



Northeastern University
Bouvé College of Health Sciences
School of Nursing, School Health Academy

COVID-19: Lessons from School Nurses Teaching Virtually

JUNE 11, 2020



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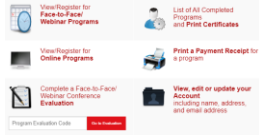
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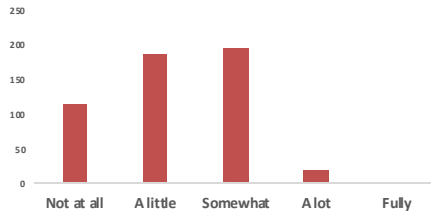


To Obtain Contact Hours

- Participate fully in the webinar.
- Make note of the code at the end.
- Log into your account at www.neusha.org.
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- Questions? K.Hassey@northeastern.edu or J.Gormley@northeastern.edu

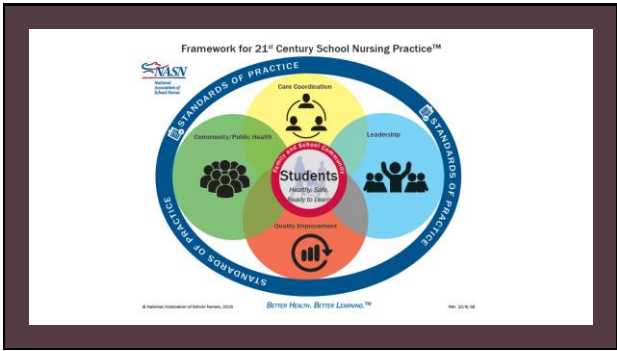
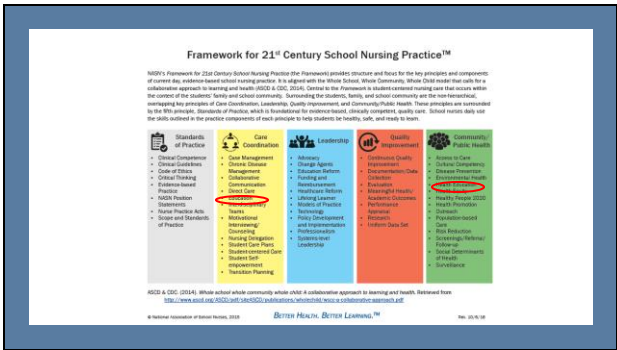


I have knowledge about using virtual health teaching strategies. (n=427)



Outcomes

1. Articulate that health teaching is a standard of practice for the school nurse
2. Describe how health teaching fits into the NASN 21st Century Framework for School Nursing Practice
3. Identify best practices for teaching health virtually: identifying health topics, planning, implementing, and evaluating
4. Identify supports and barriers to teaching health virtually

[illegible][illegible][illegible]

Agenda

INTRODUCTION
Maureen Archambault, M.Ed, MSN, RN, NCSN, CNE
Amy Dark, BA, RN, CSNT
Carol Stein-Payne, BA, RN, NCSN
Donna Kaplan, M.Ed, BSN, RN
Courtney Boudrow, BSN, RN

QUESTIONS
Annette Kendra, BSN, RN, NCSN, CCAP and Elaine Kusiak, BSN, RN
Bill Marrapese, MSN, RN
Karen Schwind, BSN, RN, NCSN

QUESTIONS
CLOSING



Maureen Archambault, MEd, MSN, RN, NCSN, CNE
School Nurse
Franklin Public Schools, IA



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School Nurse
Hawthorn Ridge School District, WI



Amy Dark, BA, RN, CSNT
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Cassidy School District, WI



Donna Kaplan, MEd, BSN, RN
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Carol Stein-Payne, RN, NCSN
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Wilmette School District, IL



Karen Schwind, BSN, RN, NCSN
RNCC Clinical Coordinator
New Britain CT, CT



Maureen Archambault, MEd, MSN, RN, NCSN, CNE

Remote Health & Wellness Lessons

Maureen Archambault MEd, BSN, RN, NCSN

Virtual Health

Where to Start...

