



## IASN NEWSLETTER

THE BEST RESOURCE FOR  
LEARNING FROM SCHOOL  
NURSES LIKE YOU.



MARCH 2020 Edition

### FROM THE IASN PRESIDENT

Celebrating the Year of the Nurse and Florence Nightingale's 200th birthday prompted me to reflect on one of Nightingale's quotes. *"Nursing is a progressive art such that to stand still is to go backwards"*. Her sentiment remains relevant today. As you read this newsletter, I am confident you will identify the many ways IASN is leading school nurses forward in order to promote best practice, provide opportunities for professional development and optimize student health and learning. As always, I encourage you to stay connected with IASN and your school nurse colleagues, because it is through our collective work and efforts that **progress** is realized. Thank you for all you do as school nurses, whether in your school community or in the larger arena of IASN leadership. Nina Fekaris, past NASN President, often spoke about the "urgency" related to the work we do. I couldn't agree more, and therefore I am heartened that so many of our members have come to understand how to translate that "urgency" into participation, service and leadership!



Looking Forward,

Juanita Gryfinski MSN, MS, MA, RN, PEL-CSN, NCSN  
President, Illinois Association of School Nurses

Interested in getting involved? [LEARN MORE](#)

### IASN PROVIDES SIP DAY PRESENTATION

Juanita Gryfinski, President of IASN and Debbie Miller, IASN member were guest speakers during District 100's School Nurse SIP DAY on February 14<sup>th</sup>. The NASN Framework, development of policies and procedures that support the implementation of medication delivery in the school setting, as well as a review of the Illinois Nurse Practice Act and new legislation that impacts school nurse practice was featured. Representing IASN, Gryfinski and Miller shared their expertise and time to underscore how IASN supports school nurses by setting legislative agenda, influencing relevant public policy and disseminating evidence based position statements. Connecting and networking with members advances school nursing in Illinois and provides opportunities for IASN leaders to meet school nurses throughout the state. IASN is here for all school nurses in Illinois!



Debbie Miller and Theresa Montalbano Owen, Director of Health Services during SIP Day Activities for School Nurses in District 100.

## LEGISLATIVE AFFAIRS AND ADVOCACY

In an effort to boost our visibility and influence, IASN is making an effort to weigh in on legislation that is making its way through the Illinois General Assembly. Already, IASN has posted its support of certain bills on the General Assembly's public pages. Our support of comprehensive sexual health education as a requirement in Illinois schools has already gotten the attention of other advocates in sexual health education, who have reached out to us to join them in this effort. Our support of legislation requiring human papilloma vaccine (HPV) for students beginning in sixth grade garnered the attention of a state legislator on that committee who emailed me to "like" her Facebook page. Read further to learn more about what issues IASN has decided to support.

In addition to reviewing legislation, IASN is supporting the attendance of one of our members to participate in Nurse Lobby Day in Springfield April 1.

The process for IASN support (or, if indicated, opposition to) pieces of legislation begins with the Legislative Affairs and Advocacy (LA&A) group. LA&A has been active since it reorganized shortly after the IASN conference in October. An email went out to members to solicit interest in serving the membership as part of this group, and to date about 20 members are involved in this very important task to help the state move in the direction we, school nurses, believe it should go.

As bills are introduced, IASN gets a "heads up" about legislation related to nursing or schools from an online service called "Fiscal Note" as well as from other sources. Those bills that are particularly noteworthy to our work are reviewed by the LA&A group, and after an informal email "vote" (opinions on whether to support or oppose the legislation), the decisions are forwarded to the IASN Board for informal review and approval (no formal vote is taken, but responses are recorded). At this time, these bills have received formal IASN support through creation of a "witness slip" (explained below):

- HB 4870, Mandated HPV Vaccine
- HR 660, mandate sexual health education
- HB 3906, enact regulations on CBD products
- HB 3897, remain in school through end of school year in which student with IEP turns 22
- HB 3642, Chicago Public Schools include a course in nursing
- HJR 95, urge schools to teach students about mental health
- HR 647, urge state to develop resources to combat childhood toxic stress (aka, childhood ACES)
- HB 3960, reduce youth access to electronic cigarettes

There are many more bills that have been introduced and which the LA&A group is discussing pros and cons, but until the bill is scheduled for a hearing, a "witness slip" either for, against, or neutral, can not be created. For example, legislation to remove any non-medical exemption for a required vaccination for school entry, SB 3668, has been introduced but not yet scheduled for a hearing. IASN has decided to support this legislation and awaits further action on this bill. A "witness slip" can be an oral presentation, but for the most part, the slips provide only a record of being a proponent, opponent, or a desire to state neutrality on the issue. For more appreciation of the legislative process, please email [JessicaGerdes@gmail.com](mailto:JessicaGerdes@gmail.com) with questions or to join the LA&A group.

