

Day One

Keynote • 8:30 – 9:05 am

“School Nursing: The Best Job in the World!” – Sandra Moritz

Laugh, cry and relate to the reasons that we as school nurses have the best job in the world. The life of the 21st century school nurse is a serious one, with many changes and challenges. We will examine these challenges with solutions through stories, research and strategies to insure we keep the best job in the world!

MORNING SESSIONS • 9:15 – 11:50 am

Choose **ONE** Full Morning Session OR **TWO** 70-Minute Sessions
One mid-morning break

Full Morning Session • 9:15 – 11:50 am

A-1: Demystify and Destigmatize Mental Health Problems: What Every School Nurse Should Know About Mental Health Issues in Schools – Vickie Beckwith

Build your understanding and skills to better help, support and assist students who may suffer from mental health issues. Early identification, screening and referral strategies will be shared. Tips and strategies to reduce the stigma and barriers to appropriate care along with how to manage anxiety, including do's, don'ts and coping tips.

70-Minute Sessions • 9:15 – 10:25 am

CHOOSE ONE: A-2 or A-3

A-2: Stock It or Regret It – Sandra Moritz

Steps to stock epinephrine and albuterol are vital to anaphylactic and acute bronchospasm reactions, which occur in school. Without stock, there are few options for the school health professional while waiting for first responders. Explore and examine in detail many resources on this topic. No one in schools wants a “never event” to occur. Barriers to stocking epinephrine and albuterol will be discussed for a safer school environment.

A-3: Call 911? Medical Emergency Response Planning

– Mary Anne Wesoloski

Is your staff adequately trained for an emergency? Are there enough resources? Does your current plan work? Learn the framework to build a highly effective emergency response plan with the roles and responsibilities clearly defined. You will leave with action items you can implement immediately to build or improve your current emergency response plan!

70-Minute Sessions • 10:40 – 11:50 am

CHOOSE ONE: A-4 or A-5

A-4: Running Hot? Infections of Concern – Sandra Moritz

What's your favorite way to take a temperature? How accurate is each type of thermometer, and what are the pros and cons? After we have a reading, what else do we look at in our students? The common infected throat and other conditions which can lead to serious outcomes will be depicted, including Measles (Rubeola), Bacterial Meningitis, MRSA, epiglottitis, pneumonia, influenza and acute flaccid myelitis. Symptoms, clinical pictures and treatment strategies are included in this “hot” topic.

A-5: Is There an IHP for That? Yes, There Is!

– Mary Anne Wesoloski

In this session, you will learn how to write an IHP for any condition. We will examine the framework of an IHP, review multiple templates for common components and apply IHP language to health conditions to make writing IHPs easier for you. You will leave with the resources and knowledge to write an IHP for any condition!



“As a new school nurse, I'm taking away a lot of great information and resources I can use moving forward.”

– Stephanie Francescon,
Registered Nurse

Who is BER?

The Bureau of Education & Research is North America's leading presenter of training for professional educators. Our goal is to provide high-quality PD programs, based on sound research, with an emphasis on practical strategies and techniques that can be immediately implemented.



Team Discount

ONE DAY

One Person: \$289

BOTH DAYS

One person: \$479

**Team of 3+: \$459 per person
when enrolled at the same time**

Lunch break on your own • 11:50 am – 1:05 pm (A great time to network with colleagues!)

... “Outstanding” “Current” “Interesting” “Applicable” ...



Day One

AFTERNOON SESSIONS • 1:05 – 3:35 pm

Choose **ONE** Full Afternoon Session OR **TWO** 70-Minute Sessions
One mid-afternoon break

Full Afternoon Session • 1:05 – 3:35 pm

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



B-1: A School Nurse Does What?! Making the Most of Your School Nurse Practice

– *Mary Anne Wesoloski*

The public perception of what school nurses do is often radically different from reality! Learn how to advocate and market the full value school nurses bring to students, staff and the entire community. See how you can use the NASN Framework for the 21st Century School Nurse Practice, the Scope and Standards of School Nursing and your state nurse practice act to educate, review and revise your job description and develop more appropriate evaluation tools. Help your school district allow you to work the full scope of your practice to effect positive change for student health and success!

