

NE Emergency Nurses Association



Quarterly Member Newsletter

Upcoming Events:

- * ENA General and Scientific Assembly is being held October 8-11 in Indianapolis, IN. Registration and lodging information available on www.ena.org.
- * The 21st Annual NE ENA Fall Conference is set for Thursday, October 23, at Mahoney State Park in Ashland. Brochures and registration information available now on the website.

From Your 2014 ENA State President

Dear Members:

The first of September is here, school is starting and maybe a more organized time in our life. Your Nebraska ENA is getting busy with our fall planning. This year, the annual conference will be held again at Mahoney State Park. Dates are set for October 23rd. As always, the park will be beautiful in the fall, and the conference will be packed with excellent presenters. We are also blessed with sponsors that will provide us with knowledge of products to augment our practice.

Also the state council is gearing up for the 2014 General Assembly. This year Nebraska will have 6 delegates and one alternate representing the state.

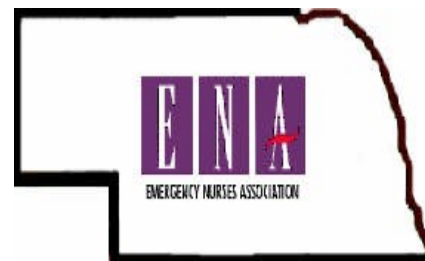
Delegates are: Kim Brandenburg, Anna May, Adam Bruhn, Nancy Hicks-Arsenault, Carrie Prokopec, Sue Deyke, and alternate Curtis Olsen. We have great representation from across the state, and welcome any comments on the resolutions and bylaws changes.

One last message, Nebraska ENA was well represented at the NNA political reception held at the Thompson Center in Omaha on August 23rd. ENA was a Silver Sponsor for the reception and

had an opportunity to network with other nurses and discuss our concerns with our future leaders. Representing ENA was Kim Brandenburg, Sue Deyke and Anna May.

All in all, the fall is full of great events for our state, and hope to hear from you soon.

Sue Deyke, MSN CEN
2014 President Nebraska ENA



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21 Years of Annual ENA Fall Conferences

The kids are back in school, football season is underway, and the days are getting shorter. The fall brings more than just cool weather — it signals the time for the NE ENA Annual Fall Conference! This year — the 21st year of great state programs — the conference will be again held at Mahoney State Park in Ashland. The day-long event is on Thursday, October 23rd. Brochures are available online, via mail, and on the NE ENA website at www.enanebraska.org.

In this NE RN license renewal year, plan to join fellow healthcare professionals for a day of great educational sessions, delicious food, and a beautiful environment. This year's program features topics of: bariatric trauma; Affordable Care Act and impact on nursing, head injury in pediatric patients, street drugs, and more. In addition, the conference will have research posters on display and provide an area for vendors to showcase their latest innovations.



The Facts about Ebola

In the forefront of current medical news is the Ebola virus infections diagnosed in American medical missionary workers serving in Africa. Ebola hemorrhagic fever is not a new disease — it first appeared in 1976. However, due to media frenzy and a general lack of knowledge from the public, it is receiving the same degree of sensationalism that surrounded SARS, anthrax, and other rare but potentially lethal disease exposures. In fact, the Washington Post recently reported that 26 percent of Americans worry that they'll catch Ebola in the next year — even though no one has reported catching Ebola on US soil.

Here are some key facts about Ebola from the World Health Organization:

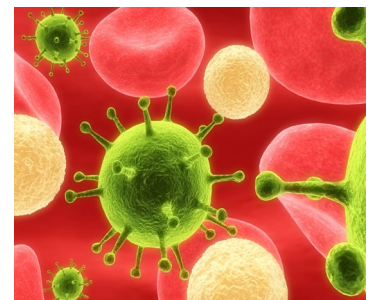
- * Outbreaks occur primarily in remote villages from Central and West Africa, near tropical rainforests.

- * The virus is transmitted to people from wild animals and spreads in the human population through human-to-human transmission.
- * Fruit bats are considered to be the natural host of the Ebola virus.
- * Severely ill patients require intensive supportive care. No licensed specific treatment or vaccine is available for use in people or animals.
- * Ebola infections result from direct contact (through broken skin or mucous membranes) with the blood, secretions, organs, or other bodily fluids of infected people.

Since 1976, there have been more than 4100 documented cases of Ebola in hu-

mans, with a 66% mortality rate.

Symptoms typically appear 8-10 days after exposure to the virus, with the incubation period spanning two to 21 days. Early symptoms include fever, headache, body aches, cough, stomach pain, vomiting, and diarrhea. Later symptoms can appear quickly and include internal and external bleeding, vomiting blood, bloody diarrhea, and cardiovascular collapse.



Ebola

September Observance

ENA Delegates

September is National Recovery Month

Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors National Recovery Month to increase awareness of behavioral health conditions. This celebration promotes the message that behavioral health is essential to health, prevention works, treatment is effective, and people recover from mental and substance use disorders.

