



N 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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School Nurse
Greenfield Commonwealth Virtual School



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Accredited Provider


- Northeastern University School Health Academy operates within [Northeastern University School of Nursing](#), an Accredited Provider of Continuing Nursing Education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC).
- The planners and presenters of this program have no conflicts of interest to declare.
- No commercial support has been provided for this program.



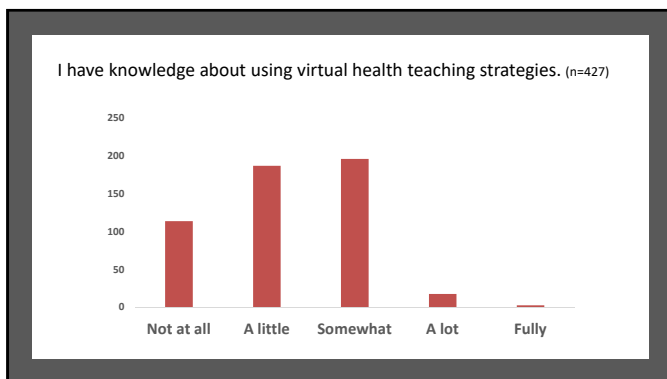
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To Obtain Contact Hours

- Participate fully in the webinar.
- Make note of the code at the end.
- Log into your account at www.neusha.org.
- Enter the code in the Evaluation box.
- Complete the Evaluation within 2 weeks.
- Print certificate from email and/or
- Print your certificate from your List of All Completed Programs
- Questions? K.Hassey@northeastern.edu or j.gormley@northeastern.edu



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Outcomes

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

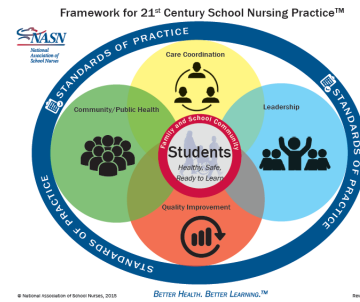
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Standard of Practice 5B. Health Teaching and Health Promotion

"Promotes health, wellness, self-care, and safety through education of the school community regarding health issues." (2017, p. 57)

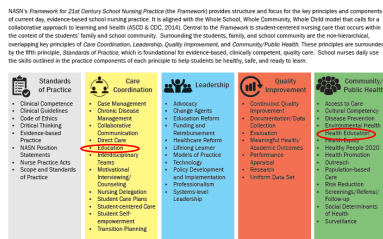


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Framework for 21st Century School Nursing Practice™



AASN & CDC. (2014). Whole school/whole community/whole child: A collaborative approach to learning and health. Retrieved from <http://www.aasn.org/10001.pdf>

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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



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

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Remote Health & Wellness Lessons

Maureen Archambault MEd, BSN, RN, NCSN

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Virtual Health

Where to Start...

"Hands-on" Nursing vs. "Virtual World" Nursing

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

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Process

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

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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>



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Goal

KEEP IT ENGAGING

KEEP IT FUN

KEEP IT SIMPLE



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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.



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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.



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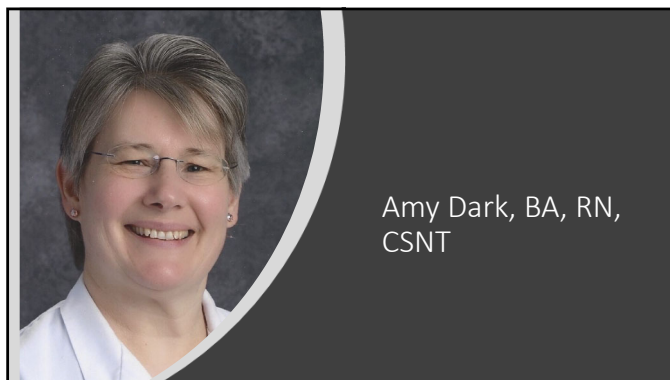


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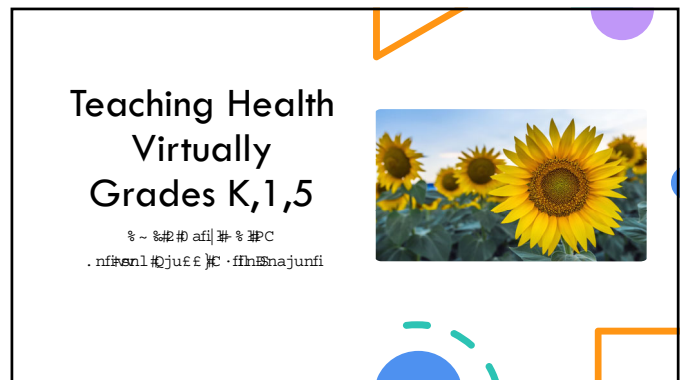


