



## From Your 2017 ENA State President

### Upcoming Events:

- \* Voting opens August 25th for the **National ENA election!**
- \* **EN17 Scientific Assembly** is coming to St. Louis, September 13-16th! Plan now to attend this great educational and networking event!
- \* The first annual **NE ENA Emergency Nurse Excellence Awards** will be announced on October 4th in Lincoln. Nomination forms are available on the website at [www.nebraskaena.org](http://www.nebraskaena.org).
- \* The **24th Annual NE ENA Fall Conference** is being held October 5th in Lincoln at the Nebraska Innovation Campus. Plan now to attend!!

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It doesn't seem like I should be writing a "Back to School" article already. I'm sure most of you that have children have them back in school by now and hopefully settling into a routine. Maybe you are also returning to school to complete your degree or further your education in some manner.

One thing is for sure, whether you still have children in school or are in school yourself, learning is a lifelong process. The old cliché "you can't teach an old dog new tricks" shouldn't be a mindset. "You learn something new every day" should be.

Whether you are attending a class to further your education, for continuing education credits, for personal gain, or just for the fun of it, expanding your mind is a very healthy activity. Speaking of learning, have you looked at the flyer for Nebraska ENA's Fall Conference. We have some great sessions lined up. The conference will be held at Innovation Campus again in Lincoln (same location as last year) on October 5. Once again, there will be the "Basket Raffle" (drawing), so please consider putting together a basket of items and joining in the fun.

You can bring one for a group of people or an individual. There so much you can do to make it your own. If you need some ideas, don't hesitate to contact one of the officers. You will find more information about conference registration elsewhere in this newsletter.

Learning can be fun as well as informational. On October 4, the night before the conference, Nebraska ENA will be having a Member Social and it's "First Annual Awards" night. Information about award nominations had been sent out earlier. This is a great way to acknowledge your co-workers that really put their all into their jobs. Whether it's that new nurse that's just learning the ropes and doing a great job, or the educator (official clinical educator or just someone who does staff education on new products), show them that you really do notice the job they are doing. Nomination information can be found elsewhere in this newsletter.

Lastly, it's that time to get serious about volunteering to be a leader in your ENA. If you are thinking about running for office for next year,

please let me know by September 10. Offices that will be on the ballot this year include Treasurer which will be a two-year term (2018, 2019) and President-Elect which is also a two-year term, but 2018 will be President-Elect and 2019 will be President. Just e-mail me your name, what office you want to run for, and a short bio about yourself (family and work). The information will be forwarded on to all members once I have all the names of interested people. All members will then receive a link to a "Survey Monkey" to vote once the ballot is ready. A limited number of paper ballots can also be sent out if you prefer paper voting by "snail mail." Voting will begin after EN 2017 and the results will be announced at the Fall Conference.

My term as President has been educational, that's for sure. Hum, there seems to be a theme emerging, doesn't it? I look forward to seeing you all at the Fall Conference.

Marcia Harmon  
NE ENA State Council President, 2017



# WE WANT YOU!

## Calling All Candidates!!!

We're looking for a few good men— or women :- ) — to run for open positions on the NE ENA State Board! Open for 2018 are the treasurer position (two-year term 2018-19) and the president-elect for 2018 (state president 2019). You don't need any previous experience to apply or take on these roles. There are a wealth of resources both within the state chapter and through the Na-

tional office to help acquaint you with the requirements of the positions. The state election will be held via SurveyMonkey in September, so please email Marcia Harmon at [mkhrrn@yahoo.com](mailto:mkhrrn@yahoo.com) if you'd like to be on the ballot. It's lots of fun and a great experience!

## Government Affairs Update by Anna May, MSN BA RN-BC CEN CPEN

The Nebraska Unicameral adjourned its 105th Session at the end of June. Here's how a few of the bills that NE ENA was watching ended up at the end of the year:

LB644—was introduced a mandate to review of all state boards and commissions to determine which of them were outdated or obsolete and could be eliminated. On the list was the State Trauma and EMS Boards. Both of these were maintained, but some of the ones that were eliminated as a result of the unanimous passing of this legislation include: the Perfusionist Committee; the Health Advisory Board; the Medicaid Reform Council; and the Nursing Home Advisory Council.