“Hands-on” Nursing vs. “Virtual World” Nursing

- Targeted Age
- Language Barriers
- Technology
- Student/Family/Staff Interest
- Time Element
- Topics

Process

- Getting approval
- Collaboration
- English Language Learners (ELL)
- Input from Staff

Implementation

- Utilized Technology ... Zoom, Loom, Screencastify, & Google Hangout
- Embedded 2 slides (English/Portuguese) in each grade level weekly calendar
- SMORE - School Nurse's News Letter (multiple languages)
- <https://www.smores.com/n18ce>




Goal

KEEP IT ENGAGING

KEEP IT FUN


KEEP IT SIMPLE



Hand Washing the right way with Nurse A!!

Here's how to scrub those germs away:


1. Wet your hands with clean running water.
2. Use soap and lather up for about 20 seconds.
3. Make sure you get the lather in between your fingers, on on the back of your hands, under the nails, and don't forget the wrists!
4. Rinse and dry well with a clean towel.



Lavar as mãos da maneira certa com a Enfermeira A.

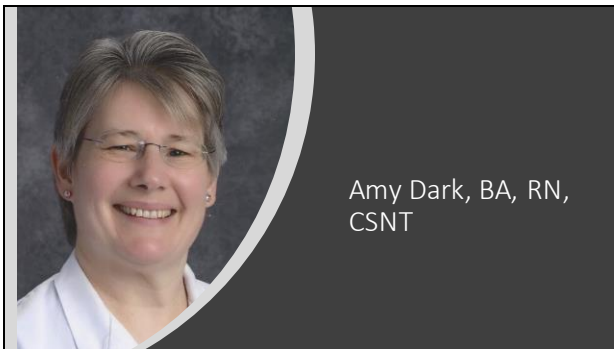
Veja como remover esses germes:

1. Molhe as mãos com água corrente limpa (quente ou fria). Verifique se a água não está quente demais para mãos pequenas.
2. Use sabão e ensaboar por cerca de 20 segundos.
3. Entre os dedos, nas costas das mãos e sob as unhas, onde os germes gostam de sair. E não esqueça os pulsos!
4. Enxágüe e seque bem com uma toalha limpa.











Teaching Health Virtually

Grades K,1,5


Amy E Dark, BA, RN
Certified School Nurse-Teacher




Friday
March 13,
2020



Governor Raimondo announced the week of March 16-20, 2020 would be used to plan for two weeks of virtual learning



Oh yes AND Spring Break!



We are nurses, we are flexible, we can do this!

Ideas and Planning

Our district uses the Great Body Shop Health Curriculum, it is aligned to Common Core Standards

But it was locked up at school!

I am responsible for teaching grades K and 1 health class every week, a 45 minute block, 4 days per week

Where to begin?

How did I engage the students virtually?
How did I select the topics?

In the beginning I reviewed lessons already presented earlier in the year, base knowledge, until students were comfortable with the virtual format

I made a script and 5-7 minute video every week for 12 weeks to introduce the topic and stay connected
I did not have access to my health curriculum so enlisted "home assistants"

Lessons included: Why are we learning at home?
Personal safety, bike safety, ticks and mosquitoes,
Sunwise and Sunsafe, water safety, and dental health
review and used resources from the EPA, PBSkids.org
Colgate dental program, RI Department of Health


First lesson: Why can't we go to school?




Tick Safety Lesson
Also included Dr Tickedoff video from CT Lyme Disease Foundation




How did I evaluate student participation/engagement?




I set up a google classroom for Health class, each student entered the classroom with a participant code



I set the lessons as "assignments" and created simple quizzes for them to take




I did not set a due date to be sensitive to home schedules, access to device and parent/older sibling assistance




I invited students to reply by email, photos or videos demonstrating the skill taught

Excellent participation!


- Student feedback or acknowledgment of lesson was consistently >80%




Grade 5 Growth and Development (Puberty)



Co-taught with PE/Health teacher



Virtual format using 2 videos we created one for family/caregiver, one to the student



Sent letter with links to the always changing curriculum directly to parents, sample packs home in student summer packets, this eliminated need for consent.

