Dear OCSNO Members,

I was privileged to attend the CSNO 69th Annual Conference in Monterey recently along with about a dozen OCSNO members. It was titled “Building a Healthy Community: One Student, One Family at a Time”. The four-day conference delivered what it promised. The featured speakers were dynamic and informative. There was a multitude of activities to choose from all day long including breakout sessions, the hospitality suite and evening receptions. Vendors were there to introduce their products and answer questions. There were opportunities to network with school nurses from other districts, private schools and rural areas. It’s interesting to discuss our practices and see how our concerns are the same although available resources may be different.

There were updates on implementation of the new immunization changes beginning next school year. CHOC cardiologists did a great job on detailing the effects of congenital heart disease on children’s school performance and what can be done. Janice Seleman spoke on children with chronic conditions. Another keynote speaker gave presentation tips on how to effectively advocate for your students.

To read more . . . Continued on Page 3.

MENTORSHIP –
Erin Lawrence, MS, PHN, RN

When I was a brand new school nurse, once upon a time... I often remember thinking, “Will I ever learn everything I need to know to do this job well before I retire”. School nursing is a varied discipline and is often practiced in isolation.

To read more . . . Continued on Page 7.
MEMBERSHIP
Marci McLean, Med, RN
Membership runs July 1 through June 30th. Membership renewal is aligned with the fall conference registration. Cost of membership is $30.

ORANGE COUNTY CHAPTER OF CALIFORNIA ASSOCIATION FOR NURSE PRACTITIONERS
Erin Baker, MSN, FNP-BC, Legislative Representative, Orange County Chapter
As most of you probably have read, a ground breaking new report was just released by the California Future Health Workforce Commission which endorses the removal of practice barriers imposed on Nurse Practitioners in California. The report cited the need to maximize the role of nurse practitioners to help fill the gaps in Primary Care. Now would be a great time to introduce yourself to your legislative representatives as both one of their constituents and a Nurse Practitioner. Tell them about the career you love and communities and populations you serve! To read more . . . Continued on Page 6.

WINTER UPDATES FOR OC-NAPNAP
BY Judi Leonard – President
Exciting opportunities are "raining" down on us at this time. Hope you all are weathering the storms well. I wanted to update everyone on a few important items. NAPNAP’s National Conference is a few weeks away in...Click here to: View the full content of this announcement on our website.

PRESCRIPTIONS FOR CREATING A BRAIN HEALTHY LIFESTYLE
Laurel Mullaly, APRN
Ever feel like you're losing your brain? Below are several tips to preserve your brain as you age (adapted from Dr. Daniel Amen’s “Memory Rescue”) If you don’t take care of your brain you lose on average 85,000 brain cells a day, causing ‘brain aging’. Many Americans have bad brain habits - eating a lot of fast food, too much sugar, diet sodas, not enough sleep at night, working long hours, and not getting enough exercise, are all common bad brain habits. It is critical to take early memory problems seriously and not just dismiss them as normal aging. Knowing how to care for your brain by creating a brain-healthy life is the first step to slow the aging process and increase your mental agility. To read more . . . Continued on Page 6.

SCHOOL READINESS, Cathi Hacker
This is the time of year that the School Readiness Nurses are finishing screening children for hearing, vision, BMI and dental needs. It keeps all of us very busy, but I did want to share at our last OCSNO meeting some nurses suggested it would be a great idea if the SRN and the district could find time to meet at their own districts to see if there could be a smoother transition of information sharing and their current job description in the district. Some districts note they already do this with good results but other nurses said their district and school readiness nurses don’t meet. This could make for a great collaboration! To read more . . . Continued on Page 7.

OCSNO 2019 Spring Conference
Spring into School Nursing!
Wednesday, May 8, 2019
See flyer on back page.
REGISTER NOW

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According to CSNO Legislative Advocate Lydia Bourne, a survey in 2018 identified nurses as the most trusted profession in America. We should be proud of our accomplishments and the faith the community places in us. Ms. Bourne provided a positive view on how education might fare under our new Governor Gavin Newsome. Updates on pending legislation were also covered. Tony Thurmond, the State Superintendent of Public Instruction, received the Excellence Award from CSNO. His acceptance speech was enlightening, and he seems to be supportive of school nursing.

A conference highlight was the installation of officers. Pamela Kahn from OCDE is the incoming CSNO President, as well as, Marci McLean from HBUSD is the incoming Southern Section President. Pam spoke on five strategies that build on a community’s existing capacity to improve its health and wellbeing: community involvement; political commitment; healthy public policy; multi-sectoral collaboration; and asset-based community development.

