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Helping Children Live Better Lives by providing consultation and training services to schools, school health professionals, families, and agencies serving children and families, in order to promote health and educational success for all Nebraska children



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Welcome to the Lamplighter Online Edition

The Lamplighter has been on hold for a while. It will now resume in an on-addition to the School Nurse listserv, this will be a communication tool for school nurses in Nebraska. If you have an article or would like to see particular topic, please contact Carol Tucker.

Features you can look for in the Lamplight on Line will include:

- Articles on school health
- Highlights of school nurses in Nebraska
- Wellness ideas
- Continuing Education opportunities

What is the School Nurse Role in IEP's or 504 Accommodation Plans?

As you know, Individual Education Plans (IEP's) and 504 Accommodation Plans are educational plans. So why would

these be of concern to the school nurse? As the National Association of School Nurses notes in their position statement on Section 504 and IDEA – The Role of the School Nurse

<https://www.nasn.org/PolicyAdvocacy/PositionPapersandReports/NASNPositionStatementsFullView/tabid/462/ArticleId/491/Section-504-and-Individuals-with-Disabilities-Education-Improvement-Act-The-Role-of-the-School-Nurse>), school nurses are a vital member of the team developing these plans for students.

Often students needing these plans have health concerns that can impact their learning or even accessing the learning environment. The school nurse can help the education team be aware of health concerns, medications, treatments, or procedures that the student may encounter during the school day along with accommodations that may be needed.

The school nurse provides leadership for ensuring the student receives needed health care during the school day. The school nurse develops an Individual Health Care Plan (IHP) for the student to detail the nursing care the student will

need. The IHP is then referenced in the 504 Accommodation Plan or IEP for the student’s teaching staff to be aware of the health needs and implications for the student.

The school nurse also serves as a liaison between the school staff members, the student, the family and other health care providers involved with the student.

Blood Borne Pathogen Training and Other Infection Control Measures



Do you provide annual training for bloodborne pathogens (BBP) for your school staff members? Do you at least review the plan every year? Training school staff members to follow the principles of standard precautions and using protective equipment is a great way to help prevent the spread of infections.

Stressing the importance of good hand washing to your staff and students will help prevent a lot of infections from spreading to others. Do you teach your students to cough/sneeze in their elbows? This helps cut down on the spread of infections also.

The Nebraska Department of Education (NDE) has a Policy Guidance for HIV/AIDS/Bloodborne Pathogens for Nebraska Public Schools. (https://www.education.ne.gov/hiv/PDFs/Revised_Guidance_for_HIV.pdf)

Presenting this information every year to your staff can be a challenge. Do you have a creative way of presenting or reviewing the BBP training with your staff members? Would you be willing to share that with other school nurses? Please contact Carol Tucker.

Goals of BBP training:

- Reduce exposures to BBP
- Staff members will take appropriate action to any potential BBP exposure
- Appropriate treatment will be sought

Pests on Kids

You may be itching as you read through this article. Just thinking of lice or bedbugs always seems to do that to me anyway. For such little creatures, they sure do make a big fuss among people!

I get calls from school nurses, school administrators and parents about head lice. Head lice, while they do not carry any infection, they do have what I call a huge “ICK” factor. No one wants to think about them or have to manage them.

The American Academy of Pediatrics released guidelines on managing head lice.

(<https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/AAP-Updates-Treatments-for-Head-Lice.aspx>) Some specifics from their article include:

- Screening for nits or live lice is not cost effective or accurate.
- Exclusion often results in missing school unnecessarily.
- Educating parents on finding and treating head lice may be helpful.
- Encourage parents to check their children’s heads for lice regularly.
- If a child is found to have head lice in the school setting, notify the parents, but send child home at the end of the day.
- Recommend the child be seen by the family health care provider.
- Encourage family to use a metal lice comb daily for 2 weeks to remove nits from the child’s hair.
- Provide instructions on managing the head lice in the home
- Maintain confidentiality of the child with the suspected infestation by not notifying the parents of other students.
- At periodic times, general letters can be sent to all parents reminding them

how to identify head lice and manage an infestation.