Lessons
Learned and
Resources
Used

- At the outset I did a lot of “reinventing the wheel” because everything was so new
- It took much more time and effort without the benefit of my materials, lesson plans, and colleagues
- This was in addition to my school nursing responsibilities
- It greatly increased my effectiveness as a health educator and expanded my technology skills
- The students truly enjoyed the home videos and connecting personally

“Beyond the Band Aid” video series to connect with students and families

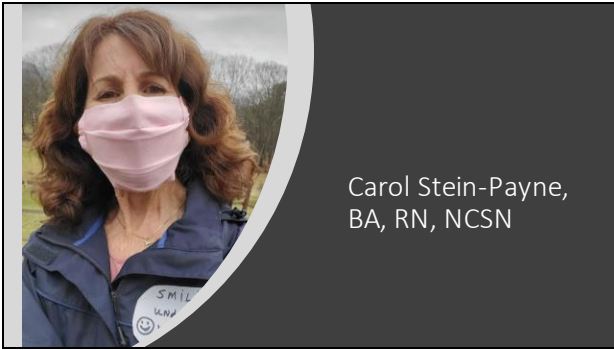
Featured in RI Healthy Schools Coalition e-newsletter



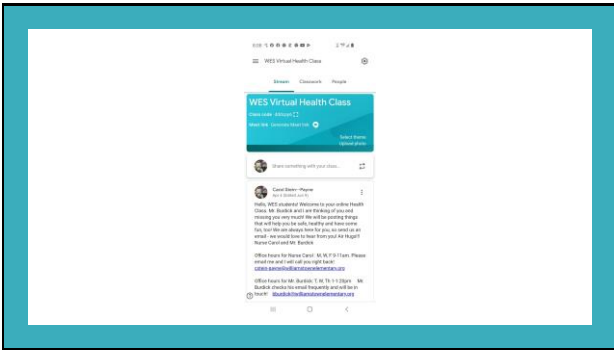
Thank you!

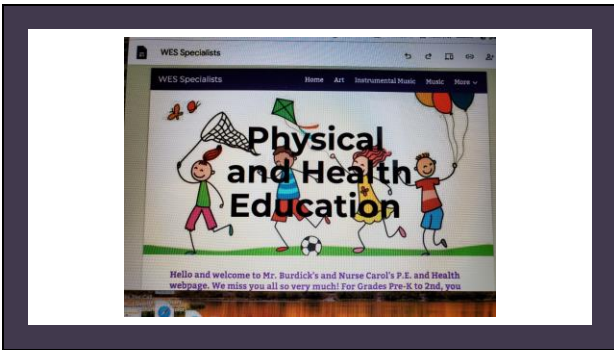
• If you have questions or feedback I would be delighted to connect.