Contact information for Maureen Archambault:
marchamb@framingham.k12.ma.us

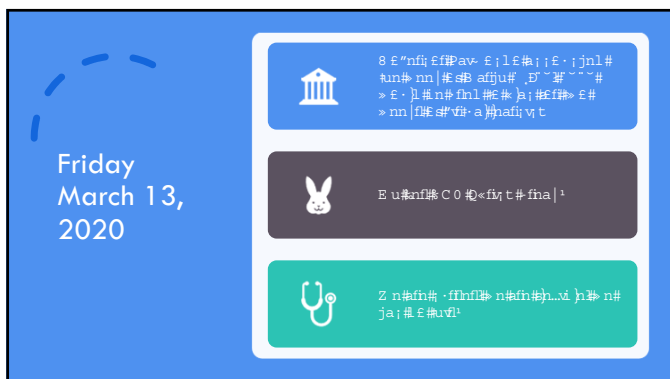
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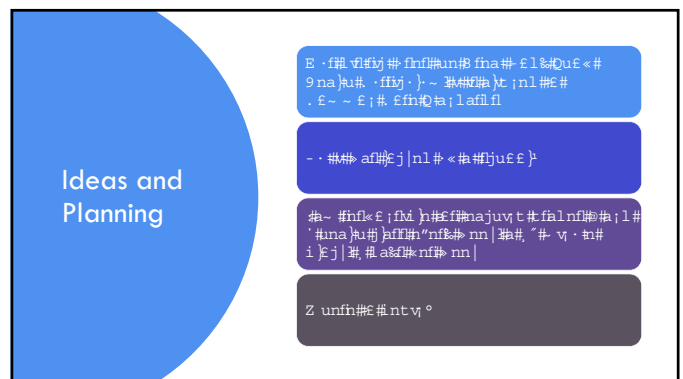
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Lessons Learned and Resources Used

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"Beyond the Band Aid" video series to connect with students and families Featured in RI Healthy Schools Coalition e-newsletter



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Thank you!

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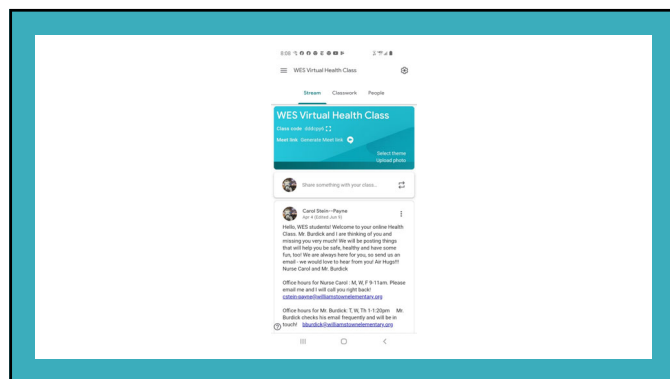
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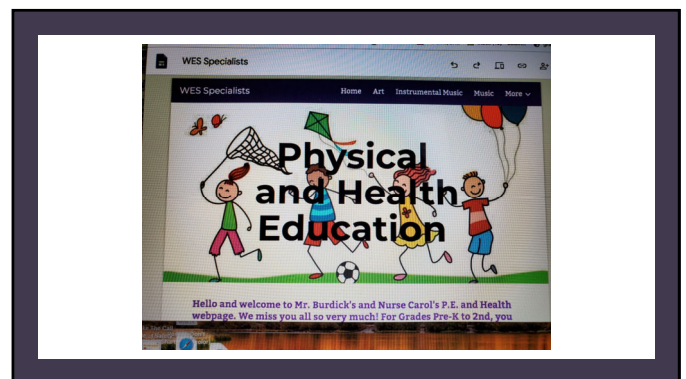


