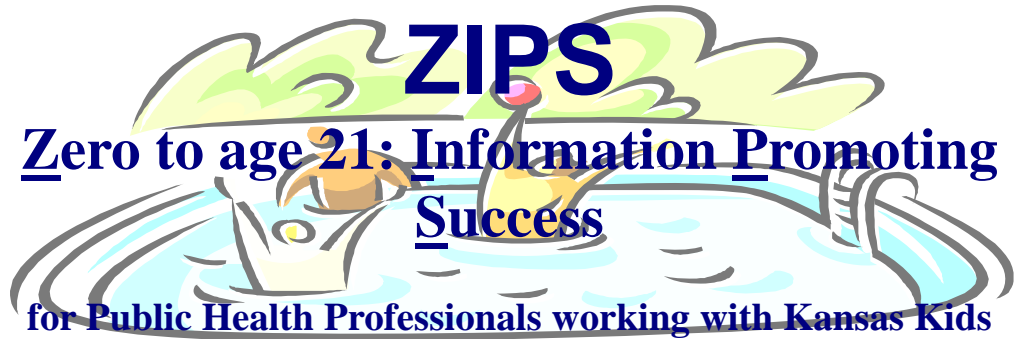


# Kansas Department of Health & Environment

Volume 6 Number 8  
August 2008



## Special Points of Interest:

- \* Prescription for a Healthy Pregnancy
- \* Animal Visitors in Classrooms
- \* Keep Kids Safe from Rx Drugs
- \* Are Teens too Busy?
- \* Staying Up-To-Date on Vaccines
- \* Resources for Professional Registered Nurses
- \* All Star's Prevention Program

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Carrie Akin started March 10th as our Senior Administrative Assistant and has since moved up to our Administrative Specialist, as well as our ZIPS Editor. Carrie has come to the Bureau of Family Health, Children & Families Section from the Kansas Department of Revenue, Property Valuation Division. She has worked for the State for almost seven years.

Carrie has been married to Todd for seven years this September, and has one son, Gavin who in October will turn two.

## 19th Annual Statewide School Nurse Conference

By Jane Stueve, Adolescent and School Health Consultant



The 19th Annual Statewide Summer Conference for Kansas School Nurses this year focused on School Success Through Health Promotion and Management of Chronic Health Conditions. In attendance were 86 for the New Nurse Session, 410 for the General Sessions, and 80 for the post sessions. The plenary, breakout, pre- and post- sessions covered diseases, special needs, legislation, emergencies, confidentiality and comprehensive health programs. The conference ended on a

high note presented by Reverend Samuel Wood from the Dawson United Methodist Church of Wichita. Rev. Wood gave pointers on how to recognize and avoid compassion fatigue. To view more pictures of the Summer Conference, go to [www.ksno.org/2008\\_Conference.html](http://www.ksno.org/2008_Conference.html).



## Abstinence Education and Teen Pregnancy Programs Joint Annual Meeting

By Jane Stueve, Adolescent and School Health Consultant



On June 26 in Wichita, 50 of our grantees and board members came together for the annual program meeting. Representatives from the Kansas Abstinence Education Program, Community-Based Teen Pregnancy Prevention, Teen Pregnancy Case Management and Pregnancy Maintenance Initiative attended. The roles of the grantees are to reduce teen pregnancy rates

and to support teens to have a healthy baby and avoid further pregnancies until they meet some of their life goals related to education and financial independence.

Training was provided by Wichita State University, Center for Community Support & Research on Board Development. Each attendee received a toolkit to assist with the Four "R"s – Recruitment, Retention, Roles and Responsibilities for board members. Participants were also given updates on the Kansas Abstinence Education Program and Kansas adolescent health laws followed by program introductions and reviews.



# WOMEN'S HEALTH

Joe Kotsch, Perinatal Consultant



## Prescription For A Healthy Pregnancy

The importance of doing everything possible to help assure a healthy pregnancy and an optimal birth outcome should be everyone's concern. This seems notable since we live in a technologically advanced nation that still struggles mightily with providing adequate health care for its populace. This article will focus on some ideas that pregnant women, their families and health care providers can adopt to help assure a healthy pregnancy.