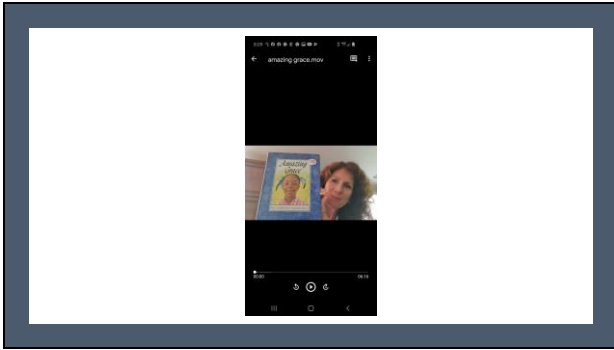
Amy Dark
amydark@cox.net

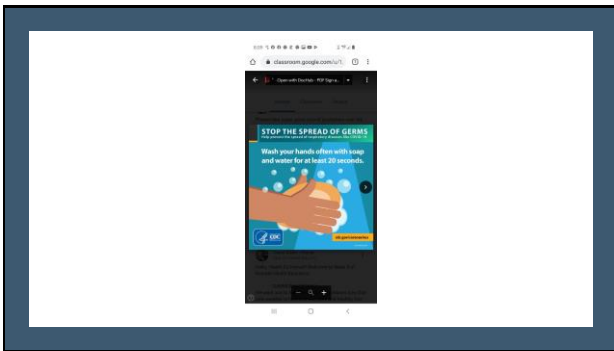


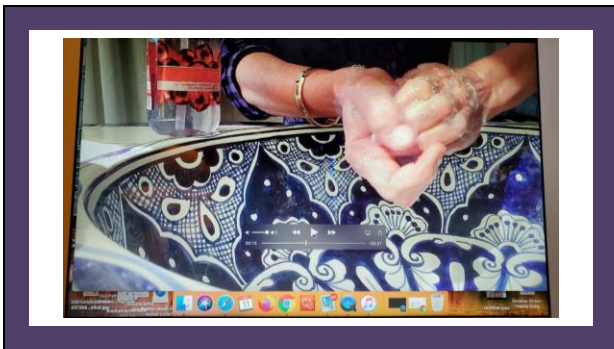
Carol Stein-Payne,
BA, RN, NCSN

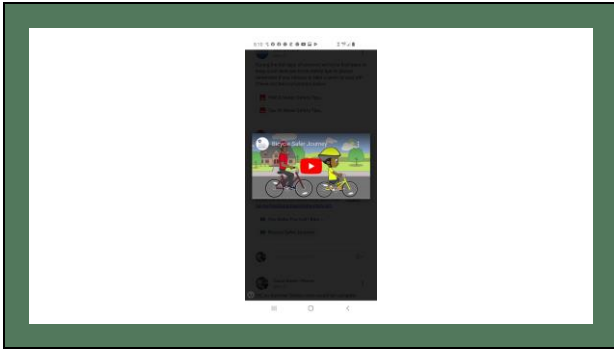


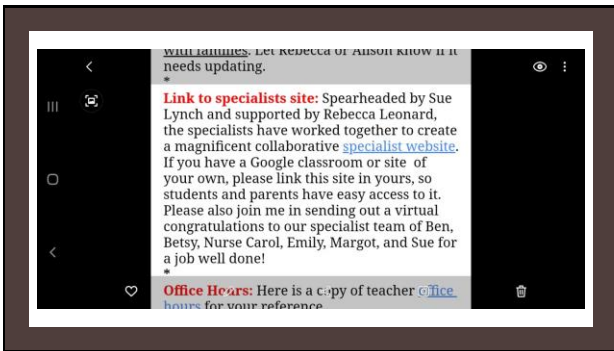


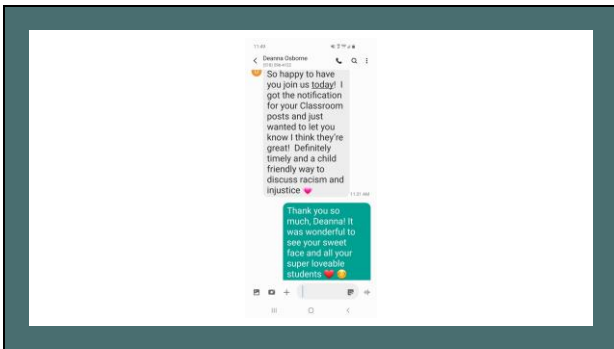
















Courtney
Boudrow, BSN, RN

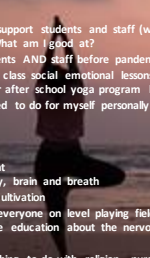
Courtney


How I chose topic:

- How could I best support students and staff (without information overload)?
- What do I love? What am I good at?
- SEL needs of students AND staff before pandemic
- Continuation of in class social emotional lessons and professional development
- Was going to offer after school yoga program before pandemic, had a lot of parent interest
- Something I needed to do for myself personally and professionally

Yoga offers:

- Social connection
- Physical movement
- Awareness of body, brain and breath
- Self-compassion cultivation
- Noncompetitive: everyone on level playing field
- Able to incorporate education about the nervous system, brain recharge techniques, meditation, breathing exercises
- Doesn't have anything to do with religion, purely secular practice





Things may seem upside down

How I planned to teach:

- Used resources: books, card decks, own knowledge of practice, recent certification materials
- Generated lesson plans the night before
- I offered to teachers, they reached out to me
- Principal supportive of my teachings



How I implemented:
-Used Zoom or Google Meet as a platform
-In the comfort of my own home!
-Utilized music in background

