



Upcoming Events:

- * **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.
- * **TCRN Review** Course May 18-19 offered for the first time in Nebraska!! Details and registration information coming soon!
- * **CEN Review** Course July 24-25 at Bryan East in Lincoln. Cost is \$175 for the 2-day course. For more information contact Kari Watson @ (402) 481-9054 or kari.watson@bryanhealth.org.

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From Your 2017 ENA State President

Hello all.

It seems a little late to be saying “Happy New Year”, but technically we are just beginning the year for ENA. I do want to take a few quick lines to introduce myself, as your President, for those of you whom I have not met, or do not know me. I have been an RN for almost 28 years now, working in the same facility that entire time. Since Community Medical Center is a Critical Access Hospital, I have worked in just about every form of nursing there is. While I still work inpatient Med-Surg, Labor/Delivery/Nursery, and staff education (teaching BLS, ACLS, ENPC, and TNCC), ER is my passion. Ok, so enough about me.

Now for what we are here for. Anna May, Anne Duhs, and myself just returned from State and Chapter Leader Orientation 2017 that was held in Las Vegas. Two days of intense training to help the

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 Stretcheside Staff Award. The

new (or returning) leaders hit the ground running for the year. We returned with several “assignments” that will improve our Nebraska State Council. We learned about new ways to share our meetings on social media platforms, so we may be doing some experimenting with future meetings. We networked with other state councils in the region and talked about planning some multi-state activities, so watch for more information about that. We also learned that there is always room for improvement, so the Board will be reviewing our current policies, adopting some new policies, and reviewing our council by-laws to make sure that the Nebraska State Council is following National ENA guidelines.

The Board is also working several activities to offer to not only our members, but guests throughout the year.

awards will be presented to winners at the evening event before the 24th Annual NE ENA Fall Conference which will be held on Wednesday, October 4th. The nominee DOES NOT need to be an ENA member. Application forms and deadlines will be available in the second quarter newsletter and on the website coming soon!

We are taking registrations for the TCRN (Trauma Certified RN) review course May 18-19 in Bellevue at Nebraska Medicine. We have started working on plans for the annual fall conference that is set for October 5 at Innovation Campus in Lincoln. We have seen early plans for the National Annual Conference that will be September 13-16 in St. Louis, MO. But as busy as that all sounds, we want to hear from you, our members, as to what you would like to see us do. If you have an idea for a presentation at the fall conference or for a member meeting (perhaps you would like be a presenter), or an activity (even just a social get together), contact one of the Board members, and we’ll see what we can work out.

Until next time . . .

Marcia Harmon, BSN RN CEN
Nebraska State ENA Council
President 2017

The NE ENA Newsletter is published quarterly. Articles and information for future mailings may be submitted electronically to: nebraskaena@gmail.com or by mail to: NE ENA.

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

The 104th Session of the Nebraska Unicameral began its year in January. Lawmakers wasted no time in introducing legislation for the upcoming year. Of note to emergency nurses are:

- LB 368—introduced by Senator Lowe, it proposes a change in the helmet provisions. This bill was initially written with language to require helmets and eye protection in persons age six and older on mopeds and motorcycles, but there is a provision written into the bill to allow motorcycle operators over the age of 21 to be exempt from the helmet law. More on this bill as it advances but a hearing has not yet been held to discuss.
- LB 644 — this bill was introduced as part of an initiative to remove regulatory and governing boards, commissions and similar entities. There is similar legislation proposed at the National level to deregulate groups such as the Board of Nursing and other licensing boards. This was introduced by the Government, Military, and Veterans Affairs Committee and as written would also impact Nebraska by removing the EMS and State Trauma boards from our

local government.

- LB 344— proposed by Senator Albrecht to change credentialing and regulation of mental health substance abuse centers.
- LB 487— introduced by Senator Morfeld it provides exception to certain crimes for persons witnessing or experiencing drug overdoses and provide protection from civil liability for emergency responders and peace officers administering naloxone

As these bills and others advance through the unicameral, information will be shared with members. Please consider sending a note, making a call, or writing an email to your state senator or representative about your position



on the legislation. Lawmakers are not nurses, nor, generally, are they medical professionals. Nurses, as the most trusted and respected professions, have vast knowledge of how some of these laws would impact our citizens and on injury prevention. We have the power and the responsibility to educate lawmakers and keep the public safe. Watch future emails and newsletters for additional information as this legislative year heats up.

