

NE Emergency Nurses Association



Quarterly Member Newsletter

Upcoming Events:

- * The first NE ENA member meeting of 2015 will be Tuesday, February 10th. Additional details will be available after the New Year.
- * NNA's Nurses Day at the Legislature will be held on February 12th in Lincoln
- * **NE ENA would like to wish everyone a wonderful holiday and all the best in the New Year!!**



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From Your 2014 ENA State President

It's that time of year. We are all busy planning, wrapping, shopping and baking for the holidays. For me it is my 33rd Christmas as a nurse. As we all have taken our turn to cover the Thanksgiving, Christmas, and New Year holiday, we need to stop and remember all we have given and given up for our profession. Many have slept 4 hours in the morning just to make it to a holiday get-together, only to leave early to make it back to work for the night shift. Many have picked up 4 hours of a young parent's shift so they could be there to open gifts with their small children. This is just what we do. Really, this is JUST what we do.

We as emergency nurses have been there 24/7 for any holiday, happily wearing a Santa hat, passing out a cookie, just to be there for our pa-

Fall Conference at Mahoney

Over 60 participants attended the 21st Annual NE ENA Fall Conference on October 23rd. A variety of speakers presented current information on topics including: street drugs and methamphetamine abuse; trauma and the bariatric patient; improving ED throughput; and pediatric head injury.

Mahoney State Park was again the setting for the annual event. Participants were able to spend breaks and time at lunch enjoying the beautiful venue. Also present at the confer-

ence were a number of vendors who helped support the program and brought information and products to conference attendees. Research and informational posters were also on display.

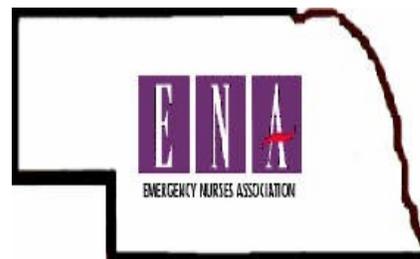
tients. We have cared for the elderly on Christmas Eve while family is in church or traveling. We have been there when a little one looks too ill to go home and spends the night at the hospital, only to wonder, "Will Santa find me?" We are the ones who are there when two adolescents fall through the ice on Christmas Day, and rejoice with their families when they are safely cared for.

This is not JUST what we do, this is who we are. Emergency nurses stand ready for any event, even if we are not sure why they came into the Emergency Department on Christmas Day at 0200 for that chronic problem. They

came because we are here and always available for whatever the need is.

I am honored to be a nurse for my 33rd Christmas. I have shared as many holidays with my patients as with my family. I am also honored to celebrate each and every one of you for sharing yourself at this time of year. You truly give so much to the profession and it so appreciated. Have a wonderful holiday season no matter if you are at work, traveling or at home.

Planning is already underway for the 2015 Fall conference. The date has been set for Thursday, October 22nd, at Mahoney, so mark your calendars and plan to attend!



Sue Deyke, MSN CEN
2014 President Nebraska ENA



Government Affairs Update by Adam Bruhn, BSN RN CEN CPEN

The new year will hopefully bring new legislation at the state and national level. The new Nebraska legislative session begins January 7th.

Things to look forward to:

Nebraska –

- Expanding the practice of nurse practitioners
- Mental health funding
- Changes to youth sports and concussion standards

National –

- Emergency preparedness
- Mental health funding

- Continued Emergency Medical Services for Children (EMSC) funding

If anyone would like to get involved or knows of new national or state legislation that affects Nebraska emergency nurses, please bring it to the attention of the Government Affairs Committee.

Government Affairs Committee contacts –

Nancy Hicks-Arsenault, Chair
Nancy.hicks-arsenault@rwmc.net

Adam Bruhn
agbruhn@hotmail.com



**Government
Affairs
September
Observance
ENA Delegates**

Nebraska ENA: 280 Members Strong – and Still Recruiting by Anne Duhs, BSN RN

The latest numbers are in and Nebraska ENA is up to 280 members – and we are still recruiting! This is excellent news for the state and for national membership. Every member of ENA is important and valuable to the organization. The voice of the members is one of the reasons ENA has been able to make such a commanding presence in emergency nursing.

As the year wraps up, take some time to promote ENA to your colleagues and student nurses. Discuss the benefits of belonging to ENA:

- Free CE's
- Quarterly JEN, Monthly "ENA Connection"

- Networking
- Opportunity to serve as a delegate at National General Assembly
- Scholarships to national conferences
- Scholarships for college coursework
- Institute of Emergency Nursing Research
- Toolkits
- Mentoring programs
- Career opportunities
- Opportunity to serve on state and national committees
- Opportunity to serve as a board member
- Opportunity to go to Washington DC and talk to legislators

The Nebraska Student Nurses Association (NSNA) convention is being held in Fremont this year. If you are a member interested in promoting ENA, please consider joining Curtis Olson and myself on February 7, 2015. Invest in the future of nursing.

