

November 2013

NE Emergency Nurses Association



Quarterly Member Newsletter



Upcoming Events:

- * First member meeting of 2014 is scheduled for Wednesday, February 12th, in Lincoln. Mark your calendars – more information coming soon!
- * Nebraska Nurses Association's annual NNA Day at the Legislature will be held on Thursday, February 13th in Lincoln.
- * ENA Leadership Conference is being held March 2-6 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 information will be available in early 2014.

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From Your 2013 ENA State President

Warm Season's Greetings!

'Tis the season to count our blessing and time to start the holiday season! This year has gone by extremely fast. It has been a full and successful year at NE ENA where educational opportunities were offered throughout the year. Many of you took advantage of the fall conference, TNCC, ENPC, PETS, and the CEN review. The voice of Nebraska emergency nurses was heard due to the time volunteered by NE ENA members participating in the "Day on the Hill" in May. Educational scholarship applications were made and accepted in Nebraska from the ENA foundation. Old friends were reconnected, new friends were made, changes, in emergency nursing care were fostered and careers expanded and grew. Through these interactions, emergency care was affected in a positive way. Each and every one of you can be credited with being a valu-

able member in a professional nursing organization that you helped to build. I hope you plan to participate in these ways again and in addition, maybe in a few new ways so as to offer your unique perspective next year.

Thank you for your personal support this year. That you for volunteering in more ways than I can begin to remember. I cannot begin to name them all. I value my ENA experience and that you so much for allowing me to serve as your president this year. I have learned so much and this personal experience will always be a great memory for me. I count this experience as a personal blessing and it has been one of my favorite years in my nursing career. I can tell you that the ENA board is a very interactive and proactive board. It was my pleasure

to work with and learn from them throughout this year. I hope you will personally consider seeking a position on the board some time in your future.

Happiest of Thanksgivings to you! Eat much and enjoy the company of friends and family. The nursing care that you provide is safe practice and safe care. I certainly count **you** as one of my greatest blessings. I am very proud to be your colleague.

With gratitude,

Dr. Cindy Slone
2013 President

Annual Fall Conference Returns to Mahoney

Over 75 persons were on hand to attend the 20th Annual NE ENA Fall Conference held on Thursday, October 10, at Mahoney State Park. Speakers addressed the crowd on a number of current and diverse topics in emergency medicine. Participants enjoyed wonderful fall weather at the venue, and the reviews confirmed that Mahoney is definitely a favorite site among conference attendees!

A successful conference involves a good deal of preparation, so planning

has already started for 2014. The date for the **21st Annual NE ENA Fall Conference is Thursday, October 23rd, 2014**. Mahoney is again the location so mark your calendars! If you would like to help with the planning of the event, please contact any board member to volunteer.

Remember, 2014 is RN License Renewal year so plan to attend and earn CE hours!



Speaker and NE ENA Board Liaison, Joan Sames, speaks to audience members on Evidence-based Care at the Bedside.

Pediatric Emergency Training Simulator (PETS) Training by Sue Deyke, MSN RN CEN

Children involved in an emergency medical situation deeply touch our hearts and challenge our nursing skills. Did you know that approximately 27% of all emergency department visits consist of children under the age of 18, and rural and remote areas care for about 89% of all pediatric emergencies? With this being said, the Emergency Medical Services for Children (EMSC) took on this challenge and developed a custom class specifically to help hospital staff feel more comfortable caring for children. The program, Pediatric Emergency Training Simulator (PETS), development was led by: Debbie Kuhn, Nebraska EMSC Manager; Marjorie VanRiper, ED Educator at the Nebraska Medical Center; Lisa Reichter, Trauma Nurse Coordinator at Children's Hospital; and Julie Smithson, South Central EMS State Specialist. This class is being offered free of charge to hospitals and EMS to improve their pediatric care. Funding was provided through HRSA Emergency Medical Services for Children State Partnership Grant.

