



**Upcoming Events:**

- \* Check out the 2016 Calendar in this issue of the newsletter to start planning for the new year!

**From Your 2015 ENA State President**

It's hard to believe that the year is rapidly coming to a close! Fall has been a whirlwind with holidays just around the corner. For children, the time can't go by fast enough — for adults, we often wish we could slow the days down a bit and give us time to catch up!

It's been a busy time for NE ENA as well. Since the last newsletter, we were present at the NE State Fair, attended the national ENA conference in Orlando, held our 22nd Annual Fall Conference at Mahoney, held a member meeting and a board meeting, as well as other "behind-the-scenes" activities. The organization is very dynamic and I'm so very grateful to have such an energetic and enthusiastic network of professionals helping to

keep things running smoothly.

Soon, a new board will take over to begin another year of educational and community activities. In addition to quarterly member meetings, NE ENA is planning to sponsor a CEN Review course in 2016, hold the 23rd annual state conference, and promote injury prevention activities throughout the state. Also in the planning stage is discussion of bringing a TCRN (Trauma Certified RN) Review to Nebraska and partnering with a nearby state to hold a multi-state conference with another ENA council. There's a lot on the horizon so stay tuned!

None of this would be possible without dedicated and committed volunteers. There will be many opportunities for

participation so please consider making "getting involved in my professional organization" one of your personal goals for the New Year. You won't be disappointed and will be amazed at the rewards you receive in return!

Thank you all for a wonderful year as your state president! I've enjoyed my time immensely and look forward to staying involved in NE ENA in other capacities. Wishing you and your loved ones a Blessed Holiday Season!

Anna May, NE ENA State President



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**NE ENA at the Nebraska State Fair**

Thousands of Nebraska State fairgoers in Grand Island learned a little bit about the injury prevention efforts of NE Emergency Nurses Association over the past Labor Day weekend. As recipients of the first place award in the State Fair Cares program, Nebraska ENA was given prestigious placement at the entrance to the fair to showcase the work that is done for communities.

NE ENA member, Marjorie VanRiper, BSN RN CEN CPEN, submitted the application on behalf of NE ENA. ENA representatives provided some

give-away items, as well as car seat emergency contact stickers, educational material and brochures to persons who came by the display.

In addition to the opportunity to reach persons at the Fair, a cash

award of \$2500 was given to NE ENA to be used for continued and future efforts in injury prevention programs. The State Fair Cares program chooses two winners annually. Second place went to Goodwill Industries.



## New State Officers Announced at Fall Conference

The 22nd Annual NE ENA Fall Conference was held at Mahoney State Park on October 8th. Nearly 50 participants took part in the daylong education program, enjoying stimulating and diverse speakers, vendor displays, great food, and basket giveaways. The beautiful autumn day provided a wonderful experience for all!

Nebraska ENA member, Karen Wiley, MSN RN CEN, ENA secretary/treasurer and 2016 ENA President-elect, opened the conference. ENA Director and Board Liaison for the state of Nebraska, Jean Proehl, MN BSN

RN CEN CPEN FAEN, attended and spoke on the topic of "Clinical Myth Busting".

NE ENA State President Anna May introduced speakers and shared the results of the annual NE ENA officer election. Elected to the position of 2016 President-elect was Marcia Harmon, BSN RN CEN, from Falls City. Anne Duhs, BSN RN CEN CPEN, of Lincoln, was elected to the position of treasurer and will serve a two-year term. The elections are held annually in the fall. Ballots are sent electronically via SurveyMonkey to all current members of NE ENA.

## It's Out There, Pediatric Readiness

By Sue Deyke, MSN RN CEN

As many emergency nurses know, daily we care for pediatric patients. Some of us welcome the opportunity and some feel more comfortable caring for the adult patient. As community-based emergency nurses, we all need to accept that we need a large bucket of knowledge to care for the variety of patients that arrive. Considered a "vulnerable population", pediatric patients generally comprise 20% of the patients presenting to a general emergency department. The Emergency Medical Services for Children (EMSC) organization states that of the 30 million children that present to the Emergency Department (ED), 80% will receive care at a general community ED.

As of November 1, 2015, the second pediatric readiness assessment was released for all EDs and Emergency Medical Service (EMS) agencies to complete. The previous survey was in 2013 as a result of a joint venture between the American Academy of Pediatrics, the American College of Emergency Physicians, the Emergency Nurses Association and the EMSC program. The project initiated an assessment of more than 5000 US Emergency Departments with more than 4100 facilities responding (83%). Gaps were noted in policy/procedure,

equipment, disaster planning and resources for behavioral health. To highlight disaster preparedness, only 47% of all EDs responding stated they had policies in place for pediatrics. Overall scores improved from 2003, with the National Median score of 69 out of 100 points.