Recovery Month encourages people to openly discuss mental and substance use disorders and the reality of re-

covery. It aims to foster public understanding and acceptance of benefits of prevention, treatment and recovery from behavioral health conditions. The observance also promotes ways first responders, faith leaders, youth and young adults, and policymakers can recognize these issues and reach out to help others.

The most common mental disorders include: agoraphobia, anxiety, obsessive compulsive disorder, panic disorder, post-traumatic stress

disorder, social phobia, bipolar disorder, major depressive disorder, attention deficit disorder, personality disorder, and schizophrenia.

For more information or to download a copy of the 2014 Toolkit, providing outreach information and resources to cultivate partnerships with other organizations, go to: www.recoverymonth.gov.

Indiana, Here We Come...

Leaving the familiarity of the Husker State for Indy 500 country, six delegates and one alternate are Indianapolis bound. Representing Nebraska ENA are: Sue Deyke, NE ENA President (Columbus); Anna May, NE ENA President-elect (Omaha); Kim Brandenburg, Treasurer (Columbus); Adam Bruhn, Secretary (Omaha); Carrie Prokopec

(Columbus); Nancy Hicks-Arsenault (Scottsbluff); and Curtis Olson (Lincoln).

The delegates will spend October 8-9 discussing proposed changes to ENA policy and bylaws, then may stay to attend Scientific Assembly from the 9-11th. A number of great

educational offerings are featured and keynote speakers on hand to engage conference goers. Program topics include clinical, leadership, educational, and professional development foci to insure widespread appeal for all attendees.

A HealthiER BettER You! "Fall" Into Healthy Eating Habits

It's that time of year when it starts to get dark early, the days get cooler and we start eating more. According to John de Castro, a professor of psychology at the University of Texas, we have a tendency to eat about 200 calories more per day during the fall which translates into a potential weight gain or 3-4 pounds per year.

Why do we eat more in the fall? More than likely, it's biological — putting on weight in preparation for the potential famine our ancestors faced. We tend to eat when food is plentiful during the fall harvest. Perhaps we eat more simply because bathing suit season is over, and we can start hiding excess calories beneath our winter clothes.

Whatever the reason, it's important to realize that fall foods can actually be healthier than foods of other seasons. Here are a few tips to keep the fall tasty

and healthy:

- * Soups are great for you if they're not made with cream or cheese. Just watch serving sizes.
- * Stews can be hearty and fattening. Use loads of fresh vegetables and go light on the meat and potatoes
- * Avoid unconscious eating while watching football and the new fall TV lineup.
- * For pizza, watch the toppings — they can double the calories
- * Celebrate the fall harvest in other ways besides making pies. Apples are low in calories when they're off the tree, not in a pie.
- * Turkey is healthy, as long as you keep it lean and white.
- * Get out and enjoy the fall weather. It's the perfect time to go outdoors and do

something. Take walks, go to the zoo, ride a bike.

- * Keep in mind that once we set the clocks back, it gets darker earlier, so there are fewer outdoor options for physical activities in the evening. Make adjustments by joining a gym, planning evening walks at the mall or becoming an early riser.



WIN A TRIP TO ORLANDO!!!!

The **2015** National Emergency Nurses Conference is being held in Orlando, September 28 to October 3, 2015. Nebraska ENA wants to send YOU! Sign up a new member and you and they will each be entered into a drawing for conference registration, hotel, and airfare for 1 to the conference. Please remember — the new member **MUST** put your name on their application for you to get credit. Anyone newly joining in 2014 will automatically be entered.

Increase your chances! Join for more than one year, get more than one entry! A three-year membership gets 3 chances; a five-year gets 5!!!

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

NE ENA Officer Positions for Fall Election

Interested in becoming more involved in Nebraska ENA? Taking a position on the board is a great way to get in on the ground floor and help set the direction for state emergency nurses. The offices of secretary (two-year term) and president-elect (one year as president-elect, then one year as president) will be voted upon in the fall. The position of secretary involves taking minutes at meetings and submitting updates to the NE ENA website. The president-elect

helps plan and coordinate meetings and activities throughout the state.

State officers coordinate member meetings, state educational programs (GEN/CPEN Review, annual Fall Conference), and are sent to the national ENA conference as Nebraska delegates. Anyone interested in running for office, please email Sue Deyke at sddeyke@columbushosp.org to add your name to the ballot. Voting will take place in early October.



