

August 2015



Quarterly Member Newsletter

Upcoming Events:

- \* The 22nd Annual NE ENA Fall Conference will be held on Thursday, October 8th, at Mahoney State Park in Ashland, NE. Registration is now open and information is available on www.nebraskaena.org .
\* See NE ENA at the Nebraska State Fair on September 5th, 6th, and 7th! Join your colleagues as they showcase injury prevention and safety initiatives with fairgoers.

From Your 2015 ENA State President

Many years ago, a coworker, going through a divorce and custody battle, shared her frustrations when her children decided to live with their dad rather than her. In the course of conversation, she said, "I guess I don't blame them—they're kids. Mom's house is eating healthy meals, chores and doing heir homework. At dad's, they get to snack all they want, play video games, and have no set bedtime. So am I surprised? If it was you, would you choose carrots or candy?"

In many ways, the challenge of attaining high patient satisfaction scores in the Emergency Department reminds me of that analogy. Do we give our patients what they want? Or what we, as medical professionals, know what

they need? Carrots or candy? We hear frustrated providers exclaim, "If I don't give them a narcotic prescription, they (patients) won't be happy" or "The guy wants an MRI. If he doesn't get it, he's going to leave mad and then we'll get bad ratings" or "This mom wants an antibiotic for her kid even though this is viral. It won't do any good, but she won't be happy unless she gets it." Is this fear of patient satisfaction scores influencing the way medicine is practiced?

This presents a unique challenge for ED nurses. We have the knowledge to manage patient expectations and set the tone of their experience. By our words and actions, we can convey a deep caring for the patient while

educating them in the latest research and evidence-based practices. Using empathy and acknowledging their discomfort goes a long way. A simple apology at the start of dialogue can set the tone and preface a teachable moment — "I'm sorry you're feeling so miserable, but we think your symptoms are due to a virus and, unfortunately, there are no medications that treat a virus. Rest, fluids, and using OTC meds is the best thing for you right now." Is this the key to great patient satisfaction? Of course not, but it can help in managing perception and expectations in the ED.

Thanks for caring each and every day! Enjoy the fall!

Anna May, NE ENA State President

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CALL FOR VOLUNTEERS — YOUR HELP IS NEEDED!

Nebraska ENA has won top honors in the Nebraska State Fair Cares program. The program, which is in its second year, recognizes non-profit organizations for their public education and injury prevention efforts and allows winners to showcase their work at the Nebraska State Fair. First place winners receive access to almost 80,000 fairgoers over Labor Day weekend. Their display is featured prominently near the entrance to the fair. Second place went to Goodwill Industries.

NE ENA member, Marjorie VanRiper,

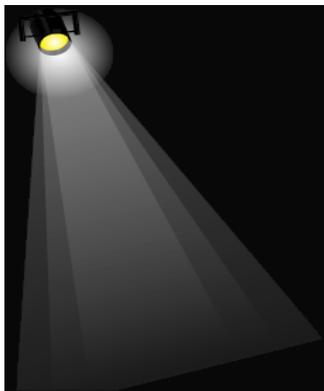
BSN RN CEN CPEN, submitted the application on behalf of NE ENA and the numerous injury prevention and public education efforts that are provided for residents of Nebraska communities. Help is needed in Grand Island on Labor Day weekend — Saturday, September 5th, Sunday, September 6th, and Monday, September 7th. NE ENA will be given a tent with two 8-foot tables to display educational materials, hand out giveaways, and interact with the public.

If you are able to spend some time with your NE ENA colleagues, please contact Marjorie VanRiper at mvan-

riper@nebraskamed.com, Suzanne Watson at swatson@nebraskamed.com or Sue Deyke at sddeyke@columbushosp.org to volunteer. NE ENA NEEDS YOU!!!

Thank you for your consideration!!





## NE ENA Spotlight Around the State

With small tokens of appreciation from NE ENA, State President, Anna May, took to the road to visit some ED's in the southern part of Nebraska. Stops included: Syracuse, Tecumseh, Pawnee City, Beatrice, Fairbury, Hebron, Crete, Geneva, York, Red Cloud, Franklin, Minden, Holdrege, Alma, Hastings, Grand Island, St. Paul and Osceola. More photos and road trips are planned, so watch for photos and updates from around the state!