ENA's "Day on the Hill" will be held May 2-3 in Washington DC. Curtis Olson, BSN BA RN EMT-P CEN, and I will represent Nebraska as we discuss ENA's priorities for emergency care with members of this 115th Congress. ENA is sending 125 emergency nurses to spend the day talking to lawmakers. May 2nd is an all-day educational session to acquaint participants with processes; May 3rd is set aside for in-person meetings with State Senators and Representatives or their legislative assistants in charge of healthcare priorities. ENA's focus topics will be shared with perspective attendees in April.

For any questions, more information or to get involved, please check out the Government Relations link on the national ENA website or feel free to contact me at amaze610@yahoo.com.

ENA National Conference Comes to the Midwest

Within driving distance from Nebraska, ENA's annual conference, Scientific Assembly, will be held in St. Louis, MO, this fall. The program is shaping up to be another amazing and education filled conference. 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. The dates of the program are September 13-16 with registration cost at \$520 for ENA members registering before July 13th. After that date, the cost of registration goes up to \$750 for members.

This year once again, the ENA Foundation will be

giving away conference scholarships to help pay for registration costs. Applications will be accepted beginning in April and may be found on the national ENA website at www.ena.org. In addition, as in previous years, Nebraska ENA will be awarding two \$500 conference "grants" to NE ENA members who would like to attend the national conference. Applications for this will be available in May and will be sent to all members via email as well as being available on the Nebraska ENA website at www.nebraskaena.org.

Consider applying to serve as a state delegate

to the national convention! Nebraska be sending 6-7 persons to General Assembly which is the regulatory and governing portion of the national conference. This is held for a day and a half on September 12-13. NE ENA helps cover the costs of travel, lodging, and conference registration for those members who are selected to serve as state delegates. Applications will be available in May if you would like to be considered to represent your Nebraska colleagues and help shape decisions governing emergency nursing practice.

A Healthi-ER, Bett-ER You from "Healthier Eating Tips for Nurses", Villanova University,

Nurses don't always have the time to eat the healthiest meals. Whether you're working night shift and are too tired to eat, or you're working a busy twelve hour shift, taking care of your nutritional needs can be a real challenge. At work, you can't always take time away from patients in need, no matter how hungry you may be. That's when quick snacks from the vending machine start to look rather appetizing.

Skipping meals or eating snacks from a vending machine won't provide the fuel you need to meet the demands of nursing. Eating well can help you live better by preventing diseases and other medical conditions while helping to relieve stress. If you're ready to begin a healthier way of eating, check out these practical, healthy eating tips designed for busy nurses.

Think Whole Foods, Not Deprivation

Luckily, it's not difficult to give your body the nutrition it needs to run efficiently. You'll have more energy and feel better. Good nutrition doesn't mean depriving yourself of all your favorite foods. It's about adding more whole foods into your everyday diet and enjoying less-healthy options, such as doughnuts, french fries and coffee drinks, as occasional treats. The less you consume these less-healthy foods, the less you'll crave them.

Keep Blood Sugar Within Normal Limits

As a nurse, you know that missing meals can cause a drop in your blood glucose level, which can make you extra hungry, irritable and fatigued. When that happens, you're more likely to eat anything that is readily available for quick energy boost. In extreme conditions, if you don't eat, you could become light headed and disoriented, which is obviously not the best condition for a nurse.

Try to keep blood sugar levels stable throughout your workday by planning ahead for your nutritional needs. Stock up on apples, low-fat

cheese, dried fruit and raw nuts, such as almonds and walnuts. Pack moderate portions to snack on before you get too hungry. Remember that fruits, especially dried fruits, have a sugar content of their own, so don't overdo it or your glucose level could rise again. Balance fruits with protein from cheese or nuts. Focus on high-fiber snacks, too, such as rice cakes, oranges or berries.

Don't Eat One Big Meal a Day

Saving the bulk of your calories for one large meal is not the best eating strategy. Your body can't handle too much food at a time, so it's better to divide your food intake into regular intervals throughout the day. For many nurses, eating six small meals a day makes them feel better than one or two large meals and snacks.

Add Color

Colorful foods are generally higher in nutrition. For variety and optimum health, aim for three colors in every meal. Shoot for two servings of fruit and three vegetable servings each day. Pack a big salad for your lunch or dinner at work, for an easy way to add colorful veggies to your diet. Prepare a large bowlful of salad on your day off and you'll be ready for quick meals throughout the week. Try some of these colorful, delicious and nutrition-packed foods:

- **Blue, purple:** blueberries, grapes
- **Green:** Spinach, kale, swiss chard, broccoli, green beans, avocado
- **Orange:** carrots, oranges, peaches, sweet potatoes
- **Yellow:** squash, pears, pineapple
- **Red:** beets, bell peppers, strawberries, tomatoes, cherries

Avoid Pre-packaged Foods

Processed foods are easy to prepare, but usually high in sodium and fat. They often contain preservatives and hidden sugars, as well. Skip the aisles of packaged and canned

foods and make your own basics from scratch. Brown rice, prepared dry beans and whole-grain pasta can fill you up and prevent you from overeating. The fiber is good for your digestion and blood sugar, too.