Even before a woman becomes pregnant, she should see her health care provider to rule out rubella; know her blood type; make sure she is eating a nutritious diet; stop smoking; drinking alcohol or using drugs not specifically prescribed by her health care provider and get any illnesses under control.

Once she becomes pregnant, she should be seen by her health care provider monthly, then more frequently as her pregnancy progresses. At each visit, the woman's health care provider will assess the growth of her uterus, listen to her baby's heartbeat, take the mother's blood pressure and weight and rule out complications by checking her urine for protein, glucose and infection. In addition, the health care provider will ask the woman if she has any concerns or worries related to blurry vision, leg cramps, abdominal cramping, nausea, unusual headaches or swelling of her feet and legs. The mother may also have ultrasonographic and genetic tests performed to monitor both her health and that of her baby. Early prenatal care leading to the early identification of any conditions with treatment, where indicated, increase the likelihood of a positive birth outcome and fewer complications during labor, delivery and the postpartum period.

A healthy diet including whole grains, fruits and vegetables, lean protein-rich meats and calcium-rich dairy products are great sources of essential vitamins and minerals. However, to ensure that a woman gets all of her necessary vitamins and minerals, it is a good idea that she take a daily multi-vitamin. In addition, this multi-vitamin should include or be supple-

mented by a minimum of 400 micrograms of folic acid, according to her individual nutritional needs. By meeting the nutritional need of women for folic acid, it is estimated that 50 to 70 percent of neural tube defects (includes defects of the brain and spinal cord) could be prevented annually. Women should also take folic acid prior to conception, because neural tube defects occur by the 28th day after conception. Once a woman knows she is pregnant, it is usually too late to do anything to prevent the defects.

As previously mentioned, pregnant women should avoid exposure to infection and get any current infections treated by a health care provider. Also, the handling of cat litter (a known source of the germ that causes toxoplasmosis) should be avoided. This would be an excellent job for another member of the family to show support for the woman's pregnancy. In addition, pregnant women should avoid eating raw or undercooked foods due to the risk of cross-contamination through contact with other infected foods or food surfaces.

In addition, pregnant women should consult their health care provider in regard to their pregnancy and before taking any new or over-the-counter medications or herbal preparations. This is due to medications that are contraindicated during pregnancy and others that have "black box" warnings added by the Food and Drug Administration cautioning against their use during pregnancy. Finally, pregnant women should be cautioned against the use of alcohol and other substances (both street and prescription drugs) during pregnancy, since many have been shown to be teratogenic.

For more information on how to involve families and communities in helping women to achieve healthier pregnancies and optimal birth outcomes go to: [www.cdc.gov/ncbddd/bd/abc.htm](http://www.cdc.gov/ncbddd/bd/abc.htm)



### Ask Ken!

ELECTRONIC SUBMISSION  
OF DATA & CVR'S

- Q.** When I fill out a CVR, why do I have to put unknown in the Race line? Can I leave it blank?
- A.** Do not leave the field blank. Identification of race is a federally required category. You must ask! Don't guess about a client's race. If the client does not know, then mark unknown (5).
- Q.** When I change a client's ID number, do I have to let you know?
- A.** YES, it is very important that you follow the procedures of the manual when you change an ID number. If you don't, there will be duplication of data reported. On the CVR, the number you record in the box is the new ID number. Under the new number, put the old number and label it old. I have to change the ID number in the system or we will have duplications.



# CHILD HEALTH



## Mexican Red-kneed Tarantulas and other Animal Visitors to Classrooms: Considerations for People and Critters

By Brenda Nickel, Child and School Nurse Consultant



Careful safety and health considerations must be given to requests for animal residents and visitors in school classrooms. Recently, a Kansas principal had received a request from a teacher to have a Mexican red kneed tarantula as a resident pet in an elementary school. Although a quiet and seemingly shy, docile animal, tarantulas are venomous

and if threatened, will rear up to display red bristles on their abdomen. These hairs contain chemicals that cause intense urticaria (burning and itching of skin), irritation to mucous membranes, and if eyes are affected, blindness can occur.

