m. to 10:30 a.m. | <input type="checkbox"/> April 29, 2015, at 8:30 to 10:30 a.m. |
| <input type="checkbox"/> March 16, 2015, at 8:30 a.m. to 10:30 a.m. | <input type="checkbox"/> May 18, 2015, at 8:30 to 10:30 a.m. |
| <input type="checkbox"/> April 6, 2015, at 8:30 a.m. to 10:30 a.m. | <input type="checkbox"/> May 27, 2015, at 8:30 to 10:30 a.m. |

Name: _____ Title: _____

Institution: _____ Telephone: (____) _____

Address: _____

E-mail Address (REQUIRED): _____

The Connecticut State Department of Education is committed to a policy of equal opportunity/ affirmative action for all qualified persons. The Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, mental retardation, past or present history of mental disability, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to Levy Gillespie, Equal Employment Opportunity Director/American with Disabilities Act Coordinator, Title IX /ADA/Section 504 Coordinator, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457 860-807-2071.

2014 Spring School Nurse Supervisor Conference
Save the Date!

Date: May 8, 2015

Location: Crowne Plaza Hotel, Cromwell, Connecticut

Time: 8:30 a.m. - 3:30 p.m.

Measles (Rubeola)
Information for Healthcare Professionals
The Centers for Disease Control and Prevention
<http://www.cdc.gov/measles/hcp/index.html>

Measles

Measles is a highly contagious respiratory disease caused by a virus. It spreads through the air through coughing and sneezing. Measles starts with a fever, runny nose, cough, red eyes, and sore throat, and is followed by a rash that spreads all over the body. About three out of 10 people who get measles will develop one or more complications including pneumonia, ear infections, or diarrhea. Complications are more common in adults and young children.

The Virus

Measles is caused by a single-stranded, enveloped RNA virus with 1 serotype. It is classified as a member of the genus Morbillivirus in the Paramyxoviridae family. Humans are the only natural hosts of measles virus.

Clinical Features

Measles is an acute viral respiratory illness. It is characterized by a prodrome of fever (as high as 105°F) and malaise, cough, coryza, and conjunctivitis -the three “C”s -, a pathognomonic enanthema (Koplik spots) followed by a maculopapular rash. The rash usually appears about 14 days after a person is exposed; however, the incubation period ranges from 7 to 21 days. The rash spreads from the head to the trunk to the lower extremities. Patients are considered to be contagious from 4 days before to 4 days after the rash appears. Of note, sometimes immunocompromised patients do not develop the rash.

Transmission

Measles is one of the most contagious of all infectious diseases; approximately 9 out of 10 susceptible persons with close contact to a measles patient will develop measles. The virus is transmitted by direct contact with infectious droplets or by airborne spread when an infected person breathes, coughs, or sneezes. Measles virus can remain infectious on surfaces and in the air for up to two hours after an infected person leaves an area.

Vaccination

Measles can be prevented with measles-containing vaccine, which is primarily administered as the combination measles-mumps-rubella (MMR) vaccine. The combination measles-mumps-rubella-varicella (MMRV) vaccine can be used for children aged 12 months through 12 years for protection against measles, mumps, rubella and varicella. Single-antigen measles vaccine is not available. One dose of MMR vaccine is approximately 93% effective at preventing measles; two doses are approximately 97% effective. Almost everyone who does not respond to the measles component of the first dose of MMR vaccine at age 12 months or older will respond to the second dose. Therefore, the second dose of MMR is administered to address primary vaccine failure.

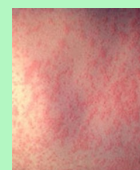
Immunization requirements for enrolled students in Connecticut schools are located on the Health Promotion Services/ School Nurse Web site at <http://www.sde.ct.gov/sde/lib/sde/pdf/deps/student/health/schoolimmunizations.pdf>.

Resources

- Centers for Disease Control and Prevention (CDC): About Measles
<http://www.cdc.gov/measles/about/>
- CDC. Measles and the Vaccine (Shot) to Prevent It: Fact Sheet for Parents
<http://www.cdc.gov/vaccines/vpd-vac/measles/fs-parents.html>
- Connecticut State Department of Public Health. Measles: Fact Sheet
<http://www.ct.gov/dph/cwp/view.asp?a=3136&q=397194>
- CDC. Frequently Asked Questions about Measles in the United States
<http://www.cdc.gov/measles/about/faqs.html>
- CDC. Measles Cases and Outbreaks
<http://www.cdc.gov/measles/cases-outbreaks.html>

Measles Rash

(Picture of skin of a patient after 3 days of measles infection: CDC. <http://www.cdc.gov/measles/about/signs-symptoms.html>)



**Connecticut State Department of Education
Ordering School Health Records
2015-16 School Year**

It is time to order Cumulative Health Records (CHR-1) and Health Assessment Records (HAR-3) for delivery in spring 2015, and use in the 2015-16 school year. Each district must determine the number of CHR-1 and HAR-3 forms needed based on its student population and number of forms currently in stock. Please order sufficient numbers to share with charter, private and parochial schools served by your district and with all health care provider offices in your community. The Connecticut State Department of Education (CSDE) only distributes CHR and HAR forms to public school districts. You are responsible for providing the health care providers in your community with forms.

Please complete the order form below for your district and return it to my attention at stephanie.knutson@ct.gov on or before March 2, 2015. We do not stock an excess of extra forms at the CSDE, therefore please order enough to cover your needs for one year only.

Print or type clearly and return by March 2, 2015, to Stephanie Knutson at stephanie.knutson@ct.gov.

Contact Name: _____

Phone Number: _____ Email address: _____

District/School: _____

Mailing Address: _____

CHR-1 folders (Number of packets): _____
(50 folders per packet)

HAR-3 blue forms (Number of packets): _____
(100 blue forms per packet)

**STEPHANIE G. KNUTSON, MSN, RN
SCHOOL HEALTH ADMINISTRATOR**

Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and
Adult Education

Phone: 860-807-2108
E-mail: stephanie.knutson@ct.gov

Nondiscrimination Statement

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, mental retardation, past or present history of mental disability, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to Levy Gillespie, Equal Employment Opportunity Director/American with Disabilities Act Coordinator, Title IX/ADA/Section 504 Coordinator, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457 860-807-2071.