Lastly, if you are interested in joining or renewing your membership with 5 new members at a discounted rate, please email me at anne.duhs@bryanhealth.org.

Can we reach 300 members next year?

A Day in the Life of a NE ENA Delegate

Just what does being an ENA state "delegate" to the national ENA conference involve? Each year, NE ENA puts out the call for applications, and each year, 6-7 members are selected to attend General Assembly. To those who have never attended the national conference, the terms "General Assembly" and "Scientific Assembly" may hold some confusion. General Assembly is the decision making por-

tion of the conference and has no registration cost or fee associated with it. No CEU's are awarded and, though anyone may attend, only trained delegates are allowed to have a vote in the resolutions and bylaws brought before the assembly. Scientific Assembly provides educational sessions and begins at the conclusion of General Assembly. Before arriving as a state delegate,

each candidate selected undergoes online training. The proposals that will be discussed and voted on at General Assembly are made available about a month prior to allow states to discuss how the decisions may impact members and emergency practice.

General Assembly opens with a formal procession of the national

A HealthiER BettER You! By John Swanhorst, BSN RN

Its that time of year again. That time of year when it seems every patient gets a nasal washing, Zofran, and a bag of fluids. At my hospital it seems flu season is just starting and I am never excited for it. I hate this time of year. I don't enjoy face masks, washing my hands till they are raw, or the amount of times I will have to explain the difference between the stomach flu and influenza and why the flu shot is not going to make you not get the stomach flu. I have been one to always get my flu shot and have been a firm believer in getting one. As I was looking at the data on the CDC website related to the flu vaccination I was very surprised as to what I found. Recent studies have shown that getting the flu vaccination has had a 71% reduction in flu-related hospitalizations in the adult population and a 74%

reduction in PICU admissions in the pediatric population. Another study showed that the flu vaccination is 92% effective in preventing hospitalization of newborn infants for the flu when the mother received her vaccination. So while everyone is worried about Ebola lets as ER nurses focus on things that we can prevent right here in our own communities and educate our patients on the importance of the flu vaccine. While keeping our patients safe lets also remember our own safety this season and remember to wear your face masks and place your flu suspected patients in isolation always not just when ID is rounding!

John Swanhorst RN, BSN

Emergency Department and Biocontainment
Staff Nurse
Nebraska Medicine



Trauma Grand Rounds Presentation at NE ENA Member Meeting

At the August NE ENA Member Meeting, the Trauma Committee coordinated and presented trauma grand rounds from across the state. It included: updates from Shermaine Sterkel in Scottsbluff presenting on the Region 4 Trauma System; a case discussion of a trauma transfer between critical access to a trauma center by Robbie Dumond of Lincoln and Marcia Harmon of Falls City; and Patty Peska from Childrens Hospital in Omaha sharing the case of a pediatric trauma patient that took collaboration and coordinated efforts between 5 hospitals to care for. The meeting was carried on the NE Tele-

Health network and was viewed at six different sites across Nebraska.

The format was very well received and will be utilized for future member meetings as an annual program. It was interesting to see how at different hospitals, despite challenges of location and availability of resources, emergency departments come together to provide the very best outcome for trauma patients.

If you would be interested in presenting a future trauma case, please contact a member of the Trauma Committee or a Board Member for details.

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

DELEGATE (continued)

color guard and procession of national ENA leadership and the ENA presidents from each state.

The state delegates are seated together by state and state pride is evident throughout. Delegate numbers are set by membership, so states with thousands of members may have over 30 delegates, all sitting together in matching attire.

The first day is spent presenting the amendments and proposals to bylaws, hearing arguments pro and con, and lasts the full day. The second day is a half day when voting occurs and decisions are made.

It's a fascinating process and a great experience to see how decisions are made that directly impact emergency practice.

NE ENA Officer Election Results

Congratulations to Sue Deyke, MSN RN CEN, and Suzanne Watson, BSN RN CEN, who were elected to open positions on the 2015 NE ENA state board during the annual fall election. Sue will be the

president-elect and transition to the role of state president for 2016, while Suzanne will be in the position of secretary for the next two years.