To view one of the webpages on legislation and the witness slips, go to this legislation on HPV vaccine for a sample. Click "witness slip" to see our support and those of others. As you can see, there is significant opposition from a number of individuals.

<http://www.ilga.gov/legislation/billstatus.asp>

Submitted by Jessica Gerdes, coordinator, Legislative Affairs and Advocacy

## **Vaccination Program Seeks Assistance from School Nurses in Six Illinois Regions**

The Illinois Public Health Association (IPHA) has a grant from the Illinois Department of Public Health to promote the importance of vaccinations among preschool- and school-aged children in six Illinois regions: East Saint Louis, Crawford County, Lawrence County, Massac County, St. Clair County and Cahokia Unit School District 187.

While the initiative will be coordinated by IPHA and public health agencies in those regions, IPHA hopes to assist school nurses in those areas by providing communications support and by building bridges between schools and vaccine providers.

Between now and the end of June 2020, the program needs the assistance of school nurses in planning vaccine-related events, developing parent-to-parent peer groups in support of vaccination, and coordinating vaccine-related activities between schools, public health agencies, and other vaccine providers.

"We understand that vaccinating all children in these regions has been a challenge for a variety of reasons, and that schools and public health agencies are doing everything they can to improve vaccination rates," said Krissy Roseberry, who is managing the grant for IPHA. "Our goal is to help however we can to boost their efforts."

School nurses who are willing to become involved should contact Krissy Roseberry at [kroseberry@ipha.com](mailto:kroseberry@ipha.com), or Ray Valek who is assisting IPHA at [ray@valekco.com](mailto:ray@valekco.com).

## **President Elect's Message about Nurse Lobby Day 2020**

**2020 is the Year of the Nurse!** Stay engaged in nurse advocacy by participating in Nurse Lobby Day on April 1, 2020. If you are a nurse preceptor, or educator, please encourage your students to attend SNPAD, the day before, to learn about legislation that will impact their future career. Save the date, request a professional development day to attend Nurse Lobby Day, and encourage your colleagues to attend with you! Let's make sure Springfield knows that members of the Illinois Association of School Nurses are in town on April 1st by having at least 10 school nurses marching to the State Capital to reinforce: *When School Nurses Vote, Change Happens!*

Gloria E. Barrera MSN, RN, PEL-CSN



## **NATIONAL BOARD CERTIFICATION**

By: Karen Madura



I did it and you can too! My pathway to completing my National Board Certification in School Nursing was a long one. It started several years ago at the NASN conference in San Diego. I stopped by the booth and spoke to Pat Krin, executive director; she was professional, courteous and encouraging. I even went to the NASN book store and purchased the review book! Life got busy the book got shelved and another year went by without signing up to apply for certification. Finally, Spring of 2019 I told myself this was the year to make it happen. I completed the application procedures; dusted the review book and developed a study plan. NBCSN has an online discussion forum for nurses preparing for the certification exam. Each week a question or concept is added to the discussion board and applicants are encouraged to share thoughts and opinions on the topic or question. I also attended the pre-conference forum by Janice Selekman. This provided a framework to study, motivation and encouragement. When I returned home from the conference I had 2-3 weeks to study and prepare before taking the exam. I am glad I challenged myself and am proud to add those letters to my credentials. Please consider taking this step-in your professional career. Know that there is support to help along the way. Congratulations to the following Illinois nurses who recently received their National Certification:

Marletta Bolin  
Doreen Clough  
Jennifer Darnier  
Andreana Dobbs  
Karen Flor  
Nadine Grismer  
Natalie Harper  
Joan Hyatt

Wendi Johnson  
Jennifer Kilgos Conwell  
Joan Kittler  
Karen Madura  
Michelle Maurer  
Alison Meyer  
Candy Mitchell-Houghtby  
Kamee Naugle  
Alyssa Zschack

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## NASN PRESIDENT'S MESSAGE

The Centers for Disease Control and Prevention (CDC) is responding to an outbreak of respiratory disease caused by COVID – 19, which was first detected in Wuhan City in China.\*

The situation is a rapidly evolving health situation. On Jan. 31, 2020, the United States declared a public health emergency to help the healthcare community respond to COVID-19.

