



# NBCSN eNewsletter

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## A Message from the Board



### [A Message from the President](#)

*Cynthia Hiltz, MS, RN, PHN, NCSN, FNASN*

Hello NBCSN Community,

The NBCSN summer board meeting was in Florida just before the NASN in person conference. We continue to grow in numbers of NCSNs. We are fiscally sound. We are adding a 9th board member to help with board work. The annual award ceremony was well attended and fun. I would like to thank our current board members and all NBCSN volunteers for the work you are doing to move our nation forward with certification and excellence in school nursing.

The search for the new Executive Director is underway with the hope to have someone on board by 1/1/2024. The NBCSN website is being updated and refreshed. Diversity, equity, inclusion and belonging continue to be considered throughout our board work. If you are looking for ways to volunteer with NBCSN feel free to reach out to Pat Krin via email.



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## Membership News



[Exam Development](#)

If you participated in the Job Analysis survey this summer, you know that this season has been an exciting one for the NBCSN exam committee! Our testing partner statisticians are currently diving into the survey results to determine what is most important to modern school nursing practice. Results of the survey may indicate a need to change the distribution of certain exam items, for example, creating an exam that includes more content from a specific domain.

We look forward to sharing results with you in this regard, and later as a formal report in the Journal of School Nursing. We were thrilled to host an exam item writing workshop this summer with a strong team of NCSN volunteers, and we are now working to review, refine, and validate many new exam questions.

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## [Outreach - November 2023](#)

### Committee Update

2023 has been an exciting year for the outreach committee, as we met with a lot of liaisons and our members in person at the NASN conference in Florida and recognized all the hard work our liaisons were putting in their states to promote NCSN! We are truly grateful for having this network of liaisons and are excited to improve our liaison program. In the coming year, we are hoping to have more regular meetings with our liaisons via biannual town hall meetings! So stay tuned for more information on that!

Are you an NCSN in one of the following states - Connecticut, Georgia, Hawaii, Kansas, Kentucky, Louisiana, Maine, Montana, North Dakota, Oklahoma, Tennessee, Texas, and Wyoming? If you are, consider becoming a state liaison and helping us promote our certification! Click [here](#) to apply!

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## [Recertification Updates](#)

### Recertification Reminders and Tips

- CEs can be entered into your learning plan as they are earned.
- Each CE program must have a minimum of 1.0 CEs
- NASN membership is worth 1.0 CE per year of membership (limit of 5 CEs per recertification window)

You can earn CE for preceptorship, authoring an original article published in a journal, for MSN or DNP courses, and more. Please be sure to review the list of [acceptable professional activities](#) for more information.

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## [2024 Exam Dates](#)

The 2024 exam dates will be as follows:

- **Spring Testing Window: March 1 – April 2, 2024**  
Registration Window: November 20, 2023 – February 1, 2024
- **Summer Testing Window: July 8 – August 11, 2024**  
Registration Window: April 3 – June 7, 2024
- **Fall Testing Window: October 24 – November 24, 2024**  
Registration Window: August 12 – September 24, 2024

If you are applying for a future NCSN exam, please use your full legal name when creating your NBCSN account. If your name on the exam application does not match your valid government-issued photo ID (driver's license, passport, state ID) you will not be allowed to sit for the exam.

For those due to recertify, please be sure that all CEU courses are for 1.0 or more CEUs. Also, it is recommended that you enter more than 75 CEUs.

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## Research

Wellness is a term that school nurses and clinicians across areas use frequently. It is something that we try to facilitate for our students and the broader school community. What does wellness really mean? To shed light on this pivotal concept, a research team recently conducted a rigorous concept analysis. Dr. Patricia Endsley, NCSN, member of the research team shared, “My research team at the University of Missouri sought to dig deep as to what wellness in the school setting really was. As the NCSN on the team I was able to add context to real life student exemplars of student wellness.”

The report of their findings, currently available online ahead of print in the [Journal of School Nursing](#), provides an interesting history on wellness in schools, and proposes defining attributes of wellness based on an extensive search. Defining attributes include: healthy habits, balanced nutrition, physical activity, weight management, adequate sleep, stress reduction, social support, conscientiousness, and an optimum state of health.

The article also showcases illustrative case examples, which as Dr. Endsley notes, “illustrate wellness challenges school nurses face every day. As the NCSN, I was also able to tie in the 21st Century School Nurse perspective. NCSNs are valuable partners in school research teams as they provide the context necessary include the school nurse in the multi-disciplinary team.”

Skarbek, A., Endsley, P., Chrisman, M. S., Hastert, M., & Stellwagen, C. (In Press). Exploring Wellness Through Concept Analysis. *The Journal of School Nursing*, 10598405231165510

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