Image source: [www.mackinac.org/media/images/1999/mpr99-01g.jpg](http://www.mackinac.org/media/images/1999/mpr99-01g.jpg)

The KDHE, office of Surveillance and Epidemiology has several resources to assist schools in determining what animals would be appropriate for schools. These guidelines address safety considerations related to injuries that could be incurred, infectious diseases that could be transmitted to humans from animals, and proper hand washing techniques after handling any animal. In addressing venomous animals the guidelines do not specify if the venom need be fatal to humans. Therefore, any animal that kills with venom should be considered "venomous."

In addition to safety considerations, it should be noted that the Mexican red kneed tarantula is a protected animal under the Convention on International Trade of Endangered Species

(CITES). The United States is one of 173 countries that are members of CITES. Commercial breeders must adhere to the requirements of CITES when protected animals are bred in captivity. More information can be found at [www.cites.org/](http://www.cites.org/).

Image source: <http://cache.eb.com/eb/image?id=4581&rendTypeId=4>



Information to assist in determining what animal visitors should be considered in classrooms is available through the following Web resources:

- \* Mortality and Morbidity Weekly Report (2007). Compendium of Measures to Prevent Disease Associated with Animals in Public Settings. National Association of State Public Health Veterinarians, Inc. (NASPHV) available at [www.kdheks.gov/epi/download/compendium\\_animals\\_in\\_public\\_settings.pdf](http://www.kdheks.gov/epi/download/compendium_animals_in_public_settings.pdf).
- \* Animals in Kansas Schools: Guidelines for Visiting and Resident Pets available at [www.kdheks.gov/pdf/hef/ab1007.pdf](http://www.kdheks.gov/pdf/hef/ab1007.pdf).
- \* Additional animal and human health issues can be found on the KDHE website at [www.kdheks.gov/epi/human\\_animal\\_health.htm](http://www.kdheks.gov/epi/human_animal_health.htm).

## 4 Steps to Keep Your Kids Safe From Rx Drugs

By Jane Stueve, Adolescent and School Health Consultant

The White House Office of National Drug Policy's National Youth Anti-Drug Media Campaign has some valuable guidance on how you can play a part in stopping the potentially deadly trend of prescription drug abuse by youth.

- **Safeguard all drugs at home.** Track how many pills are in a bottle or pill packet, track refills, and be wary if you find yourself refilling a medication more often than expected. If your teen has been prescribed a drug, be sure you control the medication and monitor the dosages and refills.
- **Set clear rules for your kids about all drug use, including not sharing medicine and always following the provider's advice and dosages.** Make sure your teen uses prescription drugs only as directed by a medical provider and follows instructions for over-the-counter (OTC) products carefully. This includes not using with other substances without a medical provider's approval.
- **Teens should never take prescription or OTC drugs with street drugs or alcohol.** If you have any questions about how to take a drug, call your family physician or pharmacist.
- **Follow your own rules.** That way, you set a good example. If you misuse or abuse your prescription drugs, your teen will take notice.
- **Dispose of old or unused medicines in the trash.** Unused prescription drugs can be mixed with an undesirable substance, like used coffee grounds or kitty litter, put in an empty can or bag and thrown away in the trash. Remove any personal, identifiable information from prescription bottles or pill packages before you throw them away. And don't flush medications down the toilet or drain, because the chemicals can pollute the water supply.