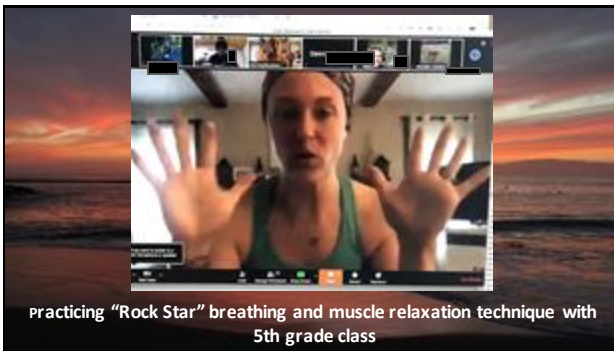


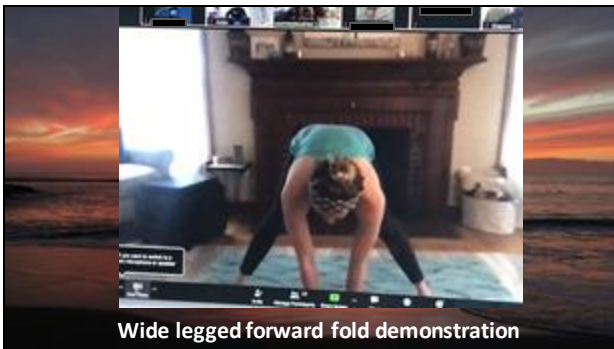
How I evaluated:
-Feedback from teachers, verbal and survey form
-Feedback surveys from students (4th-6th)
-Specific email from 5th grader
"Hi Nurse Courtney, thank you so much for taking time and coming on our Zoom meeting to do yoga. Before this meeting I was feeling sick but the yoga helped me so thank you! And also Happy Birthday."



Barriers:
-Unable to assist students with poses
-Couldn't always see what they were doing while I was demonstrating
-Never the same as in person connection
-Couldn't control what was going on in their homes







Nurse Courtney reading "I Am Peace" by Susan Verde and leading guided meditation



Resources:

- Breathe Like A Bear by Kira Willey
- Teach, Breathe, Learn by Meena Srinivasan
- Anna and Her Rainbow-Colored Yoga Mats by Giselle Shardlow
- Good Morning Yoga by Mariam Gates
- I Am Yoga by Susan Verde
- I Am Peace by Susan Verde
- This Moment Is Your Life (And So Is This One) by Mariam Gates
- Yoga 4 Classrooms card deck, Lisa Flynn
- Yoga & Mindfulness for Teens card deck, Jennifer Cohen Harper & Mayuri Gonzalez
- Mindful Kids card deck, Whitney Stewart and Mina Braun
- Yoga & Mindfulness for Tweens and Teens Instructor Manual, ChildLight Yoga

Question & Answer


Elementary School Nurses



Annette Kendra,
BSN, RN, NCSN

and

Elaine Kusiak,
BSN, RN



Connecting with Students Using Google Classroom

Annette Kendra, BSN, RN, NCSN
Elaine Kusiak, BSN, RN

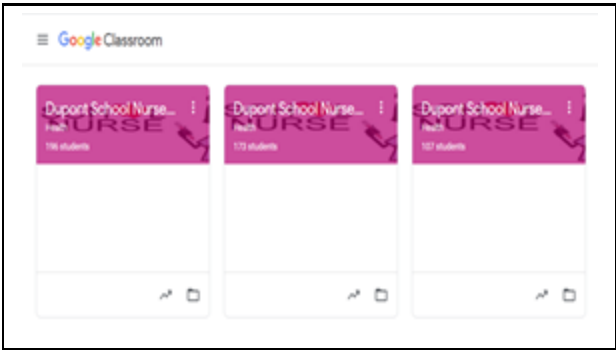
How did we get here?

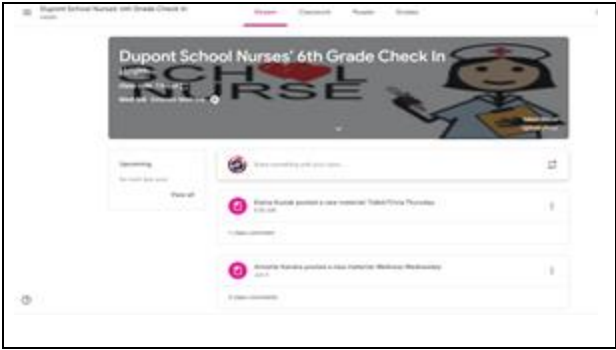
As school nurses, we wanted our students to know that even though we weren't physically in a building together, we are still there for them and are thinking about their health and wellness.