Over the years, I’ve attended many CSNO conferences and found them beneficial regardless of what stage of practice I was currently at. There are always specific ideas to improve my practice as well as the opportunity to meet with colleagues. Next year the CSNO 70th Annual Conference will be held at the Hyatt Regency in Garden Grove from February 13-17th. Think about attending and seeing what the state conference is all about. There is an early incentive for CSNO membership if you join between April 1st and September 30th for next year. Also, you can take advantage of student rates if you are working on clearing your credential or pursuing an advanced degree. Retired nurses are also half price. So, consider joining CSNO and reaping the benefits of CSNO membership and conference attendance.
Author: Assembly Member Jim Wood, (D-Santa Rosa), the Chair of the Assembly Health Committee, Assembly Bill 890 comes on the heels of a groundbreaking new report from the California Future Health Workforce Commission, which concluded that maximizing the role of nurse practitioners is a critical step in alleviating the state’s shortage of primary care providers. “The experts agree – full practice authority for NPs will help our health care system by increasing primary care providers across California, especially in rural communities that are in desperate need, and generate a significant cost savings by decreasing emergency room visits and hospital stays,” said California Association for Nurse Practitioners (CANP) President Karen Bradley, DNP. “Now we must intensify our focus on grassroots outreach to state legislators. CANP members educating our elected leaders about this bill will be critical to helping Assembly Member Wood’s effort to bring full practice authority to California.”

AB 890 will grant specified NPs full practice authority, allowing them to work to the full extent of their education and training, in order to ensure direct access to the health care delivery system for millions of Californians who now have access to coverage, but often struggle to find health care providers. NPs would work within a specified scope of practice, without physician supervision. To qualify for this new model, NPs must hold a national certification, an education requirement beyond what is required by California law, and must carry medical malpractice insurance. While Wood is the primary author, the bill has attracted a bipartisan group of nine co-authors, including Assembly Members Susan Talamantes Eggman (D-Stockton), Celia Aguiar-Curry (D-Winters), Laura Friedman (D-Burbank), James Gallagher (R-Yuba City), and Mike Gipson (D-Carson), and Senators Jeff Stone (R-Temecula), Anna Caballero (D-Salinas), Jerry Hill (D-San Mateo), and Connie Leyva (D-Chino).
PRESCRIPTIONS FOR CREATING A BRAIN HEALTHY LIFESTYLE (Cont’d from page 2)

Brain reserve is the cushion of healthy brain tissue we have to deal with the unexpected stresses that come our way. The more reserve we have, the more resilient we are in times of trouble. The less reserve, the more vulnerable we are. Although we start with equal amount of brain reserve, there are many things can decrease and some habits can increase it. Assaults to the brain decrease its reserve. For example, chronic stress (damages memory center cells in the hippocampus); brain injuries (minor concussions to severe head trauma), excessive or regular use of alcohol or other substances; negative thinking; poor nutrition (ingestion of non-nutritious foods); environmental toxins; and anything that decreases blood flow to the brain, such as a lack of sleep, untreated sleep apnea, smoking, and excessive caffeine, steals from your reserve. Establishing a ‘brain healthy’ lifestyle will increase your brain’s reserve and your ability to deal with inevitable stress.

Take steps to prevent brain injury - wear your seat belt, drive in safe vehicles, protect your head in sports or steer clear of contact sports. Avoid alcohol, illegal drugs (including marijuana), use of tobacco, limit your caffeine intake, and stop using cleaning products without proper ventilation. Chronic pain negatively affects sleep, mood, memory and concentration. Brain SPECT scans show that the use of chronic narcotic pain medications may be harmful to brain function. Long term use of these medications makes the brain look toxic, like people who drink too much alcohol. This is not to say we must completely rule out pain medications, however restricting their use until other treatment options are available is important. Possible alternative treatments for pain are fish oil, acupuncture, music therapy and hypnosis. Pain and depression tend to go hand in hand. For some people, using the natural supplement SAMe or the antidepressant medicine Cymbalta can help both problems.

Inadequate sleep and poor sleep quality alter your mood, memory and ability to concentrate. It is estimated that sleep deprived people cause more accidents than drunk drivers. First, you need to eliminate anything that might interfere with sleep, such as caffeine or alcohol. Seek treatment for obstructive sleep apnea. Secondly you must practice good sleep hygiene. Natural supplements such as melatonin, valerian, or 5-HTP may be helpful.

