



## From Your 2016 ENA State President

Upcoming Events:

- \* First member meeting of 2017! Tuesday, February 21st at 6:00 pm. Watch your email for details on location. The meeting will be available via telehealth.
- \* **CEN Review** Course April 13th and 14th at NE Methodist College in Omaha. Cost is \$180 with promo code and there is a discount for 3 or more persons registering together. For more information, go to [www.methodistcollege.edu](http://www.methodistcollege.edu).
- \* **TCRN Review** Course May 18-19 offered for the first time in Nebraska!! Details and registration information coming soon!

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The 2016 Annual Emergency Conference was held in Los Angeles California September 14-17. It was an excellent conference and an opportunity to network with peers and friends. This year Nebraska sent six delegates. Representing our state were; Marcia Harmon, Anna May, Andrea Haynes, Karlynn Mueller, Carrie Prokopec and myself. Nebraska was proud to wear some Husker gear, and vote for the issues that will affect Emergency Nursing. We had the honor to listen to our own Nebraska nurse Karen Wiley make her President-elect address to the delegates. Nebraska is one of the smaller states in membership but is represented at the highest level.

The resolutions committee led the reference hearing. The areas that passed were GA16-01 Recognition for International Military Members. This passed easily as we look to honor those ENA members that serve and protect our country outside of our borders. GA16-02 brought a large amount of discussion. This was a resolution to "Trend the Effect of Recreational Marijuana on

Adolescents and Young Adults". This has always been a hot topic, and with states approving recreational use, the opportunities for children to be exposed increase. The authors stated that medicinal use is legal in 24 states, and one district. Three states have recreational use, and four more were looking to legalize this month. After amendments this passed. Look for ENA to investigate data on the impact of this use in Emergency departments, and offer education to reduce exposure to children and adolescents.

GA16-03 was in support for Education in the Care of Behavioral health Patients in the Emergency Care Setting. This resolution looked to support the need for core competency and educational modules designed by Emergency nurses for the Emergency setting. This resolution passed will bring training to make our environment safe, and allow us to give effective care. One resolution didn't pass. This was GA16-04 which was "Standardizing Handoff Reports between Acute and Post-Acute Care Facilities". This resolution although very

needed was met with discussion that many of these tools are already available, and felt staff should utilize these first.

All in all this was a great resolution meeting. Nebraska also had several scholarship recipients that attended the conference. They were Katie Aase and Kathleen Schaaf. Next year is not that far around the corner, and the 2017 conference will be held right here in the Midwest. Please consider joining your leadership team in St Louis Missouri.

Thank you again for allowing me to be your 2016 President. I have enjoyed this time, and look forward to networking with you in the next year.

*Sue*

Sue Deyke, MSN RN CEN  
2016 NE ENA State President  
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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.

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

One of the most dynamic election campaigns of recent times has come to a close and Donald Trump has emerged as our nation's President-elect. What this will bring to our policies and economy is yet to be seen. However, state senators and congressman worked feverishly in a lame duck session to pass a number of initiatives before the 115th Congress convenes January 3rd.

Some of the most notable "wins" for emergency nursing that were passed included the funding for Title VIII nursing workforce development programs, nursing research, poison control centers and emergency services for children. Also, on December 13th, President Obama signed the 21st Century Cures Act which includes comprehensive mental healthcare reform and funding to address the opioid overdose crisis, which are two top ENA priorities.

Nebraska Nurses Day at the Legislature will be held February 9th. NE ENA is a sponsor of this event, organized by the NE Nurses Association. It's a great way to get a glimpse into the state legislative process. This year's theme will be on "Scope of Practice" for nurses.

