

# SCHOOL NURSES: Best Strategies for Success During School Medical Emergencies



A Unique, One-Day, Live Online Seminar Presented by

**Sandra Moritz, M.Ed, BS, RN, NCSN**  
Exceptional School Nurse Trainer

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**Prepare your school and health office for COVID-19** ... Cleaning and infection control tips to keep you and your students safe in our new learning environment

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

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**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

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**Attend virtual school nurse rounds** ... Examine actual school emergencies, protocols and drills for your staff

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**Stay involved whether your school has in-person, online hybrid instruction** ... Utilize the best online resources for staying connected with parents, students and staff

## Live Online Seminars

### March 3

**9 AM Central**, 10 AM Eastern,  
8 AM Mountain, 7 AM Pacific

### March 4

**9 AM Eastern**, 8 AM Central,  
7 AM Mountain, 6 AM Pacific

### March 5

**9 AM Pacific**, 12 PM Eastern,  
11 AM Central, 10 AM Mountain

## CAN'T ATTEND?

Order the recorded version and take the seminar online at your convenience (see page 6)

CEUs and Graduate Credit Available

**Nursing CEUs Available in Certain States**

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. Safely Manage COVID-19 and the Cytokine Storm

Learn the most current strategies for addressing COVID-19 and other infections in the school environment ... Be aware of the symptoms of MIS-P, sepsis and other inflammatory over-reactions

### 2. Navigate Your School Nurse Practice When Your School Goes Online

Embrace a shift in your practice with your school goes online ... Proven ways to stay connected with to students, staff and parents during distance learning

### 3. Attend Virtual "School Nurse Emergency Rounds"

Readiness is the cornerstone of our practice of our practice ... Learn about the newest equipment and protocols for cardiac and respiratory situations

### 4. Stop Life-Threatening Bleeding

Review the basic tourniquet and compression techniques from the bleeding control class ... Receive a severe bleeding protocol for your practice

### 5. 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

### 6. Take a "Minds-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

### 7. Use Tabletop Exercises to Prepare You and Your Team for Serious Events

"Walk and talk it through" by reviewing serious scenarios

### 8. Utilize Effective Interviewing Techniques for Traumatized Students

Identify and address early on students with mental health issues including depression and anxiety ... Here's how

### 9. Utilize Critical Assessment Skills Including Auscultation Review AVPU, PRICE and Other Standards of Emergency Care

Refresh the critical assessment skills every school nurse needs to know to be prepared for an emergency

### 10. Receive a Detailed School Medical Emergency Resource Handbook Complete with Protocols, Handouts and Forms

Each participant will receive an extensive school medical emergency digital 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 most effective cleaning and infection controls** for COVID-19
- **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 your students when instruction is online** ... connect and navigate the best online resources for nurse colleagues and staff
- **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
- Ways to feel better at work by **taking care of the school nurse** ... No lunch or break is a motto for burnout ... Learn techniques to keep your energy and passion at high levels in our career choice



*"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

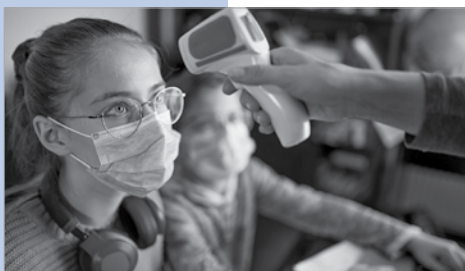
## Practical Ideas and Strategies

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 digital 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! **Whether you are working in a school with face-to-face, online or hybrid instruction, you'll leave with the most up-to-date information to enhance your practice as a school nurse.**

Sincerely,

Sandra Moritz

P.S. You will receive **an extensive school medical emergency digital 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

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*"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

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*"Sandra Moritz is a great speaker. She is **engaging and fun**."* Michele Britell, School Nurse, RN

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

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*"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



## About BER Live Online Seminars

**With the current health challenges, all BER in-person PD events are currently being presented in a Live Online format:**

**Outstanding Instructors**

All programs are led by outstanding BER national trainers

**Extensive Resource Handbooks**

You'll have access to an extensive digital Resource Handbook before, during and after your seminar

**Highly Interactive**

You'll be able to ask questions in real time and interact with the instructor and other participants

**Program Guarantee**

As we have for 43 years, we guarantee the high quality of our programs. If you are not satisfied, we'll give you a 100% refund.

