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
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.

<table>
<thead>
<tr>
<th>Annual Pediatric Volume</th>
<th># of Hospitals</th>
<th>Avg. Score</th>
<th>Median Score</th>
<th>Min. Score</th>
<th>Max. Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low(&lt;1800)</td>
<td>70</td>
<td>58.1</td>
<td>57.6</td>
<td>30</td>
<td>99</td>
</tr>
<tr>
<td>Med.(1800-4999)</td>
<td>9</td>
<td>73.6</td>
<td>77.2</td>
<td>53</td>
<td>99</td>
</tr>
<tr>
<td>Medium high (5000-9999)</td>
<td>7</td>
<td>77.2</td>
<td>74.8</td>
<td>59</td>
<td>99</td>
</tr>
<tr>
<td>High &gt;10000</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grand Total</td>
<td>87</td>
<td>61.7</td>
<td>60.9</td>
<td>30</td>
<td>100</td>
</tr>
</tbody>
</table>
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 mis-interpreted 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!

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.
## ENA Calendar of Events for 2015/2016

### December
- **Happy Holidays to you and your loved ones from NE ENA!**

### January 2016
- **TNCC**
  - January 14-15
  - Lincoln
  - Heather Talbott (heather.talbott@bryanhealth.org)

### February 2016
- **ENPC**
  - January 27-28
  - Grand Island
  - Jenna Watson (jwason@sfmc-gi.org)

### March 2016
- **ENPC**
  - February 9
  - Time and Location TBD — will be available via TeleHealth

### April 2016
- **TNCC**
  - March 14-15
  - Lincoln
  - Heather Talbott (heather.talbott@bryanhealth.org)

- **ENPC**
  - March 10-11
  - Omaha
  - Marjorie VanRiper (mvanriper@nebraskamed.com)

### May
- **NE ENA Member Meeting**
  - May 10
  - Time and Location TBD — will be available via TeleHealth

- **ENA Day On The Hill**
  - May 10-11
  - Washington DC

---

**CALENDAR CONTINUES ON PAGE 6**
Welcome New Members!!!

Katie Aase — Bassett
Brenda Adams — Omaha
Regina Antonio — Papillion
Anne Cummings — Kearney
Emily Cunningham — Omaha
Brenda Dickinson — Lincoln
Heather Esser — Omaha
Joan Gajewski — Aurora
Christina Hasselmann — Hastings
Lindsey Hessel — Grand Island
Amy Hoffman — Sidney
Mark Jacobs — Omaha
Kelley Johnson — Ashland
Jessica Lee — Omaha
Leah Logan — Lincoln
Felisha Moore — Omaha
Kacie Moser — Plattsmouth

Aftan Phipps — South Sioux City
Tammie Preissler — Giltner
Melissa Proud — McCook
Elizabeth Ridder — Omaha
Kathleen Schaaf — Stuart
Amber Schulze — Alliance
Beverly Sparhase — Syracuse
Ashley Thies — Elkhorn
MaryClaire Torticill — Sa Sioux City
Katherine VanOrnam — Omaha

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 if interested in submitting under a group membership.
### ENA Calendar of Events for 2016 (Continued)

<table>
<thead>
<tr>
<th>June 2016</th>
<th>ENPC</th>
<th></th>
<th></th>
<th>October</th>
<th>TNCC</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>June 2-3</td>
<td></td>
<td></td>
<td></td>
<td>October 6-7</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Scottsbluff</td>
<td></td>
<td></td>
<td></td>
<td>Dallas Schaffer (<a href="mailto:dallas.schaffer@rwhs.org">dallas.schaffer@rwhs.org</a>)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dallas Schaffer (<a href="mailto:Dallas.Schaffer@rwhs.org">Dallas.Schaffer@rwhs.org</a>)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>TNCC</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>June 9-10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lincoln</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Heather Talbott (<a href="mailto:Heather.Talbott@bryanhealth.org">Heather.Talbott@bryanhealth.org</a>)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ENPC</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>June 15-16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Omaha</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Kristi Kult (<a href="mailto:mkkult@cox.net">mkkult@cox.net</a>)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Delegate and ENA Conference Grant Applications due

| July      | TNCC          |          |          |November   | NE ENA Member Meeting |          |          |
|-----------|---------------|----------|----------|-----------|                       |          |          |
|           | July 14-15    |          |          |           | November 8            | Time and Location TBD will be available via TeleHealth |          |
|           | Scottsbluff   |          |          |           |                       |          |          |
|           | Dallas Schaffer (dallas.schaffer@rwhs.org) |          |          |           |               |          |          |

**NE ENA Member Meeting**

### August

August 9

Time and Location TBD — will be available via TeleHealth

### 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 (bmillerrifrha.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 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.

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 B-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/phenytoin (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!

2016 NE ENA State Board and Contact Information

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

President-elect—Marcia Harmon, BSN RN CEN (mharmon@cmcf.org)

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

Secretary — Suzanne Watson, BSN RN CEN (swatson@nebraskamed.com)

Treasurer — Anne Duha, BSN RN CEN (annduha234@gmail.com)

Committees and Chairpersons

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

Injury Prevention: Kim Brandenburg, MSN RN CEN CPEN (kbrandenburg@columbushosp.org)

Pediatrics: Regina Antonio, BSN RN CPN (ReChristensen@childrensomaha.org)

Trauma: Ashley Emmel, MSN MBA RN (kbrandenburg@columbushosp.org)

Membership: Jennifer Koehlmoos, RN (jkoehlmoos@gmail.com)

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