



# Voices of School Health X

A conference for School Nurses

August 6 & 7, 2019  
8 a.m. to 3:30 p.m.

Sponsored by the  
Lehigh County School Nurses Advisory Board

Hosted by  
Lehigh Career & Technical Institute  
4500 Education Park Drive  
Schnecksville, PA 18078

[www.lcsnab.com](http://www.lcsnab.com)

Contact Information:  
Donna Tercha, RN, BSN, CSN, MSED  
Email: [terchad@cattysd.org](mailto:terchad@cattysd.org)  
610-697-0111 option 4 or extension 23131

## **The Basics:**

### **Registration**

- by mail
- deadline July 15, 2019
- fee - \$40/day or \$70 for both days
- optional fee of \$10 for hard copy of all handouts received from speakers. Please note that some speakers are not able to share their presentation handouts.
- NO purchase orders accepted
- details on page 3

**Food information** – page 3

**Continuing Education** – page 3

**Directions** – page 4

**Daily Schedule** – pages 5 – 6

**Presenters and Exhibitors** – pages 7 – 8

**Workshop summaries** – pages 9 – 12

**Acknowledgements** – page 13

**Registration form** – page 14

### **Please note:**

This conference is not designed to create profits. Your registration fee covers the cost of the conference. Any additional funds are put towards the scholarships sponsored by this board to support the education of future nurses. For the 2018-2019 school year, three \$1000 scholarships were awarded. Thank you to all who have supported this conference.

### **Registration information:**

The cost is \$40 for each day or \$70 for both days. Please use the registration form found on page 14 of this brochure to register for Voices of School Health X. Complete the registration form and mail it to the address provided with your payment for the conference. No purchase orders will be accepted. Payment must accompany your registration. Checks should be made payable to Lehigh Career & Technical Institute. **All** registration forms **must** be postmarked by **July 15, 2019**. Limited late registrations *may* be accepted until July 25, 2019 at a fee of \$90 for the two day conference at the discretion of the board. Please contact Donna Tercha at [terchad@cattysd.org](mailto:terchad@cattysd.org) for availability. **NO** walk-in registrations will be accepted.

A full refund will be provided for all cancellations received in writing by the registration deadline of July 15, 2019. **No** refunds will be provided after that time.

Check-in/registration will be from 7:30 a.m. until 8:00 a.m. Please be prompt to avoid disrupting the opening speakers. Exhibitors will be available beginning at 7:30 a.m. and will be available until the end of the lunch period each day. Check-in/Registration will be in the hall leading to the Small Cafeteria.

Please direct all questions to Donna Tercha, RN at email [terchad@cattysd.org](mailto:terchad@cattysd.org) or leave a message at 610-697-0111 option 4 or extension 23131. Your message or call will be returned promptly.

### **Food information:**

A light breakfast, lunch and snacks will be provided on each day of the workshop. Food will be served in the Small Cafeteria. Breakfast will be during the registration period daily from 7:30 a.m. until 8:00 a.m. Please make a notation on the registration form if you have any special food needs. *Attempts* will be made to accommodate those needs.

Although LCTI is a climate-controlled environment, there may be some fluctuation in room temperatures. It is suggested that you dress in layers or bring a sweater or light jacket. Exterior doors may not be propped open.

### **Act 48/CE's:**

Sign-in is required for each session. Certificates will be distributed to all conference participants at the close of the conference. Every school district has its own mechanism for recording Act 48 hours received outside of the district with the PA Dept of Education. Lehigh County School Nurses Advisory Board does NOT have the capability to upload the information for individual nurses. It is the responsibility of the participant to communicate with her school district to register the time for Act 48 hours.

There are 12 CE's available, 6 on each day.