As of November 13th, the PETS class has reached out to 29 hospitals across the state and has over 15 more classes scheduled. The end result has been over 436 nurses and EMS personnel trained in pediatric emergency care. ENA has had a large influence on the content of the class and the instruction. Our very own National President, Deena Brecher, contributed to the inter-facility transfer tool kit. Contact hours are being provided through the ENA, an accredited approver of continuing education by the American Nurses Credentialing Center Commission on Accreditation. The CEU's provided also serve to meet requirements for pediatric trauma training needed for Nebraska Trauma Designation.

Class content covers respiratory, trauma, and medical problems using a case-based teaching method and hands-on simulation. Students have an opportunity to feel and use the pediatric equipment in a non-threatening situation to better prepare themselves for pediatric emergencies.



critical access. Instructors for the class are: Marjorie VanRiper, Lisa Reichter, Sue Deyke, Anne Duhs, Jan Shaner, Rachel Kubalek, Kathy Bowman, Gena Nissen, Julie Young, Pat Fiedler, Curtis Olson, Cindy Slone, and Patty Peska.

If you have an interest in bringing this education to your facility, please contact Debbie Kuhn at 1-800-422-3460 or Debbie.kuhn@nebraska.gov. The ultimate goal of this program is to improve pediatric care across the state.

**NE ENA members
work to improve
pediatric care
across the state
and to shape ENA
policy**

Nebraska National ENA Delegates in Nashville

Delegates from Nebraska to the General Assembly heard arguments on-thirteen resolutions and bylaws brought before ENA at the September conference held in Nashville. Cindy Slone, NE ENA President (Lincoln); Adam Bruhn, NE ENA Secretary (Omaha); Anna May, NE ENA Treasurer (Omaha); Nancy Hicks-Arsenault (Scottsbluff); Annie Duhs (Lincoln) and

Kim Brandenburg (Columbus) reviewed the proposals then discussed the issues before casting their votes.

If you would like to be considered for a NE delegate position in 2014, information on applying for ENA General Assembly in Indianapolis October 7-11 will be available in the February newsletter.

2013 NE ENA Officer Election Results

The annual NE ENA State Officer elections were held in late September/early October and the results are in! Congratulations to Anna May RN who was elected 2014 President-elect/2015 President, and to Kim Brandenburg RN who will take the position of treasurer through 2015.

Elections will be held again in the fall of 2014 for the positions of 2015 President-elect and for the Secretary (two-year term). If you're interested in running and would like more information, contact any board member for questions.



Delegate Anne Duhs steps up to the microphone to ask for clarification on an issue brought before the ENA General Assembly.

A HealthiER BettER You! by John Swanhorst, BSN RN

First things first... Did we all make it through the busy summer trauma season? I know that my emergency room has been crazy busy and I am beginning to worry that our slow season between summer and flu season is not going to happen. On that note, I thought I would let everyone know that through my many Google searches, I have decided that the average Christmas cookie has between 75 and 125 calories. On the other hand, I found that, for the average person, walking at two miles per hour for one hour would burn 200 calories. Which, in turn, means that we could eat around 19 cookies per shift and basically walk them all off, right?

According to WebMD, there are various foods that can help with boosting one's immune system. Some that I thought would be easy to consume in the busy ER

would be any and all berries, apples, raisins, snow peas, peppers, pumpkin (pumpkin spice coffee doesn't count, sad day!) and carrots. I think that we need to remember that during this soon-to-be virus-plagued season, we must take care of ourselves first. If we get sick, so do our families and so do our patients. Eating right, exercising, drinking lots of water, and getting plenty of rest is so important this time of year. I will end this article saying that congratulations for making it past the busy summer season and let's hop that all our hands can make it past the dry skin, constant hand washing, and alcohol-gel burning season!

Happy Holidays!

John Swanhorst

jswanhorst@gmail.com.



the decorated cookie

ENA Foundation Jewelry Auction

The ENA Foundation provides academic scholarships, continuing education and research grants to emergency nurses. This year, 43 individual academic scholarships totaling \$192,000 were awarded, as well as 10 continuing education scholarships to attend the Leadership Conference and 20 to attend Annual Conference. Many NE ENA members have been recipients of these scholarships throughout the years.

A number of creative ideas are used to fund these scholarships beside personal donations. Each year at Scientific Assembly a Jewelry Auction is held in which individuals or state councils are encouraged to donate pieces of jewelry and these are then bid on with proceeds going toward scholarships. NE ENA has supported this for a number of years and at the 2013 conference, the Jewelry Auction raised over \$23,700.

