

# The Three R's

R Renew your Spirit  
R Refresh Your Skills  
R Relax and Network

New Hampshire  
School Nurses' Association  
Spring Conference  
& Annual Meeting  
5.25 Contact Hours

THE MARGATE  
ON • WINNIPESAUKEE



Saturday April 7, 2018  
MARGATE Lakefront Resort  
76 Lake St. Laconia, NH  
603-524-5210  
Breakfast and Lunch Provided

Members: \$135

Non-Members: \$155

Register online at

[www.nhschoolnurses.org/event-2737993](http://www.nhschoolnurses.org/event-2737993)

8:30 – 9:00 Breakfast, Registration Exhibitors

9:15 – 10:30 *"Compassion Fatigue and Resilience: To Languish or to Flourish?"*  
*Chief Deborah Pendergast, BA, EFO, AEMT*



Director Deborah Pendergast

*Director, NH Fire Standards and Training & Emergency Medical Services*

We will look at trauma exposure and discuss how it affects us both long and short term. How do we keep ourselves from becoming "hardened" and maintain our compassion and empathy toward our patients and clients. Why is it important to develop resilience to help us preserve our behavioral and physical health?

10:30 – 11:00 Break/Exhibitors: SEE Vendor List after the Agenda

11:00 – 12:00 DHHS HOUR:

*The New Hampshire Department of Health and Human Services* has several speakers that will highlight their programs pertinent to School Nursing

1. *Healthy Homes and Lead Poisoning Prevention Program*
2. *Asthma Control: Healthy Homes and Environment*
3. *NH Poison Control: Update on the latest illicit street drugs*
4. *Bureau of Infectious Disease Control*

12:00 – 1:00 Healthy Lunch, Exhibitors

1:00 – 1:15 *School Nurse of the Year Presentation*

1:15 – 2:30 *Strains, Bumps, & Bruises Assessing Common Childhood Injuries in the School Setting*



*Adam P. Androlia, DO Concord Orthopedics*

Do you often wish you had X-Ray vision? School nurses are often faced with the challenge of identifying and treating orthopedic injuries.

2:30 – 3:00 Break/Exhibitors Snacks and Drinks Available

3:00 – 4:15 *Pharyngitis or Streptococcal?*

*Brittany Houghton PA-C ConvenientMD Urgent Care*

In school-aged children with sore throats only two to three out of ten will actually have a streptococcal infection. Complaints of sore throat send many children to your Health office. Which ones warrant a referral?

4:15 – 5:00 Evaluations, Raffles

*NHSNA Annual Meeting,*

Election of Officers

NHSNA Board of Director Question and Answers

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#### **ACCOMODATIONS AT THE MARGATE**



The Margate has reserved a block of rooms for this conference at only \$119 per night.

Call 603-524-5210 Please mention when you call that you are attending the NHSNA conference.

We are currently making plans for some after conference fun. The Margate has a large heated indoor pool and oversized whirlpool. A 400 foot private sandy beach on Lake Winnepesaukee perfect for sunset viewing.

**5:30 – 7:00** Pool time for those of you staying overnight. \$7 Pool Passes for those not staying over.

**7:00:** Sunset is at 7:18. Join us in front of a campfire (weather permitting) on the shore of Lake Winnepesaukee to watch it. After the campfire goes out, network with your School Nurse peers at a local restaurant. Location to be determined. Separate checks (not included in conference payment)

***BE SURE TO VISIT THE EXHIBITORS!***

DHHS: Asthma Control Program CASA of NH Communities for Alcohol and Drug Free Youth DHHS: Bureau Infectious Disease Control Dove Self-Esteem Project New England Sales and Service - Audiometers Granite State College High Hopes Foundation of NH Lions Club of New Hampshire Make-A-Wish New Hampshire New Futures	New Hampshire Coalition Against Domestic & Sexual Violence DHHS: Healthy Homes and Lead Poisoning Prevention Program Professional Software for Nurses, Inc. Rivier University Saint Anselm College Southern New Hampshire University Well Sense Health Plan Zebra Crossings
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