Carol Stein-Payne,
BA, RN, NCSN

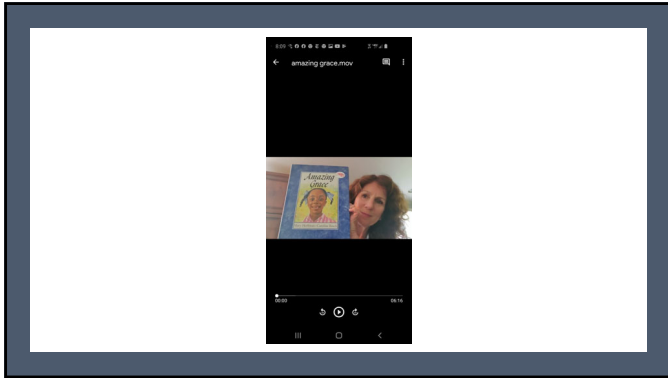
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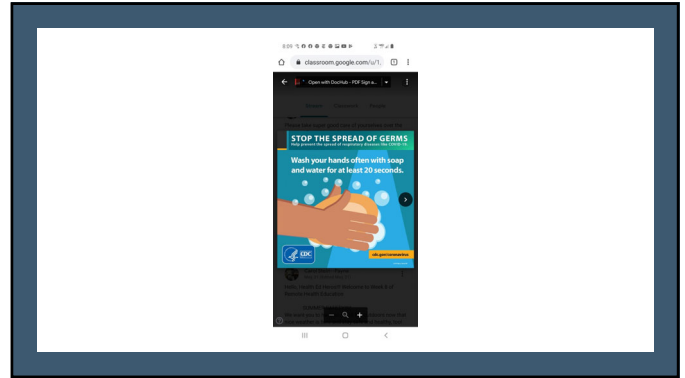
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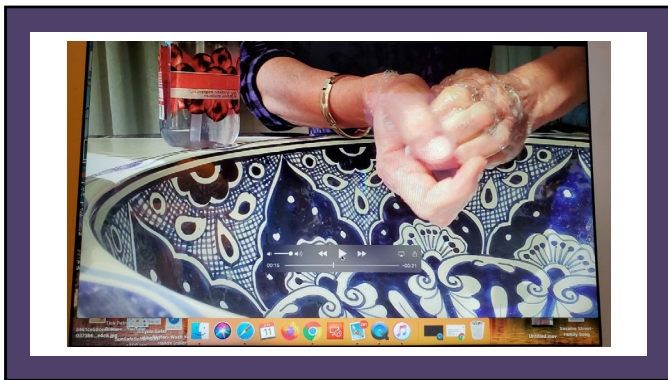
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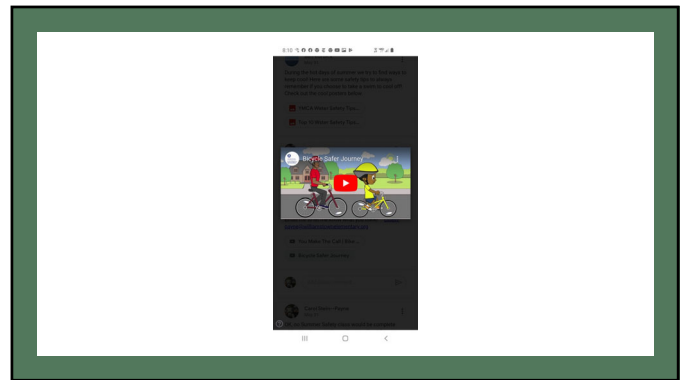
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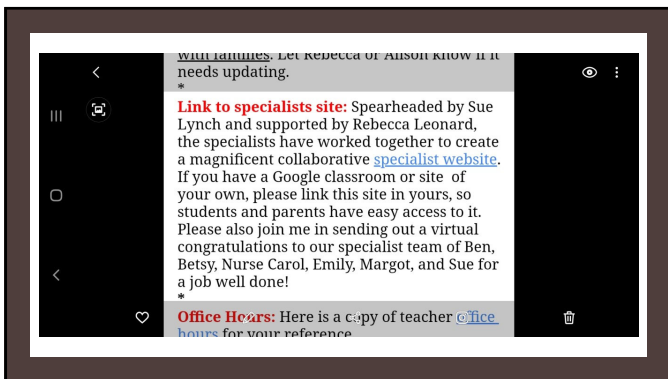
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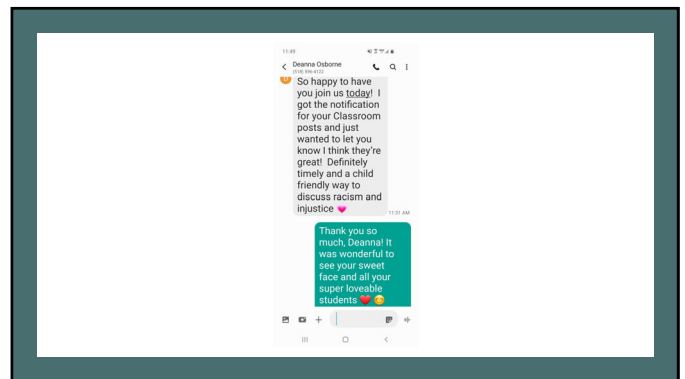
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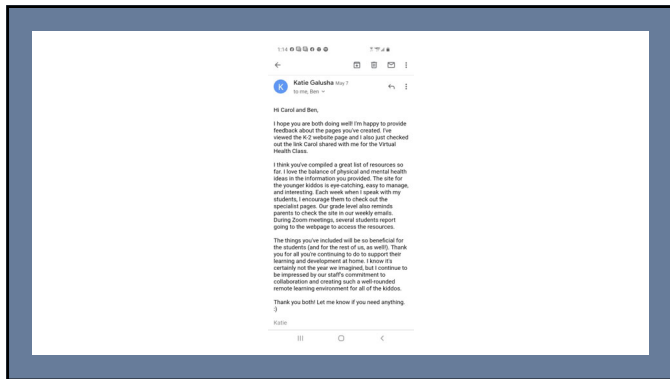
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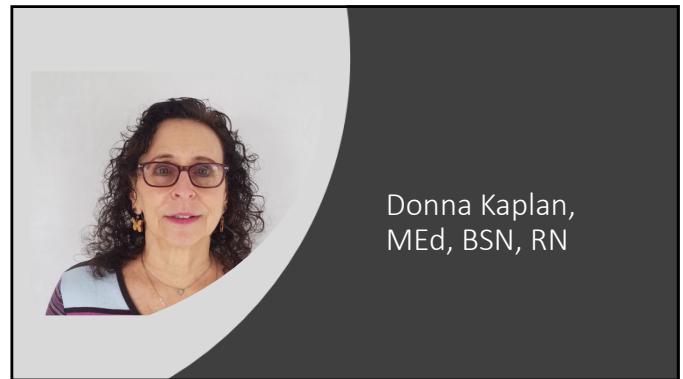
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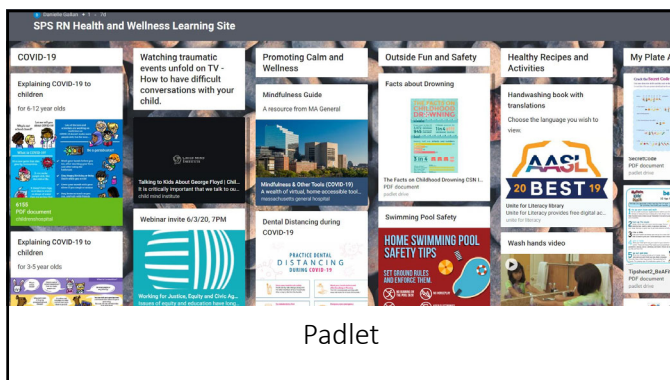
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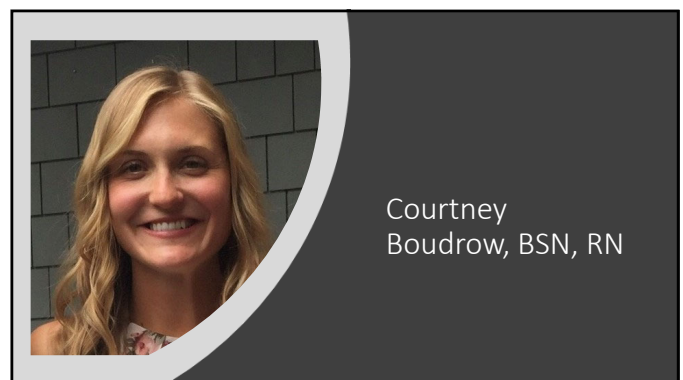
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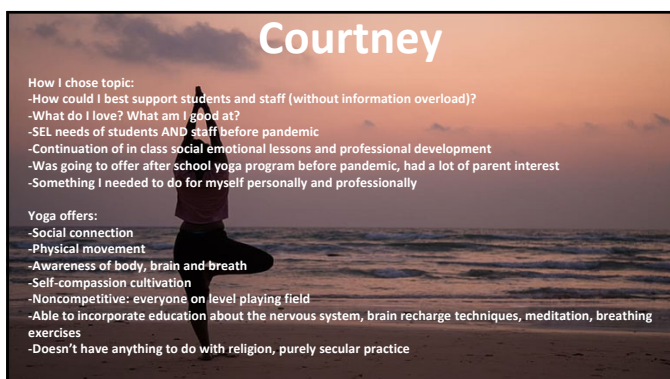
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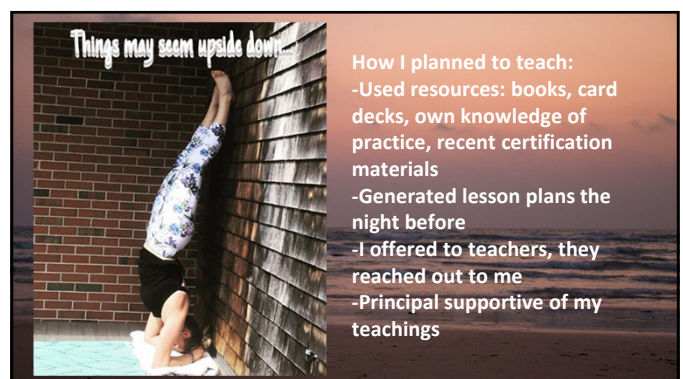
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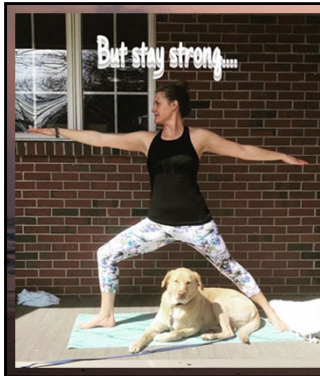
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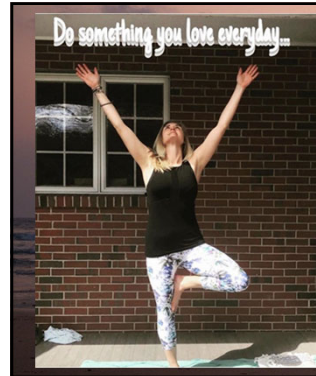
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How I implemented:

