

# Practical Strategies to Address the Challenges of Today's SCHOOL NURSE



A Unique One-Day Live Online Seminar Presented by

**SANDRA MORITZ, M.Ed., BS, RN, NCSN**

Pennsylvania School Nurse of the Year,  
Exceptional School Nurse Trainer

Specifically Designed for School Nurses, District Nurses,  
School Health Services Coordinators and Other Staff Working  
in the School Health Office Serving Grades K-12

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**Respond with the latest information for student health concerns** ... New resources to address Long-COVID, frequently visiting students, and those presenting with symptoms of anxiety and depression

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**Innovative strategies to** stay connected to your school community ... Outstanding free resources to keep you involved with students, staff and parents

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**Assess common types of rashes** and respond with nursing advice. Receive parent handouts for each condition to assist parents and support your evidence-based practice. Insure a smooth referral for a safe return to school

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**Utilize the most up-to-date first aid protocols for eye injuries, burns, avulsions, fractures, and more** ... Be better prepared when a student or staff member gets hurt

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## LIVE ONLINE SEMINARS

**November 4**

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

**November 9**

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

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State CEUs and Graduate Credit Available  
**Nursing CEUs Available in Certain States**  
See page 6 for details

## CAN'T ATTEND?

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

*"Very informative content that is relative to my practice. I can't wait to share what I've learned with my district!"*

— HEATHER VERNER-HUSSMANN,  
SCHOOL NURSE

# Ten Key Benefits of Attending

"Sandra is so informative! She is a wonderful speaker with a lot of great school nursing ideas."

- JULIE FERRON,  
SCHOOL NURSE



## Who Should Attend

Specifically Designed for School Nurses, District Nurses, School Health Services Coordinators and Other Staff Working in the School Health Office Serving Grades K-12

### 1. Be Prepared for Infections of Concern

The 3 M's (most contagious, most fatal, most common) infections and strategies to reduce them that are vital to your practice ... *What every school nurse needs to know*

### 2. Address Unsafe Practice Areas – Reduce Liability in Issues for Today's School Nurse

Examine legal cases as learning tools to avoid negative outcomes

### 3. Be Rash-Ready – A Rash May Be the First Symptom

Examine visuals of common rashes we see in students, receive Fact Sheets for the office

### 4. Implement the Best School Nursing Ideas from Webinars, Podcasts and Online Platforms

Reach outside the "school nursing bubble" for trainings that apply to our practices

### 5. Evaluate Injuries and Burns and Treat with the Latest First Aid Supplies

Examine products and protocols when students or staff get injured at school

### 6. Resources to Educate about Vaping and Its Effects on Student Health

Be aware of the respiratory difficulties and educational strategies to counteract this emerging concern

### 7. Your Life Depends on it – Self Care for the Health Professional

Critical Self Care tips for the medical expert at school – YOU!

### 8. React to Non-Urgent Situations Commonly Experienced in the Health Office

Get current tips from recent evidence on pediculosis, Lyme disease and more to assist you in navigating these challenges

### 9. Provide Students with a Trauma-Sensitive and Calming Space

Make over your office climate with new tools for students struggling with mental health issues

### 10. Receive a Detailed School Nursing Practice Digital Resource Handbook

Each participant will leave this seminar with an extensive school nursing digital resource handbook filled with practical strategies, techniques, activities, and resources that can be used immediately

# Outstanding Strategies You Can Use Immediately

## What You Will Learn ...

- **Practical ideas** that will increase your effectiveness as a school nurse
- **Cleaning and infection controls** for the school health office
- **What every school nurse must know** to answer the question – “What is this rash”?
- **The essential knowledge to identify and react quickly** to infections of concern, including the 3 M’s (most fatal, contagious and serious)
- **How to positively and effectively respond** to rotating regulars, discern whether they are sick or not, and take effective measures
- **Reduce your liability** – examine what has happened in other practices – avoid social media pitfalls
- **The essential principles and ABCs of burn care** ... View new supplies to treat burns and lessen their severity
- **Effectively employ current first aid protocols** in treating avulsions, fractures, and heat-related conditions
- **View modeling techniques for splinting** and learn serious side-effects in children after an injury at school
- **How to recognize** the mysterious symptoms of Lyme disease
- **What’s new in equipment** for the school nurse’s office ... Free resources for an office redesign to refresh and update your “home away from home” space
- **Practical suggestions** to find your passions in school nursing and stay healthy on the job



