



Log & Dialogue

As College health nurses, we strive to provide communication and peer support among members while encouraging professional growth and providing educational opportunities.

Fall 2009

January 19, 2010

Renew your
Membership at
www.spchna.org.

This and That

- H1N1– According to CDC estimates ~ 67 million Americans have contracted H1N1 flu since April 2009. You can subscribe to CDC email updates at: www.cdc.gov/emailupdates/index.html
- Attend Institutions of Higher Education Influenza Best Practices Forum. 1/26/10 Visit www.spchna.org and click on News tab for more information.
- Health Care Reform - What does it look like now? Is your voice being heard? Read the bill and see policy statements at: Republican Policy Committee <http://rpc.senate.gov/public/index.cmf?FuseAction=Home.Home> or Democratic Policy Committee http://dpc.senate.gov/depdoc-sen_health_care_bill.cfm



Widener University

<http://www.widener.edu/>

We survived H1N1—What is on tap for 2010?



We can all agree that this semester was like none other in the recent past. Along with students with H1N1 and providing vaccine to a population that didn't think they needed it, we all had some measure of budgetary concern or upheaval. We are being asked to do more with less or think of innovative ways to reallocate our resources.

Let's look forward to what is on tap for 2010....no pun intended. College drinking remains one of the biggest risk taking behaviors for our students. Lifestyle issues, whether it is drinking, diet, sleep, gambling, sexuality, etc. need to be what is on tap for us in 2010. If we resolve to provide holistic nursing care while treating the cold/flu, injury, UTI, etc and "take a sip" of lifestyle interventions with our students we will make a difference—one student at a time.

While on the topic of lifestyle interventions, Suzanne Gaddis, PhD recommends five key elements for success in the nursing workplace:

1. Set Positive Expectations—Expect a great day and have one.
2. Ask for Help When you Need It—reach out to your colleagues in SPCHNA
3. Celebrate Small Successes—celebrate when the last patient of the day is cared for.
4. Recognize and Reward Others— You get one and you give one.
5. Be your own Cheerleader— Create a positive dialogue with yourself.

Mitch Albom wrote in Have a Little Faith that happiness could be boiled down to being grateful and being satisfied. I am grateful to SPCHNA for providing networking and nursing education opportunities and both are the best! Have a great semester.

Chris Rooney, RN - President, SPCHNA

Spring Conference – May 20th, 2010

Widener University, Chester PA will be hosting the SPCHNA Spring Conference. The spring meeting is scheduled on a Thursday to provide our organization the opportunity to meet during the week after the end of the regular spring semester.

You can anticipate learning about Assessment: Mission, Vision and Strategic Planning; Tobacco Free Campus: A Grass-

roots Approach; and Sexuality Trends. Watch the Listserv for information and plan to register early to save your spot.

Hope to see you all on May 20th at Widener. More information will be available at www.spchna.org It is a great opportunity to network, meet old friends and make new friends.

SPCHNA NEEDS YOU: Consider hosting our Fall 2010 Conference -- Take a moment to recall the "great" conferences hosted by our membership:

Fall 09	Swarthmore College
Spring 09	Immaculata University
Fall 08	Villanova University
Spring 08	LaSalle University
Fall 07	West Chester
Spring '07	Philadelphia University
Fall '06	York College
Spring '06	Comm. College of Philadelphia
Fall '05	Alvernia College
Spring '05	Franklin and Marshall College

Sign up early to host -- beat the rush - you choose the date!

Future Conferences and Networking Opportunities

Institutions of Higher Education Influenza Best Practices Forum

Tuesday, January 26th 9-12 Philadelphia, PA

SPCHNA Spring 2010 Conference

Thursday, May 20th, 2010

American College Health Association Annual Meeting

June 1-5, 2010 Philadelphia, PA

Maryland College Health Nurses Association

June 8-11, 2010 Lafayette College, Easton, PA

Fall Conference October 10, 2009 -

Swarthmore College hosted the Fall '09 Conference. Speakers highlighted topics ranging from Anxiety and Depression, Common Eye Problems, Migraine Headache and Sexual Violence. Lunch provided the opportunity to network and hold our business meeting. The staff of Swarthmore did a great job! Thanks!! A special thanks to our sponsors, Pharmedix and GSK who helped defray expenses.

Membership Registration

Registration now open. Our membership fee is \$25 for July 1, 2009 to June 30, 2010. Registration and/or receipt of dues after February 1, 2010 will make you **ineligible** for member conference rates. Normally our member registration deadline is 10/01 but we have extended due to the new website and process.

Please go to <http://www.spchna.org/> to register today!

SPCHNA Winter Networking ReCap

32 attended the Winter Networking Meeting hosted by the University of Pennsylvania on Jan. 6, 2010. Topics discussed included a review of H1N1 and vaccination rates. Univ. Penn discussed their record keeping and clinics. Other schools indicated that they had vaccine on hand and that 30-60% of the students received the vaccine.

International students targeted TB testing and the protocol for positive TB testing was discussed. Some schools do not accept foreign chest x-rays with the incidence of black market x-rays. Active TB cases among students attending universities in SE PA have not been resistant strains. However, noncompliant students may develop resistance. Increased resistance was noted especially in Florida.

Medication dispensation vs administration was discussed. Haverford reports dispensing medication with written protocols signed by a physician. Univ. of Penn dispenses medications by PA/NP's or physicians. State nursing laws are vague. Physicians signing protocols are responsible for written protocols. Expired medication disposal was addressed.

Sources of salaries in college health were explored. The Sunbelt Surveys and CUPAHA were cited as resources. SPCHNA will investigate a survey. Budgetary concerns for programming was voiced along with topics for future meetings.

Thank you University of Pennsylvania Health Services for hosting this networking event and tour of your facility!

Leadership Directory

President: Chris Rooney Millersville University 717 872-3250 chris.rooney@millersville.edu

Vice President: De Vitale Delaware County Community College 610-359-5140 dvitale@dccc.edu

Secretary: Pat Roberts Haverford College 610-896-1089 proberts@haverford.edu

Treasurer: Karen Dahlquist Philadelphia University 215-951-2986 dahlquistk@philau.edu

Membership: Kirstin Patragnoni-sauter Philadelphia University 215-951-2986 patragnonik@philau.edu

ListServ: Lynn Nelson Russom Widener University 610-499-1183 lanelsonrussom@mail.widener.edu