## Directions and Parking:

Address: 4500 Education Park Drive, Schnecksville, PA 18078

From southeastern Pennsylvania – Take PA Turnpike / 476 north to the Lehigh Valley exit – Exit 56. Take Route 22 east to Route 309 north. Travel about 5 miles to Education Park Drive. At the traffic light turn left and then a quick left into the Lehigh Career & Technical Institute campus. Please park in Lot #3.

From west of the Lehigh Valley – Take I-78 east to Route 22 east. Take 309 north. Travel about 5 miles to Education Park Drive. At the traffic light turn left and then a quick left into the Lehigh Career & Technical Institute campus. Please park in Lot #3.

From north of the Lehigh Valley – Take PA Turnpike / 476 south to the Lehigh Valley exit – Exit 56. Take Route 22 east to Route 309 north. Travel about 5 miles to Education Park Drive. At the traffic light turn left and then a quick left into the Lehigh Career & Technical Institute campus. Please park in Lot #3.

From east of the Lehigh Valley – Take Route 22 west to Route 309 north. Travel about 5 miles to Education Park Drive. At the traffic light turn left and then a quick left into the Lehigh Career & Technical Institute campus. Please park in Lot #3.

From all directions, please park in Lot #3.

From Lot #3, the entrance door is on the left side of the courtyard. Once inside the entrance, turn **right** and go to the lobby, where the exhibitors will be located, then turn **left**. Go down the hall to the small cafeteria for registration and breakfast.

Key note addresses will be in the Small Cafeteria. Most workshop sessions will be held in the second floor classrooms. Exhibitors will be accessible during breakfast, morning breaks and lunch periods. Directions to workshops will be given at the time of registration/check-in and throughout the day during announcements.



**School Nurses Institute 2019  
Schedule of Workshops  
Day 1  
Tuesday, August 6, 2019**

<b>August 6, 2019 – Day 1</b>
<p><b>0730 – 0800 – Registration &amp; Breakfast</b> Welcome and Announcements will begin promptly at 0800.</p>
<p><b>0815 – 0945 – Keynote Presentation</b> <b>Dr. Kevin Vrablok – Medical Marijuana in Occupational Health</b> <b>Atty. Tim Gilsbach – Legal Implications of Medical Marijuana</b></p>
<p><b>0945 – 1000 – Break</b></p>
<p><b>1000 – 1130 (Please indicate choice on Registration Form)</b></p> <ol style="list-style-type: none"> <li>1. Jackie Baraciarte and Josh Walters – Mental Health Concerns of Student Athletes</li> <li>2. Dr. Kathleen Ververeli – Allergies and Asthma</li> <li>3. Pamela Tobias – Essential Oils</li> <li>4. Debra Romberger – Mindfulness</li> <li>5. Ann Stillwater – Medication Errors and the Secondary Victim</li> <li>6. Erin Gilsbach – Legal Issues in School</li> <li>7. Pam Eichorn – DexCom and Diabetes</li> </ol>
<p><b>1130 – 1215 – Lunch</b></p>
<p><b>1215 – 1345 (Please indicate choice on Registration Form)</b></p> <ol style="list-style-type: none"> <li>1. Jackie Zolotsky – ENT Assessment</li> <li>2. Debra Romberger – Mindfulness</li> <li>3. Susan Schneeberger-Klotz – Care for the Health Care Provider</li> <li>4. Felicia Miller – Hands on with OmniPod</li> <li>5. Christina Williams – Medically Fragile Children and Support Equipment</li> <li>6. Michelle Maron – Infectious Disease</li> <li>7. Thespina Godshalk – Strategies to Support Students Returning to School from Hospitalization</li> </ol>
<p><b>1345 - 1400 – Break</b></p>
<p><b>1400 – 1530 - Keynote</b> <b>Robert Steckel – Safe2Say Something</b></p>