So how did Nebraska compare? Overall score in Nebraska was an average of 62 and a median of 61. Nebraska has 87 hospitals responding which was 100% of all facilities in the state. The hospitals are grouped by pediatric volume. The results are noted in the table below.

As you can see, 80% of Nebraska hospitals are low volume, but have the greatest need for support. EMSC of Nebraska also recognized this and set out to offer free education to all hospitals and EMS units in the state.

So how will we look 3 years later? The data will be available in 2016 and many EDs have made efforts in training, education, requiring ENPC, and policy. As Nebraska has been recognized as one of the top states for emergency care, the hope is that this will be reflected in our scores. Make sure your department participates in the readiness survey, share the data, and make our EDs safe and ready for all children.

Annual Fall  
Conference and  
State Election

Pediatric  
Readiness

Annual Pediatric Volume	# of Hospitals	Avg. Score	Median Score	Min. Score	Max. Score
Low(<1800)	70	58.1	57.6	30	99
Med.(1800-4999)	9	73.6	77.2	53	99
Medium high (5000-9999)	7	77.2	74.8	59	99
High >10000	1				
<b>Grand Total</b>	<b>87</b>	<b>61.7</b>	<b>60.9</b>	<b>30</b>	<b>100</b>

## A HealthiER BettER You!

### Don't Tip the Scale, Top the Year Off Right!

by Ashley Emmel MSN MBA RN

The holidays are here! And so are drinks, dinners, and desserts. I once read that the average American gains eleven pounds between Thanksgiving and Christmas. Yes, ELEVEN pounds! Last year, the food and health gurus challenged that by stating that people only gain one extra pound each year during the holidays, BUT they never lose it; therefore it's a gradual gain year after year. There are lots of tips posted on blogs, written in magazines, and even mentioned on the news to help keep us from piling on the pounds in the short 5 weeks that lead us into the New Year. Here are some of my favorite tips:

- **Eat what you LOVE, leave what you LIKE**— you don't have to sample one of everything from the line-up of goodies. Pick out a few of your favorites and pass on things that don't make your taste buds water at first sight!
- **Pre-Eat before your gathering**—protein and vegetable before an event will not only stabilize your glucose levels, it will prevent you from over-indulging on snacks and sweets.
- **Dress for Success**—leave the elastic waistbands, leggings, and loose-fitted clothing at home for the holidays. These garments have no limits when it comes to over eating. Skinny jeans, slim-fit pants, skirts, and dresses will prevent you from going for seconds and thirds.
- **Hit the Hydration Station** — thirst is often misinterpreted as hunger. Try to drink adequate amounts of water to help *not* confuse your body.



Drinking water before meals can prevent you from overeating and helps with digestion so that you're not stuck in that miserable food coma.

- **Forget the Guilt** — enjoy the special treats of the holidays without burdening your conscience. As long as you keep the holiday treats on the holiday, you deserve to enjoy every bite! The key is leaving the leftovers behind and returning to your healthy routine the next day.

Of course the holidays aren't only about the fruit cake and eggnog. Focus on the family and friends around you and not on the food! This is a great time of year to look back and remember what 2015 brought you and your family. It's also a great time to plan for what you want your next year to look like. Be healthy, be safe, be happy! Happy Holidays to everyone!

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

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## Nebraska Delegates in Orlando

Attending the newly formatted ENA Conference in Orlando, Nebraska delegates interacted with colleagues from across the US to discuss and prioritize practice issues facing emergency nurses. General Assembly opened with the annual business agenda, but then took on a new format. Members had been previously invited to submit clinical practice issue topics via online survey. The top issues were then prioritized and brought to the Assembly.

Delegates moved through different sections of the conference hall where topic discussions were then held. Some of the top issues identified

were: boarding of behavioral health patients in EDs; retention of emergency nurses; throughput; substance abuse/drug seeking pain behavior; medication reconciliation; and workplace violence.

Also during General Assembly, representatives from the Massachusetts Institute of Technology (MIT) presented an interactive workshop on Hacking Medicine. Delegates took part in a "Hackathon" which was meant to energize and connect the best minds across the healthcare ecosystem to solve healthcare's biggest challenges.