LB368 — this was the legislation introduced that would give riders age 21 and older the option to wear no helmet while riding motorcycles and mopeds. This bill was debated for six hours. After that time, a vote of cloture was invoked, which means that debate must cease and a vote taken at that moment. The motion failed on a vote of 32-12 — only one vote short of the number required. The



bill remains on general file and likely will be back for the next legislative session.

The mainline budget bill was LB327 and adjusted the state budget with across-the-board cuts to a number of programs including a 3 percent cut in funds to Medicaid, child welfare, behavioral health and developmental disability providers. Efforts to veto the cuts imposed by the governor to the bill failed.

### And a brief update from our leaders in Washington D.C....

On a National note, as of this date, efforts by Senate Republicans to repeal and replace the Affordable

Care Act (ACA) have been defeated. The vote taken on July 28th offered to amend the legislation by adding a repeal of individual and employer health insurance mandates, but would have left many other parts of the ACA intact. This amendment lost on a 49-51 vote.

The House Committee advanced HR 767, an ENA supported human trafficking legislation. This bill, called the SDAR (Stop, Observe, Ask, and Respond) Act, would enhance a program at Health and Human Services to train health care providers to identify and appropriately respond to victims of human trafficking.

Another ENA priority was approved by the House Energy and Commerce Committee. HR 880, the MISSION Zero Act, would provide grant funding to allow military trauma teams and providers to work alongside their civilian counterparts. This was one of this year's Day on the Hill "asks" for ENA government affairs participants. The MISSION Zero Act now awaits action on the House floor.

## Overdoses from Opioids Reach Epidemic Proportions

According to data from the Centers for Disease Control and Prevention (CDC), the epidemic of drug overdose deaths in the US is going from bad to worse. Drug overdose death rates increased to 18.5 cases per 100,000 people for the 12-month period ending September 2016, up from 16.1 per 100,000 for the 12-months prior according to a recently published quarterly report. Deaths from drug overdoses attributed to opioids continue to climb from 2015, when a record 52,404 people died with over 33,000 of those being from opioids which include prescription drugs and illicit narcotics like heroin and fentanyl. President Trump recently declared the opioid abuse epidemic a national emergency.

The CDC report called for a "multifaceted, collaborative public health and law enforcement ap-

proach" to address this crisis, including: implementing new prescribing guidelines, enhancing the use of prescription drug monitoring programs, increasing access to naloxone, increasing the capacity to treat those with opioid use disorders, improving linkages to treatment, and supporting law enforcement strategies to reduce illegal supply.

All 50 states have passed laws that have increased access to naloxone and 40 states, including Nebraska, had enacted laws that provide some protections from prosecution for those who seek assistance for themselves or someone else during an overdose emergency.

In 2016, there were 272 deaths from drug overdose in Nebraska, down from 598 in 2015, and

452 in 2014.

The NE Department of Health and Human Services recently received a \$2 million grant from the federal government to help the state take the next steps in its response to the nation's opioid abuse crisis. States were awarded funds based on rates of overdose deaths and unmet need for opioid addiction treatment. Nebraska, so far, has not been seen as big a problem with abuse as many states, officials have said. However, the rate of overdose death has increased more than 20% over the past decade. Nebraska providers are credited with having a lower frequency of prescribing opioids as compared with the southern states who see 78% more opioid prescriptions written according to a study conducted by Blue Cross and Blue Shield.



### Check out the Nebraska ENA Website!

The website Home Page photo has a new look! We will be updating the background picture every other month and want to feature YOUR ER! Please send us a quality photo or jpg and we'll get it to members. Have a special occasion or celebration with your ED colleagues? Send us the photo and we can share it on our Facebook page too! Email pictures to [nebraskaena@gmail.com](mailto:nebraskaena@gmail.com). Looking forward to seeing what you all are up to!