# Special Benefits of Attending



*'This is a great presentation for new school nurses as well as experienced ones!'*

– DINA JAWIDZIK,  
SCHOOL NURSE

## On-Site Training

Most BER seminars can be brought to your school or district in-person or online. See the options at [www.ber.org/onsite](http://www.ber.org/onsite) or call 877-857-8964 to speak to one of our On-Site Training Consultants.

## Extensive School Medical Emergency Digital Resource Handbook

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

- Strategies, ideas and resources, including the documents, forms, and the best apps and websites to help you better address school medical emergencies
- School health-related references and websites with free and inexpensive resources for your office
- At-your-fingertips reviews, articles and studies which impact your protocols
- Professional, evidence-based strategies to support changes in the nurse's office
- Concise step-by-step splinting and first aid applications for common injuries
- Checklists to monitor the safe use of unlicensed personnel who help care for students
- Ready-to-use emergency and health care forms to prepare for medical events
- Practical tips on triage and transfers for smoother EMS transitions
- Samples of procedures to make your medical emergency training drills efficient and complete
- Multi-media examples to reinforce your team's plan of action during lockdowns, evacuations and emergencies

## Meet Inservice Requirements / Earn State and Nursing CEUs

- Participants of both the Live Online Seminar and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. State CEUs are available for both versions of the course. For specific details, visit [www.ber.org/ceus](http://www.ber.org/ceus)
- Provider approved by the California Board of Registered Nursing, Provider #CEP 15144, for five (5) Contact Hours for RNs and LPNs. For specific details, visit [www.ber.org/nursing-ceus](http://www.ber.org/nursing-ceus)

## 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.

## Can't Attend?

### Other Professional Development Options:



#### Recorded Version of the Seminar

This course will be video recorded and available to take online at your convenience. You'll have access to the entire course and to the extensive digital resource handbook. Optional CEUs and graduate credit available.

To enroll, see registration form on page 7.



#### Related On-Demand 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*, for Grades K-12, are available for immediate registration. To enroll, visit [www.ber.org/online](http://www.ber.org/online)

# SCHOOL NURSES:

## Best Strategies for Success During School Medical Emergencies

### Registration (XN41S1)

1. **March 3, 2021** (Start time: 9 AM Central)
2. **March 4, 2021** (Start time: 9 AM Eastern)
3. **March 5, 2021** (Start time: 9 AM Pacific)
- or —
4. **I'd like to order the recorded version of this seminar**

FIRST NAME _____	M.I. _____	LAST NAME _____
POSITION, SUBJECT TAUGHT _____		GRADE LEVEL _____
SEMINAR 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 and login details are sent via e-mail**

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT) _____	
HOME MAILING ADDRESS _____	
CITY & STATE _____	ZIP CODE _____

**IMPORTANT: PRIORITY ID CODE: EXN41S1**

### 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)

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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](http://www.ber.org)

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

 PHONE toll-free: 1-800-735-3503  
(Weekdays 5:30 am - 4 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 Live Online seminars start times are described on the cover
- Check-in 15 minutes prior to the seminar
- Live Online seminars are five hours in length plus breaks
- Registrants will receive login information by email four days before their Live Online seminar

### 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.** Fee includes seminar registration, a certificate of participation and an extensive digital resource handbook. The fee is the same for Live Online Seminars or Recorded Seminars.

### 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 seminar. Late cancellations made prior to the event date 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](http://www.ber.org). The Bureau is North America's leading presenter of PD training for professional educators. Programs are based on sound research, are highly practical in content and consistently receive excellent evaluations.





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# SCHOOL NURSES: Best Strategies for Success During School Medical Emergencies



**An outstanding one-day Live Online Seminar**

**Includes an extensive Resource Handbook**

**Can't Attend? A Recorded Version is available  
to use online at your convenience**

## SCHOOL NURSES:

**Better Respond to School Medical Emergencies**

***Practical PD, No Travel***

XN4151



# SCHOOL NURSES: Best Strategies for Success During School Medical Emergencies

**Live Online Seminar  
or Recorded Version**



**A Unique One-Day Live Online Seminar**  
(Also available as a Recorded Online Version  
to Use at Your Convenience)

Presented by

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