NE ENA Shows Its "Turtle Power"

National ENA President, JoAnn Lazarus, challenged state ENA councils to decorate a toy or ornamental turtle based on the inspirational theme of her presidency, "Behold the turtle — he makes progress only when he sticks his neck out". The top three winning entries would win contribu-

tions made in the states' name to the ENA Foundation by President Lazarus.

NE ENA President, Cindy Slone, incorporated the theme of injury prevention and bicycle helmet use in her entry which resulted in a third place win for Nebraska and donated \$200 to Foundation efforts.

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



ENA Calendar of Events

December	TNCC December 3-4 North Platte Pat Richards (richardsp@gprmc.com)	March (continued)	ENPC March 13-14 Scottsbluff Dallas Schaffer (schaffd@rwmc.net)
	ENPC December 5-6 Omaha Eileen Keenan (eileenkeenan@hotmail.com)		ENPC March 24-25 Beatrice Carol Fielder (fielder@diodecom.net)
	Happy Holidays!!	April	TNCC April 2-3 Lincoln Jeanette Walsh (jwalsh@southeast.edu)
January	Happy New Year!		ENPC April 3-4 Scottsbluff Dallas Schaffer (schaffd@rwmc.net)
	TNCC January 16-17 Scottsbluff Dallas Schaffer (schaffd@rwmc.net)		TNCC April 7-8 Ogallala Chirstina Kuehster Christina.kuehster@bannerhealth.com)
	ENPC January 23-24 Scottsbluff Dallas Schaffer (schaffd@rwmc.net)		TNCC April 8-9 Lincoln Jan Shaner (jan.shaner@bryanhealth.org)
	ENPC January 28-29 Beatrice Carol Fielder (fielder@diodecom.net)		New Frontiers in Neonatal Care April 10-11 Omaha, Embassy Suites www.childrensomaha.org/upcomingconferences
	ENPC January 30-31 Grand Island Jenna Watson (jwatson@sfmc-gi.org)		
February	TNCC February 6-7 COURSE FULL!! North Platte Pat Richards (richardsp@gprmc.com)	May	TNCC May 1-2 North Platte Pat Richards (richardsp@gprmc.com)
	NE ENA Member Meeting WEDNESDAY, February 12 Time and location TBD Lincoln, NE		TNCC May 1-2 Scottsbluff Dallas Schaffer (schaffd@rwmc.net)
	Nurses Day at the Legislature Thursday, February 13 www.nebraskanurses.org		ENPC May 15-16 Scottsbluff Dallas Schaffer (schaffd@rwmc.net)
	ENPC February 20-21 North Platte Pat Richards (richardsp@gprmc.com)		
March	ENA Leadership Conference March 5-9 Phoenix, AZ		

NE Emergency Nurses Association

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Safe Practice, Safe Care



Nebraska Educational Events in 2014 – Save the Dates!!!

The month of May promises to be an exciting one for educational offerings in Nebraska! 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 for interaction in trauma scenarios through use of simulation. The location of the program and meeting will be available in early 2014 with

registration information.

After leaving Columbus, Bill will travel to Omaha to do a two-day CPEN Review Course at Children’s Hospital and Medical Center on Wednesday, May 20th, and Thursday, May 21st. Registration information and further details will be available in early 2014 as well so mark your calendars, schedule your certification exam, and plan to attend. Make specialty certification your New Year’s resolution for 2014!

NE ENA State Board and Committee Updates

Heartfelt thanks to outgoing NE ENA State officers for their work during the past years! Cindy Slone will take her place as Immediate Past-President and will coordinate Injury Prevention activities throughout the state as Injury Prevention Committee Chairman. Many thanks to Bobbie Jo Miller for her efforts with this committee over the past few years! Anna May has completed her two-year term as State Treasurer and will transition into the role of 2014 President-elect.