## A Healthi-ER, Bett-ER You from ANA Website "Year of the Healthy Nurse—Happiness"

### Thrive in Nursing: 6 Tips for Happiness in the Workplace by Elizabeth Scala

Healthcare is ever-changing. There are policies to review, electronic systems to learn and patients to keep up with. Add to this fast pace of nursing, the diverse personalities we find ourselves working with, a nurse's job can be challenging (to say the least).

As a nurse practitioner, you work with a wide array of professions and interact with individuals on many levels of the career spectrum. A difficult co-worker, disgruntled family member or even an irate patient can muddle up the work day. So what can we do about it?

#### Here's My Top Six Tips for Happiness in the Workplace:

- **Thanksgiving Counts.** No, not the holiday, my friend. Though time-off on holidays can make us smile. What we're referring to here is focusing on gratitude. Sure, there are things about the

workplace that get your down. Yet can you reframe your perspective? When faced with an obstacle, what can you learn from it? Being focused on gratitude helps you find more people, situations and reasons to feel good.

- **Humor Works.** Find ways to play. Laugh at jokes; smile at colleagues. We're not suggesting you make light of your patients or your work, but humor goes a long way and can provide healing. Is there something fun you can do with your work group, like share what cartoon character you identify with? Be gentle with yourself and release the need for such a serious focus.
- **Reach Out for Guidance.** This is one that we as nurses struggle with. Think about it — a coworker comes up to you and asks if you need anything. What's the most typical response here? "No, I'm fine. I don't need anything." Even if your day is spiraling out of control— "No, I'm fine." It's important to reach out for and accept support. It will

impact your happiness in the workplace.

- **Interact Intelligently.** Hmm...sounds tricky. This tip refers to the people you surround yourself with. One way to improve your mood in the workplace is to interact with others who are upbeat, positive and happy. Your colleagues can lift you up or bring you down. Who will you choose to interact with?
- **Value Your Strengths.** Sometimes, as nurses, we outgrow our work. We feel bored or disengaged, wanting something new. When you embark on a new nursing career or even simply shake things up in the one you've got, utilize your personal attributes. Do what you're good at — it will come so much easier.
- **Enjoy Yourself.** My favorite tip. If it isn't fun, it most likely won't get done. To thrive in a happy and healthy workplace, you gotta love it. So enjoying yourself first is the most important thing to focus on for success.

## Annual NE ENA Fall Conference Celebrates the Healthy Nurse

This year's theme for the 24<sup>th</sup> annual Nebraska ENA Fall Conference is *ENA Nebraska...Living Well*. We chose this year's theme in accordance with the ANA's declaration of 2017 as the Year of the Healthy Nurse, challenging all nurses to balance their lives for a healthier YOU! ANA defines a healthy nurse as someone who actively focuses on creating and maintaining a balance and synergy of physical, intellectual, emotional, social, spiritual, personal and professional wellbeing. Nebraska ENA believes nurses are ideally positioned to be the best role models, educators, and advocates of



health, safety, and wellness.

ENA is a proud supporter of the Healthy Nurse, Healthy Nation Grand Challenge, a movement designed to improve the health of the nation's 3.6

million registered nurses. This year we ask that you consider donating a basket for our annual giveaway that fits with the theme *Living Well*. We will have some great activities during breaks and lunch which focus on your health, well-being, exercise, and fun. With each registration, you will receive a yoga mat and an opportunity to put it to use..

We hope to see you all in Lincoln on October 5th, ... Living Well!!!

## NE ENA ANNUAL AWARDS



Know any outstanding ER nurses? Of course you do! Consider nominating one or more of them for the first annual NE ENA Awards! Four categories of nomination will be accepted: Emergency

Nursing Educator Award; Emergency Nursing Leadership Award; Emergency Nursing Rising Star Award; and Emergency Nursing Stretch-er-side Staff Award. The awards will be presented to winners at the evening social event in Lincoln on Wednesday, October 4th, before the 24th Annual NE ENA Fall Confer-

ence. The nominee does NOT need to be an ENA member. Application forms will be available on the website ([nebraskaena.org](http://nebraskaena.org)). Nominations may be sent by mail to NE ENA or by email to: [Katie.pierce@alegent.org](mailto:Katie.pierce@alegent.org). All applications are due by **September 15, 2017**.

