

NEUSHA 2024 Summer Academy: Cultivating Hope & Kindness in Your School Nursing Practice



Aug 7-8, 2024

Hotel 1620 Plymouth Harbor, 180 Water St., Plymouth, MA

Live Streaming: zoom link emailed to live stream participants

As a result of this conference, 80% of participants will identify new learning or skills that they can apply to their school nursing practice. Specific learning outcomes are shared by each presenter.

12.0 contact hours provided by the Northeastern University School of Nursing, accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). In order to obtain contact hours, participants need to participate in all sessions, missing no more than 5 minutes per hour, and complete an online evaluation within 2 weeks of the conference end.



Planners and presenters have no relevant financial relationships to declare within the past 48 months. No commercial support was received for this conference. Thank you to our exhibitors for joining us: Ben's Bells, Boston Children's Hospital, Breakthrough T1D.org (formerly JDRF), Cambridge College, CareScout, DoTerra, Elms College, Grassroots4GVP, Life Support Systems, Massachusetts School Nurse Organization (MSNO), MA Vaccine Confidence Project, MacGill, Neurelis, Parent Professional Advocacy League (PPAL), Professional Software for Nurses (PSNI/SNAP), School Health Corporation, and Shriner's Boston and New England Hospitals.

Wednesday August 7

7:30 am **Sign In and Breakfast**

8:00 **Opening & Welcome Day 1**

NEUSHA Directors

Jenny Gormley, DNP, BA, RN, NCSN, FNASN and Kathy Hassey, DNP, MEd, RN, FNASN

- 8:15 **Shining Light on Youth Emotional Wellness: Understanding, Supporting, and Empowering K-12 Students**
Linda Price, M.Ed., CAGS, LEP, E-RYT
Sarika Agarwal, youth mental health advocate
1. Identify uplifting approaches to identifying and addressing the needs of K-12 students.
 2. Describe the resilient spirit of youth with their experiences with anxiety, depression, suicidal thoughts, and trauma, even when these struggles may not be immediately apparent.
 3. Identify tools to recognize harmful coping mechanisms and supportive interventions.
- 9:45 **Break**
- 10:00 **Legal Issues Impacting School Nurses**
Beth Cabral-Townson, BA, MEd, JD
1. report increased understanding of laws and regulations that impact their practice on a daily basis.
 2. apply facts to law and discuss the appropriate action that should be taken.
 3. identify a set of tools and strategies for meeting the needs of students in a manner that complies with state and federal law.
- 11:30 **Lunch**
- 12:30 **Cultivating Calm: The Science of Mindfulness**
Clemens C.C. Bauer Hoss, PhD, MD
1. Identify the brain network that is over engaged in individuals suffering from anxiety, depression, rumination/worry
 2. Define mindfulness-based neurofeedback (mbNF)
 3. Describe current research with students that demonstrates impact of mindfulness on sustained attention, self-perceived stress, and mindfulness-based neurofeedback
- 1:35 **Assessment of Common Orthopedic Injuries in School**
Tylee Schraufnagel, MS, ATC
1. differentiate common orthopedic injuries in the school setting.
 2. identify management options for acute orthopedic injuries in the secondary school setting.
 3. report ability to use the Ottawa Ankle clinical prediction rule and
 4. identify follow-up options based on findings from the Ottawa Ankle clinical prediction rule
- 2:35 **Break**
- 2:45 **Narratives**
- 3:30 **Abdominal Assessment for School Nurses**
Karen Rufo, MS, PPCNP-BC
1. state the key components of conducting a history when evaluating a student with abdominal pain
 2. describe the steps in the physical assessment of a student
 3. identify three red flags that warrant immediate evaluation by a physician/HCP
 4. name three common conditions seen in school health clinics associated with abdominal pain
- 6:15 **Clambake Lobster Dinner**

Thursday, August 8, 2023

6:15 am Yoga/meditation - optional (limit 25)

7:30 am **Sign-In, Breakfast and Exhibitors**

8:15 **Welcome Day 2**
Jenny and Kathy

8:30 **You Can Save A Girl's Life Today/Screening *Below the Belt***
Shannon Cohn, J.D., Social Impact Producer

10:00 **Break and Exhibitors**

10:45 **Kindness**
Cody Foss, MS, BA, Regional Director of Ben's Bells Project Northeast Operations

1. identify the scientific perspective regarding the impact that intentional kindness has on all humans
2. increase appreciation for the shared experience of all humans
3. describe the ripple effect of kindness
4. increase awareness of Ben's Bells Project Mission and Programming, specifically the free Social Emotional Intelligence Program offered for K-12 schools

12:15 pm **Lunch and Exhibitors**

1:00 **School Medicaid**
Bob Bundy, BS, PSNI/Rokay Consulting

1. Describe the purpose of School Medicaid
2. Define "traditional" and "expanded" School Medicaid
3. Identify 3 School Medicaid Supports for School Nurses
4. Identify 1 barrier to School Nurses participating in School Medicaid and potential solutions

Breakouts

MA School Nurses

Non-MA School Nurses

2:45 **Break**

3:00 **Promoting Healthy Outcomes for LGBTQ students**
Jeff Perrotti, M.A., CAS

1. use correct LGBTQ terminology
2. identify factors from research that promote resilience and positive outcomes
3. report increased knowledge of the experiences of transgender students and families
4. identify policies, practices, and resources that support LGBTQ students and families

4:15 **Closing & Treat**