We wanted to create an extension of our clinic for our students during this pandemic.

How Did We Make This Happen?

- Nurses collaborated to come up with a plan that would meet the needs of the students that we serve.
- Ideas and plans discussed and approved by School Principal
- Guidance counselor assisted in setting up Google Classrooms for each grade.
- Emails sent out to all parents notifying them of their student being invited to the "Clinic Classroom"







How Did We Make This Happen (cont'd)?

- Daily themes were created to be presented in the classrooms that involved health promotion.
- Emphasized to students that these classrooms were informational content only, their participation was strongly encouraged, but not mandatory, and they would not be graded.

Daily Themes

"Mental Health Monday"

Ex: anxiety, anger, meditation, mindfulness etc.

"Tasteful Tuesday"

Ex: nutrition information, healthy eating habits, and recipes shared

"Wellness Wednesday"

Ex: healthy habits, sleep, relationships, etc.

Daily Themes (cont'd)

"Tidbit/Trivia Thursday"


Ex: shared fun facts about the body and included a trivia question for students to answer

"Fit Friday"


Ex: physical health, yoga, stretching, exercise safety, etc.







Tidbit/Trivia Thursday



Elaine Kuslik May 28

Tidbit/Trivia Thursday is here!

Let's learn some facts about our bones!

1) There are 206 bones in your body.

2) Babies are born with more than 300 bones. These extra bones don't disappear but fuse together as they age.

3) More than half of all your bones are in your hands and feet.

4) Our teeth are part of our skeletal system, but not counted as bones.

5) Did you know that also are later first thing in the morning?


6) The "funny" bone is not really a bone.

Our skeletal system is pretty amazing right? Calcium is an important nutrient for our bones. Our body does not make calcium, so we must get it with what we eat and drink. Here are some foods/drinks we can take to help get calcium for our bones: Milk, Cheese, Yogurt, green leafy vegetables, SOY PRODUCTS (TOFU/TOFU),

See the attached image of what our skeletal system looks like and answer the trivia question below. I will share the answer later tonight.


Have a good day!

Question: What is the smallest bone in your body called and where is it located? How about the longest bone?




Skeletal-DONE.jpg
image

5 class comments




May 28

The smallest bone is called your zygomatic bone and is located in your ear. The largest bone in your body is in your leg, and is called your femur.




May 28

Femur is da longest and your ear bone is the smallest, zygomatic.




Elaine Kuslik May 28

You ladies are partially correct. The smallest bone is in the ear but it's the Stapes or Stirup that is the smallest bone. The zygomatic bone is in the face, also known as the "cheekbone" And yes, the largest bone is the Femur which is in the leg. Good job!



Annette Kandra May 28

Great job ladies. Keep learning!



May 28

I knew that the smallest bone is located in the ear.

Data Collection

- Number of students who enrolled in their grade level classroom
 - Grade 6: 196 out of 273
 - Grade 7: 173 out of 268
 - Grade 8: 107 out of 242

(Outliers: online/technological access, student participation to remote learning)

24

Data Collection (cont'd)

- Student Feedback/Responses:
 - Grade 6: 2 students with consistent responses daily; 2 other students intermittently would respond, 1 of these students would respond with the same comment, regardless of the topic.
 - Grade 7: crickets
 - Grade 8: 1 student responded with multiple responses on one day; through word of mouth, some 8th graders were trying some the information provided, but were not sharing their thoughts in their classroom



Class comments

 May 27
here are some more jokes:
why is a koala not a bear? because it doesn't meet the koala-fications
why do people tell actors to "break a leg"? because every play has a cast
which animal is the best at baseball? a bat
what do u call a sleeping bull? a bull-dozer
what do u get when you cross a duck with a firework? a fire-quacker
what direction do chickens swim? cluck-wise
hope you liked these!

 Elaine Kuslak May 27
these were great. I love silly jokes like these. I literally LOL'd with tears! 🤔 Thank you for sharing these!

Let's Not Forget About Our Teachers and Paraprofessionals!