# ADOLESCENT HEALTH

Jane Stueve, Adolescent and School Health Consultant



## Are Teens Too Busy?

Recently The Washington Post (7-15-08) ran an article by Sandra G. Boodman that questioned whether our teens are kept so busy that they can have “nervous breakdowns” or “freakouts.” Sandra went on to tell a story of a typical teen that got up early to get ready for school and kept busy until sometimes 1 a.m. She describes a schedule including: Advanced placement classes; school musical participation that requires frequent rehearsals lasting sometimes until 10 p.m.; regular babysitting job; participation on both school and church chorus; membership in clubs; volunteer work; SAT prep classes; driver training; cheerleading, and homework that averaged three hours a night, not to mention Facebook.

Thinking about the students we know, as well as our own children, is it unusual for them to go from a full day of classes to a job or sports activity where they are not home until after 10 p.m. on a school night?

Anisha Abraham, who works at Georgetown University Hospital as chief of adolescent medicine states “Kids have no time for themselves,” and because of this, she sees a growing number of teens with exhaustion, headaches, stomach problems, depression and irritability. Some adolescent medicine specialists with the American Academy of Pediatrics (AAP) contend the primary cause of teen stress is communication-tethered parents, who equate being constantly busy with being successful in their own lives. Parents compete to see whose kids can cram in the most activities. Unstructured time, which pediatric ex-

perts say is essential to figuring out who one is and what one wants, tends to be regarded as laziness or being unproductive. Teens are afraid of disappointing their parents, so they continue to live a hectic lifestyle.

On the other side of the coin, in 2006, psychologist Joseph L. Mahoney, then an associate professor at Yale, and two colleagues published a study debunking what they called “the over-scheduling myth.” Based on an analysis of previous research, Mahoney’s team concluded that less than one in 10 youths could be described as over-scheduled and that 40 percent did not participate in any organized activities. Teenagers who did participate averaged fewer than 10 hours per week, Mahoney reported, while fewer than 6 percent devoted 20 hours or more to extracurricular activities. The conclusion was that, “Some kids need more enrichment activities, and other kids are over-enriched.”

The Washington Post article concluded by saying: “Parents should look at their child and see whether what they’re doing is giving them joy” or whether they seem anxious or stressed.

The AAP offers a solution to managing stress. On their website at: [www.aap.org/stress/](http://www.aap.org/stress/) is a program designed for teens to manage stress, as well as a program that is designed specifically for parents to develop strong parent-teen bonds to help their teen avoid stress.



## PUBLIC HEALTH



### Essential Resources for Professional Registered Nurses

By Brenda Nickel, Child and School Nurse Consultant



The Kansas Nurse Practice Act contains the statutes and regulations that govern the practice of nursing in all settings. [www.ksbn.org/index.htm](http://www.ksbn.org/index.htm).

It is essential to periodically review the nurse practice act to understand the statutes/regulations under which nurses’ practice in Kansas. For nurses who are supervising licensed practical nurses or are delegating care to unlicensed school personnel, this is essential. Additionally, regulations differ for nurses in the advanced practice role. The Kansas State Board of Nursing posts announcements and notices related to the practice of nursing in

Kansas applicable licensed practical nurses, registered nurses, and advanced practice nurses. These notices contain changes in the statutes or regulations that will impact nursing practice in Kansas.



The Kansas State Nurses Association provides additional resources for professional nurses, including legislative updates, guidelines for nursing practice, and publications that address the specific practice of nursing in Kansas. Visit the KSNA website at [www.nursingworld.org/SNAS/KS/](http://www.nursingworld.org/SNAS/KS/).



# SCHOOL HEALTH

Brenda Nickel & Jane Stueve



## Staying Up-To-Date on Vaccines: The Best Defense is a Good Offense

By Laura Tate, MCH Summer Intern

As the new school year quickly approaches, many nurses will serve as information resources regarding the immunizations of students. Questions arise each year regarding the required vaccines as well as the recommended vaccines. One that will surely arise in most health settings is the current hot topic, Gardasil.

Gardasil is a Merck vaccine which protects against the four types of HPV (6,11,16 and 18) responsible for 90 percent of all genital warts cases and 70 percent of all cervical cancer cases. Since its approval in June 2006 by the Food and Drug Administration (FDA) and its recommendation in late June 2006 by the Advisory Committee on Immunization Practices (ACIP), the Merck vaccine has faced not only tremendous praise – distributing over 16 million doses in the U.S., but also severe accusations regarding the safety of the vaccine.

