

# School Nurses:

## Best, Evidence-Based Interventions for Emergent, Chronic and Mental Health Issues



A Unique One-Day Seminar Presented by

**Mary Anne Wesoloski,**  
MSN, BN, RN, PEL-CSN (IL), NCSN

Award-Winning School Nurse and National Presenter

**Specifically Designed for School Nurses, District Nurses and School Health Services Coordinators Serving Grades PreK-12**

**The most current, evidence-based interventions you can use** to improve your response as a school nurse to emergent, chronic and mental health issues

**Increase your preparedness** for evacuations, lockdowns and natural or manmade emergencies, plus the most up-to-date practices for response to emergencies before EMS arrives

**Maximize your efficiency and effectiveness** when coordinating care for students with chronic conditions

**How to thrive as a school nurse**—discover what outstanding school nurses do to successfully manage their practice

### Colorado

Denver (Lakewood) – January 22

### Idaho

Boise – January 25

### Illinois

Champaign – February 7

### Indiana

Indianapolis – February 6

### Ohio

Columbus – February 4

Dayton – February 5

### Oregon

Portland – January 24

### Utah

Salt Lake City – January 23

CEUs and Graduate Credits Available  
See page 6 for details

### 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 Illinois, Indiana and Ohio.

\*\*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.\*\*

# Ten Key Benefits of Attending

*'Mary Anne was very knowledgeable and a great speaker. I would highly recommend this seminar!'*

- TRISHA BOFFA,  
SCHOOL NURSE



## Who Should Attend

School Nurses, District Nurses and School Health Services Coordinators  
Serving Grades PreK-12

- 1. Enhance Your Effectiveness as a School Nurse**  
Integrate the latest evidence-based interventions for managing emergent, chronic and mental health issues
- 2. Prepare to Deliver Emergency Care *Before* EMS Arrives**  
Learn current evidence-based interventions for life-threatening conditions including, anaphylaxis, asthma, sudden cardiac arrest, diabetes, seizures, and opioid overdose
- 3. Are You Ready?**  
Strengthen your building's preparedness for evacuations, lockdowns and natural or manmade emergencies
- 4. Streamline Care Coordination of Chronic Conditions**  
Discover practical approaches to save you time and help you streamline care coordination for individual students with chronic conditions
- 5. Build Resiliency and "Grit" in Your Students (and Staff)**  
Gain management strategies to decrease non-essential health office visits and increase student "seat time" to support learning
- 6. Optimally Manage Your School Health Clinic Environment**  
Apply the same proven methods your teachers utilize in their classrooms to manage your space and practice as a school nurse
- 7. Enable Injury/Illness Prevention Strategies to Reduce Risk**  
Learn proven ways to identify environmental risks to your school population, then frame your message to stakeholders to implement positive, impactful interventions
- 8. Thrive as a School Nurse**  
Discover what great school nurses do differently to successfully manage their practice ... Here's how
- 9. Improve Mental Health Triage**  
Utilize assessment tools, frameworks and interventions to quickly triage and deliver appropriate care to students in distress
- 10. Receive an Evidence-Based Interventions Resource Handbook**  
You will receive an extensive resource handbook filled with strategies, ideas and ready-to-duplicate templates that you can use immediately to strengthen your school nursing practice

# Outstanding Strategies You Can Use Immediately

## What You Will Learn ...

- **Current, evidence-based interventions** for life-threatening conditions: anaphylaxis, asthma, sudden cardiac arrest, diabetes, seizures, and opioid overdose
- **Improve your building's preparedness** for evacuations, lockdowns and natural or manmade emergencies
- Proven strategies to **decrease non-essential health office visits and increase student "seat time" to support learning**
- **Enhance emergency evacuation and lockdown plans** for students with special challenges
- **Learn effective assessments and strategies you can apply within the first minute** of a social/emotional visit to your clinic
- **Enhance your own "toolbox" of quick interventions** to de-escalate social/emotional concerns for your student population
- **Templates, tips and tools to streamline care coordination** for students with life-threatening and chronic conditions
- Illness and injury prevention: learn **practical ways to develop and implement strategies to reduce health risks** in your student population
- Techniques for **productive communication that improves collaboration**
- **Learn effective ways to advocate** for your students and school nurse practice



*"I feel like I need to spend a week listening to Mary Anne. I learned so much and know that I could learn more. She is very knowledgeable and passionate about school nursing."*

