



From Your 2018 ENA State President

Upcoming Events:

- * The next NE ENA Member Meeting will be held **THURSDAY, MAY 17 at 6:00 pm (CST)**.
- * Plans are underway for the **25th Annual NE ENA Fall Conference!!** Want to get involved in NE ENA? There are plenty of opportunities and contact info on page 3!
- * Check out the 2018 calendar of events on pages 4 & 5 and make plans for the year ahead!

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Greetings and Salutations!

My name is Anna May and I'm so excited and honored to be Nebraska ENA President for the third-time in my emergency nursing career! I have been a nurse for a long, long time and have worked in ED's since 1995. In 2014, I transitioned from a clinical role into management, but love being able to help out the department (or just get in the way) if volume surges.

ENA is my guilty pleasure and obsession. What a phenomenal organization! When I first joined, I paid for a membership for a number of years, read the publications that came to my home, and that was pretty much the extent of my involvement. In 2007, that all changed when I was approached and encouraged

to run for state president. I knew so very little about the organization itself, but I've always been a "what the heck?" kind of person, so I thought this would be "no biggie". How wrong I was and what an amazing journey this would lead me on!!

Today, ten years later, I have taken advantage of and truly been immersed by all that is ENA! I have gained knowledge, met countless amazing trailblazing emergency nurses, advanced my professional career – the opportunities are overwhelming if you just say, "Sure, why not?!"

As a state council, Nebraska ENA has grown steadily to the nearly 300 members we have today. We are in the thick of planning our **TWEN-**

TY-FIFTH annual state conference – this year planned as a two-day event with an amazing line-up in store! This can't be done alone so there are lots of opportunities to help out if you have a few hours to spare or just want to stop by and see what it's all about.

What do you need from an organization? What ignites you? Reach out to a board member and let us know. We want to hear from you!

We're looking forward to a fabulous year ahead!

Thanks for being a part of Nebraska ENA!!

Anna May

2018 NE ENA President

Aimay610@gmail.com

NE ENA MEMBER MEETING

The next member meeting is being held on Thursday, May 17th, at 6:00 pm CST. Plan to join your friends and colleagues in person at NE Medicine—Bellevue or remotely via GoTo Meeting. The meeting will begin with an educational program for 1 CE

on "Mass Casualty in the ED" from the perspective of a nurse who was on duty in Dallas when multiple police officers were shot in 2016.

Plan to join your emergency nursing colleagues — bring a friend!



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

The Nebraska Unicameral's 105th Legislature is in full swing and there have been a number of bills introduced this year that have a potential impact on emergency care or injury prevention. Of note, LB1009, which would raise the speed limit on some interstates and highways throughout the state by 5 mph, had been on national ENA's radar as a safety concern. This bill was introduced by Senator Murante and did pass on April 11th.

Also of note this year, concerted efforts have been advancing to improve access to 911 services throughout the state. Many rural NE areas have no cellular reception making summoning emergency care extremely difficult. US Senator Deb Fischer had identified this as one of her priorities during ENA's Day on the Hill in 2017. There is also an effort at the state level aimed at studying accessibility to rural broadband which will com-

plement efforts at improved communication throughout Nebraska.

Tighter controls on opioid prescribing has also passed through the state. LB931 limits opioid prescriptions to persons under age 18 to no more than a 7-day supply. It also requires providers to notify patients, or parents of persons under age 18, of the risk of addiction and overdose when prescribing opiates and other Schedule II prescription medications.

LB913 which enhances assault penalties for health care providers recently passed unanimously. Any person who knowingly and intentionally strikes a public safety officer or medical worker with a bodily fluid is guilty of a Class IIIA felony if the fluid strikes the victim's eyes, mouth or skin and the assailant knows the fluid is infected with HIV, hep B or hep C at the time of the assault. This felony category carries a penalty of up to three years im-

prisonment with 18 months of post-release supervision, a \$10,000 fine or both.

Katie Pierce, BSN RN CEN, NE ENA Government Affairs chairman, Anna May, NE ENA State President, and Karen Wiley, MSN RN CEN, Immediate Past-President of ENA will all be attending ENA's Day on the Hill on Wednesday, May 9th, as representatives from Nebraska. This year's priority legislation that the ENA members will be meeting with their state officials to discuss include: the Good Samaritan Health Professionals Act (for both House and Senate leaders); the Health Care Workplace Violence Prevention Act (House); MISSION ZERO Act (Senate); and SOAR to Health and Wellness Act (Senate).

NE ENA FALL CONFERENCE

Prepare to be WOW-ed!! The date and location are set; the line-up is getting confirmed and excitement is mounting for the 25th Annual NE ENA Fall Conference! In celebration of a quarter-century of quality educational programs, the planning committee has a number of fabulous offerings in store — this year in a TWO-DAY format!