Of females ages 9-26 who have been vaccinated in the United States, 9,700 have filed health problem reports,

which include 20 deaths as of June 30. However, in-depth studies performed by the FDA and the Centers for Disease Control (CDC) did not reveal a common pattern among the reported deaths. Following these studies, both the CDC and the FDA released statements in support of the Gardasil vaccine, including, “Gardasil continues to be safe and effective, and its benefits continue to outweigh its risks.”

This controversial topic and others have huge implications upon the field of school-aged health care. Of the six million new cases of HPV occurring each year in the U.S., 74 percent occur in the 15-24 year-old age group. Being a knowledgeable resource for both questioning parents and students is crucial for public health education. By staying up-to-date on the most recent vaccination information, optimal information can be made available to the public. To stay updated on current CDC vaccine information, register to receive email updates at: [www.cdc.gov/emailupdates/](http://www.cdc.gov/emailupdates/)

## Kansas Immunization Program Annual Conference

September 2-4, 2008 • Hyatt Regency, Wichita, KS



Sponsored by Kansas Department of Health & Environment  
and The University of Kansas Medical Center Area Health Education Centers

Save the Date

## EVENTS



## RESOURCES



**32<sup>nd</sup> Annual Governor's Conference for the Prevention of Child Abuse and Neglect** Registration for the Governor's conference will begin August 6. The conference will take place October 29-31, at the Airport Hilton in Wichita. For information regarding the conference visit [www.kcsl.org/\(S\(5n5psf553ziursai1gtt23nm\)\)/training\\_conference.aspx](http://www.kcsl.org/(S(5n5psf553ziursai1gtt23nm))/training_conference.aspx).

**The University of Kansas 10th Annual Conference on the Prevention and Treatment of Overweight and Obese Individuals** The annual conference will be held in the Marriott Downtown, Kansas City, MO, Thursday, Sept. 4 through Saturday Sept. 6. Topics of discussion will include: differences in popular dietary approaches to weight management; impact of weight bias; role of brain imaging for control of food intake, role of the family; food insecurities and obesity; and intervention strategies for Hispanic youth. For more information go to [www.ebl.ku.edu/conference/conf2008/Intro2008.htm](http://www.ebl.ku.edu/conference/conf2008/Intro2008.htm).



#### Hearing Courses

The Uni-

versity of Kansas Area Health Education Center is now offering courses for initial and renewal hearing certification. Dates are available in August, October and November for Level I and II training. To access the dates, locations and registration, go to <http://kuahec.kumc.edu/hearing.html>.

**Vision Courses** The University of Kansas Area Health Education Center is now offering courses for vision screening and assessment beginning in August and scheduling through April 2009. To access the dates, locations and registration, go to <http://kuahec.kumc.edu/vision.html>.

**No Travel Grant Writing Course Offered By Fort Hays State University** Fort Hays State University is offering a course on grant writing through their distance learning program. The course will begin September 4 and is being taught by a professor with 20 years' experience. As a result of successfully completing the course requirements, students will receive 10 Continuing Education Units and a grant writing certificate, all for the price of \$175. The contact information for more information is: e-mail: [sociology@fhsu.edu](mailto:sociology@fhsu.edu) telephone: 785-628-5840 or web site: [www.fhsu.edu/sociology/8weekgrants.shtml](http://www.fhsu.edu/sociology/8weekgrants.shtml).

**Kansas Working Healthy Program** A new program administered through the Kansas Health Policy Authority (KHPA) is available for people with disabilities who want to work but worry that doing so could jeopardize their vital health and long-term care coverage. This program is designed to support the competitive employment of Kansans with disabilities as outlined in the Kansas Strategic Plan, 2008-2010. To access the Kansas Strategic Plan and learn more about this program and enrollment, go to [www.workinghealthy.org/](http://www.workinghealthy.org/)

**Grant Writing Training** Grant Development Solutions will offer a professional grant proposal writing workshop in Kansas City on September 11-12. To register, log-on to [www.grantdevelopmentsolutions.com](http://www.grantdevelopmentsolutions.com) or call toll-free ( 866) 624-5003 for more information.

