

NE Emergency Nurses Association



Quarterly Member Newsletter



From Your 2014 ENA State President

Dear Members,

Welcome to 2014 with the ENA. Much change is upon us with Healthcare Reform, and as you watch the headlines, the Emergency Department is right in the middle. Let me take a minute to introduce myself to you. I am Sue Deyke from Columbus, Nebraska, and I am your 2014 President. I am the director of the Emergency Department in Columbus, and honored to be filling this role this year. I have many great people to work with this year, including our President-elect, Anna May, from the Nebraska Medical Center, Adam Bruhn—secretary, also from the Medical Center, and this year welcoming Kim Brandenburg as our state treasurer. I have the pleasure of working with Kim as the Trauma Coordinator in Columbus. It should be a fun year.

We are very thankful to follow a successful 2013, lead by Cindy Slone, Professor in the Nursing Program at Creighton. She has led our state well and under her leadership successfully completed and received the ENA State

Achievement award. This award is offered to states completing certain criteria that show how well the state is unified, and working towards the betterment of emergency nursing practice. Congratulations to Cindy and the Nebraska organization! This is our fourth award. As we know, the award is hardware — the real value is the way these processes help unite our state and profession.

With that being said, we have some exciting news for 2014. This year we have focused on building teams for each committee. In the past, much work was done by the committee chair, but we know we can do more when we have a better representation across the state. This year's committee chairs, or leaders are:

- * Patty Peska from Children's in Omaha leading Pediatrics
- * Anne Duhs from BryanHealth leading Membership
- * Cindy Slone from Creighton

University leading the IQSIP

- * Linda Blinston retired from Alegent Creighton leading government Affairs
- * Kim Brandenburg from Columbus Hospital leading TNCC/Trauma

These chairs will be working with their team members to build our organization. If you have an interest helping in any way, feel free to contact them or myself. The more we see representation from all size Emergency Departments and locations, the more these team can assist our organization to grow.

With that being said, we look forward to a great 2014 and an opportunity to build our Emergency Nursing Practice.

Thank you,

Sue Deyke, MSN CEN
2014 Nebraska ENA President
sddeyke@columbushosp.org

Upcoming Events:

- * ENA Leadership Conference is being held March 5-9 in Phoenix, AZ. Registration and lodging information available on www.ena.org.
- * Coming in May — "Beyond the Moment of Impact" Trauma Course, Tuesday, May 20th in Columbus. CPEN Review Course, Wednesday, May 21 and Thursday, May 22, in Omaha. Registration now open!

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NE ENA Members Named to National Committees

A number of Nebraska ENA members have been selected to serve on national ENA committees. Sharing their thoughts and expertise with the national office in 2014 are:

- Sue Barnason, PhD RN APRN CNS CS CEN CCRN on the Clinical Practice Guideline Committee

- Megan Connelly, DNP APRN CPNP CCRN CNML, on the Emergency Department Operations Committee

- Anna May, MSN BA RN-BC CEN CPEN, chairperson, Geriatric Committee

- Sue Deyke, MSN RN CEN, chairperson, State Council Achievement

Award Work Team.

ENA sends out calls for committee members throughout the year. Watch your ENA email for openings and applications. By becoming involved on the national level you can help shape emergency nursing policy and practice.

ENA Government Relations by Linda Blinston, MSN CEN

Mental Health Bill Passes in Committee

In December, the Senate Finance Committee approved the Excellence in Mental Health Act as part of a larger bill dealing with Medicare reimbursements. The Excellence in Mental Health Act is sponsored by Senator Debbie Stabenow (D-MI) and the lead cosponsor is Senator Roy Blunt (R-MO). The legislation establishes a ten-state demonstration program in which participating states would certify that community behavioral health clinics meet higher standards and cover a broader range of mental health services. It will also take a significant step towards mental health parity by paying for mental health services under Medicaid in the same way as Federally Qualified Community Health Centers are reimbursed for comprehensive primary care services.

This will help community behavioral health clinics meet higher standards and offer services such as 24-hour

crisis psychiatric care; targeted case management; screening, assessment and diagnosis, including risk assessment; and increased integration of physical, mental and substance abuse treatment so they are treated simultaneously rather than separately. The full Senate has not yet voted on this legislation.