## **ENA Calendar of Events for 2017**

**August**

**TNCC**

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

**September**

**Emergency Nursing 2017—ENA National Conference**

September 13-16  
St. Louis, MO

**TNCC**

September 20-21  
Grand Island  
Andrea Lentz (alentz@sfmtc-gi.org)

**TNCC**

September 21-22  
Omaha  
TraumaProgram@alegent.org or (402) 717-5555

**October**

**ENPC**

October 3-4  
Omaha  
Kristi Kult (kkult@childrensomaha.org)

**NE ENA FALL CONFERENCE RECEPTION & AWARD CEREMONY**

October 4th at 6:00 pm  
Legends  
Lincoln

**NE ENA 24th ANNUAL FALL CONFERENCE**

Thursday, October 5th  
Nebraska Innovation Campus  
Lincoln  
Registration Available with this Newsletter and Online at  
[www.nebraskaena.org](http://www.nebraskaena.org)

**Pediatric Disaster Response and Emergency Preparedness**

October 6-7  
Heartland Event Center  
Grand Island

**TNCC**

October 9-10  
Bellevue  
Marjorie VanRiper (mvanriper@nebraskamed.com)

**2017 UNMC Trauma Symposium**

October 17  
Omaha, Scott Conference Center

**Bryan Health Trauma Symposium**

October 22  
Lincoln

**November**

**TNCC**

November 1-2  
Omaha  
TraumaProgram@alegent.org or (402) 717-5555

**ENPC**

November 6-7  
Lincoln  
Kari Watson (kari.watson@bryanhealth.org)

**TNCC**

November 13-14  
Lincoln  
Heather Talbott (heather.talbott@bryanhealth.org)

**NE ENA Member Meeting**

November 14th  
Location TBD

**TNCC**

November 28-29  
Omaha  
Tiffany Simon (tsimon@childrensomaha.org)

**Happy Holidays!**



**Don't forget to vote in the National ENA election!**

**Voting opens August 25 and runs through September 15th! Use your membership to its fullest potential and VOTE!!!**

The NE ENA Newsletter is published quarterly. Articles and information for future mailings may be submitted electronically to: [nebraskaena@gmail.com](mailto:nebraskaena@gmail.com) or by mail to: NE ENA, PO Box 24941, Omaha, NE 68124-0941.

## NE Emergency Nurses Association

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

**Safe Practice, Safe Care**

Website: [nebraskaena.org](http://nebraskaena.org)  
Email us at: [nebraskaena@gmail.com](mailto:nebraskaena@gmail.com)



## Welcome New Members!!!

Brianna Auxier — Lincoln	Jill Laughlin — Shenandoah, IA
Christine Bauer — Fremont	Lisa Lovette — Lincoln
Jessica Creel — Scottsbluff	Amy Melichar — Crete
Tammy Douglas — Lincoln	Ashley Moudry — Sutton
Renae Hart — Ashland	Marissa Stoklasa — Clarkson
Vawn Hula — Leigh	Lindsay Vigneur — McCook

Nebraska membership is currently at 296 members. Spread the word and let's see our numbers climb to 300!! Encourage your friends and coworkers to join this great organization! Contact Sue Deyke ([sddeyke@columbushosp.org](mailto:sddeyke@columbushosp.org)) for any questions or more information.