ENA's "Day on the Hill" is a wonderful time to network with state representatives and/or their legislative assistants in Washington DC. Not only does it provide an opportunity to connect on that day, but ENA encourages follow up after your meetings, including sending a thank you and inviting state officials to visit hospitals while on break from session. This year, Congressman Brad Ashford's legislative aide took up that offer and toured NE Medicine—Bellevue. Heather Voorman, legislative assistant, spent a morning in August at the hospital continuing the discussion that was started in Washington DC in May. She was able to see the facility first-hand and

hear of the impact it had on the community served. We discussed boarding of mental health patients in the ED, as well as other challenges faced by emergency departments throughout the state as well as the nation. It provided a great opportunity for her to ask questions and see the impact of the priorities that were the focus of our May meeting as they impact citizens on a local level, and then to take that information back to Washington.

"Day on the Hill" is scheduled for May 2-3, 2017. There is no word on what ENA's priorities will be for state representatives, but all eyes are on Washington to see what will happen as "Obamacare" transitions to "Trumpcare". We can be assured that emergency departments will stay busy — providing safe practice, safe care for all citizens 24/7 regardless of their ability or inability to pay.

## NE ENA Officer Election 2016



Congratulations go out to Curtis Olson, BSN BA RN EMT CEN, who was elected as 2017-18 NE ENA Secretary, and to Anna May, MSN BA RN-BC CEN CPEN, elected as 2017 NE ENA President-elect/2018 NE ENA President! Both will start their terms on January 1.

This is Olson's first time in an ENA state office position. May has served as state President in 2008 and 2015, treasurer in 2012 and is currently also NE ENA Government Affairs chairman.

We wish them all the best as they move into their new roles!!

## ENA Executive Director and President-Elect Tour Omaha Hospitals

Visiting Omaha from Chicago, ENA Executive Director Nancy MacRae, MS, and Omaha native ENA President-elect, Karen Wiley, MSN RN CEN, spent time at two area hospitals during the afternoon of November 17th. Staff from Nebraska Medicine's Emergency Department and Biocontainment Unit provided a tour for the ENA representatives, who were accompanied by other local emergency nurses.

After leaving Nebraska Medicine, Nancy, Karen, and their colleagues traveled north to CHI/Immanuel where they visited the ED and then

viewed the inpatient behavioral health facilities.

MacRae was selected into the position as ENA Executive Director this past summer. She has over thirty years experience in healthcare association management, but welcomes the opportunity to gain understanding of the work emergency nurses do each day and the challenges faced.



ENA President-elect, Karen Wiley



ENA Executive Director, Nancy MacRae

## FAST, Pre-Shift Baking: Two-Ingredient Brownies By Curtis Olson, BSN BA RN EMT-P CEN

Does THIS happen to you every once in a while? You are getting ready for your shift at work. You are pulling your scrubs out of the laundry basket, getting ready to get into the shower, and suddenly you remember that your coworker has a birthday, or it is a dessert day at work. You need to bake a little something FAST. You fumble frantically around in your cupboards looking for cake mix, cookie dough, or ANYTHING that you can bake up. Relax. You can make some quick, delicious, fudgy brownies with only TWO ingredients: Nutella and Eggs. Yes! It is hard to believe, but it is true. Here is how you can take these two standard (in MY house anyway) kitchen items and make them into a GREAT pan of brownies in minutes. Yes, you will need some baking time (perhaps while you are in the shower) but the prep is easy.

- Ingredients (This is short!)
- 4 large Eggs
- 1 cup Nutella
- Powdered Sugar (optional)
- Instructions:

Preheat oven to 350.  
Line an 8x8 brownie pan with parchment paper.  
Beat the eggs until the eggs have tripled in size.  
This may take up to 10 minutes with a handheld

mixer on high. If you have a stand mixer, put them in the bowl and turn it on. It should take 5-7 minutes, and you will be able to leave the mixer to do the work while you find your phone and work ID.

Heat the Nutella in the microwave for 60 seconds. DO NOT put the Nutella jar in the microwave.

Measure out 1 cup of Nutella and heat it in a microwave-safe bowl or measuring cup.