ENA Calendar of Events

September

TNCC

September 8-9
Beatrice
Carol Fielder (fielder@diodecom.net)

TNCC

September 8-9
Bellevue
Janet Szemplenski (jszemplenski@bellevuemed.com)

ENPC

September 22-23
Bellevue
Janet Szemplenski (jszemplenski@bellevuemed.com)

TNCC

September 23-24
Norfolk
Bobbie Jo Miller (bmiller@frhs.org)

TNCC

September 25-26
Grand Island
Jenna Watson (jwatson@sfmc-gi.org)

Omaha Trauma Symposium

September 26

TNCC

September 30-October 1
Lincoln
Jeanette Walsh (jwalsh@southeast.edu)

October

TNCC

October 2-3
Scottsbluff
Dallas Schaffer (schaffd@rwmc.net)

TNCC

October 7-8
Norfolk
Bobbie Jo Miller (bmiller@frhs.org)

ENPC

October 7-8
Lincoln
Diann Kittok (diann.kittok@bryanhealth.org)

ENPC

October 14-15
Norfolk
Betsy Feilmeier (bfeilm@frhs.org)

ENPC

October 15-16
Grand Island
Jenna Watson (jwatson@sfmc-gi.org)

TNCC

October 22-23
Columbus
Kim Brandenburg (krbrandenburg@columbushosp.org)

ENPC

October 23-24
North Platte
Pat Richards (richardsp@gprmc.com)

21st Annual NE ENA Fall Conference

October 23
Mahoney State Park, Ashland, NE

ENPC

October 23-24
Scottsbluff
Dallas Schaffer (schaffd@rwmc.net)

TNCC

October 29-30
Kearney
Stephanie Leonard (stephanieleonard@catholichealth.net)

TNCC

Neligh
October 29-30
Neligh
Diane Yetter (dyetter@nebraskamed.com)

TNCC

November 3-4
Lincoln
Robbie Dumond (Robbie.dumond@bryanhealth.org)

November

TNCC

November 6-7
North Platte
Pat Richards (richardsp@gprmc.com)

TNCC

November 11-12
Columbus
Kim Brandenburg (krbrandenburg@columbushosp.org)

TNCC

November 11-12
 McCook
 Todd Hovey (thovey@chmccook.org)

**NE ENA Member Meeting**

November 11
 Time and location TBD

Welcome New Members!!!**TNCC**

November 11-12
 West Point
 Diane Yetter (dyetter@nebraskamed.com)

Stephanie Brown — Big Springs
 Chelsea Craig — Omaha
 April Gaines — Crete
 Tonya Griffin — Ogallala
 Kristi Hicks — Papillion
 Chad KinKennon — O'Neil
 Robin Lauder — Lincoln
 Scott Micek — Hastings
 Karlynn Mueller — Columbus
 Mary Romshek — David City
 Claire Wise — Omaha

ENPC

November 13-14
 Scottsbluff
 Dallas Schaffer (schaffd@rwmc.net)

Nebraska membership is currently at 262 members. Spread the word and get your friends and coworkers to join this great organization! Group membership submissions save \$10 off an annual membership.

NE Emergency Nurses Association

P.O. Box 24941
 Omaha, NE 68124-0941

Website: enanebraska.org

2014 NE ENA State Board and Contact Information**Safe Practice, Safe Care**

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

(cindystone@gmail.com)

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

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

Immediate Past President — Cindy Stone, EdD RN CEN
 (cindystone@gmail.com)

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

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

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

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

Committees and Chairpersons

Government Affairs: Nancy Hicks-Arsenault, MBA, BSN RN
 (nancynp03@earthlink.net)

Injury Prevention: Cindy Stone EdD RN CEN

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

Nebraska ENA

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CEN/CPEN Review Questions:

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

1. During cardiac arrest with ventricular fibrillation, a patient's potassium is evaluated at 9.3 mEq/L. The nurse would anticipate the physician's order for:
 - A. IV fluid bolus
 - B. calcium and albuterol (Ventolin)
 - C. atropine and isoproterenol (Isuprel)
 - D. sodium polystyrene sulfonate (Kayexalate)
2. An elderly patient presents to the emergency department with a 2-hour history of dizziness and fatigue. The 12-lead electrocardiogram reveals an irregular rhythm with no discernible P waves. The nurse suspects that this patient's symptoms are due to which of the following?
 - A. Dehydration and hypovolemic shock
 - B. Ventricular tachycardia with a rhythm
 - C. Normal changes with aging
 - D. Atrial fibrillation (A-fib) with rapid ventricular response
3. Which of the following conditions is most likely to have a reduced level

of consciousness as part of its disease process?

- A. Mania
 - B. Delirium
 - C. Dementia
 - D. Depression
4. A 6-month old infant presents to the ED with report of poor intake, mild fevers, and scattered red popular rash to groin and abdomen. The child is alert and the Pediatric Assessment Triangle reveals no additional abnormalities. The pediatric emergency nurse knows that the most appropriate next step is to:
 - A. Obtain orders and administer antipyretics
 - B. Initiate Oral Rehydration Therapy protocol
 - C. Immediately utilize the CIAMPEDS mnemonic to determine immunization status of child
 - D. Initiate isolation with airborne precautions

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