Delegates pictured (L-R): Ashley Emmel, MBA MSN RN; Suzanne Watson, BSN RN CEN; Marcia Harmon, BSN RN CEN; Kim Brandenburg, MSN RN CEN CPEN; alternate delegate Karlynn Mueller, BSN RN; and Carrie Prokopec, RN. Not pictured: Anna May, MSN RN CEN CPEN



## NE Emergency Nurses Association

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

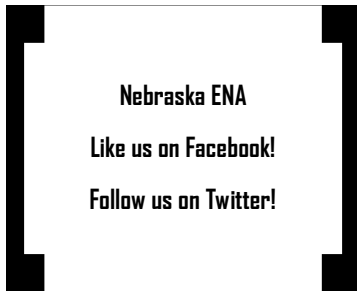
Website: [nebraskaena.org](http://nebraskaena.org)

Safe Practice, Safe Care



## Welcome New Members!!!

Katie Aase – Bassett	Aftan Phipps – South Sioux City
Brenda Adams – Omaha	Tammie Preissler – Giltner
Regina Antonio – Papillion	Melissa Proud – McCook
Anne Cummings – Kearney	Elizabeth Ridder – Omaha
Emily Cunningham – Omaha	Kathleen Schaaf – Stuart
Brenda Dickinson – Lincoln	Amber Schulze – Alliance
Heather Esser – Omaha	Beverly Sporhase – Syracuse
Joan Gajewski – Aurora	Ashley Thies – Elkhorn
Christina Hasselmann – Hastings	Maryclaire Torticill – So Sioux City
Lindsey Hessel – Grand Island	Katherine VanOrnam – Omaha
Amy Hoffman – Sidney	
Mark Jacobs – Omaha	
Kelley Johnson – Ashland	
Jessica Lee – Omaha	
Leah Logan – Lincoln	
Felisha Moore – Omaha	
Kacie Moser – Plattsmouth	



Wow! Nebraska membership is currently at 297 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



## 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)

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

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

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

Membership: Annie Duhs, BSN RN CEN  
([anne.duhs@bryanhealth.org](mailto:anne.duhs@bryanhealth.org))

### Committees and Chairpersons

Government Affairs: Open position

Education: Ashley Emmel, MSN MBA RN  
([aemmel@nebraskamed.com](mailto:aemmel@nebraskamed.com))

**THANKS TO THE 2015 BOARD FOR THEIR WORK  
THROUGHOUT THE YEAR!!**

*2016 Board members and contact information  
available on page 7 and on the NE ENA website.*

## **ENA Calendar of Events for 2016 (Continued)**

### **June 2016**

#### **ENPC**

June 2-3  
Scottsbluff  
Dallas Schaffer (Dallas.Schaffer@rwhs.org)

#### **TNCC**

June 9-10  
Lincoln  
Heather Talbott (Heather.Talbott@bryanhealth.org)

#### **ENPC**

June 15-16  
Omaha  
Kristi Kult (mkkult@cox.net)

**Delegate and ENA Conference Grant Applications due**

### **July**

#### **TNCC**

July 14-15  
Scottsbluff  
Dallas Schaffer (Dallas.Schaffer@rwhs.org)

#### **NE ENA Member Meeting**

August 9  
Time and Location TBD—will be available via TeleHealth

### **August**

#### **NE ENA STATE OFFICER ELECTIONS**

### **September**

#### **SAVE THE DATE!!!**

#### **23rd Annual NE ENA Fall Conference**

September 1  
Details and Location TBD

#### **Regional Trauma Conference**

September  
North Platte

#### **ENPC**

September 1-2  
Scottsbluff  
Dallas Schaffer (dallas.schaffer@rwhs.org)

#### **TNCC**

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

#### **Emergency Nursing 2016 Conference**

September 14-17  
Los Angeles, CA

#### **TNCC**

September 27-28  
Norfolk  
Bobbie Jo Miller (bmiller@frhs.org)

### **October**

#### **TNCC**

October 6-7  
Scottsbluff  
Dallas Schaffer (dallas.schaffer@rwhs.org)

#### **TNCC**

October 10-11  
Bellevue  
Marjorie Van Riper (mvanriper@nebraskamed.com)

#### **ENPC**

October 20-21  
Lincoln  
Heather Talbott (Heather.Talbott@bryanhealth.org)

### **November**

#### **NE ENA Member Meeting**

November 8  
Time and Location TBD — will be available via TeleHealth

### **December**

#### **ENPC**

December 1-2  
Scottsbluff  
Dallas Schaffer (Dallas.Schaffer@rwhs.org)

*Time to start planning —  
2016 is RN License Renewal  
year in Nebraska!*

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.