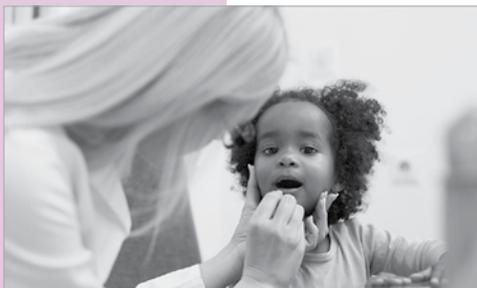
– DONNA MCALLISTER, ELEMENTARY SCHOOL NURSE

## Practical Ideas and Strategies

Award winning school nurse, **MARY ANNE WESOLOSKI** will share valuable tips and strategies she has learned in over 20 years of school nursing. She knows firsthand how school nurses must deliver life-saving, emergency care before First Responders arrive. She understands the complex care required for students with chronic health conditions, as well as the increased trend in the number and severity of social/emotional health issues that school nurses encounter. In this **NEW**, informative and interactive seminar, you will gain confidence in your response to individual and population-based emergencies. Learn practical ways to streamline and strengthen your interventions whether responding to emergencies or managing chronic health conditions. Explore the National Association of School Nurses Framework for 21st Century School Nursing to guide your ever-changing role as a school nurse. Promote collaboration through proven communication techniques for even the most difficult conversations. Apply the same effective methods your teachers utilize in their classrooms to manage your space and practice. Learn the secrets of school nurses who don't just survive, but thrive! **This is a day you won't want to miss! Update and strengthen your response to emergent, chronic and mental health issues.**



# A Message From Seminar Leader, Mary Anne Wesoloski



## Uniquely Qualified Instructor

**MARY ANNE WESOLOSKI** is an award-winning, nationally certified school nurse leader with over 20 years of experience in schools. She uniquely understands the challenges and complexities of the ever-changing role of school nurses in the 21st century. As an awardee of her state's Clinical Excellence in Pediatric Care Award, Mary Anne helped bring Emergency Care training to hundreds of school nurses across her state. Mary Anne regularly presents at state, regional and national levels. Her belief in empowering school nurses led her to assume leadership roles, having served as a board member and as president of her state's nursing association. In her home state, she was named School Nurse of the Year. She is also the author of *School Nurses: Best, Evidence-Based Interventions for Emergent, Chronic and Mental Health Issues*, the extensive resource handbook each participant will receive at the seminar. Mary Anne's dynamic energy and passion for school nursing make her a highly requested school nursing presenter. **Join Mary Anne for an energizing day full of new ideas and strategies to help you not only survive, but also thrive as a school nurse. Discover the best evidence-based interventions for emergent, chronic and mental health issues.**

Dear Colleague:

As a fellow school nurse, I understand firsthand the unique challenges and rewards of our field. School nurses are the first responders before EMS arrives. Monday Morning Triage is very real. We are the healers of physical and emotional hurts. We must be ready for the unexpected and the unimaginable. We are responsible for the health and safety of all under our care, and that is a HUGE job! Over the years, the roles and responsibilities of school nurses have continued to expand, challenging each of us to work smarter and more efficiently, while remaining current in our nursing practice.

I have designed this seminar specifically to help you thrive as a school nurse. I want to provide you with a wealth of information, tips and strategies to increase your confidence and effectiveness in your school nursing practice.

The focus of our day together will be on sharing the most current, evidence-based interventions you can use to improve your response as a school nurse to emergent, chronic and mental health issues. You will learn the most current information for life threatening emergencies. You will also receive a variety of templates to help you streamline care coordination of students with chronic conditions. You will gain practical tips for managing your health office and school nurse practice. Discover the secrets I have observed in many successful school nurses. Learn how to stay energized and grow in your school nurse practice. These are just some of the many topics we will explore.

This seminar also provides a day of sharing and collaborating face to face with other school nurses who understand very well what you do every day. Knowing that professional isolation often comes with our job setting, engaging face to face is crucial to strengthening and sustaining our practice. Please join me for this engaging, valuable day, tailor-made especially for you and your school nursing practice in mind.

Sincerely,

Mary Anne Wesoloski, MSN, BN, RN, PEL-CSN (IL), NCSN

**P.S. At the end of the day you will leave energized with dozens of practical tips and strategies to help you not only survive, but also thrive, as a school nurse!**

*"I have designed this seminar specifically to help you thrive as a school nurse. I want to provide you with a wealth of information, tips and strategies to increase your confidence and effectiveness in your school nursing practice."*

# What Your Colleagues Say About Mary Anne Wesoloski

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*"Mary Anne Wesoloski was terrific! She was a **wealth of knowledge and full of practical strategies** for busy school nurses! I am the only school nurse in my building. It was so beneficial to spend the day with other fellow, local school nurses!"*

Gwen Steiner, School Nurse

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*"Fantastic information! **Dynamic presenter** and great mentor!"*

Lynn Richter, School Nurse

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*"**Mary Anne was a great presenter.** She was not only knowledgeable but engaging! Great seminar!"*

Michael Brown, RN School Nurse

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*"Very thorough coverage of each topic. I have **many tips and ideas to take back to my office.** Thank you!"*

Dana Weinstein, School Nurse

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*"I really **learned a lot from this seminar.** Mary Anne definitely increased my knowledge and my confidence as a new school nurse."*