Remove the Nutella from the microwave and stir it up.

The Nutella will be soft and pourable now. Slowly pour a stream of the warmed Nutella over the eggs, beating until mixture is thoroughly combined.

Pour batter into prepared pan and bake for 30 to 35 minutes, or until a toothpick inserted in the middle comes out with very few crumbs.

Remove the brownies from the oven and let them completely cool before cutting.

Dust with powdered sugar (also after they have cooled.) The brownies, of course, can cool in the car on the way to work. Bring your powdered sugar and a knife along with you.

Cut into bars and serve.

It is hard to believe that something this simple can

make a creditable brownie, but these are super-delish. When I have made this, I have challenged my coworkers to guess WHAT TWO INGREDIENTS make up the brownies, and nobody has ever come close. Happy cooking, and have a good shift!

\*Nutella Trivia: Nutella is a Hazelnut-Chocolate spread developed in Italy in the 1960s. Calling this brownie recipe "two ingredients" is a bit of a cheat as the Nutella brings sugar, nuts, cocoa, milk, and palm oil into the mix.

Tasters who have tried American and European Nutellas prefer the original imported version, citing a nuttier, less sweet, flavor, and a firmer texture. Part of this may be a difference in the type of oil used in manufacturing the two. (Bearing in mind the better flavor and some possible variation in ingredients, do NOT waste imported Nutella in this recipe!)

I have a coworker who spent time overseas and learned to love the European Nutella. On a recent trip to the continent she bought a quart jar and put it in her carry-on bag for the return flight home. Alas, it was confiscated by the EU version of the TSA as a prohibited gel. Don't let this happen to you! It might be very tempting to enjoy your Nutella on the flight home, but you will NEED to put it into your checked baggage if you want to bring it back here to share.

## 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 ([krbrandenburg@columbushosp.org](mailto:krbrandenburg@columbushosp.org))

Pediatrics: Regina Antonio, BSN RN CPN ([ReAntonio@childrensomaha.org](mailto:ReAntonio@childrensomaha.org))

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

Membership: Sue Deyke, MSN RN CEN

Government Affairs (Co-chairs): Anna May, MSN BA RN-BC CEN CPEN and Adam Bruhn, BSN RN CEN CPEN ([agbruhn@hotmail.com](mailto:agbruhn@hotmail.com))

**ENA Calendar of Events for 2016–2017**

<b>December</b>	<b>TNCC (COURSE FULL)</b> December 19-20 Omaha Megan Sorensen (tsimon@childrensomaha.org)	<b>March 2017 (cont'd)</b>	<b>Trauma Care After Resuscitation (TCAR)</b> March 27-28 Omaha Marjorie VanRiper (mvanriper@nebraskamed.com)
	<b>TNCC</b> December 29-30 Lincoln Heather Talbott (heather.talbott@bryanhealth.org)		<b>TNCC—Instructor Course (COURSE FULL)</b> March 28-29 Aurora Jodi Cregger (jcregger@lifeteam.us)
<b>January 2017</b>	<b>TNCC</b> January 4-5 Omaha Tiffany Simon (tsimon@childrensomaha.org)		<b>TNCC</b> March 28-29 Norfolk Bobbie Jo Miller (bmiller@frhs.org)
	<b>TNCC</b> January 19-20 Lincoln Heather Talbott (heather.talbott@bryanhealth.org)	<b>April</b>	<b>CEN Review Course</b> April 13-14 Omaha Www.methodistcollege.edu
<b>February</b>	<b>ENPC</b> February 6-7 Omaha Kristi Kult (kkult@childrensomaha.org)		<b>TNCC</b> April 24-25 Bellevue Marjorie VanRiper (mvanriper@nebraskamed.com)
	<b>Nebraska Nurses Day at the Legislature</b> February 9 Lincoln Www.nebraskanurses.org		<b>TNCC</b> April 26-27 Lincoln Heather Talbott (heather.talbott@bryanhealth.org)
	<b>NE ENA Member Meeting</b> February 21 at 6:00 pm Location TBD	<b>May</b>	<b>TCRN REVIEW COURSE</b> May 18-19 Omaha Details and registration information coming soon!
<b>March</b>	<b>TNCC</b> March 7-8 Omaha Tiffany Simon (tsimon@childrensomaha.org)		<b>NE ENA Member Meeting</b> <b>Thursday, May 18</b> Location TBD
	<b>ENPC</b> March 9-10 Lincoln Kari Watson (kari.watson@bryanhealth.org)	<b>June</b>	<b>ENPC</b> June 12-13 Omaha Kristi Kult (kkult@childrensomaha.org)
	<b>ENPC</b> March 9-10 McCook Todd Hovey (thovey@CHMccook.org)	<b>July</b>	<b>TNCC</b> July 10-11 Bellevue Marjorie VanRiper (mvanriper@nebraskamed.com)
	<b>TNCC</b> March 22-23 Grand Island Andrea Lentz (alentz@sfmtc-gi.org)		<b>TNCC</b> July 27-28 Omaha Tiffany Simon (tsimon@childrensomaha.org)