First 70-Minute Afternoon Sessions 1:05 – 2:15 pm

CHOOSE ONE: B-2 or B-3

B-2: Strategies for Managing Depression in Schools – *Vickie Beckwith*

Identify and support students who may experience depression and anxiety that impacts their ability to fully participate in school. What are the warning signs and risk factors and how to identify symptoms and behaviors. Vickie will also share the do's and don'ts when talking with students who may be depressed.

B-3: Ready for the Fall? – *Sandra Moritz*

Injuries are part of the school day for students, staff and visitors. Be prepared for the common, uncommon and “how-did-that-happen?” injuries that may occur at school. As school nurses responding to injuries as “first medical eyes,” we’ll explore safe transfers, expert recommendations, first responder skills, and splinting. We’ll examine first responder strategies, plus orthopedic experts’ and emergency room physicians’ advice in this area of expertise for school nurses.

Second 70-Minute Afternoon Sessions 2:25 – 3:35 pm

CHOOSE ONE: B-4 or B-5

B-4: Frequent Flyers! A Practical Approach to Reducing Unnecessary Office Visits – *Vickie Beckwith*

Strategies for dealing with “frequent flyers” - is it real or not? Don't let “frequent flyers” frustrate you. Learn strategies to understand the underlying reasons and identify realistic solutions. Discover what others have done to keep students in the classroom.

B-5: What's in the AED Case? – *Sandra Moritz*

Today's AED case is not your mother's! Examine the rationale for stocking emergency medications and supplies in multiple locations, easily discovered by responders. Explore what to put in the case, how to manage the items and track expiration dates, plus suggestions of what to stock. Review access and security measures. A supply checklist for the school health office will be included in this informative session.

Can't Attend? Online Professional Development Option:

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 September 2019), for Grades K-12, are available for immediate registration. To enroll, visit www.ber.org/online



Day Two

MORNING SESSIONS • 8:30 – 11:15 am

Choose **ONE** Full Morning Session OR **TWO** 75-Minute Sessions
One mid-morning break

Full Morning Session • 8:30 – 11:15 am

C-1: Lockdown Safety Sense – *Sandra Moritz*

We can draw important lessons for our school nursing practice from the history of violence in schools. Tips for lockdowns, when students cannot get home at the end of the day, will be scrutinized from the school health room lens. Preparing for lockdowns with evidence from FEMA (Federal Emergency Management Agency), New First Aid Guidelines from the American Red Cross and American Heart Association, and training tips from A.L.I.C.E., will help guide us.

First 75–Minute Morning Sessions 8:30 – 9:45 am

CHOOSE ONE: C-2 or C-3

C-2: How Assistive Technology Impacts My School Nurse Practice

– *Mary Anne Wesoloski*

Learn about high and low assistive technology devices and apps used by special education teams and discover how they may be used to improve your assessment and interventions for all students!

C-3: Motivational Interviewing: An Evidence-Based Approach You Can Use in Your School Nurse Practice

– *Vickie Beckwith*

How to listen and engage, gain insight into student issues, facilitate change and support a student’s journey toward improved mental health. How you can use motivational interviewing to increase student motivation to make a change, one conversation at a time. Practice with scenarios and modeling!

Second 75–Minute Morning Sessions 10:00 – 11:15 am

CHOOSE ONE: C-4 or C-5

C-4: Strategies to Use Tabletop Drills in Preparing for Crisis Events

– *Mary Anne Wesoloski*

Explore how tabletop drills, added to regular drills and planning, can significantly increase the effectiveness of building, district and community responses to crisis events. Ideas you can use immediately in your setting!

C-5: Examine the Signs of Suicide in Students and Interventions You Can Use

– *Vickie Beckwith*

What are the suicidal warning signs, assessments and risk factors? Learn effective techniques to provide therapeutic interventions. Learn strategies for increasing suicide prevention and getting students the help they need. Strategies for assessment, prevention and follow-up will all be shared.

11:15 am – 12:30 pm • Lunch Break (on your own)

On-Site Training

Conferences like this one along with many other topics can be brought to your school or district. Please view all of our On-Site PD options at www.ber.org/onsite or call 877-857-8964 to speak with an On-Site Training PD Consultant.

