

SCHOOL NURSES: Best Strategies for Success During School Medical Emergencies



A Unique One-Day Seminar Presented by

Sandra Moritz, M.Ed, BS, RN, NCSN

2010 Pennsylvania School Nurse of the Year,
Exceptional School Nurse Trainer

Respond as the true first responder in school ... Examine current practices vital to your office practice for positive outcomes for students and staff

Utilize lessons learned from past school events to prepare your office "in case" it occurs at your school ... Examine the history of violence in schools and apply to our safety today

Build a better up-to-date trauma and first aid mobile station ... Include key supplies in multiple locations for mass casualty and individual events

Utilize tabletop training modules to prepare staff on your medical emergency team ... Staff performance increases with practice

Nursing CEUs Available in These Locations:

Provider approved by the California Board of Registered Nursing, Provider #CEP 15144, for five (5) Contact Hours for RNs and LPNs. This approval is valid in the states of Alabama, Louisiana, New Hampshire, Ohio, and Rhode Island. This seminar meets the requirements of the Massachusetts Board of Registration in Nursing listed in 244 CMR 5.00 for 6 Contact Hours in Boston, Manchester and Providence.

APRNs in all states need to check with their credentialing agency to determine if this seminar meets the additional CEU requirements for their specialty area.

Alabama

Birmingham – November 8

Louisiana

New Orleans (Metairie) – November 6

Maine

Portland – November 20
(South Portland)

Massachusetts

Boston (Wakefield) – November 22

Mississippi

Jackson – November 7

New Hampshire

Manchester – November 19

Ohio

Cleveland (Westlake) – November 5
Columbus – November 4

Rhode Island

Providence (Warwick) – November 21

Vermont

Burlington – November 18

CEUs and Graduate Credits Available
See page 6 for details

Ten Key Benefits of Attending

'Well organized, interactive, great, useful information! Also a wonderful opportunity to meet and exchange ideas with other school nurses.

– ROZ BALWIN,
SCHOOL NURSE, RN, BSN



Who Should Attend

School Nurses, District Nurses and School Health Coordinators serving grades K-12

- 1. Examine Recent Medical Emergency Response Plans for School Nurses and Team Members**
This is our cornerstone of practice during these stressful situations
- 2. Prepare with First Responder Training Ideas, Generated By Nurse Professional Friends – the EMTs and Paramedics**
Incorporate practical training tips that make smoother emergency transfers
- 3. Stop Life-Threatening Bleeding**
Use basic tourniquet and compression techniques from the bleeding control class
- 4. Select the Supplies You Need for Your Stock Rescue Medications Cabinet**
What, where and how many will be detailed to insure you have what you need for the unexpected emergency
- 5. Take a “Hands-On Tour” of Modern Equipment for the 21st Century Health Office**
Examine what we need to keep students prepared for lockdowns, evacuations and daily care
- 6. Use Tabletop Exercises to Prepare You and Your Team for Serious Events**
“Walk and talk it through” by reviewing serious scenarios
- 7. Utilize Effective Interviewing Techniques for Traumatized Students**
Identify and address early on students with mental health issues including depression and anxiety ... Here’s how
- 8. Prepare Your Staff with Skills Checklists to Safely Transfer Responsibility**
Use checklists and apps to increase the safe collaboration with others who work with the school nurse
- 9. Nurture your Passion in School Nursing with Self-care Techniques**
Use humor in the office to develop positive relationships with our most important priority – our students!
- 10. Receive a Detailed School Medical Emergency Resource Handbook Complete with Protocols, Handouts and Forms**
Each participant will receive an extensive school medical resource handbook full of ready-to-implement materials that will streamline and increase efficiency in your school nursing practice on a daily basis

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- **The new first aid guidelines for severe bleeding** ... Gain hands-on training by practicing applying tourniquets, compression dressings and receive a severe bleeding protocol for your practice
- The current recommendations from **FEMA, Sandy Hook Promise, ALICE training and ambulance associations** for safety at school during lockdowns or evacuations
- **Auscultation skills in breath sounds and the acute abdomen** ... A review and what's new in assessing common medical conditions which could become emergent
- **Current technology in alarms, smart alerts and apps for staff teaching** ... Ways technology can assist first responders in training and real-time student assistance
- **What's new to stock in your first aid cabinet** ... Available and secure stock medications and emergency supplies that need to be accessible
- **Effective ways to support students with mental health concerns** ... Elicit information to determine response ... Interview with questions that involve student participation and timely interventions
- Discover community liaisons with medical groups and foundations that can add to your knowledge and training resources ... Make **professional "best friends" with invested groups in the community**
- **Makeovers for you and your office** with laughter, lunch and a brighter office space ... School nursing can be stressful and we need to be healthy to help others
- How you can increase your imprint as the **"school medical expert" by seeking out first responder trainings** that apply to our expanded role today as the school nurse



I would recommend this seminar to better prepare for emergencies and get up-to-date information on the changing best practices that face school nurses today.'