## NE Emergency Nurses Association

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

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

Safe Practice, Safe Care

Nebraska ENA

Like us on Facebook!

Follow us on Twitter!



## Welcome New Members!!!

Ayme Barry — Lincoln  
Erik Borgmeyer — Omaha  
Dana Cook — Merriman  
Wendi Lewin — Chadron

Nicole Norgard — Marsland  
Dana O'Neil — Lincoln  
Matthew Petersen — Omaha  
Jamie Schuster — Lavista

Nebraska membership is currently at 291 members. Spread the word and let's see our numbers climb to 300!! Encourage your friends and coworkers to join this great organization! Contact Jennifer Koehlmoos ([jkoehlmoos@gmail.com](mailto:jkoehlmoos@gmail.com)) for any questions or more information.



*Holiday Idea for Santa: ENA Membership makes a great Christmas gift!*

August 2017

### TNCC

August 9-10  
Lincoln  
Heather Talbott ([heather.talbott@bryanhealth.org](mailto:heather.talbott@bryanhealth.org))

### TNCC

August 29-30  
Norfolk  
Bobbie Jo Miller ([bmiller@frhs.org](mailto: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](mailto:alentz@sfmtc-gi.org))

October

### ENPC

October 3-4  
Omaha  
Kristi Kult ([kkult@childrensomaha.org](mailto:kkult@childrensomaha.org))

### NE ENA 24th ANNUAL FALL CONFERENCE

Thursday, October 5th  
Nebraska Innovation Campus  
Lincoln  
More details coming soon!

### TNCC

October 9-10  
Bellevue  
Marjorie VanRiper ([mvanriper@nebraskamed.com](mailto:mvanriper@nebraskamed.com))

November

### ENPC

November 6-7  
Lincoln  
Kari Watson ([kari.watson@bryanhealth.org](mailto:kari.watson@bryanhealth.org))

### TNCC

November 13-14  
Lincoln  
Heather Talbott ([heather.talbott@bryanhealth.org](mailto:heather.talbott@bryanhealth.org))

### NE ENA Member Meeting

November 14th  
Location TBD

### TNCC

November 28-29  
Omaha  
Tiffany Simon ([tsimon@childrensomaha.org](mailto:tsimon@childrensomaha.org))

December

Happy Holidays!