I also get calls about bedbugs. These are considered an annoyance but not a medical or public health hazard according to the Centers for Disease Control and Prevention (CDC). Information can be found on the CDC site at (<https://www.cdc.gov/parasites/bedbugs/faqs.html>) Some people can have serious allergic reactions to the bed bug bites and may need medical attention. The best way to treat a bite is to avoid scratching the area, apply antiseptic creams and keep the area around the bite clean. Sometimes steroid creams are applied. Misuse of pesticides to get rid of the bed bugs can be dangerous.

The University of Nebraska-Lincoln Extension has information about bed bugs on their website at (<http://lancaster.unl.edu/pest/resources/bedbug263.shtml>).

Is it the Flu, a Cold, or Pertussis?

It is the season for those respiratory infections. Many of these have common symptoms and people may put off seeking medical care because they think it is “just a cold” or “just a cough”. There is a table of “Characteristics of common respiratory infections that lists the “Disease and Cause, Season and Transmission, Common Symptoms, and Unlikely symptoms from CDC that may be helpful in making the decision to

refer a student for medical attention. You can access this chart at http://dhhs.ne.gov/publichealth/Documents/flu_colds_pertussis.pdf



Wellness Idea

Children’s Dental Health Month will be celebrated in February. Below is an article that helps people ask questions about their dental visit so they can be more comfortable seeing their dentist on a regular basis and not waiting for an emergency.

Common Questions about Dental Visits

No matter if you are 95 or nine months, your oral hygiene and health are important. Were you aware that over 100 million people in the US do not go to the dentist every year, although with regular dental care you can prevent most types of dental diseases? Some of the most common questions to ask a dental clinic near you are highlighted here.

Why are Regular Dental Visits so Important?

When you visit the dentist on a regular basis, they will be able to find oral health issues early, during a point when the treatment will be much easier and less expensive. Additionally, your dentist will help to prevent a number of oral issues from developing to begin with. Regular visits with your dentist will also ensure that any type of medical conditions or diseases that show

symptoms in the mouth are detected early on.

Are you wondering if you need to see a dentist? If so, consider whether or not you suffer from any of the following issues:

- You have teeth that are sensitive to cold or hot temperatures.
- Your gums bleed when brushed or appear puffy.
- You don’t like the appearance of your teeth.
- You have a constant bad taste in your mouth or bad breath.
- You have experienced swelling or pain in your neck, face or mouth.
- It is difficult for you to chew or swallow.
- There is a history of tooth decay or gum disease in your family.
- You have frequent periods of dry mouth.

These are just a few of the symptoms associated with the need for dental care. If you begin experiencing anything unusual regarding your oral health, you should seek treatment right away.

Do you need to go to the Dentist even if no symptoms are present?

Even if you are not currently experiencing any type of symptom or issue, you may still have some type of oral health problem that needs professional

assistance. With regular dental visits, you will be able to prevent these issues from developing in the first place. The fact is, that a healthy mouth is an important part of your overall health, and one that you should not ignore. Your dentist needs to be a partner in your health care, since they are often the first line of defense in regard to a number of other issues and diseases.

By taking the time to ask these questions, you will be able to get comfortable with a dentist and find out more about the procedures you need to restore your smile.

<http://worldental.org/dental-care-2/common-questions-dental-visits/>

Continuing Education Opportunities

April 19, 2017

Recharge for Resiliency

Younes Center, Kearney, NE

A conference for professionals that work with children and families in their home, such as: home visitors, parent coaches, visiting nurses or home health care workers, service coordinators, early childhood or classroom teachers, migrant coordinators, Head Start or Early Head Start teachers, Family Support workers, early childhood mental health providers... anyone invested in helping all children & families succeed!

Registration available at: <https://www.recharge4resilience.org/2017/registration>

June 1, 2017

Summer Splash!

Sheridan Lutheran Church, 6955 Old Cheney Rd, Lincoln, NE 68516.



Application will be made for 7.4 contact hours

June 4, 5, 6, 2017

Annual School Health Conference

Holiday Inn, 110 2nd Avenue, Kearney, NE 68847



New School Nurse Conference

Dates and locations to be determined.



Contact information

Do you have a story you want to share about school health? Is there a topic you would like to see in this newsletter?

Other suggestions?

Send your items to:

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Check out the School Health Program website for updates to at:

www.dhhs.ne.gov/schoolhealth