Schools and school districts will want to collaborate with state and local health departments to update emergency operations plans in the event of a pandemic. NASN encourages school nurses to be proactive by advising students, families, and staff to cover coughs and sneezes; remain home when they are sick; and use proper handwashing techniques.

[Download our talking points for your school.](#)

*\*This information was current at the time of publishing on Thursday, Feb. 27, 2020.*



## NASN AND YOU!

By: Cathy Yonkaitis, DNP, RN, PEL-CSN, NCSN, PHNA-BC



On January 26<sup>th</sup> I was honored to be sworn in as the NASN Board of Director member from Illinois! Thank you to Cam Traut, the outgoing director, for keeping us abreast of what was happening at the national level for the last four years! I plan to do the same and hope that you all will consider how YOU might lend your voice to some of the national initiatives of NASN, for example:



Join NASN's data collection initiative! We must collect and share data to help document the work school nurses do to support health and learning. Contact our Data Champion, Dena Hinkle, at [denahinkle@gmail.com](mailto:denahinkle@gmail.com) to learn more go to the web page at <https://www.nasn.org/research/everystudentcounts>.



In under a minute you can "Claim Your School" to help NASN identify where school nurses work in our state. Click [here](#) to complete the survey. For more info check out: <https://www.nasn.org/blogs/nasn-profile/2019/04/08/claim-your-school>.

In the next newsletter I will share information on NASN continuing Education options!  
Cathy Yonkaitis, DNP, RN, PEL-CSN, NCSN, PHNA-BC

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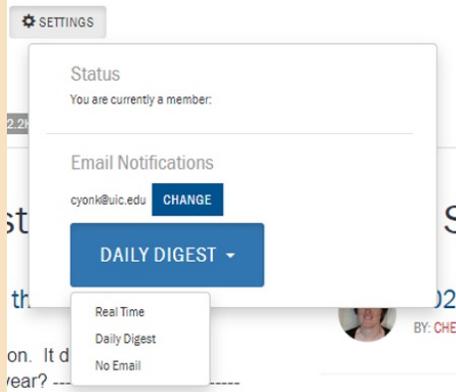
### NASN School Nurse Chat

NASN School Nurse Chat is a podcast hosted by NASN Executive Director Donna Mazyck. It highlights timely student and school health topics of interest to school nurses and other professionals focused on student health and well-being.

NASN School Nurse Chat: Rare Diseases – In this latest podcast, NASN Executive Director Donna Mazyck, Executive Director of the Oxalosis & Hyperoxaluria Foundation Kim Hollander, and school nurse & adjunct nursing professor Gloria Barrera discuss the school nurse's role in supporting students with rare diseases.

[LISTEN HERE](#)





## Changing Your NASN Email Preferences

- Sign in at NASN.org
- Click **School Nurse Net** in the gray ribbon on the top of the page
- Click Communities and then "My Communities" from the drop down list—this is a list to all of the discussion lists/communities to which you are subscribed.
- Click on the first community and then next to the title click **Settings**.
- A box opens with "Status" and "Email Notifications" - Under "email notifications" will see what type of notifications you are registered for. Your choices are Real time, Daily or None. Whatever appears in the Blue box is what you are registered for. (In my example you will see I am registered for "Daily")
- Click on the down arrow to show the choices, click which ever you want!
- You will have to go into each "community" to set your email notification preferences.
- NOTE: your email will go to whatever email address you shared with NASN!