Mary Lucas, RN



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*"I'm leaving this seminar feeling **rejuvenated** and ready to make some needed changes in my office. Sometimes we need to hear from others in our field to know that we are not alone."*

Mary Ellen Schneider, School Nurse

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*"**Very informative** – great reminder of why we are in our profession! I'm leaving with **MANY** great ideas!"*

Carrie L. Piccinim, Certified School Nurse

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*"**Wonderful information to take back and apply.** Mary Anne was a great presenter with evident passion for our career choice!"*

Dawn Ekstrom, Elementary School Nurse

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*"This day was full of **highly relevant and current information** I can use in my school nursing practice."*

Jamie Kovalsky, School Nurse

# 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.

## Extensive Evidence-Based Interventions Resource Handbook

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

- Tools and checklists to improve critical assessments and interventions during medical emergencies
- Tips for documentation to protect your school nurse practice from risk
- Proven templates to streamline your emergency care plans, individual health care plans, field trip and bus plans
- Fast interventions for social/emotional health visits
- Strategies to help you thrive as a school nurse

## Meet and Share

This seminar provides participants a great opportunity to meet and share ideas with others interested in strengthening their school nurse program.

## Meet Inservice Requirements / Earn State CEUs

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

## CEUs Available:

### Colorado

5 CO Clock Hours Available

### Idaho

ID Inservice Credit Available with District Approval

### Illinois

5 IL PD Clock Hours Available

### Indiana

IN Verification of Attendance Available

### Ohio

OH CEUs Available with District Approval

### Oregon

OR Professional Growth Hours Verification Available  
WA Clock Hours Available

### Utah

UT Inservice Credit Available with District Approval

## 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:

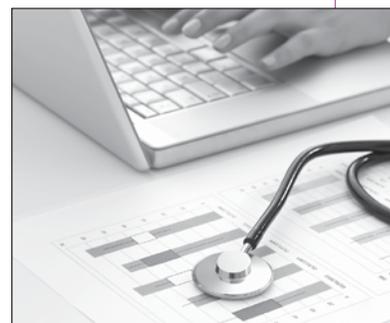
### Related Online Course

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 school nurse expert, Rebecca Hudlow, is available on CDs with a comprehensive resource handbook at a cost of \$99.00 plus \$9.00 shipping and handling; for WA State deliveries, please add 10% sales tax to the total amount. To order, call toll-free 1-800-735-3503 (**Stock #A-XNY-2171**) 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



# School Nurses: Best, Evidence-Based Interventions for Emergent, Chronic and Mental Health Conditions

## Registration (XNE9W1)

- 1. **Boise, ID** – January 25, 2019
- 2. **Champaign, IL** – February 7, 2019
- 3. **Columbus, OH** – February 4, 2019
- 4. **Dayton, OH** – February 5, 2019
- 5. **Denver** (Lakewood), **CO** – January 22, 2019
- 6. **Indianapolis, IN** – February 6, 2019
- 7. **Portland, OR** – January 24, 2019
- 8. **Salt Lake City, UT** – January 23, 2019

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

**List additional registrants on a copy of this form**

SCHOOL NAME	
<hr/>	
SCHOOL MAILING ADDRESS	
<hr/>	
CITY & STATE	ZIP CODE
<hr/>	
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	
<hr/>	
HOME MAILING ADDRESS	
<hr/>	
CITY & STATE	ZIP CODE
<hr/>	

**IMPORTANT: PRIORITY ID CODE: EXNE9W1**

## 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)

\_\_\_\_\_  
/

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:

- Boise: Best Western Plus Vista Inn, (208) 336-8100
- Champaign: Hilton Garden Inn, (217) 352-9970
- Columbus: Crowne Plaza North, (614) 885-1885
- Dayton: Hilton Garden Inn Beaver Creek, (937) 458-2650
- Denver: Hampton Inn West – Lakewood, (303) 969-9900
- Indianapolis: Drury Plaza Carmel, (317) 587-2701
- Portland: Hilton Garden Inn – Airport, (503) 255-8600
- Salt Lake City: Hampton Inn & Suites – Airport, (801) 530-0088

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.

## 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; for WA State deliveries, please add 10% sales tax to the total amount. **(Stock #A-XNY-2171).**



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Research

# School Nurses: Best, Evidence-Based Interventions for Emergent, Chronic and Mental Health Issues



**Best, Most Current Evidence-Based Interventions  
for School Nurses**

**A Unique One-Day Seminar**

**Coming to a Location Near You**

XNE9W1

# School Nurses: Best, Evidence-Based Interventions



# School Nurses: Best, Evidence-Based Interventions for Emergent, Chronic and Mental Health Issues



Bureau of Education & Research

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

Presented by

## Mary Anne Wesoloski

**Award-Winning School Nurse and National Presenter**

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