Bill to Fund Poison Control Centers Signed Into Law

A bill strongly supported by ENA that authorizes federal funding to our nation's 57 poison control centers through 2019 was signed by President Obama on January 27. The new law will provide support for the centers' 24-hour toll-free phone number; the national media campaign which educates the public and health care providers about poison prevention and the toll-free number; and the State Grant Program, which is used to help fund the local poison control centers. Grants can also be used to enhance the communications and response capability of poison control

response capability of poison control cases. Approximately half of these cases involved children under the age of six who were exposed to toxins in their home.

ENA Members Testify at Workplace Violence Legislation Hearings

During the first two weeks of February, committee hearings have already taken place in Idaho and Kansas on legislation making it a felony to assault an emergency nurse. ENA members were involved in the process and testified at both these hearings. In addition, ENA members are working with state legislatures in several other states to get bills introduced that would make it a felony to assault an emergency nurse. One other state, Michigan, has workplace violence legislation that was carried over from 2013. Supporters are pushing to have this bill passed by the State House and signed into law this year.

Updates from Government Affairs

TNCC Course Update

The 7th Edition of the TNCC Course is scheduled to be rolled out from the national office in early 2014. New instructor material will be made available online on February 10th and ALL CURRENT TNCC instructors MUST complete and successfully pass the update by **May 30th, 2014!** The new material may be taught any time after February 10th. Changes to the course material include new topic chapters as well as updated evidence-based practices.

The NE ENA Board has approved the purchase of updated course material for all Nebraska TNCC instructors. The material will be purchased at the ENA member rate. If you are a current instructor but are not an ENA member, the difference in the cost of the provider material will be the individual's responsibility.

Proof of completion of the updated material must be provided to Kim

Brandenburg, NE Trauma Chairman and Course Director, before the material will be given out. Please contact Kim at krbrandenburg@columbushosp.org for further instructions or if you have questions.

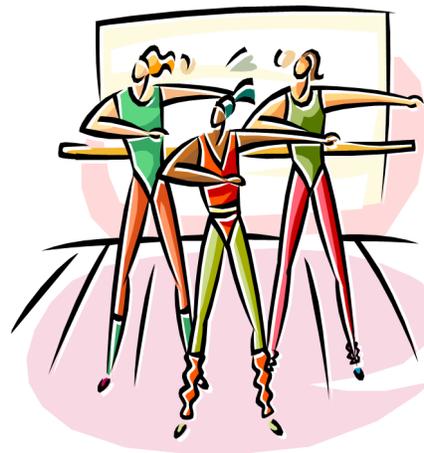
A HealthiER BettER You! by John Swanhorst, BSN RN

Well, I hope that everyone has made it through the flu season so far. I don't know about you, but my hands are pleading for a break from the nonstop hand washing and dry air. Now that it is February, it's time for us to regroup, relax for a month or so, and get ready for the busy summer season. Is it weird that emergencies have seasons? <http://www.nursetogether.com/exercises-nurses-can-sneak-in-at-work> is a great link that I found that has many great exercise ideas that you can do at work. It's nothing crazy but it is a good start and something that can get your mind focused on exercise.

I also want to point out the benefit of chia seeds. The same seeds that used to be popular for chia pets have regained popularity by eating them whole. I have been adding them to my water at work for some time now and have noticed that I do not snack as much. Chia seeds are full of fiber and they also expand when wet giving your stomach a full feeling. Research online and see all the benefits for yourself. One ounce has 42% of your daily fiber and packed with omega-3 fatty acids!

John Swanhorst

jswanhorst@gmail.com.



IQSIP Update by Cindy Slone, EdD RN CEN

The Institute for Quality, Safety and Injury Prevention (IQSIP) committee for 2014 would like to call several upcoming award application deadlines to your attention. There are many resources on the ENA website that you can utilize to begin new community education programs, improve safety at your work site and to be recognized for the outstanding work that you have already completed. Go to the practice tab at www.ena.org, click on **Wellness** and **Get Involved**. The **Lantern Award** application that celebrates outstanding emergency departments is due soon, **February 26th** at noon. There is still time to complete the application so take time to check it out! The **Annual Award** qualifications and the application is also posted with a due date of **March 3rd**. ENA would like to champion and acknowledge nurses who are involved in decreasing urinary tract infections/**CAUTI Award**. Individuals that are selected will be paired with a mentor and receive a stipend for one year along with the **free** kick-off event in Chicago! If you would like to call this amazing opportunity to someone's attention you know, there is an informational brochure explaining

the program posted with the application. Application deadline is **March 7th**.