- Address the staff
- Focus on health and wellness information
- 8 weekly emails
- Reminders to reach out to PCP

[illegible][illegible]

Our goal of maintaining contact, offering support, and educating our students was successful during this time of remote learning.

With the uncertainty of the upcoming school year, we feel confident that we have a way to continue our role as school nurses and educators.

By developing this extension of our school clinic during this time, we are aware of the challenges that remote entails, and are looking forward to the challenges that may be ahead of us.



Bill Marrapese,
MSN, RN

Who is BILL??

Bill Marrapese, MSN, RN
School Nurse



Quiz

☒ TRUE
 ☐ FALSE

Some e-cigarettes are safe for youth



Students choose an option

1		What Are E-cigarettes?
2		What Are The Health Risks?
3		What Leads To E-cigarette Use?
4		What Can You Do About It?

NO MATTER WHAT YOU CALL IT, IT'S AN E-CIGARETTE



Quiz

☒ TRUE
☐ FALSE

Most e-cigarettes contain nicotine



Students, stay the course

Don't Drink & Drive

1		What Are E-cigarettes?
2		What Are The Health Risks?
3		What Leads To E-cigarette Use?
4		What Can You Do About It?

Quiz

☒ TRUE
☐ FALSE

E-cigarettes create a harmless water vapor

E-cigarettes Make Aerosol, Not Vapor

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:

Nicotine Can Lead to Addiction



1		What Are E-cigarettes?
2		What Are The Health Risks?
3		What Leads To E-cigarette Use?
4		What Can You Do About It?

BEHAVIOR RISKS



Youth who use e-cigarettes may be more likely to smoke regular cigarettes in the future.





"THE REAL COST" YOUTH E-CIGARETTE PREVENTION CAMPAIGN: EPIDEMIC



1

2

3

4




What Are E-cigarettes?

What Are The Health Risks?


What Leads To E-cigarette Use?

What Can You Do About It?


BE TOBACCO FREE!



Download the "This is quitting" app from Truth Initiative



Use the "quitSTART" app or "Smokefree TXT" for Teens from smokefree teen



- Ask for help from family, friends, healthcare providers, and/or counselors.
- Don't give up.
- Make a quit plan.

Most Important Takeaway



Reference

CDC: Presentation for Youth. Know the Risks: A Youth Guide to E-cigarettes. Accessed 06/08/2020, via https://www.cdc.gov/tobacco/basic_information/e-cigarettes/youth-guide-to-e-cigarettes-youth-guide.htm.




Karen Schwind,
BSN, RN, NCSN

NEW BRAUNFELS ISD

VIRTUAL HEALTH LESSONS

COVID-19 CLOSURE 2020



Karen S. Schwind BSN, RN, NCSN
NBISD Health Services Coordinator



New Braunfels, Texas
Located between San Antonio and Austin

New Braunfels Independent School District

- NBISD 9760 students
- Pre K Early Childhood Center
- 9 Elementary Schools
- 2 Middle Schools
- Ninth Grade Center
- High School – grades 10-12



NBISD Health Services

- Coordinator
- RNs=12
- LVNs=3





THE PROCESS: BEGIN WITH A NEED/GOAL

IDEAS

- ▶ [Are you taking care of YOU? \(staff\)](#)
- ▶ [New Braunfels Strong Nurses \(students\)](#)
- ▶ [Healthy Hygiene Habits \(students\)](#)
- ▶ [Keep Calm and Parent On \(parents\)](#)
 - ▶ [How to Access NBISD Health Services website and community resources](#)
- ▶ [NBISD Nurses Message to Seniors \(2020 grads\)](#)
- ▶ [Summer Safety Tips \(students and parent reminders\)](#)

- ▶ Google Drive shared Document
- ▶ Select the topic and create video via ipad, phone or computer
- ▶ Share video in Google Drive folder – or email/text/groupme
- ▶ Talented 'Techno Nurses' create videos adding name, credentials, school and music
- ▶ Shared via District Communications Department, District YouTube site, Facebook and Twitter platforms.