**MORE EVENTS WILL BE ADDED AND INFORMATION UPDATED AS IT BECOMES AVAILABLE. IF YOU HAVE A PROGRAM OR EVENT YOU'D LIKE LISTED, PLEASE EMAIL DETAILS TO: [amaze610@yahoo.com](mailto:amaze610@yahoo.com)**

## SOCIAL MEDIA AND NETWORKING (Part Three) by Curtis Olson, BSN BA RN EMT-P CEN

### Social Media and Nursing\*

#### (Dr. \*What NOT to do on Social Media)

Social media/nursing superstar Katie Duke (@TheKatieDuke) has nearly 30 thousand followers on Twitter and over 60 thousand followers on Instagram. Duke became a high-profile role model for emergency department nursing when she was featured on the first season of ABC's "NY Med" reality show. The first episode of season two showed her being fired from New York Presbyterian Hospital for sharing a questionable photo of the ED's trauma room on Instagram after a patient resuscitation.

Duke said that before posting, she made sure that the photo did not violate the Health Insurance Portability and Accountability Act (HIPAA), which protects patients' privacy, or the hospital's social media policy. Nevertheless, Duke was fired from her job. She said that hospital staff told her she wasn't being terminated for violating either policy, but for posting a photo that someone could find offensive.

Fortunately for Duke, this was not a career-ender. ABC's "NY Med" cameras followed her as she found a new nursing job at another hospital. Her SoMe popularity has allowed her to continue growing her career as a public speaker and she has since graduated as a nurse practitioner and works in a cardiac service in New York.

If you don't have the advantages of Duke's powerful personality and social media popularity, the wrong internet post could end YOUR nursing career. Twitter gives you 140 characters for each post. It's amazing how much damage those 140 letters can do.

Whether you are on Twitter, Facebook, Instagram, Snapchat, or any other platform, social media can be a great tool for self-expression. Bad shift? You can tell the Twitterverse about it. Too tired to face another night in the E/R? share your feelings with you 'book friends. Having a fun time on shift? Share a pic of yourself on Instagram!

Social media helps you to share your good times (and bad) with—literally—the whole world. But is it a good mix with your work life? In healthcare, the answer can be a big, career-ending, NO. As Katie Duke found out, hospitals are very careful with their reputations, and have high standards of appropriateness. In addition to your current employer, some organizations might make a social media search part of their routine background check. Questionable posts might put you out of the running for that sweet job you've been working toward.

If you follow some important rules and guidelines, keeping your social media posts professional, and keeping HIPAA mandates in mind, you can turn that "NO" into a carefully qualified "M-A-Y-B-E." In the last issue of this newsletter, I shared a couple of links with helpful guidelines for steering clear of professional and HIPAA violations when posting online. Dr. Kevin Pho (@KevinMD) offers this comprehensive post on this topic:

<http://www.kevinmd.com/blog/2011/06/7-tips-avoid-hipaa-violations-social-media.html>

The National Council of State Boards of Nursing offers these guidelines, mostly addressed to student nurses who are just beginning their careers and who are already deeply immersed in social media:

[https://www.ncsbn.org/Social\\_Media.pdf](https://www.ncsbn.org/Social_Media.pdf)

It can be tempting to post that hilarious remark from that drunk on last night's shift, or dish about THAT doctor who drives you up the wall. While no post is ever completely anonymous, one way to insulate your career from your less noble impulses is to set up more than one social media identities.

Kati Kleber, a nurse blogger with over 20 thousand followers on Twitter, initially started on social media by posting funny, often snarky comments on her nursing shifts as @NurseEyeRoll. More recently she has evolved into a respected blogger, author, and mentor for new nurses, posting in Twitter under the more respectable handle @Kati\_Kleber. As her career evolved, she changed her identity—her BRAND, in other words—on social media.

As a nurse in your department, your hospital, and in your state, YOU also have—whether you know it or not—a brand. Some of your coworkers may think of you as a nerd or a know-it-all, a smarty-pants or a joker. You probably have an idea of the persona that you project at work. You may try to perpetuate it (if for example, you are known as a steady, hard worker) or try to change it (if you are known (as I was) as "the messiest nurse in the department.")