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

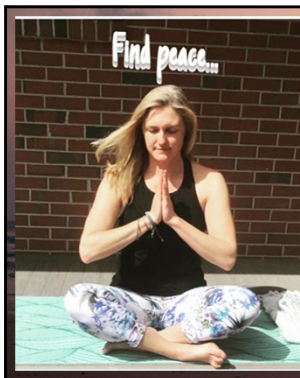
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How I evaluated:

- 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."

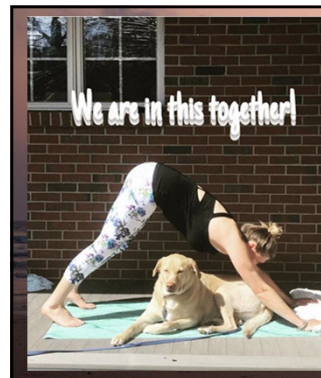
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Barriers:

- 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

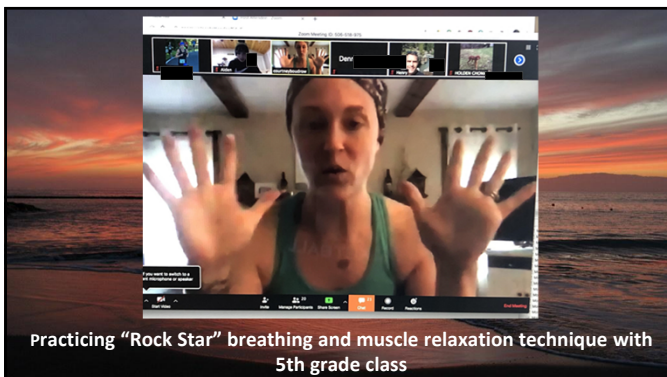
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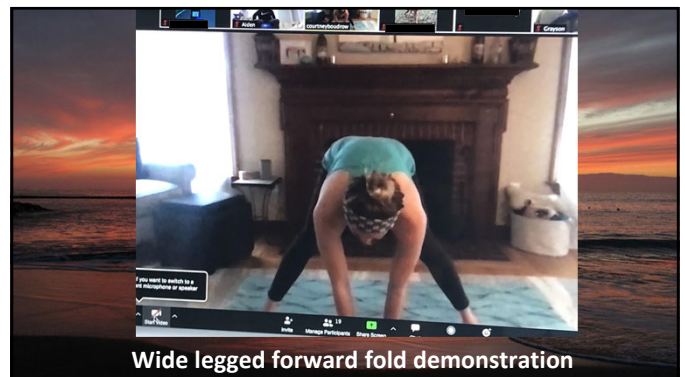
Supports:

- Supportive and willing staff
- Supportive administration
- My own practice!