COLLABORATE, CREATE, SHARE AND PUBLISH

NBISD VIRTUAL HEALTH LESSONS SAMPLE



<https://youtu.be/WB8fHgpY-i8>

- ▶ Core Coordination
 - ▶ Collaborative Communication
 - ▶ Education
- ▶ Leadership
 - ▶ Lifelong Learner
 - ▶ Technology
 - ▶ Change Agents
 - ▶ Advocacy
- ▶ Community/Public Health
 - ▶ Access to Care
 - ▶ Disease Prevention
 - ▶ Health Education
 - ▶ Health Promotion

FRAMEWORK FOR 21ST CENTURY SCHOOL NURSE PRACTICE

<https://www.nnpsn.org/nnpsn-resources/essential-topics/framework>

CHALLENGES

- ▶ Catching a bar of soap!
- ▶ Frustration with Re-do's: Congratulations and graduation!
- ▶ Technology for most, lack of confidence with video of self
- ▶ Evaluation:
 - ▶ How does one evaluate effectiveness of virtual education?
 - ▶ Maybe in August when we return?
 - ▶ When we meet students in the community?
- ▶ **UNANIMOUS ADVANTAGE:** *Although communication is challenging, as a team we spent more time together and we learned to appreciate each others strengths.*

Nurse Comments

- ▶ "I thought it was fun, and definitely challenging. It's a lot harder than I thought to record myself without getting tongue tied, looking too awkward, or hitting myself in the face a few times while losing a bar of soap." ~T. Holder RN
- ▶ "I loved making the videos for the students and parents. While we were all home and not able to see them, it helped me to still feel connected. I felt I was doing my part to educate and support students and families." ~K. Hensley RN
- ▶ "Collaborating made it very easy. It was fun to work together on the projects. I loved that we could make some of them silly. I like that the students could see us as normal people instead of just a professional." ~C. Polk BSN RN
- ▶ "I am so glad we could present a video for parents. Several webinars I viewed hit me on the stress parents were under during this COVID Closure." ~M. Coronado BSN RN

KAREN S. SCHWIND BSN RN NCSN
NEW BRAUNFELS ISD HEALTH SERVICES

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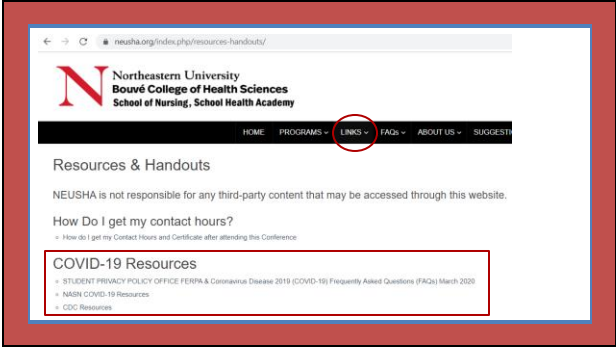


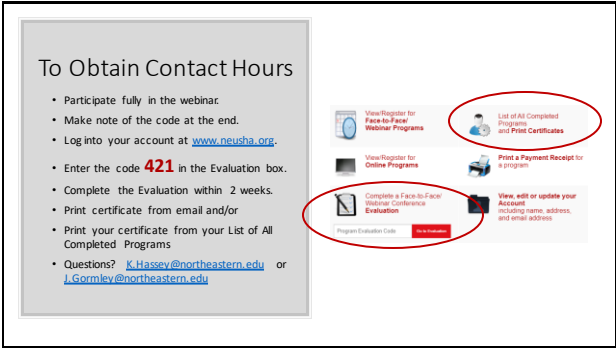
Question & Answer

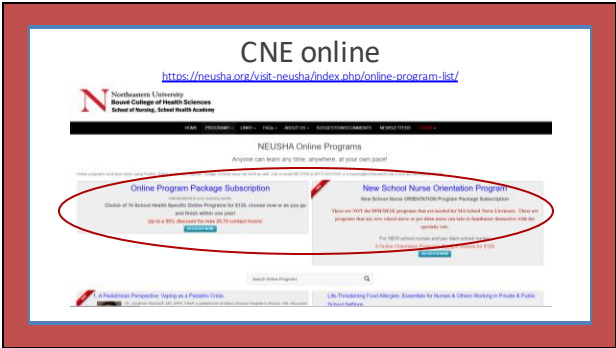
Middle and High School Nurses

PreK-12 Nurse Administrator











Thank you

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