Create a Healthy Food Zone

Encourage nutritious eating with co-workers by establishing a "healthy food zone," where only healthy food is allowed. It's too easy to overdo it on cookies, birthday cakes and other treats brought from home, so make a pact that only healthy foods will be brought into the workplace.

Take Small Steps

Changing eating habits takes some planning and effort, but it's not difficult. Every small step you take adds up to new, healthy, lifelong behaviors.

- Start with bringing salads and healthy snacks to work.
- Prepare simple, healthy meals at home and bring the leftovers for lunch.
- When you can, schedule time to sit down and focus on your food.
- Encourage co-workers to keep their treats at home, and bring in fruits and veggies to share.

When you focus on healthier eating, you'll not only feel better, but you'll see physical changes, as well. The most important changes will be in your overall health, with lower cholesterol, blood pressure and stress levels, higher energy and fewer mood swings.



ENA Calendar of Events for 2017**March****TNCC**

March 7-8
Omaha
Tiffany Simon (tsimon@childrensomaha.org)

ENPC

March 9-10
Lincoln
Kari Watson (kari.watson@bryanhealth.org)

ENPC

March 9-10
McCook
Todd Hovey (thovey@CHMcCook.org)

TNCC

March 22-23
Grand Island
Andrea Lentz (alenz@sfmc-gi.org)

TNCC

March 23-24
Omaha
Scott Brown (larry.brown2@alegent.org)

Trauma Care After Resuscitation (TCAR)

March 27-28
Omaha
Marjorie VanRiper (mvanriper@nebraskamed.com)

TNCC—Instructor Course (COURSE FULL)

March 28-29
Aurora
Jodi Cregger (jcregger@lifeteam.us)

TNCC

March 28-29
Norfolk
Bobbie Jo Miller (bmiller@frhs.org)

April**CEN Review Course**

April 13-14
Omaha
Www.methodistcollege.edu

TNCC

April 24-25
Bellevue
Marjorie VanRiper (mvanriper@nebraskamed.com)

TNCC

April 26-27
Lincoln
Heather Talbott (heather.talbott@bryanhealth.org)

May**TNCC**

May 3-4
Omaha
Scott Brown (larry.brown2@alegent.org)

TCRN REVIEW COURSE

May 18-19
Bellevue
Details and registration information coming soon!

NE ENA Member Meeting**Thursday, May 18**

Location: TBD

June**Pediatric Trauma Conference**

June 2— Save the Date!
Omaha
Children's Hospital and Medical Center

ENPC

June 12-13
Omaha
Kristi Kult (kkult@childrensomaha.org)

Creighton University Trauma Symposium

June 16 — Save the Date!
Omaha

July**TNCC**

July 10-11
Bellevue
Marjorie VanRiper (mvanriper@nebraskamed.com)

TNCC

July 27-28
Omaha
Tiffany Simon (tsimon@childrensomaha.org)

TNCC

July 27-28
Omaha
Scott Brown (larry.brown2@alegent.org)

August**TNCC**

August 9-10
Lincoln
Heather Talbott (heather.talbott@bryanhealth.org)

TNCC

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

September**Emergency Nursing 2017—ENA National Conference**

September 13-16
St. Louis, MO

NE Emergency Nurses Association

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

Website: nebraskaena.org

Safe Practice, Safe Care



Welcome New Members!!!

Veronica Behm – Scottsbluff	Ashley Meyer – Cortland
Jocille Brinda – Valentine	Carmen Sizer – Ogallala
Lynnette Chavanu – Omaha	Christopher Stamulis – North Platte
Claire Gasparovich – Murray	Mackenzie Walker – Alliance
Cari Jeskewitz – North Platte	Lynne Ward – Lincoln
Amanda Klein – Wilcox	Olivia Wiese – Oceanside, CA
Debra Kromis – Gordon	

Nebraska membership is currently at 294 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) for any questions or more information.

