

H1N1 School Guidance Link Public Health and Schools

By Brenda Nickel, Child and School Nurse Consultant



KDHE, in partnership with the United School Administrators of Kansas (www.usa-ks.org/), presented H1N1 school guidance information at eight regional meetings of school administrators in August.

The Centers for Disease Control and Prevention (CDC) released new guidance for schools August 7 entitled *Preparing for the Flu (Including 2009 H1N1 Flu): A Communication Toolkit for Schools (Grades K-12)*. The document can be downloaded at www.cdc.gov/h1n1flu/schools/toolkit/pdf/schoolflutoolkit.pdf.

KDHE and State education agencies support the implementation of the guidance that includes topics related to hygiene, identifying influenza-like symptoms, preventing spread of infection, disease surveillance and considerations related to school dismissal and closure based on disease surveillance and collaborative decisions between health and education entities at the local level.

Information on the H1N1 vaccine, the targeted populations for the vaccine that includes school-age children and school vaccination clinics were presented. Cyndi Treaster, Office of Rural Health, KDHE, and Brenda Nickel, Bureau of Family Health, KDHE, emphasized the importance of collaborations with local health departments and encouraged those school administrators who have not yet had contact with their county health department to do so.

Nurses from local health departments were present at several sites. Kansas school nurses practicing in meeting regions were invited to attend and assist in answering questions. They were also invited to participate with a tabletop exercise that dealt with surveillance of illness in the school setting that challenged administrators to consider “next steps” to address continuity of operations and the possibility of school dismissal.

School nurses participating at the eight meeting sites were:

Concordia

- Jayme Peterson, Director, School Health Services, USD 333
- Tammy Schmidt, Director, School Health Services, USD 239

Hays

- Mary Ann Shorman, Director, School Health Services, USD 489, Governor’s Child Health Advisory Council
- Beth Fisher, Child Care Health Consultant, Hays Children’s Center

Oakley

- Julie Curiel, USD 274
- Esther Thielen, USD 293

Garden City

- Katrina Benyshek, Director, School Health Services, USD 214

Lecompton

- Chris Tuck, Director, School Health Services, USD 345, President, Kansas School Nurse Organization, Governor’s Council on Safe and Prepared Schools
- Sue Miller, Director, School Health Services, USD 512
- Sonja Gaumer, Director, School Health Services, USD 497

Clearwater

- Kathy Hubka, Director, School Health Services, USD 259, Kansas State Board of Nursing Continuing Education Committee and the Practice/Mental Health Technician Committee
- Jane Norris, Director, School Health Services, USD 353
- Beth Rohling, Director, School Health Services, USD 264
- Pat Kanaga, USD 260

Hutchinson

- Cindy Prescott, Director, School Health Services, USD 428

Girard

- Becky Barrett, Director, School Health Services, USD 250

The KDHE website posts updates to guidance and information related to H1N1. Posted since August 31:



- Pandemic Influenza Update PowerPoint Presentation
- School-Located Vaccination Clinic Toolkit
- Liability for H1N1 Vaccine Clinics in Schools

To view the latest updates and resources on the H1N1 flu outbreak in Kansas, go to <http://www.kdheks.gov/> and click on the logo.

Body Building Supplements Warning from FDA

By Jane Stueve, Adolescent and School Health Consultant

The U.S. Food and Drug Administration (FDA) has sent a warning letter to a manufacturer of body building supplements that claim to contain steroid-like ingredients, but in fact contain synthetic steroids. The FDA recommends that consumers immediately stop using all body building products that claim to contain steroids or steroid-like substances.

Adverse event reports received by the FDA for body building products that are labeled to contain steroids or steroid alternatives involve men (ages 22-55) and include cases of serious liver injury, stroke, kidney failure and pulmonary embolism.

Consumers should consult their health care professional if they are experiencing symptoms possibly associated with these products, particularly:

- Nausea
- Weakness or fatigue
- Fever
- Abdominal pain
- Chest pain
- Shortness of breath
- Jaundice (yellowing of the skin or whites of the eyes)
- Brown/discolored urine

The products named in the warning letter are marketed by American Cellular Laboratories, Inc., and include:

- "TREN-Xtreme"
- "MASS Xtreme"
- "ESTRO Xtreme"
- "AH-89-Xtreme"
- "HMG Xtreme"
- "MMA-3 Xtreme"
- "VNS-9 Xtreme"
- "TT-40-Xtreme"



If you are using any of the above products, stop their use immediately and, as with all medications and supplements, talk with your primary care provider for recommendations.

For more information on the FDA warning, go to: www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm174060.htm.

Sudden Infant Death Syndrome

Christy Schunn, LCSW, Executive Director of the SIDS Network of Kansas



Kansas has the fourth highest Sudden Infant Death Syndrome (SIDS) rate in the country, according to the latest statistics from the 2006 March of Dimes

Peristats. Currently there is no cure for SIDS, but there are steps to reduce the rate.

The National Institute of Child Health and Human Development (NICHD) defines SIDS as the sudden death of an infant under one year of age which remains unexplained after a thorough case investigation, including a complete autopsy, examination of the death scene and review of the clinical history.