– CHRISTINE SIMMONS, RN, BSN, AE-C

Practical Ideas and Strategies

If you are looking for current, best practices and evidence to support your school emergency medical interventions, this is a seminar you won't want to miss! During this intensive, interactive and collaborative seminar, outstanding school nurse of more than 30 years, **SANDRA MORITZ**, will share dozens of the most current practices, strategies and practical tips to help school nurses become better first responders to medical emergencies in a school setting. As a school nurse, Sandra can relate to the seriousness of the daily health and medical challenges in your practice. Your ever-changing role as a school nurse will be examined from a perspective of how you can best respond when medical emergencies occur in your school setting. Gain greater confidence in your practice, discover new products that are now available to make daily interventions more effective and become better prepared for the unexpected. Realize your full potential by addressing the stress of your career choice, and learn ways to be more proactive with stress-reducing tips to survive and flourish as today's school nurse.



You will leave this seminar refreshed and renewed professionally and personally. Your effectiveness will be increased as the first responder in your school to medical emergencies, including lockdowns and evacuations. The evidence-based strategies and tools you'll gain will give you the confidence you need to be tomorrow's school nurse!

A Message From Seminar Leader, Sandra Moritz



Uniquely Qualified Instructor

SANDRA MORITZ is a nationally certified and experienced school nurse and coordinator with more than 30 years of hands-on school nursing practice. As her state's School Nurse of the Year, a recent National Association of School Nurses (2017) presenter and a national speaker, she is a frequent presenter at conferences, in-services and seminars. She currently serves on the board of Allergy and Asthma Network, an organization supporting families and students who have serious allergies and asthma. Sandra is the author of *SCHOOL NURSES: Best, Current Practices for School Medical Emergencies*, the extensive resource handbook participants will receive at the seminar. She has authored many articles in professional journals, including *Advance for Nurses* and *NASN's School Nurse*.

The often solo role of the school nurse transforms into the sharing world of school nurses as a result of the interactions with others at Sandra's seminars.

Sandra's participants find her seminars to be a knowledge-gaining experience and leave energized with new ideas and strategies and a personal connection to the world of school nursing.

Dear Colleague:

As a fellow school nurse and colleague, I understand the unique challenges we face in our changing role as today's school nurse. We are the first responders in schools, assisting students who need us the most. As a school nurse and health services coordinator of more than 30 years, I can relate to your daily concerns. To stay current in our roles today we must be prepared for the unexpected. As the first set of medical eyes in the school setting, planning for the unplanned is now another function of our role. We must respond quickly with assessment skills and knowledge based on the latest research. My ability to relate to other school nurses gives me a unique opportunity for a great day of sharing, as only one school nurse to another can understand. As your professional colleague, we will explore the current challenges in our career choice of school nursing.

Enjoy a day of sharing with other school nurses who also understand today's challenges. Learn practical new strategies to keep students safe while in your care. Get the latest information so that you can respond with confidence during the increasingly common school medical emergency. Be prepared for life-threatening situations by creating best practices during evacuations and lockdowns. Take care of yourself so your energies will be ready for our daily challenges. I believe you will leave this seminar refreshed, renewed with professional energy and better prepared to handle the stressors of your job. You will excel as the healthcare provider in your school setting and be confident in your skills as the school nurse! You'll gain practical information to use immediately in your school nurse setting and an extensive resource handbook written by your professional colleague—another school nurse!

Sincerely,

Sandra Moritz

P.S. You will receive **an extensive school medical emergency resource handbook** containing a summary of all the information and resources presented in this seminar.

'To stay current in our roles today, we must be prepared for the unexpected. As the first set of medical eyes in the school setting, planning for the unplanned is part of our role today.'