IASN 63RD ANNUAL  
CONFERENCE  
**OCTOBER  
2ND & 3RD  
2020**

Double Tree-Lisle, Illinois  
Keynote by Donna Cardillo

**The Year of the Nurse:  
Celebrating Health,  
Healing & Leadership**

#FreshSchoolNurseContent  
#IASNConference2020  
#YON2020

SAVE  
THE  
DATE

**Donna  
Cardillo**

Keynote Speaker



**OCTOBER 3, 2020**  
IASN 64TH ANNUAL CONFERENCE  
**OWNING YOUR SEAT AT THE TABLE: POSITIONING  
YOURSELF FOR SUCCESS AS A SCHOOL NURSE**

This empowering program is designed to help school nurses recognize and appreciate their value and worth -- in the educational system, the community, and the healthcare at large -- and take back their power!

[Learn More About Donna Cardillo](#)

## IASN 2020-2021 ELECTION

Meet the Slate of Candidates

Please watch your email as the IASN Election Ballot will open on April 1, 2020 and close on April 15, 2020.



**Debbie Miller**  
BSN, MAEL, IL-PEL

Director of Health Services  
Community Unity School District 308  
Oswego

Position: Treasurer



**Jill Accardo**  
BSN, MBA, RN, PEL-CSN, NCSN

Certified School Nurse  
Naperville CUSD #203

Position: Marketing/Communications  
Coordinator



**Kelley Knowles**  
BSN RN

District School Nurse  
Brookwood School District #167

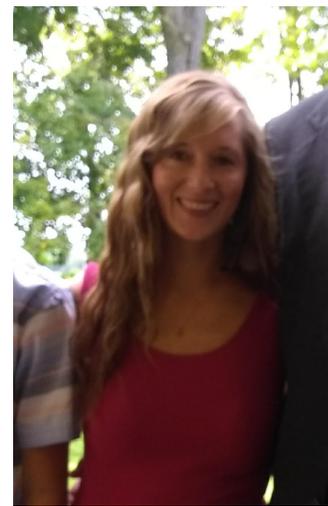
Position: Marketing/Communications  
Coordinator



**Jenna Laurel Palmisano**  
RN BSN

School Registered Nurse  
Queen Bee School District 16

Position: Marketing/Communications Coordinator



**Brandy Kirby**  
BSN, RN, PEL-CSN

Nursing Director  
Quincy Public Schools

Position: Marketing/Communications Coordinator



**Bridget C. Heroff**  
MSN, RN, PEL-CSN

District Lead Nurse  
RLAS CUSD 116



**Paula Lind**  
MS, RN, CPNP, PEL-CSN, NCSN

District Nurse  
Berkeley School District 87

Position: Leadership Identification Committee



**Eileen Moss**  
DNP, RN, NCSN, PEL-CSN

Lead Nurse  
New Lenox School District 122

Position: Leadership Identification Committee



**Monica Martin**  
BSN, RN, PEL-CSN, M. Ed

School Nurse  
Highland CUSD 5

Position: Leadership Identification Committee

## IASN FOUNDATION PRESIDENT: A DECADE OF LEADERSHIP

*Interview with Linda Kimel conducted by President Elect Gloria E. Barrera*

GEB: Linda, thank you for agreeing to be our Member Spotlight for this quarter's Newsletter. Please tell us a little bit about your nursing journey. How did you get here?

LK: I graduated from nursing school with a BSN in 1977. I obtained a Masters in Community Health Nursing in 1983. I worked in various jobs in hospitals, and community agencies, especially enjoying pediatrics and community health nursing. My oldest child has special needs. When he entered kindergarten he was evaluated for special education. This process introduced me to school nursing and it's when I realized this is where I could combine my two favorite areas of nursing. I got my first school nursing job spring of 1991, and have loved it ever since, especially my work with children with special needs.

GEB: Now you're an advocate for other children with special needs, thank you for sharing that. When did you become involved with IASN, and how long have you served as the Foundation President?

LK: I joined IASN while studying to get my school nurse certification at UIC in 1991. I soon became active at the division level, and in 2003 I became involved at the state level. In 2005 I chaired an ad hoc committee to look into forming a mentorship program to support IASN members, and to help with retention of school nurses. I have been involved with the Mentorship Program ever since. I held several state office positions in IASN, including president 2012-2014. In 2014, after my term as president had ended, I was looking for a way to remain involved in IASN leadership, and agreed to be the Foundation President.