SIDS affects infants from all ethnic, socio-economic and educational backgrounds. With the high rate of SIDS, it is imperative parents and all caregivers learn the steps to create safe sleep environments for infants.

Steps to Reduce the Risk of SIDS

- Place a healthy baby on its back to sleep at night and naptime.
- Use a firm mattress in a safety-approved crib or bassinet.
- Eliminate fluffy, loose bedding from the baby's sleep area.
- Keep the baby's face clear of coverings.
- Be careful not to overheat the baby.
- Don't allow anyone to smoke around the baby.
- Breastfeed, if possible.
- Educate everyone who cares for the baby about SIDS.
- Think about using a clean, dry pacifier when placing your infant down to sleep.
- Keep your baby's sleep area close to, but separate from where you and others sleep.
- Encourage "Tummy Time" when the baby is awake and you are supervising to help strengthen the baby's neck and shoulder muscles.

The SIDS Network of Kansas is a not-for-profit corporation with a mission to serve those who are or may be touched by the tragedy of SIDS. They provide supportive services for all those affected, community awareness, education for professionals and support for medical research efforts.

The SIDS Network strives to educate new parents and

caregivers on the steps to reduce sudden infant death. It is through community presentations, special projects and trainings that the Network shares the information to reduce infant mortality.

In November 2006 the Journal of the American Medical Association (JAMA) announced Boston Children's Hospital researchers found strong evidence that SIDS has a concrete biological basis. The researchers found conclusive evidence that a significant number of SIDS infants have a subtle brainstem defect.

When babies sleep face down or have their faces covered by bedding, they are thought to re-breathe exhaled carbon dioxide, therefore breathing in less oxygen. "A normal baby will wake up, turn over and start breathing faster when carbon dioxide levels rise and oxygen levels fall, but in babies who die from SIDS, defects in the brainstem may impair functioning; thus, the baby stops breathing" explains neuroscientist, Hannah Kinney, MD.

In a majority of the cases studied, the infants were sleeping on their side or stomach and 23 percent were sharing a bed at the time of death, indicating the need for continued education of safe sleep practices.

Since June 2003, the Network has distributed Six Steps to Safety, a risk reduction packet, to new parents across the state through the Healthy Start Home Visitor Program. In April 2009, the SIDS Network initiated the Kansas Cribs for Kids project, a program designed to distribute safety approved cribs to infants in need. Healthy Start Home Visitors from across the state deliver the cribs to families who meet eligibility requirements. Both projects aim to reduce the rate of SIDS and encourage safe sleep practices as recommended by the American Academy of Pediatrics (AAP).

The AAP recommends healthy babies be placed on their backs to sleep in a blanket-free safety approved crib with no pillows or stuffed toys in a cool, smoke free, well-ventilated environment. If possible, infants should be breastfed, introduced to a pacifier after 1 month of age and sleep in a shared room, but separate bed.

Although there is currently no cure for SIDS there are important safe sleep practices to reduce sudden infant death. For more information about SIDS support services and safe sleep community awareness contact the SIDS Network of Kansas toll free at 1-866-399-7437 or visit www.sidsks.org.

2009 HSHV Fall Regional Trainings

By Jamie Klenklen, MCH Admin Consultant



The agenda for the 2009 Healthy Start Home Visitor (HSHV) Fall Regional Trainings is as follows:

- ♥ 8:30 a.m. – Registration
- ♥ 9 a.m. – Introductions
- ♥ 9:30 a.m. – Kansas Tobacco Use Prevention Program by Matthew Schrock, Wichita
- ♥ 10:30 a.m. – break
- ♥ 10:45 a.m. – H1N1 by Ileen Meyer
- ♥ 11:30 a.m. – Business Case for Breastfeeding by Jamie Klenklen
- ♥ 11:45 a.m. – Infant Massage Demonstration by Jamie Klenklen
- ♥ Noon – lunch break
- ♥ 1 p.m. – Purple Crying by Amy Rose Karr, Kansas Children's Service League, Wichita
- ♥ 2:15 p.m. – break
- ♥ 2:30 p.m. – Healthy Homes by Jamie Klenklen
- ♥ 2:45 p.m. – Poison Prevention by Jamie Klenklen
- ♥ 3 p.m. – Round table discussion, suggested topics to include home visits, materials, freebies, training requirements and satisfaction survey cards. Bring any questions you have or materials you'd like to share.

The 2009 HSHV Fall Regional Training dates and locations are as follows:

- ♥ October 1 at the Names & Numbers Building, Pittsburg
- ♥ October 6 at the Thomas County Office Complex, Colby
- ♥ October 7 at the Salina-Saline County Health Dept., Salina
- ♥ October 21 at the IOOF Hall, St. John
- ♥ October 22 at the Santanta District Hospital basement, Satanta

Please register on KS-TRAIN at <https://ks.train.org/> and use Course ID #1018514 to attend at the location or date that works best for you. A certificate of attendance will be provided through KS-TRAIN. There is no registration fee for this training. All six trainings will consist of the same agenda, only the locations are different. This is a required training for all Healthy Start Home Visitors to attend. Contact Jamie Klenklen for more information at jklenklen@kdheks.gov or phone 785-296-1234.