## Certification Review Questions:

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

- The physical finding most indicative of a Colles' fracture is:
  - Ecchymosis around the wrist
  - Absent radial pulse
  - Loss of motions in the fingers and wrist
  - "Silver fork" deformity
- A patient with a history of breast cancer asks about taking Echinacea for an upper respiratory infection. The nurse is aware that this herb is:
  - Safe and effective and should be used in this patient population
  - Contraindicated for cancer patients and those with autoimmune diseases
  - Safe unless the patient has an allergy to the Chrysanthemum family
  - Contraindicated due to its carcinogenic properties
- A 29-week pregnant patient is awaiting transfer to a high-risk obstetrical unit with a diagnosis of pre-eclampsia. She is receiving magnesium sulfate at one gram per hour via infusion. Which of the following is a priority to monitor for this patient?
  - Respiratory rate
  - Heart rate



- Hypreflexia
  - Proteinuria
- A patient who is pregnant with her third child comes to the emergency department complaining of a headache, swelling of her ankles, and a blood pressure of 150/90 mmHg. The nurse notices a fine red rash on the patient's abdomen. A priority lab test for this patient would be:
    - Urinalysis
    - Complete blood count
    - Liver enzymes
    - Basic chemistry panel

Answers: 1. D., 2. B., 3. A., 4. C.

## Certification Information

### Recently certified or recertified? Let us know!

We would love to spotlight your accomplishment and share this great news with your colleagues in the NE ENA community.

As of June, 2017, the number of certified nurses in Nebraska are:

- 180 Certified Emergency Nurses (CEN)
- 30 Certified Flight Registered Nurses (CFRN)
- 25 Certified Pediatric Emergency Nurses (CPEN)
- 7 Trauma Certified Registered Nurses (TCRN)

Let's grow those numbers! Encourage your colleagues to elevate their professional practice and GET CERTIFIED!!!

### CONGRATULATIONS TO OUR NEWEST NE ENA CERTIFIED EMERGENCY NURSES!

*Heather Hardesty, Lincoln*  
*Ann Boley, Gretna*



## ENA National Conference — Meet Us in St. Louis!!



Within relatively easy driving distance from Nebraska, ENA's annual conference, Scientific Assembly, will be held in St. Louis this fall. The program is shaping up to be another great educational offering. In addition to the lecture and poster sessions, there will be a mass casualty simulated drill, along with a number of other "hands-on" classes presented. There are over 150 educational sessions to choose from! Whether you're a stretcher-side nurse, an educator, a nurse leader or an advanced practice provider, the annual conference is a program for all. There are topics for every focus: adult; pediatric; geriatric; trauma; behavioral health; and much more.

The dates for the educational portion are September 13-16 with registration cost at

\$750 for members.

ENA has negotiated reduced rates with a number of hotels near the convention center. Anyone interested in finding out about room or ride sharing, please contact Marcia Harmon at [mkhrn@yahoo.com](mailto:mkhrn@yahoo.com). NE ENA will work with interested parties to connect potential roommates or carpoolers so that we can get the greatest number of interested Nebraska nurses to this fantastic educational program while keeping travel costs affordable.

Plan now to attend to learn, meet with vendors, network, laugh, enjoy, and grow in your practice. Treat yourself to something amazing at EN17!

## 2017 NE ENA State Board and Contact Information

**President**—Marcia Harmon, BSN RN CEN ([mharmon@cmcfcc.org](mailto:mharmon@cmcfcc.org))

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

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

**Secretary** — Curtis Olson, BSN BA RN EMT-P CEN ([curtisolsonrn@gmail.com](mailto:curtisolsonrn@gmail.com))

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

### Committees and Chairpersons

Injury Prevention: Kim Brandenburg, MSN RN CEN CPEN

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

Pediatrics: Krisi Kult, BSN RN CPEN ([kkult@childrensomaha.org](mailto:kkult@childrensomaha.org))

Trauma: Marjorie VanRiper, BSN RN CEN CPEN ([mvanriper@nebraskamed.com](mailto:mvanriper@nebraskamed.com))

Membership: Sue Deyke, MSN RN CEN

Government Affairs: Anna May, MSN BA RN-BC CEN CPEN

Website: Adam Bruhn, BSN RN CEN CPEN ([aqbruhn@hotmail.com](mailto:aqbruhn@hotmail.com))

Social Media: Facebook—Tina Felts, BSN RN CEN ([ifelts@nebraskamed.com](mailto:ifelts@nebraskamed.com)); Twitter — Curtis Olson, BSN BA RN EMT-P CEN



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