**School Nurses Institute 2019  
Schedule of Workshops  
Day 2  
Wednesday, August 7, 2019**

<b>August 7, 2019 – Day 2</b>
<b>0730 – 0800 – Registration &amp; Breakfast</b>  Welcome and Announcements will begin promptly at 0800
<b>0815 – 0930 – Keynote</b> <b>Maureen George - Asthma</b>
<b>0930 - 0945 – Break</b>
<b>0945 – 1100</b> <b>Rep. Mike Schlossberg – Mental Health Advocacy and related health issues</b>
<b>1100 – 1115 – Break</b>
<b>1115 – 1230 (<i>Please indicate choice on Registration Form</i>)</b> <ol style="list-style-type: none"><li>1. Ed Bachert – Violence in the Media</li><li>2. Michelle Maron – Infectious Disease</li><li>3. Don Sabo – School Safety: Practical Tips</li><li>4. Felicia Miller – Hands on with OmniPod</li><li>5. Beth Tomlinson and Chris Rappaport – Adverse Childhood Events</li><li>6. Catherine Hernandez – Domestic Violence: Support for the Victim</li></ol>
<b>1230 – 1330 - Lunch</b>
<b>1330 - 1530 – Keynote</b> <b>Jill Clodgo and Sue Templin – DOH Q &amp; A</b>
<b>1530 – Wrap Up / Evaluation</b>

## Meet Our Presenters:

- Edward Bachert MS MPA – Safe & Secure: Schools and Industries, LLC; Chief of Police, Fountain Hill Police Department; Professor, Saint Joseph’s University in Philadelphia; Professional Speaker and Researcher for the Department of Justice, International Association of Chiefs of Police, PA Office of Juvenile Justice, MAGLOCLLEN, NESPIN, and numerous other nationally recognized intelligence and Law Enforcement organizations.
- Jacqueline Baraciarte, MBA, ATC, LAT – Athletic Trainer – St. Luke’s Health Network
- Jill Clodgo, RN – Chief, Division of School Health, Pennsylvania Department of Health
- Pam Eichorn – Territory Manager, DexCom
- Maureen George PHD RN AE-C FAAN – Associate Professor of Nursing at Columbia University
- Atty. Erin Gilsbach, Esq. – Executive Director, EdLaw Interactive
- Atty. Tim Gilsbach – attorney for King, Spry, Herman, Freund & Faul, LLC. specializing in litigation, employment and special education law
- Thespina Godshalk, MS, LPC – Program Manager, School-Based Behavioral Health, Lehigh Valley Reilly Children’s Hospital School-Based Behavioral Health Program
- Catherine Hernandez – Medical & Community Outreach Advocate at Turning Point of the Lehigh Valley
- Michelle Maron – Infection Preventionist, Lehigh Valley Health Network
- Felicia Miller – Territory Manager, Insulet Corporation
- Chris Rappaport MA Wlm, BSN, RN, CSN – Allentown School District
- Debra Romberger, PhD, LPC – Mindfulness in the Lehigh Valley
- Sergeant Don Sabo – Salisbury Township Police Department
- Rep. Mike Schlossberg – Representative for the 132<sup>nd</sup> district to the Pennsylvania Legislature. The 132<sup>nd</sup> district is in Lehigh County and includes parts of the City of Allentown and South Whitehall Township.
- Susan Schneeberger-Klotz, M Ed, RDH, PHDHP, CDA – Certified School Dental Hygienist, Allentown School District
- Dr. Robert Steckel, Ed. D. – Assistant to the Superintendent, Northampton Area School District
- Ann Stillwater, RN, CSN, M Ed. – Elizabethtown Area School District
- Susan Templin RN – School Health Consultant, Pennsylvania Department of Health
- Pam Tobias – Administrator, Oncology Services, Lehigh Valley Health Network
- Beth Tomlinson – United Way and the Lehigh Valley Trauma Awareness Collaborative
- Dr. Kathleen Ververeli, MD – Pediatric Allergy and Immunology, Lehigh Valley Health Network
- Dr. Kevin Vrablick – Board Certified Occupational Medicine Physician, Certified Medical Review Officer, Certified Commercial Driver Examiner, FAA-Designated Aviation Medical Examiner, Medical Director Employee Health Services, Lehigh Valley Health Network
- Josh Walters, MS, ATC, LAT – Athletic Trainer, St. Luke’s Health Network
- Christina Williams, RN – Coordinator of Nursing Services, Colonial Intermediate Unit 20 and per diem nurse for St. Luke’s Kidscare Clinic
- Jacquelyn L. Zolotsky, RN, MSN, CRNP, CSN – Parkland School District