What Your Colleagues Say About Sandra Moritz

*"Sandra is **extremely knowledgeable and engaging as a speaker**. The topics that were covered are reflective of what school nurses are dealing with today."*

Sheryl Zulkeski, Nurse Supervisor

*"Sandra Moritz is a great speaker. She is **engaging and fun**."*

Michele Britell, School Nurse, RN

*"This was **one of the best and most informative seminars** I have ever attended."*

Doreen Mondry, RN,

*"**Dynamic speaker!** Sandra kept the day moving and incorporated a lot of content into the seminar. Very interactive."*

Patti Falvey, School Nurse, RN

*"Sandra is a **very dynamic speaker**. Listening to her was a wonderful and empowering experience. It was like an adrenaline boost for school nurses. She had wonderful ideas and also allowed for brainstorming with other nurses."*

Mary Dever Brady, School Nurse



*"Absolutely enjoyed this seminar!. It is **great to have a presenter who knows and deals with all the challenges that a school nurse endures daily**."*

Tina Loomis, School Nurse

*"Sandy is highly entertaining and has a warm, genuine personality. **Great tips for the novice or practiced school nurse!**"*

Diane W. Andrew, School Nurse

*"This is my second seminar presented by Sandra – **she is excellent!** I would go to any seminar presented by her."*

Karen Johns, School Nurse

"Sandra is a wonderful speaker – easy to understand, kept my attention! She made me feel special as a school nurse."

Sherry Boyd, School Nurse, RN

*"I've been a school nurse 32 years and I still found the seminar most interesting and learned new information. **Most enjoyable day**."*

Judy Lewis, School Nurse

*"Beautifully presented. Sandy is **highly knowledgeable and informative**."*

Sylvia Kallich, School Nurse Administrator

Special Benefits of Attending



Online Learning

BER offers educators a wide range of online courses that are affordable, fun, fast, and convenient. BER is now offering On Demand Video-Based courses. You may earn optional graduate-level credits for most courses. See the catalog of available courses at www.ber.org/online

On-Site Training

Most BER seminars can be brought to your school or district. See the options at www.ber.org/onsite or call 877-857-8964 to speak to one of our On-Site Training Consultants.

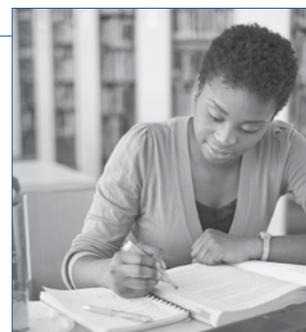
Can't Attend? Other Professional Development Options:



Related Online Courses

Two related On Demand Video-Based Online Learning courses, *School Nurses: Best, Current Practices for School Medical Emergencies*, and *Keys to Enhancing Your Effectiveness as a SCHOOL NURSE* (available Sept. 2019), are available for immediate registration.

To enroll, visit www.ber.org/online



Extensive School Medical Emergency Resource Handbook

Each participant will receive an extensive resource handbook specifically designed for this seminar.

Materials on Display

Examine new equipment, first aid supplies and suggested emergency materials related to medical emergency response in schools.

Meet Inservice Requirements / Earn State CEUs

Participants will receive a certificate of participation that may be used to verify continuing education hours.

CEUs Available

Alabama

AL Verification of Attendance Available; MS CEUs Available in Birmingham

Louisiana

MS CEUs Available

Maine

5 Contact Hours Available with Prior Approval from your Local Certification Support System

Massachusetts

Contact Hours Verification Available; CT Five (5) Contact Hours Available with Prior District Approval; RI Five (5) Contact Hours Available

Mississippi

MS CEUs Available

New Hampshire

NH Clock Hours Verification Available; For MA Nursing, 6 Contact Hours Available

Ohio

OH CEUs Available with District Approval

Rhode Island

RI Five (5) Contact Hours Available; CT Five (5) Contact Hours Available with Prior District Approval; For MA Nursing, 6 Contact Hours Available

Vermont

VT Inservice Credit Available with Prior District Approval; 5 NY CTLE Hours Available

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APRNs in all states need to check with their credentialing agency to determine if this seminar meets the additional CEU requirements for their specialty area.

Earn One to Four Graduate Semester Credits



Up to four graduate level professional development credits are available with an additional fee and completion of follow-up practicum activities. Details for direct enrollment with Brandman University, part of the Chapman University system, will be available at this program.