Comprehensive Resource Handbook

You will receive an extensive resource handbook, specifically designed for this conference. Included in the handbook are resource materials for ALL conference sessions, even those you don’t attend. These materials include:

- The latest, best evidence-based practices specifically for school nurses
- Practical ways to make best use of the NASN Framework for 21st Century School Nursing in your own practice
- Powerful, current strategies for nurses supported by the latest research and best practices in a school setting
- Practical tools and strategies you can implement and share with your schools right away

“This conference raised awareness of and increased knowledge in each topic covered. I loved the handbook filled with resources, forms and evaluations.”

– *Trisha Modeen,*
Registered Nurse



Conference Locations & Hotel Accommodations



SEATTLE offers a great variety of area attractions and sightseeing for visitors, including the Space Needle, Pike Place Market, Pioneer Square Historic District, and T-Mobile Park.

Conference Location and Overnight Accommodations:

Hilton – Bellevue
(425) 455-1300

Mention you are attending this BER conference prior to November 4, 2019 to receive the special rate of \$189 (Single/Double), rates subject to availability. Reference Group Code NURSCI or book online at <https://bit.ly/2IFoeP5>



ANAHEIM offers a diverse array of entertainment and sightseeing opportunities, including Anaheim's GardenWalk, Angel Stadium, and Disneyland Resort.

Conference Location and Overnight Accommodations:

Red Lion
(714) 750-2801

Call Reservations at (714) 620-1561 and mention you are attending this BER conference prior to November 5, 2019 to receive the special rate of \$119, rates subject to availability. Booking code: SCHO1204

Day Two

AFTERNOON SESSIONS • 12:30 – 3:10 pm

Choose **TWO** 75-Minute Afternoon Sessions
One mid-afternoon break

First 75-Minute Afternoon Sessions 12:30 – 1:45 pm

CHOOSE ONE: D-1, D-2 or D-3

D-1: Assess with the Best

– *Sandra Moritz*

Utilize the Pediatric Assessment Triangle, part of the Pediatric Education Prehospital Personnel. Examine the use of pulse oximetry and oxygen in the school setting for many conditions exhibiting oxygen deprivation. Review the norms of assessment results, including cardiac clues. Access many new resources for training as the first responder, perfect for supporting busy school nurses. Serious scenarios as teaching tools will be included as “walk through it” teaching opportunities.

D-2: Emergency Responses for Students with Special Needs

– *Mary Anne Wesoloski*

Students with physical, emotional or cognitive differences require additional support during emergency evacuations, lockdowns or sheltering in place. Learn how to assess these students and develop plans and strategies to accommodate their specific needs.

D-3: Strengthen Your Collaboration Skills: Winning Words and Calming Phrases – *Vickie Beckwith*

Gain tips and strategies for how to communicate and collaborate more effectively with colleagues, parents and students. Learn how to deal with difficult people without letting them get the best of you and develop skills to have more constructive conversations and less conflict. You will leave with strategies and engaging communication styles you will want to try immediately!

Second 75-Minute Afternoon Sessions 1:55 – 3:10 pm

CHOOSE ONE: D-4, D-5 or D-6

D-4: HELP! I Have Too Many Office Visits!

– *Mary Anne Wesoloski*

Are you seeing too many students with minor complaints that could be managed in the classroom? Learn new strategies to deal with repeat offenders by teaching valuable resiliency skills to students and staff. Reduce office visits using education language and state standards to gain administration and staff support for this important culture shift in your setting.

D-5: Practical Strategies to Address the Impact of Bullying on Students' Mental Health – *Vickie Beckwith*

Explore the impact bullying can have on students' mental health. Recognize the warning signs, doable prevention models, and how you can better support students who don't know how to effectively deal with bullying. Gain tips and strategies to recognize the impact of bullying in your school along with solutions.

D-6: Preventable Death from Severe Bleeding – *Sandra Moritz*

Stop the Bleed campaign promotes the education of stopping the most common cause of death in children: bleeding due to trauma. Learn the ABCs of severe bleeding, examine a school protocol you can utilize in your setting and learn techniques of packing a wound, plugging a hole and using a tourniquet will be demonstrated. Learn by scenario will be part of this session.