Did you know that ENA is all about safety and prevention? Did you know that ENA is advocating for the safe distribution of the 18,000 ventilators that the US government has stockpiled in case of a national disaster? ENA is assisting with formulating the plan to best distribute ventilators if an emergency occurs as well as hot to train those nurses new to the use of ventilators.

Did you know that ENA is working with the CDC as an interested stock holder in preventing hospital readmissions? Only eight states have representatives on the CDC/ENA team and Nebraska is one!

Did you know that ENA IENR is conducting a sleep study to know more about how fatigue affects nursing practice? All this and more under the Practice and Wellness tab!

If you are attending the Leadership Conference in Phoenix, AZ in March, be sure to stop by the ENA Wellness Booth and add what your colleagues are doing in your community to the site map. We

**This month's
health and
wellness feature
in the NE ENA
Newsletter**

**Safety and
Injury
Prevention**

know you are doing many exciting things, so if you are not attending, send that information to: cindyslone@creighton.edu so I can acknowledge your great work. Nebraska needs to be on the map in the conference wellness booth!

Wellness committee members will be in contact with you in the near future so we can collect and summarize all that is happening in our state. Committee members to contact at any time with questions or ideas are: Cindy Slone (chair) - Lincoln/Omaha; Joyce Warncke—Norfolk (jwarncke@frhs.org), Donna Mausbach—Norfolk (dmausbach@telebeep.com)

ENA Calendar of Events

February	<p>ENPC February 20-21 North Platte Pat Richards (richardsp@gprmc.com)</p>	May	<p>TNCC May 1-2 North Platte Pat Richards (richardsp@gprmc.com)</p>
March	<p>ENA Leadership Conference March 5-9 Phoenix, AZ</p> <p>ENPC March 13-14 Scottsbluff Dallas Schaffer (schaffd@rwmc.net)</p> <p>ENPC March 24-25 Beatrice Carol Fielder (fielder@diodecom.net)</p>		<p>TNCC May 1-2 Scottsbluff Dallas Schaffer (schaffd@rwmc.net)</p> <p>ENPC May 15-16 Scottsbluff Dallas Schaffer (schaffd@rwmc.net)</p> <p>ENA Member Meeting May 19, 5:30 p.m. Columbus Kim Brandenburg (krbrandenburg@columbushosp.org)</p> <p>Beyond the Moment of Impact... Interactive Trauma Simulation May 20 River's Edge Conference and Convention Center Columbus Kim Brandenburg (krbrandenburg@columbushosp.org)</p> <p>CPEN Review May 21-22 Children's Hospital and Medical Center, Omaha Anna May (amaze610@yahoo.com)</p>
April	<p>TNCC April 2-3 Lincoln Jeanette Walsh (jwalsh@southeast.edu)</p> <p>ENPC April 3-4 Scottsbluff Dallas Schaffer (schaffd@rwmc.net)</p> <p>TNCC April 7-8 Ogallala Chirstina Kuehster Christina.kuehster@bannerhealth.com)</p> <p>TNCC April 8-9 Lincoln Jan Shaner (jan.shaner@bryanhealth.org)</p> <p>New Frontiers in Neonatal Care April 10-11 Omaha, Embassy Suites Www.childrensomaha.org/upcomingconferences</p>	June	<p>8th Annual Pediatric Trauma Conference June 6th Embassy Suites, Lavista Sponsored by Children's Hospital and Medical Center Registration information on their website</p>

NE Emergency Nurses Association

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Website: enanebraska.org

Safe Practice, Safe Care



Nebraska Educational Events in 2014

Registration information has been sent out for two great educational opportunities coming to Nebraska in May. On Monday, May 19th, the NE ENA Member Meeting will be held in Columbus, NE. The following day, national speaker Bill Light, BSN CEN CPEN, will present an all-day interactive workshop entitled "Beyond the Moment of Impact" in Columbus as well. This 8-hour course provides attendees an opportunity to participate in managing the care of trauma patients from their entry into the emergency room through care in the intensive care unit. It's a great way to earn

CE and get required trauma hours in the process!