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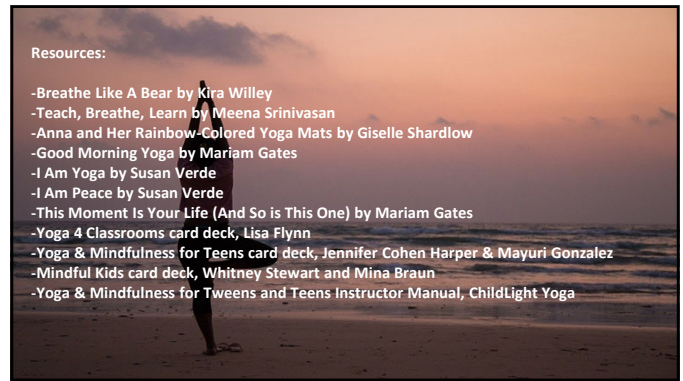
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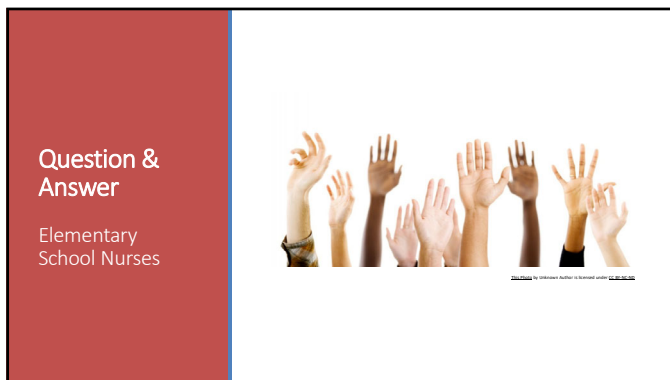
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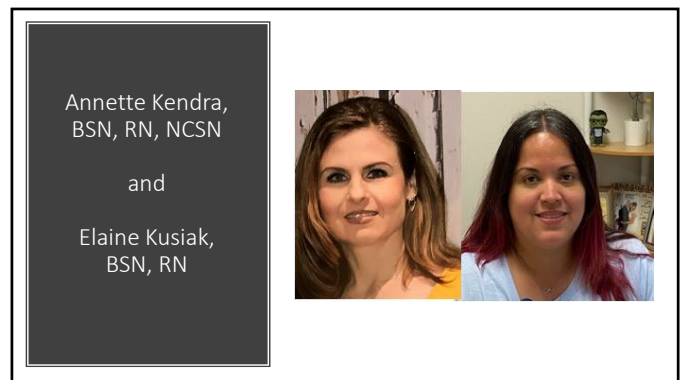
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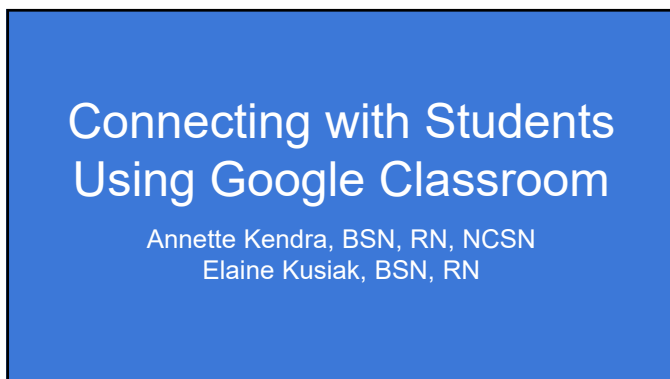
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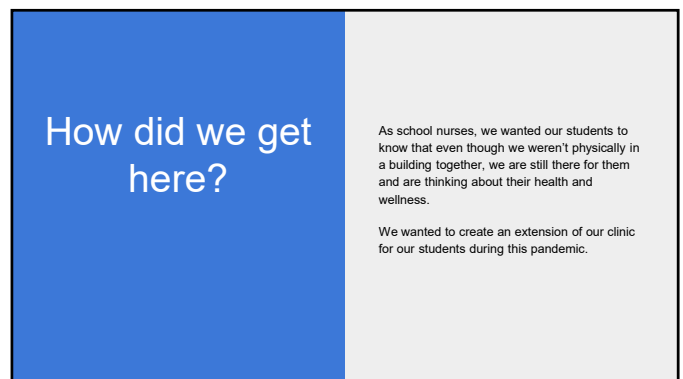
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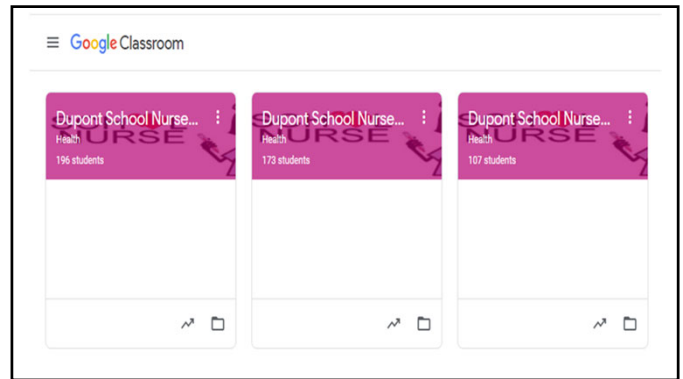


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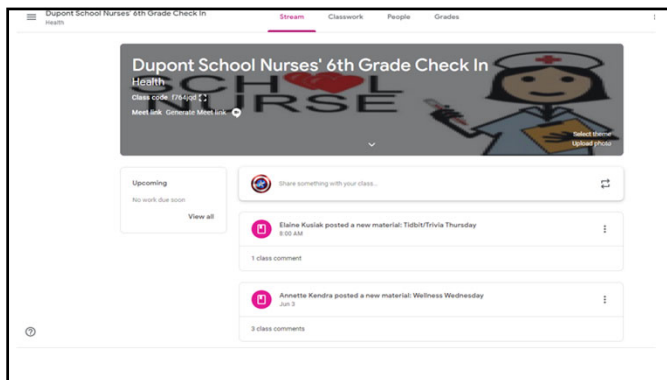
How Did We Make This Happen?