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, RN CEN CPEN
(abruhn@nebraskamed.com)

Treasurer — Kim Brandenburg, BSN RN CEN CPEN
amaze610@yahoo.com

Bruhn, RN CEN CPEN (abruhn@nebraskamed.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)

Committees and Chairpersons

Government Affairs: Co-chairs—Nancy Hicks-Arsenault MBA BSN RN (nancy.hicks-arsenault@rwmc.net) and Adam

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:



Winter and Hypothermia from the National Safety Council and CDC

Winter in Nebraska can quickly turn from a picturesque snow-covered terrain to treacherous and brutal as temperatures plummet and wind chills come into play. Travel is often precarious and motorists may find themselves stranded along the way. In addition, any time spent out in the elements puts a person at risk of hypothermia. Exposure to prolonged periods of the cold is dangerous especially to infants and older people. Infants lose body heat more easily than adults and can't generate heat by shivering; the elderly make less body heat because of a slower metabolism and less physical activity. Victims of hypothermia are often: (1) elderly people with inadequate food, clothing, or heating; (2) babies sleeping in cold bedrooms; (3) people who remain outdoors for long periods — the homeless, hikers, hunters, etc.; and (4) people who drink alcohol or use illicit drugs.

Recognizing Hypothermia

Warning signs of hypothermia:

Adults -

- ◆ Shivering, exhaustion
- ◆ Confusion, fumbling hands
- ◆ Memory loss, slurred speech
- ◆ Drowsiness

Infants

- ◆ Bright red, cold skin
- ◆ Very low energy

What to Do

If you notice any of these signs, take the person's temperature. If it is below 95 degrees, the situation is an emergency — get medical attention immediately. If medical care is not available, begin warming the person as follows:

- Get the victim into a warm room or shelter
- If the victim has on any wet clothing, remove it
- Warm the center of the body first—chest, neck, head, and groin — using an electric blanket, if available. Or use skin-to-skin contact under loose dry layers of blankets, clothing, towels, or sheets.

- Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.
- Get medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently, and emergency assistance immediately. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds, or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated

CAR SURVIVAL KIT

Suggested items to have on hand in your car as you embark on winter travel include:

- * Cellphone; portable charger and extra batteries
- * Shovel
- * Windshield scraper
- * Battery-powered radio
- * Flashlight (and extra batteries)
- * Water; snack food
- * Extra hats, coats, mittens
- * Blankets
- * Chains or rope
- * Tire chains
- * Canned compressed air with sealant
- * Road salt and sand
- * Booster cables
- * Emergency flares
- * Bright colored flag; help signs
- * First aid kit; tool kit
- * Road maps; compass
- * Waterproof matches and a can (to melt snow for water)



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.

CEN/CPEN Review Questions:

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

1. Early symptoms of anthrax pneumonia include:
 - A. abrupt onset, elevated temperature, productive cough
 - B. insidious onset, mild fever, nonproductive cough
 - C. abrupt onset, high fever, productive cough
 - D. fever, chills, cough, hemoptysis
2. Kernig's sign is:
 - A. low back or posterior thigh pain on hip flexion with gradual knee extension
 - B. neck flexion that results in hip and knee flexion
 - C. dilated pupils and rapid, shallow respirations
 - D. brisk reflexes followed by decerebrate posturing
3. ED management for pediatric patients with sickle cell disease is:
 - A. IV fluid
 - B. IV analgesics
 - C. Blood transfusion (Hgb less than 9)
 - D. All of the above
4. A 17 year old unrestrained driver presents after a crash in which his face struck the steering wheel. Upon examination, you notice that the patient has a tear-shaped pupil. The ED nurse should do which of the following next?
 - A. Determine patient's tetanus status and administer if warranted
 - B. Place a patch over both eyes
 - C. Administer antibiotics
 - D. Administer pain medications

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

Welcome New Members!!!

Leeann Bruns — Hemingford
 Marsha Cody — Omaha
 Joseph Debban — Kearney
 Brandi Dolezal — Lincoln
 Deanna Gragert — Gretna
 Sarah Johnson — Grand Island
 Katie Kranau — Firth
 Jolene McLaughlin — Elmwood
 Misti Soderlund — Danbury
 Kari Taylor — Ponca
 Jenna Watson — Grand Island

Nebraska membership is currently at 291 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!