On Wednesday, May 20th, and Thursday, May 21st, a two-day CPEN Review Course will be held at Children's Hospital and Medical Center. Make 2014 the year to get certified! For registration information, go to www.enanebraska.org and download a copy of the brochure, or register online via PayPal.

Questions? Contact Anna May at (402) 670-9795 or amaze610@yahoo.com.

2014 NE ENA State Board and Contact Information

President—Sue Deyke, MSN RN CEN
(sddeyke@columbushosp.org)

President-elect—Anna May, MSN BA RN-BC CEN CPEN
(amaze610@yahoo.com)

Immediate Past President — Cindy Slone, EdD RN CEN
(cindyslone@gmail.com)

Secretary — Adam Bruhn, BSN RN CEN CPEN
(aqbruhn@hotmail.com)

Treasurer — Kim Brandenburg, BSN RN CEN CPEN
(krbrandenburg@columbushosp.org)

Committees and Chairpersons

Government Affairs: Linda Blinston, MSN RN CEN
(craftinnurse@aol.com)

Injury Prevention: Cindy Slone EdD RN CEN
(cindyslone@gmail.com)

Pediatrics: Patty Peska, MSN RN CPN CPEN
(ppeska@childrensomaha.org)

Trauma: Kim Brandenburg, BSN RN CEN CPEN
(krbrandenburg@columbushosp.org)

Membership: Annie Duhs, RN CEN
(anne.duhs@bryanhealth.org)

CEN/CPEN Review Questions:

Test your knowledge with the following CEN/CPEN review questions:

1. Bruxism is an adverse effect of which of the following?
 - A. Cocaine
 - B. Heroin
 - C. Ketamine
 - D. Methamphetamine
2. The drugs most commonly used for neonatal resuscitation include:
 - A. D5, narcan, epinephrine
 - B. D10, narcan, epinephrine
 - C. Glucagon, narcan, epinephrine
 - D. Dextrose, narcan, epinephrine, and atropine

3. The organism responsible for early cellulitis (less than 24 hours) after a cat bite is most likely which of the following?

- A. Staphylococcus aureus
- B. Moraxella catarrhalis
- C. Pasteurella multocida
- D. Rochalimaea henselae

4. A 34 year old female comes to the ED complaining of muscle cramps in her legs and numbness of her fingers for the past several days. She has a history of gallbladder disease and pancreatitis. This patient is demon-

strating signs and symptoms of:

- A. hypermagnesemia
- B. hypocalcemia
- C. hyperkalemia
- D. hyponatremia

Answers: 1. d, 2. b, 3. c, 4. b.

21st Annual NE ENA Fall Conference – Call for Posters

The 21st Annual NE ENA Fall Conference date has been set for Thursday, October 23rd, at Mahoney State Park. This day-long event will feature a variety of topics and speakers. Planning is underway and some of the topics confirmed include: street drugs; SANE exams and forensic evidence collection; special populations in the ED; and much more!

Calling all poster presenters! Showcase your hard work! If you have research that you'll be doing or have completed that you would like to display, please let any board member know so that we can plan for room and any special needs you may have to do so.

Also, if anyone has contact with a vendor that

Might be interested in supporting or displaying their product/service at the conference, please give them any board member's contact information.

Mark your calendars and plan to attend!!!

The NE ENA Newsletter is published quarterly in February, May, August, and November. Articles and information for future mailings may be submitted electronically to: amaze610@yahoo.com or by mail to: NE ENA.

Welcome New Members!!!

Tiffani Arndt – Lincoln
Alex Boschulte – Omaha
Lisa Clausen – Laurel
Shanon Dunovan – Omaha
Lori Fields – Scottsbluff
Brian Gertz – Scottsbluff
Alicia Kunz – Gering
Ashley Lewis – Omaha
Ellen Long – Omaha
Jennifer Middlekauff – Lincoln

Megan Mullin – Omaha
Erin Pascoe – Curtis

Nebraska membership is currently at 284 members. Spread the word and get your friends and coworkers to join this great organization! Group membership submissions save \$10 off an annual membership. Contact Adam Bruhn at agbruhn@hotmail.com for details.