- 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"

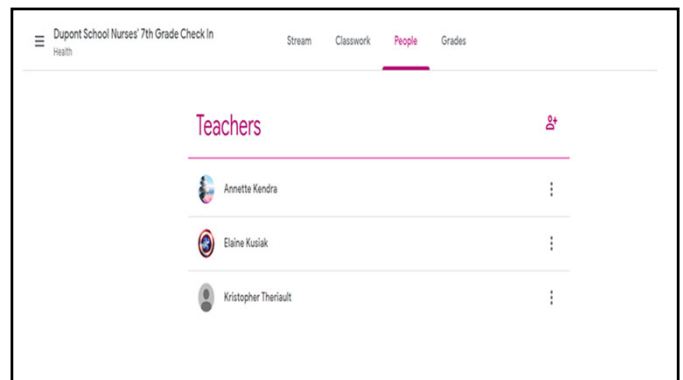
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How Did We Make This Happen (cont'd)?

- 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.

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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.

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Daily Themes (cont'd)

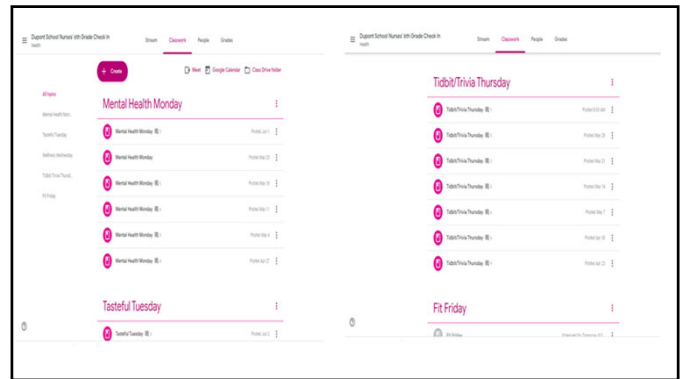
"Tidbit/Trivia Thursday"

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

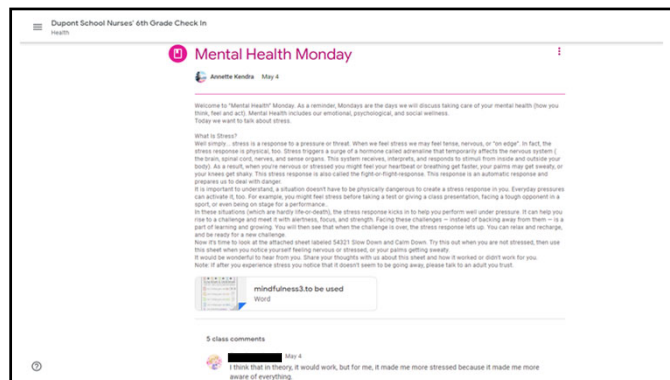
"Fit Friday"

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

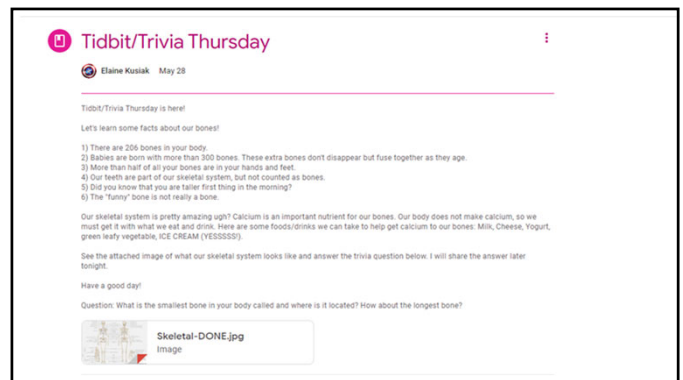
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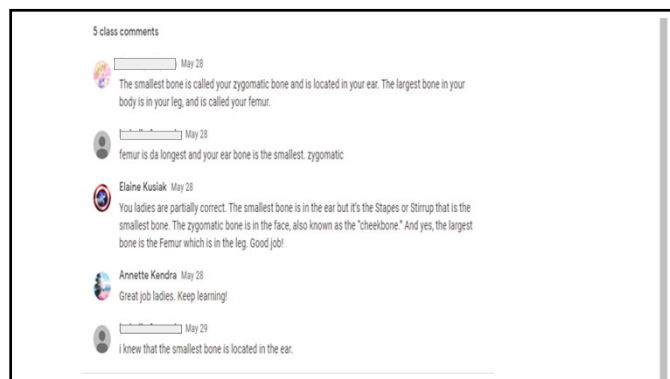
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Data Collection

- 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)

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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 a response to a post 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



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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 Kusiak May 27

these were great. I love silly jokes like these. I literally LOL'd with tears! 😂 Thank you for sharing these!

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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

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Let's Not Forget About Our Teachers and Paraprofessionals!

https://drive.google.com/open?id=1390WdL1Sm-af_2mNk0xETFrSI81BQts18NpwQRU

Date: Mon, May 11, 2020 at 9:45 AM
Subject: Re: Health and Wellness from the Dupont Clinic
To: Annette Kendra <akendra@dupps.org>

Love that! Perfect timing! Thank you for taking the time to put all of this together. Great reminders!
Hope you are also taking care of yourself.