## **Meet our Exhibitors:**

- Turning Point
- Kidspace
- Vicky Lynch – the Jewelry Lady
- EdLaw Interactive
- OmniPod
- Organ Donation of the Lehigh Valley
- Epilepsy Foundation of the Lehigh Valley
- Bradbury Sullivan LGBT Group
- Mitochondrial Disease Foundation
- ARCH of LV
- FACT of Lehigh Valley
- CLIU 21
- National Alliance of Mental Illness – Lehigh Valley



# **Workshop Information**

## **Tuesday, August 6, 2019**

**Keynote – 8:15 a.m. to 9:45 a.m.**

### **Dr. Kevin Vrablik – Medical Marijuana in Occupational Health**

With the legal acceptance of medical marijuana and the increasing availability, issues related to its use in the work place arise. What are these issues? How can they be addressed to promote best health practices for the individual as well as the work environment?

### **Atty. Tim Gilsbach – Legal Implications of Medical Marijuana**

So now medical marijuana is legal in Pennsylvania – what's next? What are the implications for the workplace? What are the implications for schools – for school employees and for students? What are the implications and roles for school nurses?

**Break – 9:45 a.m. to 10:00 a.m.**

**Workshop Session 1 – 10:00 a.m. to 11:30 a.m.**

#### **1. Jackie Baraciarte and Josh Walters – Mental Health Concerns of Student Athletes**

Ms. Baraciarte and Mr. Walters will discuss the mental health concerns for student athletes as they struggle to maintain academic eligibility as well as physical excellence to participate in their chosen activities.

#### **2. Dr. Kathleen Ververeli – Allergies and Asthma**

With a passion for caring for pediatric patients with of allergies and asthma, Dr. Ververeli will discuss these chronic conditions with regard to assessment and treatment and the implications for the school setting.

#### **3. Pamela Tobias – Essential Oils**

As more people turn to integrative medicine options like aromatherapy (use of essential oils), it is important for health care professionals to learn about what it is, how it's being used, the risks and benefits, safety, existing evidence, how to talk with patients about it, and where it may offer therapeutic benefit.

#### **4. Debra Romberger – Mindfulness**

What is mindfulness? How is it practiced? How does it help? Learn more and practice with a few exercises.

- 5. Ann Stillwater, RN, CSN, MEd – Medication Errors and the Secondary Victim**  
School nurses who make a mistake often experience emotional trauma. Other branches of medicine refer to them as “second victims.” Participants will learn and share about school nurse errors, second victims’ stages of healing, and existing and possible support systems. Through acceptance of our humanness and greater awareness, school nurses can move towards a system that is more compassionate, more honest about errors, and safer for students.
- 6. Erin Gilsbach – Legal Issues in School**  
Using scenarios directly related to school nursing, Erin will discuss the legal issues involved and the implications for school nurses.
- 7. Pam Eichorn – DexCom and Diabetes**  
A review of the DexCom system and its use in the treatment of diabetes.  
NOTE: This session will be limited in size to enhance the hands-on experience.