Cognitive Behavioral Therapy for Insomnia (CBT-I) is an effective treatment for insomnia (battling the sympathetic response to the ‘I need to go to sleep’ dialogue in your head). Hypnosis/self-hypnosis, relaxation techniques and meditation are also tools to help to gain mastery over our own minds and bodies and may be helpful for sleep, as well as for anxiety and pain.

A brain healthy diet consists of lean protein, such as turkey or chicken, low glycemic, high fiber carbohydrates (carbohydrates high in fiber that do not raise your blood sugar), such as whole grains and green leafy vegetables; healthy fats that contain omega three fatty acids, found in foods such as tuna, salmon, avocados and walnuts. Since the brain is 85% water, anything that dehydrates you is bad for the brain, such as alcohol, caffeine, excess salt or not drinking enough fluids. Drink plenty of water to keep yourself well hydrated.

One of the most important things you can do to keep your memory strong is exercise. Exercise is “the fountain of youth” because it boosts blood flow to the brain, and increases brain chemicals that are important for learning and memory and stimulating the growth of new brain cells. Thirty minutes 4-5 times a week is recommended. If you are not a fan of the gym or organized sports, take a brisk walk - like you’re running late. There are also several research validated supplements that support brain health and memory: fish oil, gingko biloba, sage and a Chinese moss extract called huperzine.

Once you establish physical exercise and boost blood flow to your brain, you need to practice mental exercise. In one study, exercise was shown to improve memory function and maintain brain health as we age. If you stimulate new brain cells by using them, by learning something new, they connect to other cells and become part of the fabric of your brain. The key is learning something new such as dance steps. This involves learning, coordination, music and physical exercise which increases oxygenation of the brain. Working crossword puzzles or Sudoku, learning a musical instrument, or exploring a new language are also ways to increase your brain power.

To read more... continued on Page 6.
The brain scans of people who focus on the **positive and negative thoughts** are radically different. The loving, appreciative SPET scan looks healthy, while the negative scan showed decreased activity in several important areas of the brain, involving emotions and memory. The brain’s capacity for creativity, learning, and imagination all decrease with negative emotion; while focusing on positive, happy, hopeful thoughts helps both the brain work better. It is beneficial to surround yourself with people with positive energy and disassociate with negative people that don’t contribute to your overall happiness. You must also strive to be a positive light in people’s lives, focusing on what you love about them. Try this simple daily exercise: write down 5 things you are grateful for and then meditate -focus intently and reflect on these things throughout the day. **You can create a brain healthy life by learning how to love and care for your brain,** and by focusing on what you love and appreciate about your life.

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**MENTORSHIP (Cont’d from Page 1)**

The comradery and support of hospital based nursing practice is rarely experience in a school setting. This can lead many new school health professionals to become overwhelmed and discouraged. Our professional organization would like to help connect new school nurses to mentor nurses for support. If you are a relatively new school nurse looking for the support of a mentor nurse, you can contact our mentor representative at ocsnomentor@gmail.com

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**ORANGE COUNTY CHAPTER OF CALIFORNIA ASSOCIATION FOR NURSE PRACTITIONERS (Cont’d from page 2)**

Read the full report here. [https://futurehealthworkforce.org/our-work/finalreport/](https://futurehealthworkforce.org/our-work/finalreport/)
Read the recommendations regarding nurse practitioners here. [https://canpweb.org/canp/assets/File/CFHWC%20Final%20Report%20%20NP%20Recommendations.pdf](https://canpweb.org/canp/assets/File/CFHWC%20Final%20Report%20%20NP%20Recommendations.pdf)

- Bill Brough 73rd Assembly District
- Pat Bates 36th Senate District
- Phillip Chen 55th Assembly District
- Steven Choi 68th Assembly District
- Tom Daly 69th Assembly District
- Sharon Quirk Silva 65th Assembly District
- Cotis Petril Norris 74th Assembly District
- Tyler Diep 72nd District Assembly District
- John Moorlach 37th Senate District
- Thomas Umberg 34th Senate District
- Ling Ling Chang 29th Senate District

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SCHOOL READINESS (Cont’d from Page 2).

I also thought I would mention a little bit more about our grant. We are part of a bigger Orange County group called The Children and Families Commission of Orange County who have rebranded to now be called the First 5 Orange County, Children and Families Commission. The organization's key role in addressing critical health and developmental needs of Orange County's youngest children, the updated name now adds "First 5" and aligns with the network of First 5 Children and Families Commissions throughout the state. To date, First 5 commissions combined have allocated hundreds of millions of dollars to community programs and organizations that focus on children and their families.