Afternoon sessions will be very interactive and include partnerships with our military colleagues as well as opportunities for simulation and more! Mark your calendars - this is one conference that's



not to be missed! Reduced rates are available for hotel stay. The full conference brochure will be available by June 1.

Again this year, we will be hosting a social event to honor our NE ENA state award winners. Watch your email or the website for applications and nominate a deserving nurse!

WHERE WILL YOU FIND NE ENA?

Catch your friends from the state council at the following upcoming events:

- May 1, Omaha, at the NE Medicine Trauma Conference
- June 15, Omaha, at the Creighton Trauma Conference
- June 22, Lincoln, at the Bryan Health Kids' Club Home Run for Health

Interested in volunteering to help man our table? Please contact Kari Watson, Injury Prevention Chair, or any NE ENA board member.

Nurses Are Setting a Healthy Example for the Nation

by Pam Cipriano, PhD, RN, FAAN, President, American Nurses Association
 Reprinted from https://www.huffingtonpost.com/entry/nurses-setting-a-healthy-example-for-the-nation_us_590762a8e4b05279d4edbe45

As America's most honest and ethical profession, nurses assume many different and unique roles — caregiver, teacher, patient advocate, and a listening ear. Now, nurses are taking on an even greater role helping their patients, families and communities lead a healthier life. Every day, Americans are making lifestyle changes, and many are looking to nurses and other healthcare professionals to educate them on how to prevent illness and injury, facilitate healing, and alleviate suffering. That's why the American Nurses Association's (ANA) Healthy Nurse, Healthy Nation Challenge, a new initiative designed to transform the health of the nation by improving the health of America's 3.6 million registered nurses is so vitally important.

While nurses are committed to caring for their patients, unfortunately, many struggle to take care of themselves. In fact, in a number of significant indicators, nurses are less healthy than the average American. Nurses are more likely to be overweight, have higher levels of stress and get less than the recommended hours of sleep. In addition, hazards such as workplace violence and musculoskeletal injuries are contributing factors to poorer health. According to the Occupational Safety and Health Administration, nurses and health care workers experience the highest rate of non-fatal occupational injuries and illnesses of **any** sectors, including construction.

The very nature of health care delivery, which re-

quires 24/7 support, plays a critical role in the health of nurses. Health care is, after all, people caring for other people and that comes with a certain amount of stress. In fact, a recent ANA survey identifies stress as the top work environment health and safety risk. Shift work, often part of a nurse's job, can also impact their health. But what shouldn't be part of the job is the debilitating pain and often career-ending injuries nurses suffer every day from manually lifting patients — an estimated 3600 pounds per shift. Safe patient handling and mobility (SPHM) programs, if properly implemented, can drastically reduce healthcare worker injuries. ANA has identified eight overarching SPHM to help nurses, other healthcare workers and healthcare facilities address these challenges.

But even with advances in technology, these challenges are not going away. And ANA is addressing them by engaging nurses and the patients and communities they serve in the Healthy Nurse, Healthy Nation Challenge. The idea is pretty simple: any clinician who is healthy themselves is more likely to talk to their patients about how to get healthy, and will be more credible when promoting these behaviors. If we support nurses in getting healthy, they will model these habits for their patients, family members, friends, colleagues and communities.

Healthy Nurse, Healthy Nation aims to do just that

by providing nurses with resources to promote them on their wellness journey. Through Healthy Nurse, Healthy Nation, nurses will improve their health in five key areas: physical activity, nutrition, quality of life, rest, and safety. It's important that each nurse develop a plan that fits their individual lifestyle, and there are many ways nurses and employers of nurses are incorporating important lifestyle changes.

The Nebraska Nurses Association, for example, is sponsoring a 5K walk/run and offering yoga sessions; the Mayo Clinic Arizona is partnering with its bedside nursing staff to encourage them to "change your number", whether its related to weight loss, stress, rest or medical conditions; and VCU Health in Virginia, has set up six "Watson Rooms", quiet spaces for nurses to decompress or relax after experiencing stress on the job. Each room has a massage chair, soft lighting, aroma therapy, and calming music.

Nurses are on the frontlines of healthcare and their well-being is critical to the health of the nation. We welcome anyone to join the challenge! For more information or to join the Healthy Nurse, Healthy Nation Grand Challenge, visit www.healthynursehealthynation.org.