**Lunch – 11:30 a.m. to 12:15 p.m.**

**Session 2 – 12:15 p.m. to 1:45 p.m.**

- 1. Jackie Zolotsky – ENT Assessment**  
Explore ENT disorders and learn tips and techniques to enhance assessment skills.  
NOTE: This workshop will be strictly limited to 20 people. Please plan to bring your stethoscope and otoscope to practice skills.
- 2. Debra Romberger – Mindfulness**  
What is mindfulness? How is it practiced? How does it help? Learn more and practice with a few exercises.
- 3. Susan Schneeberger-Klotz – Care for the Health Care Provider**  
Health care providers need to have life balance to prevent becoming less effective on the job and dissatisfied with work. Susan will discuss ways to fulfill the role as caregivers without sacrificing ourselves.
- 4. Felicia Miller – Hands on with OmniPod**  
Experience a hands-on opportunity to operate the innovative tube-free omniPod insulin management system. NOTE: This workshop will be strictly limited to 20 people.
- 5. Christina Williams – Medically Fragile Children and Support Equipment**  
This program will discuss issues applicable to the multiple disabled and medically fragile child. There will be some hands-on experiences with various tubes and equipment.  
NOTE: This workshop may be limited to accommodate the hands-on experiences.

**6. Michelle Maron – Infectious Disease**

Ms. Maron will present an update on infectious diseases – treatment, trends, and prevention.

**7. Thespina Godshalk - Strategies to Support Students Returning to School from Hospitalization**

This session will review helpful strategies school nurses can use to support students who are returning to the school setting from higher levels of mental health care, such as inpatient hospitalization and acute partial hospitalization programs. The session will also focus on engaging in meaningful conversations with students about their mental health.

**Break – 1:45 p.m. to 2:00 p.m.**

**Keynote Session – 2:00 p.m. to 3:30 p.m.**

**Dr. Robert Steckel – Safe2Say Something**

Safe2Say Something is Pennsylvania’s new 24/7 reporting line for anonymous reports on events that could cause harm to individuals or organizations. Dr. Steckel will review its history and access as well as its affects on schools.



**Workshop Information  
Wednesday, August 7, 2019**

**Keynote – 8:15 a.m. to 9:30 a.m.**

**Maureen George – Asthma Update 2019**

Current trends in asthma prevalence, morbidity, and mortality. Measures of asthma assessment and monitoring. Update on medications and devices.

**Break – 9:30 a.m. to 9:45 a.m.**

**Keynote – 9:45 a.m. to 11:00 a.m.**

**Rep. Mike Schlossberg – Mental Health Advocacy  
and related Health Issues**

Rep. Schlossberg will discuss his health related projects in Harrisburg to include his advocacy for reducing or eliminating the stigma related to mental health issues.

**Break – 11:00 a.m. to 11:15 a.m.**

**Workshop Session – 11:15 a.m. to 12:30 p.m.**

**1. Ed Bachert – Violence in the Media**

The influence of the media on the psychosocial development of children is profound. This lecture will discuss the impact of violence in movies, video games, the internet and other media.

**2. Michelle Maron – Infectious Disease**

Ms. Maron will present an update on infectious diseases – treatment, trends, and prevention.

**3. Don Sabo – Safety in Schools: Practical Tips**

Sgt. Sabo will draw on his experience in law enforcement, as a school resource officer and as a first responder to share information and some practical tips on how to promote safety in school.

**4. Felicia Miller – Hands on with OmniPod**

Experience a hands-on opportunity to operate the innovative tube-free OmniPod insulin management system. NOTE: This workshop will be strictly limited to 20 people.

**5. Beth Tomlinson and Chris Rappaport – Adverse Childhood Events**

An overview of adverse and traumatic events on the developing child. Practical trauma informed strategies and practices for school nurses to use with students.

**6. Catherine Hernandez – Domestic Violence: Support for the Victim**

From K to 12, what happens at home affects the mental and physical well-being of our students and therefore their ability to learn. Learn more about identifying those at risk as well as ways to support the victims in the school setting.