SCHOOL NURSES:

Best Strategies for Success During School Medical Emergencies

Registration (XN40F1)

- 1. **Birmingham, AL** – November 8, 2019
- 2. **Boston (Wakefield), MA** – November 22, 2019
- 3. **Burlington, VT** – November 18, 2019
- 4. **Cleveland (Westlake), OH** – November 5, 2019
- 5. **Columbus, OH** – November 4, 2019
- 6. **Jackson, MS** – November 7, 2019
- 7. **Manchester, NH** – November 19, 2019
- 8. **New Orleans (Metairie), LA** – November 6, 2019
- 9. **Portland (South Portland), ME** – November 20, 2019
- 10. **Providence (Warwick), RI** – November 21, 2019

FIRST NAME	M.I.	LAST NAME
_____	_____	_____
POSITION, SUBJECT TAUGHT	GRADE LEVEL	
_____	_____	
SEMINAR LOCATION NUMBER: _____ (Please see list above)		

List additional registrants on a copy of this form

SCHOOL NAME	

SCHOOL MAILING ADDRESS	

CITY & STATE	ZIP CODE
_____	_____
SCHOOL PHONE NUMBER	HOME PHONE NUMBER
()	()

*Registration confirmations are sent via e-mail.
If you would like a confirmation, please provide your e-mail address.*

E-MAIL ADDRESS	

HOME MAILING ADDRESS	

CITY & STATE	ZIP CODE
_____	_____

IMPORTANT: PRIORITY ID CODE: EXN40F1

METHOD OF PAYMENT – Team Discount Available

The registration fee is \$279 per person, for teams of three or more registering at the same time, the fee is \$259 per person. **Payment is due prior to the program.** No cash please.

A check (payable to **Bureau of Education & Research**) is attached

A purchase order is attached, P.O. # _____ (Be sure to include priority ID code on the P.O.)

Charge my: MasterCard VISA Discover

Account # _____ Exp. Date: _____ MO/YR

Billing Zip Code: _____ 3 Digit CVV Code: _____ (Found on back of card)

Please print name as it appears on card Signature (required for credit card purchases)

FOUR EASY WAYS TO REGISTER:

 REGISTER ONLINE at: www.ber.org

 FAX this form to: 1-425-453-1134

 PHONE toll-free: 1-800-735-3503 (Weekdays 6 am - 5 pm Pacific Time)

 MAIL this form to: **Bureau of Education & Research**
915 118th Avenue SE * PO Box 96068
Bellevue, WA 98009-9668

Program Hours

All seminars are scheduled 8:30 a.m. - 3:15 p.m.
Check-in 8:00 a.m. - 8:30 a.m.

Fee

The registration fee is \$279 per person, \$259 per person for groups of three or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.** No cash please. Fee includes seminar registration, morning coffee and tea, a personalized certificate of participation, and an extensive resource handbook.

Meeting Sites and Hotel Accommodations

Seminars will be held at the following sites:

- Birmingham: Hilton, (205) 933-9000
- Boston: Four Points by Sheraton – Wakefield, (781) 245-9300
- Burlington: Hilton, (802) 658-6500
- Cleveland: DoubleTree – Westlake, (440) 871-6000
- Columbus: Crowne Plaza North, (614) 885-1885
- Jackson: Old Capitol Inn, (601) 359-9000
- Manchester: Executive Court Banquet Facility, (603) 626-4788; hotel accommodations available at Best Western Plus Executive Court Inn, (603) 627-2525
- New Orleans: Copeland Tower Suites & Conference Center – Metairie, (504) 888-9500
- Portland: Home2 Suites – Airport, (207) 517-3636
- Providence: Radisson – Airport, (401) 739-3000

If needed, please make your own hotel reservations by calling the appropriate hotel listed above.

Cancellation/Substitutions:

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the conference. Late cancellations will be refunded less a \$15 service fee. Substitutions may be made at any time without charge.

Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.

Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at www.ber.org



BUREAU OF EDUCATION & RESEARCH

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Best Practices for School Medical Emergencies

A Unique One-Day Seminar

Coming to a Location Near You

SCHOOL NURSES: Better Respond to School Medical Emergencies

XN40F1

SCHOOL NURSES: Best Strategies for Success During School Medical Emergencies



Bureau of Education & Research



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