In the same way, you may need to change your identity on social media. Of course, some people (and nurses) CAN'T change. And that is just FINE. But if you don't want your SoMe life to affect your professional life, you may have to compartmentalize parts of your online personality. And if your professional life involves some occasionally unprofessional behavior, this DEFINITELY needs to be walled off from your professional SoMe.

(Continued on top of next page)

## SOCIAL MEDIA (Continued)

I have seven social media streams. Yes, I am a hopeless nerd who spends way too much on my phone, but the larger point is that each of those feeds serves a very specific purpose, and I try not to mix them. My main Twitter feed (@CurtisRN) is my professional healthcare SoMe stream, where I share nursing, healthcare, and Lincoln-area news. I also post (carefully worded) slices of life from my nights in the E/R. My very strong opinions about politics and popular culture are carefully segregated from my professional life on my @1980sFanboy Twitter timeline. Cooking and eating? Check out @CurtisCooks. Yes, I realize that nurses cook and eat, but I also realize that not all healthcare professional are going to care what I cooked for dinner last night, so why clutter my nursing timeline with pictures of my Nutella brownies?

In any case, I personally think it is irrelevant--and possibly alienating to followers--to mix my political views with my professional social media, so I keep them separated. In the same way,

it is professionally dangerous to mix pics of slamming shots with your gang at the bar alongside chatter about your nursing shifts. (Yes, a few FOAMEd superstars--especially the Australians--do this occasionally with class and style. And I've posted pics of bar-based "Tweet-meets" at conferences. But most of these posts are usually show a collegial professional gathering rather than anything you could call a drunk-fest.)

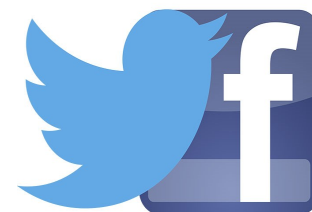
Sometimes potential employers will search your social media life for potential red-flags. I'd have no problem sharing my @CurtisRN TL with anyone in my personal or professional life. @1980sFanboy might be occasionally...problematic. @HuskerNurses...TOTALLY proud of THAT Twitter feed. My Instagram pics (CurtisDRN) are...mostly pretty boring. In short, I don't have a professionally questionable social life, but I do keep it segregated online from my professional life. So

if YOUR social life is...er...ACTIVE, you might consider separating it from your nursing persona online.

E-mail hacks during the recent presidential election demonstrate this rule: "If you don't want it published in the *New York Times*, don't put it on paper or write it in an e-mail. If this applies to password protected electronic documents, it DEFINITELY applies to what you are posting on public social media feeds. Smartphones make it easy to manage and share content between multiple social media streams. If you have an active online life, you should take full advantage of these tools to keep your professional social media identity professional, and your personal identity...personal.

Good luck. And happy posting!

Curtis Olson, BSN BA RN EMT-P CEN



## 2016 NE ENA State Board and Contact Information

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

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

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

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

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

### Committees and Chairpersons

Fall Conference Planning: Ashley Emmel, MSN MBA RN  
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Injury Prevention: Kim Brandenburg, MSN RN CEN CPEN  
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Pediatrics: Regina Antonio, BSN RN CPN  
([ReAntonio@childrensomaha.org](mailto:ReAntonio@childrensomaha.org))

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

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

Government Affairs (Co-chairs): Anna May, MSN BA RN-BC CEN CPEN ([amaze610@yahoo.com](mailto:amaze610@yahoo.com)) and Adam Bruhn, BSN RN CEN CPEN ([agbruhn@hotmail.com](mailto:agbruhn@hotmail.com))

**Coming to the Omaha area — Offered for the first time in Nebraska!**

**Trauma Certified Registered Nurse (TCRN) Review Course**

May 18-19, 2017 at Nebraska Medicine—Bellevue. Registration material will be available in January. Cost of the program will be deeply discounted for ENA Members.

**Make 2017 your year to get certified!!!**

Nebraska ENA  
PO Box 24941  
Omaha, NE 68124-0941