## **Check Out the New Nebraska ENA Website!!**

You can now find us at: [www.nebraskaena.org](http://www.nebraskaena.org). The site is easy to use and more visually appealing. Anyone with photos or any items you'd like placed on the web page, please contact Adam Bruhn, BSN RN CEN CPEN at [agbruhn@hotmail.com](mailto:agbruhn@hotmail.com).

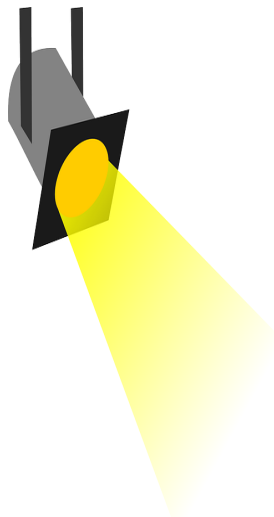
Also, check out the NE ENA Facebook page and Twitter feeds for up-to-the-minute news and activities!

## CEN/CPEN Review Questions:

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

1. An infant with respiratory syncytial virus (RSV) has received an antipyretic and multiple doses of a nebulized  $\beta$ -agonist bronchodilator. Which of the following indicators would the nurse use to determine readiness for discharge from the emergency department?
  - A. Frequency of cough has decreased
  - B. Tolerates an 8-ounce bottle of an oral electrolyte solution (Pedialyte)
  - C. Fever has decreased
  - D. Oxygen saturation has increased
2. Which of the following is the appropriate intravenous dose of fosphenytoin/phosphenytoin (Cerebyx) in an adult experiencing status epilepticus?
  - A. 15 to 18 mg/kg administered at 100 to 150 mgPE/minute IV
  - B. 0.05 to 0.1 mg/kg slow IV push
  - C. 200 to 600 mg slow IV push
  - D. 10 to 15 mg/kg IV at a rate not exceeding 50 mg/minute
3. To prevent further increased intracranial pressure in an infant diagnosed with "shaken baby syndrome", the infant should be positioned to avoid extreme hip flexion because this can contribute to increased intracranial pressure (ICP) by causing:
  - A. Reciprocal neck flexion
  - B. Increased intra-abdominal pressure
  - C. Constipation
  - D. Urinary catheter obstruction
4. The emergency nurse anticipates which of the following pharmacological therapies to be administered for thyroid storm?
  - A. Levothyroxine (Synthroid)
  - B. 0.45% normal saline IV fluids
  - C. Aspirin (Acetylsalicylic Acid)
  - D. Propylthiouracil (PTU)

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



## NE ENA Member Spotlight

An article written by NE ENA Member and Secretary/Treasurer, ENA Board of Directors, [Karen Wiley, MSN RN CEN](#), was recently featured in the October 2015 issue of ENA Connection. Entitled, "The Night Shift", the article provides emergency department perspective challenges unique to off shift workers.

Congratulations to NE ENA member [Sue Deyke, MSN RN CEN](#), for being honored at the March of Dimes Nurse of the Year Award dinner in Omaha. Sue was presented with the award for Rural Health Nurse of the Year. Way to go!

NE ENA member, [Cindy Stone, EdD RN CEN](#), recently published her research and credits ENA with helping to make it happen. Cindy's work entitled, "Fostering Role Transition: Using Elective Nursing Courses — Bridging Nursing Education and Nursing Practice" was first submitted to ENA and selected for poster presentation at the 2014 National ENA Conference. ENA sends the abstracts from posters to Sigma Theta Tau Library e-repository following the national conference. Her work was noticed then published by Lambert Academic Publishing. Cindy stated this was yet another benefit of membership in ENA!

## 2016 NE ENA State Board and Contact Information

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([sddeyke@columbushosp.org](mailto:sddeyke@columbushosp.org))

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([mharmon@cmcf.org](mailto:mharmon@cmcf.org))

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**Treasurer** — Anne Duhs, BSN RN CEN  
([anneduhs1234@gmail.com](mailto:anneduhs1234@gmail.com))

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Education: Ashley Emmel, MSN MBA RN  
([aemmel@nebraskamed.com](mailto:aemmel@nebraskamed.com))

Injury Prevention: Kim Brandenburg, MSN RN CEN  
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Trauma: Ashley Emmel, MSN MBA RN  
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Membership: Jennifer Koehlmoos, RN  
([jkoehlmoos@gmail.com](mailto:jkoehlmoos@gmail.com))

Government Affairs: Anna May, MSN RN-BC  
CEN CPEN ([amaze610@yahoo.com](mailto:amaze610@yahoo.com))

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