GEB: So you've been President of the Foundation for six consecutive years now, that's a long time, I thank you for your commitment. Please share what your exact role and responsibilities are as President of the Foundation?

LK: The Foundation president is responsible for overseeing the various Foundation programs as well as overall management of the Foundation. This includes communicating regularly with the coordinators of the programs: mentorship, inquiry and innovation/research, scholarships and awards, fundraising, and the treasurer. General Foundation oversight includes scheduling, and conducting meeting of the Foundation officers annually and as needed, answering inquiries sent to the Foundation, and maintaining records of Foundation activities. The president works with the IASN Conference Planning Committee to plan for the poster session, fundraisers, and

awards ceremony at the annual conference. As Foundation president, I am a member of the IASN Executive Board. This involves attending board meetings 3 times a year and participating in conference call meetings as needed.

GEB: Your role sounds complex, but it takes a team effort to be an effective organization and I look forward to the continued collaboration of the Foundation and IASN as a whole, our mission is clear, and our goals to serve our members align. Tell us, what can our members expect to see from the Foundation this year in terms of communication, scholarship opportunities, and fundraising? What is your vision for the Foundation's goals for the future?

LK: The Foundation continues to work hard to make members aware of the programs we have to offer. Mentorship provides free support from experienced PEL-CSN to newer school nurses, both certified, and non-certified. Mentors answer questions, help locate information and resources, provide practical guidance based on experience, and offer a listening ear. We are currently mentoring 4 individuals. Our goal is to mentor 8-10 people annually, help us by signing up to be a mentor today. We offer 9 different types of scholarships, grants, and awards that members are encouraged to apply for. These are all listed on the IASN website under the "Scholarships & Awards Quick Link". We would love to give away every available scholarship this year. Our scholarships, and awards are funded through monetary investments and fundraising efforts by the Foundation at the IASN Annual Conference. Last year we fundraised \$1,500. This year our goal is to raise \$1,800, or more. I'm happy to report that we are working with IASN leadership to be able to accept credit card payments for our fundraising to make it convenient for our members. We are always looking for new fundraising ideas and I welcome help with this from our members. Our Inquiry and Innovation/Research program supports projects related to school nursing. These can be small local quality improvement projects up to university student PhD research. Our I&I/Research coordinator is available to offer guidance to members considering projects, currently this position is held by Dr. Robin Adair Shannon, PhD, RN. She also assists us with the preparing of posters to present at the IASN Annual Conference. Last year we presented 8 exemplary posters. Our goal is to have 10, or more posters this year. Questions about Foundation programs can be sent to [iasnfoundation.contact@gmail.com](mailto:iasnfoundation.contact@gmail.com).

GEB: Linda, I have to tell you that I'm happy to see that we'll be accepting credit cards this year at the conference, and I'm excited to see members benefit from the scholarships awarded through the Foundation. It is my hope that we continue to highlight the work of innovative school nurses from across our state. We're lucky to have a wealth of school nurse leaders, and change agents as our members. Given your expertise, what do you think school nursing needs right now, and what can we hope to achieve in the future?

LK: School nursing needs more members involved with their professional organizations, and activities. Life moves at such a fast pace, and responsibilities at work keep growing, resulting in nurses feeling too busy to be involved in professional activities. It is precisely because of the overwhelming work and life demands that we need to reach out to others. Sharing of ideas, resources, and discussions of common challenges can improve practice as well as morale. Reaching out does not necessarily mean physically meeting with others. It can be accomplished virtually. I would like to see IASN and other nursing organizations offer more on-line programs and interactive video sessions to keep nurses informed, and connected. We have many school nurses in rural settings where there are very few other school nurses to connect with. Technology would be especially helpful for these nurses. School nurses also need to do a better job of "selling" themselves. Too many administrators and parents think of school nursing is only one thing. We need to make our schools, and communities aware of the multiple professional skills we have, and services we offer. We need to find the time to be actively involved with these activities, including evaluations, prevention of communicable illness, chronic illness management, risk management, health promotion and education, and working within our communities to lessen the impact of social challenges on health of children.

