

# SCHOOL NURSES: Best, Current Practices for 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

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**Emergency-ready plans**, MERPS and models, including readiness lists for lockdowns, evacuations and intruders

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**Be prepared with first responder skills** for the first responder – the school nurse ... Update your assessment skills ... Provide greater leadership for emergency preparedness

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**Apply the latest research on chronic/severe medical conditions to your response** including anaphylaxis, overdoses, cardiac arrest, traumatized students and mental health issues

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**Prepare your school and team** with ideas for supplies needed for medical events ... Trauma bags – what, where and how many will be discussed in detail

#### **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 and Pennsylvania. This seminar meets the requirements of the Massachusetts Board of Registration in Nursing listed in 244 CMR 5.00 for 6 Contact Hours.

\*\*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**  
**Mobile – November 6**

#### **Connecticut**

**Hartford (Bristol) – November 30**

#### **Georgia**

**Atlanta (Roswell) – November 9**

#### **Louisiana**

**New Orleans – November 5**

#### **Mississippi**

**Jackson – November 7**

#### **New York**

**Long Island (Plainview) – November 29**  
**White Plains – November 28**  
(New Rochelle)

#### **Pennsylvania**

**Allentown (Bethlehem) – November 27**  
**Harrisburg – November 26**  
(Camp Hill)

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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. “Must Know” Information School Nurses and Health Team Members Need to Effectively Respond to Medical Events**  
The latest information from new First Aid Guidelines, American Academy of Pediatrics and Allergy and Asthma Network, and more, will assist you in procedures and plans
- 2. Expand Your First Responder Skills with New Assessment Skills and the Latest Products**  
Examine real-life scenarios to improve your trainings with staff and avoid pitfalls in our field
- 3. Recognize Critical Symptoms of Hypovolemia from a Severe Bleed**  
Practice applying tourniquets and hemostatic and compression dressing to add these skills to your school nurse bag
- 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. Ensure Students with Special Needs and Chronic Health Conditions are Covered with the “72 Hour Rule”**  
Be ready to provide transport and care when they need evacuation or during lockdowns
- 6. Evaluate Responses to Cardiac, Respiratory and Serious Emergencies and Injuries which Need Immediate Intervention**  
A discussion including SCA, POTS, shock, acute injury, overdose, bronchospasm, anaphylaxis, and the acute abdomen, among others, will be examined
- 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**  
Every 911 call is an opportunity to review and assess response during a crisis with team members
- 9. More Effectively Address Issues Surrounding the Use of Unlicensed Personnel**  
Use checklists and apps to increase the safe collaboration of others who work with school nurses
- 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 ...

- **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
- **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**



*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. 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*. She passionately interacts with other school nurses, supporting their personal challenges in dealing with medical emergencies in the school setting. As one school nurse to another, she understands the changing role of the 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/onlinelearning](http://www.ber.org/onlinelearning)

## On-Site Training

Most BER seminars can be brought to your school or district. 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.

## Can't Attend?



## Related Online Course

A related On Demand Video-Based Online Learning course, *School Nurses: Best, Current Practices for School Medical Emergencies*, for Grades K-12, is available for immediate registration. To enroll, visit [www.ber.org/onlinelearning](http://www.ber.org/onlinelearning)

## •))) Related Staff Development Audio Training

A related BER seminar, *Practical Strategies to Increase Your Impact and Enhance Your Practice as a SCHOOL NURSE*, presented by another nursing expert, Rebecca Hudlow, is available on CDs with a comprehensive resource handbook at a cost of \$99.00 plus \$9.00 shipping and handling. To order, call toll-free 1-800-735-3503 (**Stock #A-XNY-2015**) or use the order form on page 7.

Please visit [www.berproducts.org/audio-seminars.html](http://www.berproducts.org/audio-seminars.html) for more information.



## Extensive School Medical Emergency Resource Handbook

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

## 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

### Connecticut

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

### Louisiana

MS CEUs Available

### Mississippi

MS CEUs Available

### New York

5 NY CTLE Hours Available; CT Five (5) Contact Hours Available with Prior District Approval in White Plains; NJ Professional Development Hours Available with Prior District Approval

### Pennsylvania

PA CPE Hours Verification Available with Prior District Approval; NJ Professional Development Hours Available with Prior District Approval in Allentown

## Nursing CEUs Available in These Locations:

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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, Current Practices for School Medical Emergencies

### Registration (XN49F1)

- 1. **Allentown** (Bethlehem), **PA** – November 27, 2018
- 2. **Atlanta** (Roswell), **GA** – November 9, 2018
- 3. **Birmingham, AL** – November 8, 2018
- 4. **Harrisburg** (Camp Hill), **PA** – November 26, 2018
- 5. **Hartford** (Bristol), **CT** – November 30, 2018
- 6. **Jackson, MS** – November 7, 2018
- 7. **Long Island** (Plainview), **NY** – November 29, 2018
- 8. **Mobile, AL** – November 6, 2018
- 9. **New Orleans, LA** – November 5, 2018
- 10. **White Plains** (New Rochelle), **NY** – November 28, 2018

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: EXN49F1**

### METHOD OF PAYMENT – Team Discount Available

**The registration fee is \$269 per person,**  
for teams of three or more registering at the same time, the fee is \$249  
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 6 am - 6 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 \$269 per person, \$249 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:
- Allentown: Best Western Plus – Bethlehem, (610) 866-5800
  - Atlanta: Holiday Inn – Roswell, (770) 817-1414
  - Birmingham: Hampton Inn & Suites Tutwiler, (205) 322-2100
  - Harrisburg: Radisson – Camp Hill, (717) 763-7117
  - Hartford: DoubleTree – Bristol, (860) 589-7766
  - Jackson: Marriott, (601) 969-5100
  - Long Island: Holiday Inn – Plainview, (516) 349-7400
  - Mobile: Holiday Inn – Downtown, (251) 694-0100
  - New Orleans: Holiday Inn Superdome, (504) 581-1600
  - White Plains: Radisson – New Rochelle, (914) 576-3700

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

### Can't Attend?

- I'd like to order the CD version of the related seminar, *Practical Strategies to Increase Your Impact and Enhance Your Practice as a SCHOOL NURSE*, by Rebecca Hudlow, \$99.00 plus \$9.00 shipping (**Stock #A-XNY-2015**).



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# SCHOOL NURSES: Best, Current Practices for School Medical Emergencies



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**Best Practices for School Medical Emergencies**

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**A Unique One-Day Seminar**

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**Coming to a Location Near You**

# SCHOOL NURSES: Better Respond to School Medical Emergencies

XN49F1

# SCHOOL NURSES: Best, Current Practices for School Medical Emergencies



Bureau of Education & Research



**A Unique One-Day Seminar Coming to a Location Near You**

Presented by

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

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

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**The most up-to-date practices** every school nurse needs to know for  
addressing school health and medical emergencies

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**Be better prepared for the unplanned ...** Utilize the most current  
research to respond to major medical emergencies

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**Apply the evidence from the latest research** to your first aid protocols  
... Be better prepared for common first aid issues