Goodie bags included chocolates :-)

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State Spotlight

Injury Prevention

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## September is Falls Awareness Month

*Injury Prevention – across the state*

*\*Nebraska ENA members, please consider helping Nebraska Take A Stand to Prevent Falls on September 23<sup>rd</sup> 2015. Consider organizing a small event in your Community to provide Senior's with information on Fall Prevention. Attached are ideas, and reference websites, as well as contacts. Please email Kim Brandenburg for assistance with ideas. Nebraska ENA Board of Directors would like to see your efforts, send pictures to Kim at [kbrandenburg@columbushosp.org](mailto:kbrandenburg@columbushosp.org) or upload to our Facebook or Twitter account. Together, we can prevent the leading cause of fatal and non-fatal injury in our aging population.*

## A HealthiER BettER You!

### Adrenaline Dump by Ashley Emmel MSN MBA RN

Q: Why did you become an emergency nurse?

A: Because I'm an adrenaline junkie!

Sound familiar? Adrenaline may be the most powerful mind altering drug known to man, and when frightened or alerted, this chemical reaction runs its super powerful course in pursuing "survival reaction." The fight or flight response is what keeps us alert while caring for high acuity patients and sometimes gives us the energy to make it through 12 hour shifts. However, high levels of adrenaline for extended amounts of time can actually cause havoc on your system after your shift and even on your days off. One of the worst effects is that your brain becomes addicted to the rush and creates a dependency of the effect to get through simple tasks. As stress (good or bad) arises, the body unconsciously and automatically produces more adrenaline with each subsequent experience. These cortisol releases can mimic panic attacks, hypertension, muscle pain, fatigue or excitability, and even symptoms of PTSD.

If you are finding that you are becoming irritable at home, suffering from insomnia, or feeling withdrawn following a crazy shift at work, you may be having a negative effect called adrenaline dumping. This is very common in professionals such as police officers, firefighters, and emergency service personnel who experience high levels of stress for extended lengths of time shift after shift. More and more literature is supporting the importance of debriefing sessions following serious events to allow time to process, cope, and understand the severity of what was witnessed. Other things that you can do to help



manage and balanced the adrenaline fatigue are: 1) avoid high stress situations away from work; 2) balance your life with sensible eating, regular exercise, and healthy relationships; 3) relaxation techniques such as meditation, guided imagery, or yoga; 4) therapy or counseling to talk through your symptoms or help you to identify and understand how you're feeling; or 5) consider medication treatment through your doctor if symptoms become extreme and unmanageable.

The excitement of the emergency department will always be around. We can't change our passion for the adrenaline rush we feel after saving a life, but we can change how we manage the fatigue that follows the excitement. We are emergency department nurses that have been given a gift to care for every patient that walks through the door. Take care of the nurse that walks into your home.

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

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## State Officer Voting to Begin in September

The annual NE ENA Officer election will be held September 17th thru October 4th with winners announced at the annual Fall Conference. Ballots will be sent out via SurveyMonkey link for those members who receive the newsletter electronically. Paper ballots will be available to members

who receive their NE ENA information via US mail.

Interested parties who would like to run for the office of President-elect 2016 (NE ENA State President 2017), or Treasurer (2-year term) should send an email to Anna May at [amaze610@yahoo.com](mailto:amaze610@yahoo.com) to be included in the vote. This is a great way to get involved in the state and national organization!



**ENA Calendar of Events for 2015****September****ENPC**

September 3-4  
Scottsbluff  
Nancy Hicks-Arsenault (schaffd@rwmc.net)

**TNCC**

September 8-9  
Omaha  
Megan Sorensen (cmsorensenl@cox.net)

**TNCC**

September 23-24  
Grand Island  
Sarah Johnson (jwatson@sfmtc-gi.org)

**ATLS Refresher**

September 25  
Omaha  
Ashley Emmel (aemmel@nebraskamed.com)

**TNCC**

September 28-29  
Bellevue  
Marjorie Van Riper (mvanriper@nebraskamed.com)

**October****ENA Scientific and General Assembly**

September 28- October 2  
Orlando, Florida

**TNCC**

September 29-30  
Norfolk  
Bobbie Jo Miller (bmiller@frhs.org)

**TNCC**

October 1-2  
Scottsbluff  
Nancy Hicks-Arsenault (schaffd@rwmc.net)

**22nd Annual NE ENA Fall Conference**

October 8  
Mahoney State Park  
Ashland, NE



**Note new day!!!**

**REGISTRATION NOW OPEN!!!**

**October (cont'd)****TNCC**

October 12-13  
Bellevue  
Marjorie Van Riper (mvanriper@nebraskamed.com)

**ENPC**

October 22-23  
North Platte  
Beverly Gottula (richardsp@gphealth.org)

**ATLS Full 2-Day Course**

October 22-23  
Omaha  
Ashley Emmel (aemmel@nebraskamed.com)

**Trauma Symposium**

October 22-23  
Omaha, Ramada Inn  
Ashley Emmel (aemmel@nebraskamed.com)

**November****TNCC**

November 2-3  
Lincoln  
Robbie Dumond (heather\_talbott@bryanhealth.org)