First 5 Orange County was created as a result of Proposition 10, the California Children and Families Act of 1998, which added a 50-cent sales tax on tobacco products sold in California and required that funds raised be used to support education, health and child development programs for children from the prenatal stage through age five. Funds collected statewide are allocated to local county commissions based on each county's birth rate.

First 5 Orange County has identified, funded and supported programs with demonstrable positive impacts on children’s health and school readiness. Strong strategic partnerships have allowed us to leverage collective resources to better meet the challenges associated with keeping children healthy and ready to learn. Luckily the School Readiness Nurses have been one of these partnerships. For more information about the First 5 Orange County, Children and Families Commission go to http://occhildrenandfamilies.com/about-us/

ODES FROM OCDE (CONT’D FROM PAGE 1)

Healthy Start 2.0 revitalization (Wicks) HS2.0 restores and advances the Healthy Start Initiative of 1992-2007 through coordinated, comprehensive, and integrated school-community services and activities to improve the health and wellness of children and families, including: health, dental, and vision care; mental health; family support and parenting education; academic support; health and safety education; domestic violence intervention and prevention; youth development; employment preparation; and more.

SB 223 (Hill) This bill would enact Jojo’s Act, which would authorize the governing board of a school district, a county board of education, or the governing body of a charter school maintaining kindergarten or any of grades 1 to 12, inclusive, to adopt, at a regularly scheduled meeting of the governing board or body, a policy, as provided, that allows a parent or guardian of a pupil to possess and administer to the pupil who is a qualified patient entitled to the protections of the Compassionate Use Act of 1996 medicinal cannabis, excluding cannabis in a smokeable or vapeable form, at a schoolsite

AB 1332 (Berman) would require the State Department of Education to, no later than July 1, 2020, establish an Office of School-Based Health Programs for the purpose of, among other things, administering health-related programs under the purview of the State Department of Education and advising on issues related to the delivery of school-based Medi-Cal services in the state.

Additionally, there continues to be discussion around vision screening regulations, with the possibility of legislative action in the future. Speaking of vision screening, the CDE has currently posted the proposed regulatory changes in the guidelines. This will be on the agenda for their State Board meeting in April or May, followed by a period for public comment, after which the changes will be voted on.

You also may have heard of the recent LAUSD settlement, in which the district agreed to hire 300 additional school nurses over the next two years. This would effectively provide a nurse for every school site. It will be interesting to watch how this effort unfolds; but whatever the outcome, the agreement certainly brought to national attention the priority that the employees place on the support that a school nurse provides to the entire school; both staff and students.
The Orange County School Nurses Organization’s

2019 Spring Conference!

Spring into School Nursing!

Wednesday, May 8, 2019
University Club
801 E. Peltason Dr.
Irvine, CA 92697
Sign in: 3:30 p.m.; Conference: 4:00 – 8:00 p.m.

Featured Speakers:

Common Vision Concerns in Children
Dr. Troy Allred
Ketchum Eye Center

Diabetes Update
Fran Sutton NP
CHOC Endocrinology

Recognitions:
OCSNO School Nurse of the Year
OCSNO School Nurse Administrator of the Year
OCSNO School Readiness Nurse of the Year
Retirees
Basket Opportunity Drawing!
(Proceeds for the baskets fund OCSNO Scholarships for school nursing/advanced practice education)
Buffet will include salmon, chicken and a variety of salad selections.

Registration and payment must be received no later than April 25, 2019
*Free OCSNO membership included for 1st year School Nurses/School Readiness Nurses

Cost: $55.00 for OCSNO member (*Includes new SN/SRN)
$70.00 Non-member

Please print clearly and return this form as indicated below.

Name:_________________________ Daytime Phone #:____________________

Preferred Email address:_________________________

_____ Check here if you are a 1st year SN/SRN.

If paying by check:
Send registration form and check (payable to OCSNO) to:
Karen Nelson, c/o OCDE
200 Kalmus Dr.
Costa Mesa, CA 92626

If paying by Paypal:
Go to: https://www.paypal.me/ocsno. We still need this form; kindly complete registration form and email to Marci at mmc1encrawford@husds.edu. Marci can also help you with registration questions.

No refunds will be made after April 25, 2019
Provider approved by the California Board of Registered Nursing, Provider Number CEP 14988 for 3 contact hours