September
(cont'd)

TNCC

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

TNCC

September 21-22
Omaha
Scott Brown (larry.brown2@alegent.org)

October

ENPC

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

NE ENA FALL CONFERENCE RECEPTION & AWARD CEREMONY

October 4th at 6:00 pm
Flatwater Grille
Lincoln

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)

October (cont'd)

Bryan Health Trauma Symposium

October 22 – Save the Date!
Lincoln

November

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)

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

WHY ARE YOU A MEMBER? by Sue Deyke, MSN RN CEN

As healthcare changes, and Emergency medicine becomes more complex, the ENA is the resource to help us provide the safe care we strive for. Are you using your membership to the fullest? Have you invited a colleague to join? To grow our practice and improve care, consider what ENA has to offer.

In this world of increasing responsibilities and costs, your membership to ENA can provide free CE. Monthly there are opportunities to learn more about Emergency nursing at no cost. This is a great benefit to hear changes in practice, or improve your assessment skills. The Nebraska council is offering a TCRN course, and the fall conference always is well received by the attendees. If your facility is asking you to bring up evidence based practice, the Institute for Quality, Safety and Injury Prevention is at your finger tips. This area does the research to ensure our practice is evidence based. If we follow these guidelines, nurses can reduce costs, and improve outcomes.

Did you know that the ENA offers scholarships?

The ENA Foundation sole function is to help nurses obtain higher level degrees, attend conferences and participate in research. At the state level, scholarships are also offered to attend the national conference. All that is required is to complete an application and let the state know why this is important to your career. If you like reading peer review journals, the ENA connection and Journal of Emergency Nursing is packed full of practice improvements and opportunities to make your department state of the art. Just last month Karen Wiley- ENA National President wrote about rural emergency nursing and acknowledged some of the communities in Nebraska.

If this is not enough, networking with your peers is a way to connect, and relate with others doing the same work that you do. So enough said, take full advantage of your membership, and invite a colleague to join. Nebraska is one of the best states to receive Emergency care, and you can be part of it.



State and Chapter Leader Orientation Recap

Marcia Harmon, Anne Duhs, and Anna May spent a weekend in Las Vegas recently at ENA's State and Chapter Leader Orientation along with 250 of their state counterparts. Sessions were held giving new officers insight into their roles as well as providing best practices and lessons learned from ENA councils throughout the US.



Bringing state meetings to members and increasing opportunities for participation is a top priority for the 2017 NE ENA Board. In addition to using TeleHealth, other web-based meeting programs will be introduced to allow increased meeting attendance. Watch upcoming meeting notices for details!

Do You Huddle?

A relatively new online benefit to ENA membership is subscribing to ENA Connect. Depending on your preset email preferences, each day you can receive the ENA Huddle Digest. This is a forum for members to post questions or request feedback from the ENA community. Responses are

published and shared with members via email. The topics are as varied as the practice of emergency medicine – from staffing issues and ratios, to surge plans and hallway protocols, to best practice, orientation – you name it! Not a day goes by when there isn't something applicable to local

practice being discussed on the Huddle feed. It's a great venue to reach many members for advice or to share policies as well. Select "ENA Connect" under the "Membership" tab on the ENA.org home page to get started!

Make 2017 your year to get certified!!!

Two CEN Reviews are being held in coming months in the Omaha/Lincoln area.

Nebraska Methodist is hosting a two-day review on April 13-14. More information may be found at www.methodistcollege.edu.

Bryan Health will be sponsoring the CEN Review course July 24-25 at the Bryan East Campus, Plaza Conference Center. Registration information may be found online at bryanhealth.org/calendar. Select Continuing Education & Life Saving Classes, then search by title.



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! The Board of Certification for Emergency Nurses (BCEN) no longer allows public access to certification lists so the only way we know that you passed your certification exam is if you (or someone you know) tells us. We'd love to celebrate YOU for all your hard work!

Please let us know at: nebraskaena@gmail.com

OFFERED FOR THE FIRST TIME IN NEBRASKA!

Trauma Certified Registered Nurse (TCRN) Review Course
 May 18-19, 2017 at Nebraska Medicine—Bellevue. Registration material is available on the Nebraska ENA website.
 Cost of the program is deeply discounted for ENA Members.

2017 NE ENA State Board and Contact Information

President—Marcia Harmon, BSN RN CEN (mharmon@cmcfcc.org)

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

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

Secretary — Curtis Olson, BSN BA RN EMT-P CEN (curtisolsonrn@gmail.com)

Treasurer — Anne Duhs, BSN RN CEN (anneduhs1234@gmail.com)

Committees and Chairpersons

Injury Prevention: Kim Brandenburg, MSN RN CEN CPEN

(krbrandenburg@columbushosp.org)

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

Trauma: Marjorie VanRiper, BSN RN CEN CPEN
 (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)

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