Angela

On Mon, May 11, 2020 at 8:01 AM Annette Kendra <akendra@dupps.org> wrote:



Happy Monday to everyone! It is about one month until this unique school year is completed (not sure if that is the proper word to describe the ending of this year). This can definitely create different thoughts and emotions within each of us. Attached, you will find some thoughts on motivation and self care. We hope you find something that will assist you in creating a satisfying balance for yourself.

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Forwarded message

From: [redacted]
Date: Mon, Jun 8, 2020 at 9:32 AM
Subject: Re: Health and Wellness from the Dupont Clinic
To: Annette Kendra <akendra@dupps.org>

Thank you for this. Your positivity is very much appreciated!

(I almost said, "your positivity is contagious," but decided to word it differently.) haha

On Mon, Jun 8, 2020 at 8:00 AM Annette Kendra <akendra@dupps.org> wrote:



We want to offer you the amazing staff of Dupont one more Health and Wellness email to send you off for the summer. These last few months have challenged all of us not only personally, but also professionally. With the school year officially ending, we want to remind all of you to continue to care for your minds and bodies. We look forward to being able to work side by side with you again. Take good care of yourselves and enjoy the summer!

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In Conclusion...Looking Forward

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

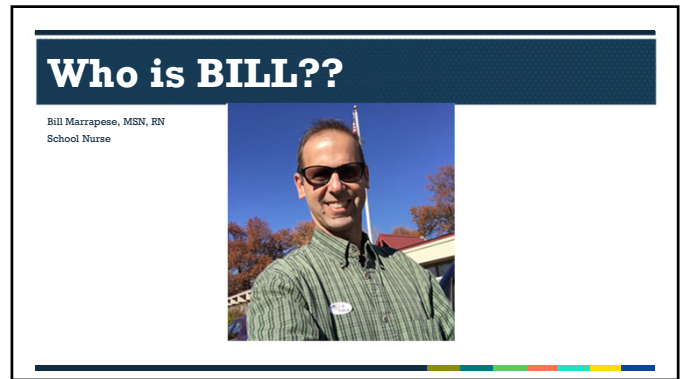
With the uncertainty of the upcoming school year, we feel confident that we have a way to continue our role as school nurses and educators.

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.

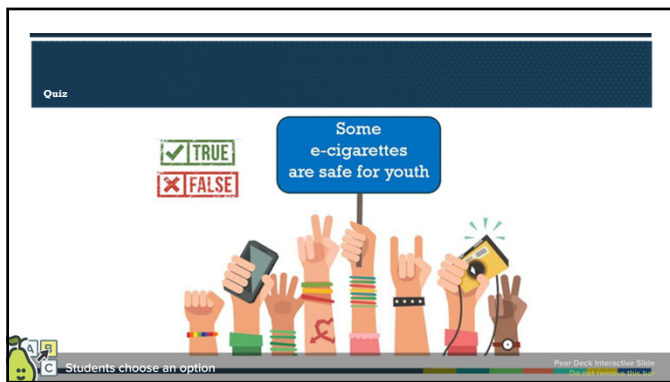
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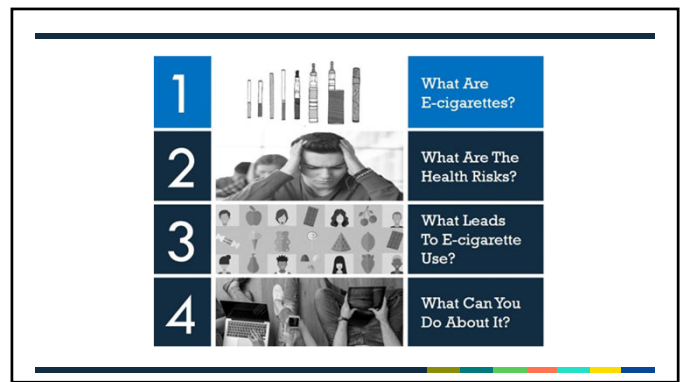
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1		What Are E-cigarettes?
2		What Are The Health Risks?
3		What Leads To E-cigarette Use?
4		What Can You Do About It?

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Quiz

☒ TRUE ☐ FALSE

E-cigarettes create a harmless water vapor

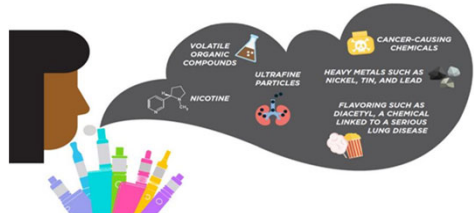
Students, drag the icon!

Pear Deck Interactive Slide - Drag the icon to this spot

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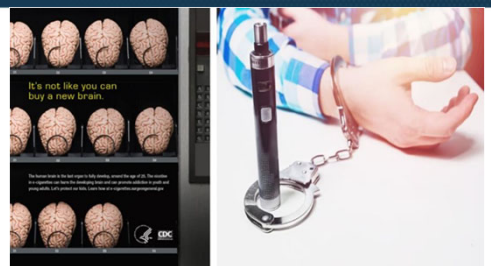
E-cigarettes Make Aerosol, Not Vapor

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



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Nicotine Can Lead to Addiction



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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?