**Lunch – 12:30 p.m. to 1:30 p.m.**

**Closing Keynote Session – 1:30 p.m. to 3:30 p.m.**

**Jill Clodgo and/or Susan Templin**

**DOH Q & A**

Review of what's new on the DOH DSH update. This session will be presented in a Q & A format. Please submit your questions for Jill and Sue on your registration form so that they can be prepared to answer your questions. All questions submitted will be forward to Jill.



The Staff and Joint Operating Committee of LCTI  
Dr. Tim Rushton, Executive Director  
Patricia Bader, Business Administrator  
Nadia Spengler, Business Office  
Gerald Nicholas, Accountant  
Grace Loeffler, Director of Academic and Special Programs  
Rosemary Weigman, Secretary to Director of Curriculum and Instruction  
Bob Hudoka, Culinary Arts Instructor  
Sean Will, Facilities Engineer  
Stan Nestor, Supervisor of Technology  
Danielle Sodl, Health Officer  
The Custodial Staff

**Lehigh County School Nurses Advisory Board  
Committee members:**

Loretta Becker  
Jen Churetta  
Melissa DeSocio  
Jane Dolin  
Barbara Freiwald

Tracy Hoffman  
Nannette Lingenfelter  
Chris Rappaport  
Roseanne Sefko  
Diane Seremula

Danielle Sodl  
Donna Tercha, *Chairperson*  
Jackie Zolotsky

**Representing the Lehigh County School Districts:**

Allentown School District  
Catasauqua Area School District  
East Penn School District  
Lehigh Career & Technical Institute  
Northern Lehigh School District

Northwestern Lehigh School District  
Parkland School District  
Salisbury Township School District  
Southern Lehigh School District  
Whitehall-Coplay School District





**Lehigh County School Nurses Advisory Board  
Voices of School Health X  
A Conference for School Nurses**

Registration Form

**August 6 & 7, 2019 – Registration Forms must be postmarked by July 15, 2019**

**CONTACT INFORMATION – Please print clearly.**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Phone where you can be reached during the summer \_\_\_\_\_  
 School District \_\_\_\_\_  
 Email – All communication will be done through email. **Please supply an email address where you can be reached during the summer.** \_\_\_\_\_

At the completion of the conference, you will receive a certificate indicating the number of hours eligible for Act 48 credit. Please follow your district guidelines for submission.

**All Conference handouts shared with the board by the speakers will be available on our website as they are received. If you want a hard copy of the available handouts ready to put in your own binder (not supplied), please add \$10 to your conference registration fee and check this box.**

**PLEASE NOTE: Some speakers are not able to share their presentation handouts.**

I will be attending: Tuesday, August 6, 2019 only \_\_\_\_\_ Wednesday, August 7, 2019 only \_\_\_\_\_  
 Both days \_\_\_\_\_

**Conference Fees: \$40 for one day registration \$70 for two day registration  
 \$10 for paper copy of conference handouts (binder not included)**

**Make checks payable to: Lehigh Career & Technical Institute (LCTI)  
 Please write “SNAB-SNI” on the memo line of your check.**

**For more information, contact:** Donna Tercha, RN, BSN, CSN, MEd  
 Email: [terchad@cattysd.org](mailto:terchad@cattysd.org) 610-697-0111 option 4 or extension 23131

**Mail registration forms to: Nadia Spengler, Business Office  
 Lehigh Career & Technical Institute  
 4500 Education Park Drive  
 Schnecksville, PA 18078**

Please indicate your first and second choice selections for each workshop session by using the **number** of the workshop listed in the brochure. Every attempt will be made to give you your first choice as space allows.

Tuesday August 6, 2019		Wednesday, August 7, 2019	
1015-1145		1000 - 1130	
1 <sup>st</sup> choice	2 <sup>nd</sup> choice	1 <sup>st</sup> choice	2 <sup>nd</sup> choice
1215 – 1400			
1 <sup>st</sup> choice	2 <sup>nd</sup> choice		

*List questions for Jill Clodgo and/or Sue Templin*