GEB: I agree with your vision of engaging more with our members virtually. Since I've taken office as President Elect, I've made it one of my priorities to actively interact with our members and other chapters through our various accounts. If you're reading this, please be sure you follow IASN on Twitter, LinkedIn, and Instagram. I want to hear from you directly, if you want to see more of something, contact me directly, and let's work on it together. Linda, you mentioned interactive video sessions, I wonder what specifically you're referring to, let's talk more about that soon. Thank you again for taking the time for this interview, it was nice to learn about your journey and hearing what your vision is for the future of IASN for the next generation of nurse leaders. Please leave us with closing remarks related to your service at IASN, and pearls of wisdom on how someone may get started today.

LK: I really enjoy being involved with the Foundation, and IASN Board, because it allows me to know what is going on at the state level that impacts school nursing, and to get to know many wonderful, dedicated people. I find it rewarding to be able to give back to my profession through my work with the Foundation. I would encourage anyone interested in becoming more involved in IASN to take on a small role such as serving on a committee or helping with a specific project. This is a manageable way to "get your feet wet" in professional activities. You might be surprised how enjoyable, and rewarding it can be.

## TYPEONENATION SUMMIT

TypeOneNation Summit took place on Saturday, February 22, 2020 in Chicago. It was a full day of inspirational and educational activities led by national and local experts to help those diagnosed with type 1 Diabetes (T1D) to live healthier lives. This year's record-breaking event was full of new attendees, new vendors, new panelists, and much more. Our President Elect, Gloria E. Barrera, represented school nurses on the "Schools and T1D Panel". Linda Vollinger, IASN Treasurer was also in attendance to greet participants (pictured below).

To learn more about JDRF and their efforts, visit: [www.jdrf.org](http://www.jdrf.org).



## IASN JOB BOARD

Does your school district have a school nurse vacancy? IASN posts openings at no cost!

To post a vacancy for a School Nurse, email information to Kristy Dugan at [Kristy@sysconsultingsolutions.com](mailto:Kristy@sysconsultingsolutions.com). Please add **IASN job posting** in the subject line. **Please include the following information for your post –**

- School District
- Location
- Job Type – Full or Part Time; Internship; Summer Camp Nurse
- Category – LPN, Registered Nurse, School Nurse, Summer Camp Nurse, One on One RN
- Description
- How to apply – include a link if appropriate
- Application Deadline
- Qualifications – *not required*
- Responsibilities – *not required*

**All postings are removed after 30 days unless a 30-day extension is requested\*.**

\*Please include in the subject line – job posting 30-day extension

*Note to school districts and to nurse applicants: Nurse positions that require school nurse certification, properly referred to as a Professional Educator License, endorsed in school nursing, must meet the requirements in Illinois School Code (105 ILCS 5/21B-25) regarding salary and benefits. As stated in the school code, If the position requires certification, the employee who is a "holder of such an endorsement is entitled to all of the rights and privileges granted holders of any other Professional Educator License, including teacher benefits, compensation, and working conditions." If a certified school RN is hired for a position that required or preferred certification, the RN is entitled to placement on the teacher contract.*



By Gloria E. Barrera, MSN, RN, PEL-CSN

"Together, we must work collaboratively on real solutions to address climate change, and its impact on health disparities for our most vulnerable populations." The intersection of school nursing and climate change is discussed in this episode.

[Read More](#)



#### Nurses for Healthy Environments Podcast

Season 3 #10 Gloria Barrera- Committed to Public Health and School Nursing

Gloria E. Barrera, MSN, RN, PEL-CSN is a public health nurse leader, specialized in school nursing. Gloria's passion is public health nursing, and she is committed to continuing her efforts to improve child health outcomes in our most vulnerable populations through her practice, teaching, and advocacy.

[Listen Here](#)

### SAVE THE DATE: 10TH ANNUAL UNIVERSITY OF ILLINOIS DIABETES SCHOOL NURSING CONFERENCE - *September 4, 2020*

For additional information contact Marla Solomon, RD, CDE at [marlacs@uic.edu](mailto:marlacs@uic.edu). Details will be forthcoming.



What does **IASN**  
mean to you?

"IASN represents a collection of nurses working together for the wellness of children in schools. It helps give me a sense of community in an otherwise very autonomous role. Attending the IASN conference this year was an amazing way to network among peers, share challenges and triumphs, and stay informed on the most current practices."

Amy Janis