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BEHAVIOR RISKS



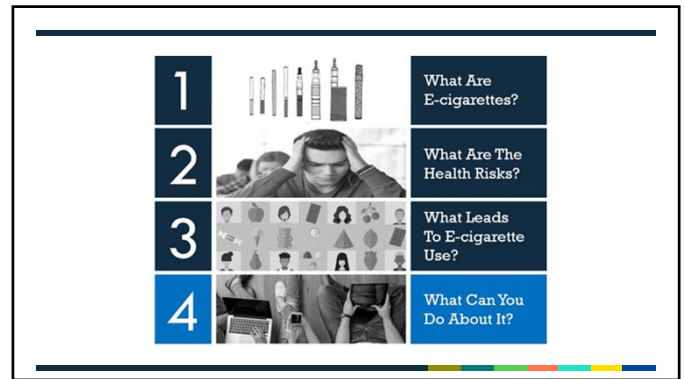
Youth who use e-cigarettes may be more likely to smoke regular cigarettes in the future.



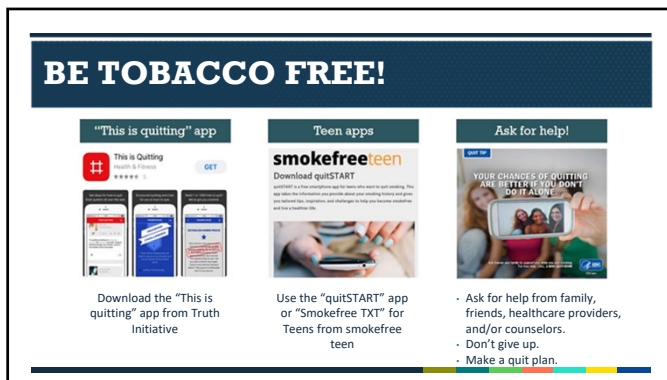
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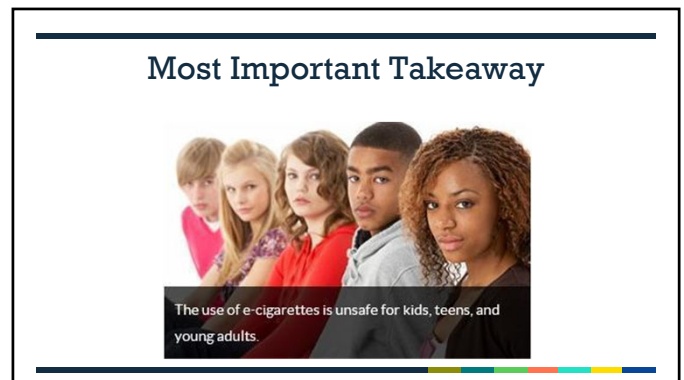
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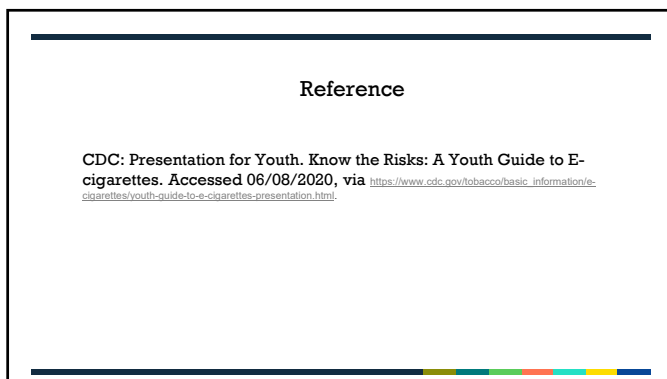
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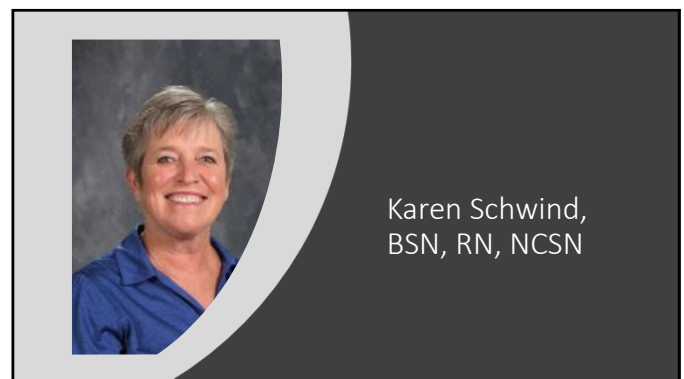
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NEW BRAUNFELS ISD VIRTUAL HEALTH LESSONS COVID-19 CLOSURE 2020



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


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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



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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)

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COLLABORATE, CREATE, SHARE AND PUBLISH

- ▶ 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.

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NBISD VIRTUAL HEALTH LESSONS SAMPLE



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

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- ▶ Care 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.nasn.org/nasn/nasn-resources/professional-topics/framework>

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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.*

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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 tossing 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

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Question & Answer

Middle and High School Nurses

PreK-12 Nurse Administrator



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neusha.org/index.php/resources-handouts/

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School of Nursing, School Health Academy

HOME PROGRAMS **LINKS** FAQs ABOUT US SUGGESTIONS

Resources & Handouts

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How Do I get my contact hours?

How do I get my Contact Hours and Certificate after attending this Conference?

COVID-19 Resources

- STUDENT PRIVACY POLICY OFFICE FERPA & Coronavirus Disease 2019 (COVID-19) Frequently Asked Questions (FAQs) March 2020
- NABN COVID-19 Resources
- CDC Resources

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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.
- Enter the code **421** in the Evaluation box.
- Complete the Evaluation within 2 weeks.
- Print certificate from email and/or
- Print your certificate from your List of All Completed Programs
- Questions? K.Hassey@northeastern.edu or j.gormley@northeastern.edu

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CNE online

<https://neusha.org/visit-neusha/index.php/online-program-list/>

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Life-Threatening Food Allergies: Essentials for Nurses & Others Working in Private & Public School Settings

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Thank you

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