*“Well-constructed seminar with a ton of useful information. I enjoyed the presentation and I have learned so much from Sandy.”*

– MEGAN HOFFMAN, NURSE

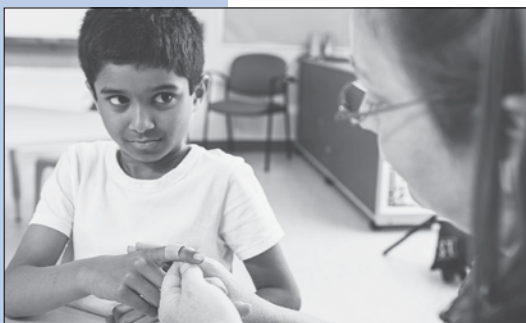
## Practical Ideas and Strategies

If you are looking for the current, best ideas and resources to enhance your effectiveness as a school nurse, you will not want to miss this one-day seminar. During this intensive day, outstanding school nurse, **Sandra Moritz**, will share dozens of proven ways to more effectively address the speed bumps of school nursing to make your practice more efficient as well as safer from hazards and liability. Sandra will share numerous personal tips and practical ideas she has gathered throughout her extensive school nursing experience that will increase your effectiveness. Research and experience-driven ideas will help you create an atmosphere that reduces the stress from the varied challenges you experience in your role as a school nurse and student health advocate. You’ll learn practical ways to more effectively address a variety of today’s school health issues including assessments, infection prevention, trauma and injuries.

***You’ll leave this seminar with an extensive school nursing practice digital resource handbook as well as dozens of ideas you will be able to use immediately to enhance your practice as a school nurse.***



# A Message From Seminar Leader, Sandra Moritz



## Uniquely Qualified Instructor

**Sandra Moritz** is an outstanding, nationally-certified and experienced school nurse and school nurse coordinator who brings extensive experience in addressing challenging school health issues. Recognized as a nationally certified school nurse, and as the *Pennsylvania 2010 School Nurse of the Year*, she is a frequent presenter at national (NASN) and state conferences and workshops. Sandra is a current board member of Allergy and Asthma Network. Sandra is the author of *Practical Strategies to Address the Challenges of Today's SCHOOL NURSE*, the extensive school nursing practice digital resource handbook each participant will receive at the seminar. She is also the author of a variety of articles in journals regarding the best practices of school nurses. A passionate advocate of the importance of teaching students to be as healthy as possible, she is recognized as a pioneer in developing standing orders and protocols for school nursing and seeking out additional resources to support her school nursing teams.

***You'll leave Sandra's seminar with a renewed sense of energy and enthusiasm for school nursing and equipped with numerous practical ideas and insights to enhance the effectiveness of your own nursing practice.***

Dear Colleague:

As school nurses, we are challenged daily in our school health offices with students and staff who have serious health concerns. As a school nurse with extensive experience in school nursing, I have had many opportunities to address a variety of school health issues. I have created this seminar to help you more effectively address these challenges and gain a new vitality as well as provide practical information for a progressive school nursing practice! School nursing is always in transition. To stay current in our role, standards of care and programs must reflect the latest information and requirements present in our jobs. I have picked topic areas that I believe are relevant, interesting and common challenges for school nurses. My love of teaching health has moved me to create fun and innovative programs that help motivate healthy behavior among students and staff.

Enjoy a day with other school nurses, learn new strategies to handle the challenges of our career and take some time to share practical ways to positively address our common issues. I look forward to sharing my expertise with you and learning of your experiences in our very unique practice of school nursing. Together we will examine the standards for a consistent and safe practice. We can only meet the needs of our students and staff if we are taking the best care of ourselves. Wellness tips to avoid common burnout of health professionals will also be presented.

Sincerely,

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

P.S. You will receive **an extensive school nursing digital resource handbook** containing the above information and more!