Encouragement  
after censure is  
as the sun after  
a shower.

— Goethe

**Benefits of Father Involvement** Fathers' involvement in a wide range of activities with their infant children is positively associated with infant cognitive development, according to a new Child Trends study published online in the Journal of Family Issues. The study, "Involvement among Resident Fathers and Links to Infant Cognitive Outcomes," also shows that the benefits of father involvement for infants' cognitive development are greater for male infants and for infants with a disability. For more information go to: <http://jfi.sagepub.com/cgi/content/abstract/0192513X08318145v1>

**Girls on the Run®** is a non-profit prevention program that encourages preteen girls to develop self-respect and healthy lifestyles through running. The curricula address all aspects of girls' development - their physical, emotional, mental, social and spiritual well-being. The volunteers serve as role models to the girls through coaching the 12-week, 24-lesson curriculum. The curriculum is delivered in these areas through after-school programs, recreation centers and other non-profit settings. For more information go to: [www.girlsontherun.org/](http://www.girlsontherun.org/).

**VERB™ Campaign** The Centers for Disease Control and Prevention (CDC) is proud to announce the publication of a supplemental issue of the American Journal of Preventive Medicine, entitled "The VERB™ Campaign. Not about Health, All about Fun: Marketing Physical Activity to Children." The online version of the supplement was released on May 19. Free access to the full series of articles will be available at: [www.ajpm-online.net](http://www.ajpm-online.net) (American Journal of Preventive Medicine, Volume 34, Issue 6, Supplement 1). Additional information about CDC's VERB Campaign can be found at: [www.cdc.gov/youthcampaign/](http://www.cdc.gov/youthcampaign/).



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785-296-1307 (Administration)

“Providing leadership to enhance the health of Kansas women and children through partnerships with families and communities.”

We hope this newsletter continues to be a useful resource for you. We encourage you to give us your comments, feedback and suggestions. Previous editions of ZIPS can be found at:

[www.kdheks.gov/c-f/zips/](http://www.kdheks.gov/c-f/zips/)

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Visit our Web site at [www.kdheks.gov/c-f](http://www.kdheks.gov/c-f)

## All Stars - Prevention Program

By Jane Stueve, Adolescent and School Health Consultant



Researchers at the National Institute on Drug Abuse

years ago and USD #469 Lansing offered All Stars as a community after-school program. Both districts are very pleased with the results. Ms deShazo is available to discuss any question you may have about the programs. You can contact her at [anndjja1ks@earthlink.net](mailto:anndjja1ks@earthlink.net).

identify five strategies that influence students to not participate in substance abuse, fighting, bullying and early sexual activity. These strategies are; 1) normative beliefs, 2) idealism 3) personal commitment, 4) parent/adult attention and 5) bonding.

All Stars Core training will be offered in Salina September 30 through October 1. For more information contact Kathleen Nelson-Simley 1-800-822-7148 or [kathleen@tanglewood.net](mailto:kathleen@tanglewood.net).

At the Tenth Annual Governor’s Conference on Juvenile Justice held in June in Wichita, a program called All Stars was presented. The purpose of the program is to address all of the above strategies through character education initiatives and increasing protective factors for the students as well as parent involvement.

Ms. Anne deShazo, Prevention Services Coordinator with Juvenile Justice Programs, stated that USD #409 Atchison infused All Stars into their curriculum three



Attention Health Departments and School Nurses! Did your e-mail address or phone number change over the summer? Has your contact information changed? If so, ZIPS and the MCH program staff would like to know! Contact Carrie Akin at (785) 296-1300 or [cakin@kdhe.state.ks.us](mailto:cakin@kdhe.state.ks.us) to update your information.