Open positions in 2015 which will be voted on in the fall election will be for the office of treasurer (two-year term) and president-elect (one year as president-elect, then one year as president). More information about adding your name onto the ballot will be available in future 2015 Newsletters



ENA Calendar of Events for 2015

January	<p>TNCC January 22-23 Scottsbluff Dallas Schaffer (schaffd@rwmc.net)</p> <p>ENPC January 28-29 Grand Island Jenna Watson (jwatson@sfmc-gi.org)</p>	June	<p>ENPC June 4-5 Scottsbluff Dallas Schaffer (schaffd@rwmc.net)</p> <p>ENPC June 25-26 McCook Todd Hovey (THovey@CHMccook.org)</p>
February	<p>TNCC February 5-6 North Platte Pat Richards (richardsp@gphealth.org)</p> <p>NE ENA Member Meeting February 10 Location and Time TBD – will be available via TeleHealth</p> <p>NNA Nurses Day at the Legislature February 12 Lincoln</p> <p>ENPC February 19-20 North Platte Pat Richards (richardsp@gphealth.org)</p>	July	<p>ENPC July 7-8 Grand Island Jenna Watson (jwatson@sfmc-gi.org)</p>
March	<p>TNCC March 25-26 Grand Island Jenna Watson (jwatson@sfmc-gi.org)</p> <p>Pediatric Conference March 26th O'Neill</p>	August	<p>NE ENA Member Meeting August 11 Scottsbluff</p>
April	<p>TNCC April 28-29 Ogallala Amy Boren (amy.boren@bannerhealth.com)</p>	September	<p>TNCC September 23-24 Grand Island Jenna Watson (jwatson@sfmc-gi.org)</p> <p>ENA General and Scientific Assembly September 28 to October 3 Orlando, FL</p>
May	<p>TNCC May 7-8 North Platte Pat Richards (richardsp@gphealth.org)</p> <p>NE ENA Member Meeting and/or Spring Trauma Grand Rounds (TBD)</p>	October	<p>ENPC October 22-23 North Platte Pat Richards (richardsp@gphealth.org)</p>
		November	<p>NE ENA Member Meeting November 10 Location and time TBD</p> <p>TNCC November 12-13 North Platte Pat Richards (richardsp@gphealth.org)</p> <p>TNCC November 17-18 McCook Todd Hovey (THovey@CHMccook.org)</p>
		December	

NE Emergency Nurses Association

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

Website: enanebraska.org

Safe Practice, Safe Care



Welcome New Members!!!

Jamie Bader – Lincoln	Abigail Koso – Lincoln
Megan Beavers – Beatrice	Kelly Kucera – Cedar Bluffs
Shahnaz Benner – Omaha	Alicia Oliver-Petersen – Omaha
Stacey Brown – Omaha	Tara O'Neill – Emmet
Mary Bukowski – Omaha	Angie Othmer – Tecumseh Mary
Carney – Gretna	Uma Ravipati – Omaha
Carli Culjat – Lincoln	Heather Talbott – Firth
Haley Duncan – Shelby	Kelly VanHaitsma – Omaha
Laura Groteluschen – Omaha	Kristin Walker – Gretna
Cristi Grusing – Firth	Amy Wortmann – Omaha
Kate Harr – Omaha	
Amy Hurd – Omaha	
Jacqueline Keys – Omaha	

Nebraska membership is currently at 274 members. Spread the word and get your friends and coworkers to join this great organization! Group membership submissions save \$10 off an annual membership.

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 through April of 2015 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!!!

Nebraska ENA

Like us on Facebook!

Thanks go out to the 2014 NE ENA State Board for their leadership throughout the year!!

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

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)

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.

CEN/CPEN Review Questions:

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

1. Reye's syndrome in children is characterized by:
 - A. elevated ammonia level
 - B. decreased serum glutamic-oxaloacetic transaminase (SGOT) level
 - C. elevated serum glucose level
 - D. decreased serum glutamic-pyruvic transaminase level (SGPT)
2. Priority management when caring for a patient diagnosed with myxedema coma is to:
 - A. administer a beta-blocker
 - B. initiate supplemental oxygen
 - C. initiate aggressive body cooling
 - D. insert a urinary catheter
3. Untreated Lyme disease may cause:
 - A. ascending paralysis
 - B. laryngeal edema
 - C. petechial rash
 - D. atrioventricular blocks
4. Joey is a 3 month old that weighed 4 kgs at birth. Today he presents to the ED looking thin and dehydrated. Based on what you know about growth and development, what would you expect Joey's weight at one year of age to be approximately?
 - A. 8 kgs
 - B. 12 kgs
 - C. 16 kgs
 - D. 20 kgs

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

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Omaha, NE 68124-0941