*"I look forward to sharing my expertise with you and to learn of your experiences in our very unique practice of school nursing."*

# What Your Colleagues Say About Sandra Moritz

*"Sandra is **an excellent speaker**; knowledgeable and creative in her presentation of school nurse information. It is encouraging to be in an environment that allows school nurses to share their stories, techniques and suggestions."*

– Lynne DiLeo, School Nurse

*"**This seminar is very enlightening and appropriate** for the practice of current school nursing."*

– Lisa Stover, School Nurse, RN

*"Sandra kept my attention the entire time. **I enjoyed all of the up-to-date information** and appreciate all of the helpful ideas that I will use when I return to my school office."*

– Joy Johnston, High School Nurse

*"Sandra Moritz is **an excellent presenter**."*

– Donald G. Thompson, RN

*"Sandra is **inspiring and a wonderful speaker**. I feel re-energized!"*

– Barbara Timmermann, School Nurse, RN



## About BER Seminars

### Outstanding Instructors

All programs are led by outstanding, top-rated BER national trainers.

### Extensive Digital Resource Handbook

You'll receive an extensive digital Resource Handbook full of practical strategies and resources.

### Highly Interactive

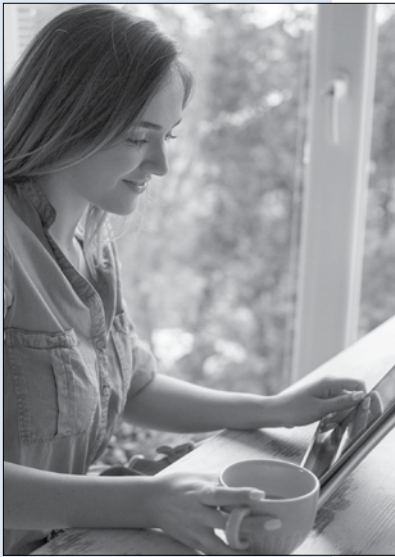
You'll be able to ask questions, consult with the instructor, and share ideas with other participants.

### Program Guarantee

As we have for 45 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



"Sandra was wonderful. Bright, informative, compassionate. I didn't want it to end!"

SUSAN COWAN, 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.

## You'll Receive an Extensive and Comprehensive School Nursing Practice Digital Resource Handbook

You will receive an extensive digital resource handbook specifically designed for this seminar. It contains strategies, ideas and resources including documents, samples of forms and websites you can use in your school nursing practice.

## Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in increasing the behavior and learning of their students.

## Consultation Available

Sandra Moritz will be available to answer your specific questions and the unique needs of your own program.

## Meet Inservice Requirements / Earn State and Nursing CEUs

- Participants of Live Online Seminars and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. For details about state CEUs available, 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 may be found at [www.ber.org/credit](http://www.ber.org/credit)

## Can't Attend?

### Other Professional Development Options:



#### Recorded Version of the Seminar

Order the recorded version of this seminar to take online at your convenience. You'll have access to the entire course and to the extensive digital resource handbook. To enroll, see the registration form on page 7, and for optional CEUs and graduate credit, please visit [www.ber.org/credit](http://www.ber.org/credit)



#### Related On-Demand Online Courses

Two related On Demand Video-Based Online Learning courses, *Keys to Enhancing Your Effectiveness as a SCHOOL NURSE*, for Grades K-12, and *School Nurses: Best, Current Practices for School Medical Emergencies*, for Grades K-12. To enroll, visit [www.ber.org/online](http://www.ber.org/online)

# Practical Strategies to Address the Challenges of Today's SCHOOL NURSE

## Registration (XN93F1)

1. **November 4, 2022** (Start time: 9 AM Eastern)
2. **November 9, 2022** (Start time: 9 AM Central)
- or—
3. **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: EXN93F1

### 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
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Please print name as it appears on card


### FIVE EASY WAYS TO REGISTER:

 **REGISTER ONLINE** at: [www.ber.org](http://www.ber.org)

 **EMAIL this form to:** [register@ber.org](mailto:register@ber.org)

 **PHONE toll-free: 1-800-735-3503**  
(Weekdays 5:30 am - 5:00 pm Pacific Time)

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

 **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 are scheduled 9:00 AM – 3:30 PM in the time zone indicated. Check in 15 minutes prior. Registrants will be sent 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.



XN93F1

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## Enhance Your Effectiveness as a SCHOOL NURSE



An outstanding one-day Live Online Seminar

Includes an extensive digital Resource Handbook

Can't Attend Live? Order the Recorded Version to access online at your convenience

XN93F1

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Live Online Seminar  
or Recorded Version



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