**TCAR—Trauma Care After Resuscitation**

November 12-13

**TNCC**

November 12-13  
North Platte  
Beverly Gottula (richardsp@gphealth.org)

**NE ENA Member Meeting**

November 12  
Social Meeting and Networking — Will NOT be available on telehealth  
Location and time TBD

**TNCC**

November 17-18  
McCook  
Eric Christensen (thovey@chmccook.org)

## NE Emergency Nurses Association

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

Website: [nebraskaena.org](http://nebraskaena.org)

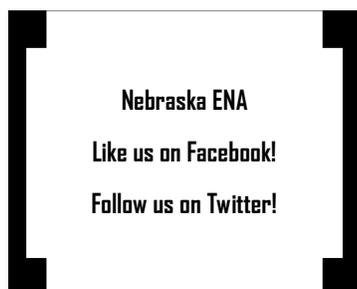
Safe Practice, Safe Care



## Welcome New Members!!!

Tonie Duncan – Wisner  
Emalie Petersen – Hastings  
Jessica Peterson – Lincoln  
Alisha Svehla – Leigh  
Stephanie Sydow – Kearney

Nebraska membership is currently at 281 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 Anne Duhs at [anne.duhs@bryanhealth.org](mailto:anne.duhs@bryanhealth.org) if interested in submitting under a group membership discount.



## Check Out the New Nebraska ENA Website!!

Many thanks to NE ENA member **Adam Bruhn**, BSN RN CEN CPEN, for his time and talents in designing a NEW website for Nebraska ENA! You can now find us at: [www.nebraskaena.org](http://www.nebraskaena.org). The site is easy to use, more visually appealing, and allows for interaction with members. Anyone with photos or any items you'd like placed on the web page, please contact Adam. In addition, he is maintaining the NE ENA Facebook page. Again, any one wishing to have activities posted or any information shared, please send an email to him at: [agbruhn@hotmail.com](mailto:agbruhn@hotmail.com).

## 2015 NE ENA State Board and Contact Information

**President**—Anna May, MSN BA RN-BC CEN CPEN  
([amaze610@yahoo.com](mailto:amaze610@yahoo.com))

**President-elect**—Sue Deyke, MSN RN CEN  
([sddeyke@columbushosp.org](mailto:sddeyke@columbushosp.org))

**Immediate Past President** — Sue Deyke,

**Secretary** — Suzanne Watson, BSN RN CEN  
([swatson@nebraskamed.com](mailto:swatson@nebraskamed.com))

**Treasurer** — Kim Brandenburg, MSN RN CEN CPEN  
([krbrandenburg@columbushosp.org](mailto:krbrandenburg@columbushosp.org))

### Committees and Chairpersons

Government Affairs: Open position

Education: Ashley Emmel, MSN MBA RN

([aemmel@nebraskamed.com](mailto:aemmel@nebraskamed.com))

Injury Prevention: Cindy Stone EdD RN CEN  
([cindystone@gmail.com](mailto:cindystone@gmail.com))

Pediatrics: Amy Jorgensen, MSN APRN-NP CPN  
([ajorgensen@childrensomaha.org](mailto:ajorgensen@childrensomaha.org))

Trauma: Kim Brandenburg, BSN RN CEN CPEN

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

## CEN/CPEN Review Questions:

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

1. When caring for a patient that has ingested an unknown amount of a tricyclic antidepressant, it is most important to monitor which of the following?
  - A. Neurological status
  - B. Cardiovascular status
  - C. Lung sounds
  - D. Urine output
2. All of the following can result in the majority of a patient's systemic blood pooling in the venous capacitance system, EXCEPT:
  - A. obstruction of the right ventricular outflow during systole.
  - B. vasodilation resulting from infection-induced mediators
  - C. loss of autoimmune sympathetic function
  - D. hypersensitivity from an antigen-antibody reaction
3. A 7-year-old presents with generalized edema, decreased appetite, and restlessness. Past medical history reveals only streptococcal pharyngitis 3 weeks ago. He completed the prescribed course of antibiotics. Vital signs reveal T 37.2C (98.9F), HR 104 beats per minute, RR 22 breaths per minute, SpO2 98%, and BP 142/94 mmHg. What does the nurse suspect will be revealed in an analysis of the urine?
  - A. Cloudy sediment
  - B. Leukocytes
  - C. Dark, tea coloration
  - D. Low specific gravity
4. An afebrile 3-week-old infant with no history of trauma is being evaluated for lethargy. A subdural hemorrhage is found on computed tomography scan of the head. What is the most likely explanation for this finding?
  - A. Birth injury
  - B. Encephalitis
  - C. Closed head injury from a fall
  - D. Abusive head trauma

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

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