2018 NE ENA State Board and Contact Information

President — Anna May, MSN BA RN-BC CEN CPEN (ajmay610@gmail.com)

President-elect — Anne Duhs, BSN RN CEN (anneduhs1234@gmail.com)

Immediate Past President — Marcia Harmon, BSN RN CEN (mharmon@cmcf.org)

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

Treasurer — Katie Pierce, BSN RN CEN (Katie.pierce@alegent.org)

Committees and Chairpersons:

Injury Prevention: Kari Watson, MSN-ED RN CEN (kari.watson@bryanhealth.org)

Education/Conference Planning: Kim Brandenburg, MSN RN CEN (krbrandenburg@columbushosp.org)

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

Trauma: Marcia Harmon, BSN RN CEN

Membership (Co-chairs): Carrie Prokopec, RN (caprokopec@columbushosp.org) and Karlynn Mueller, BSN RN (kapelska@midlandu.edu)

Newsletter: Krisi Kult, BSN RN CPEN

Government Affairs: Katie Pierce, BSN

Fundraising: Anna May, MSN BA RN-BC CEN CPEN

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

Social Media: Facebook—OPEN POSITION Twitter — Curtis Olson, BSN BA RN EMT-P CEN Instagram — OPEN POSITION

ENA Calendar of Events for 2018

	June (cont'd)	Applications due for national ENA General Assembly delegate and for ENA Scientific Assembly conference grants
April	TNCC April 16-17 Lincoln Jeanette Walsh (jwalsh@southeast.edu)	TNCC July 12-13 McCook July 12-13 Todd Hovey (THovey@CHMccook.org)
	TNCC April 23-24 Omaha Marjorie Van Riper (mvanriper@nebraskamed.com)	
May	UNMC 2018 Trauma Symposium May 1 Omaha	TNCC July 18-19 Omaha Marjorie Van Riper (mvanriper@nebraskamed.com)
	TNCC—One Day Course May 1 Lincoln Jeanette Walsh (jwalsh@southeast.edu)	
	TNCC May 3-4 North Platte Beverly Gottula (gottulab@gphealth.org)	
	ENA Day on the Hill May 8-9 Washington, DC	
	NE ENA MEMBER MEETING MONDAY, AUGUST 13th	ENPC July 30-31 Grand Island Jenna Watson (jwatson@sfmc-gi.org)
	August	ENPC August 23-24 Lincoln Sharon Stewart (SStewart@southeast.edu)
	September	TNCC August 30-31 Omaha Katie Pierce (TraumaProgram@alegent.org)
June	TNCC May 17-18 Council Bluffs, IA Katie Pierce (TraumaProgram@alegent.org)	TNCC September 10-11 Omaha Marjorie Van Riper (mvanrip@cox.net)
	TNCC—One Day Renewal Course May 31 Lincoln Brittni Clark (brittni.clark@bryanhealth.org)	Lincoln Trauma Conference (BryanHealth) September 13-14 Lincoln
	Children's Annual Pediatric Conference More details as they become available	TNCC September 19-20 Grand Island Andrea Lentz (alentz@sfmc-gi.org)
	Creighton Trauma Conference June 15 Omaha	TNCC September 20-21 Lincoln Brittni Clark (brittni.clark@bryanhealth.org)
	ENPC June 26-27 Omaha Krisi Kult (kkult@childrensomaha.org)	25th Annual NE ENA Fall Conference **Two-Day Event!** September 20-21 Lincoln

**September
(cont'd)**

ENPC

September 24-25
Lincoln
Kari Watson (kari.watson@bryanhealth.org)

October

ENA National Conference EN2018

September 26-29
Pittsburgh, PA

ENPC

October 2-3
Omaha
Krisi Kult (kkult@childrensomaha.org)

TNCC

October 8-9
Omaha
Marjorie Van Riper (mvanrip@cox.net)

November

ENPC

October 11-12
North Platte
Julie Young (youngj@gphealth.org)

TNCC

November 8-9
Omaha
Katie Pierce (TraumaProgram@alegent.org)

TNCC

November 8-9
Omaha
Katie Pierce (TraumaProgram@alegent.org)

**NE ENA MEMBER MEETING
TUESDAY, NOVEMBER 13**

TNCC

November 15-16
North Platte
Beverly Gottula (gottulab@gphealth.org)

ENPC

December 6-7
McCook
Todd Hovey (THovey@CHMccook.org)

TNCC

December 27-28
Lincoln
Brittini Clark (brittini.clark@bryanhealth.org)



Welcome New Members!!!

James Gallup — Omaha
Alicia Gentle — Omaha
Lisa Harner — Omaha
Allyson Jablonski — Champion
Margaret James — Omaha
Laurel Kloster — Omaha
John Ladd — Lavista
Jay Reicks — Petersburg
Kylie Scallon — Papillion
Ashley Schuller — Gering
Jaclyn Schulz — Omaha
Rachel Vonderfecht — Lincoln
Samantha Willis — Bellevue

Nebraska membership is currently at 281 members. Spread the word and let's see our numbers climb to 300!! Encourage your friends and coworkers to join this great organization!

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, PO Box 24941, Omaha, NE 68124-0941.

NE Emergency Nurses Association

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Nebraska ENA

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