



From Your 2017 ENA State President

Upcoming Events:

- * **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.
- * **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.
- * **Save the Date!!** The **24th Annual NE ENA Fall Conference** is being held October 5th in Lincoln at the Nebraska Innovation Campus.

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Happy Spring to everyone.

It's hard to believe that school is already out for most students and will be very soon for others. I want to take a few quick lines to thank everyone for attending or calling in to the Member meeting the other night. This was noted to be one of the "better attended" meetings in a long time. I don't have all numbers because I lost track of a few callers and how many were on the call, but I was very pleased with the "turnout."

Some of the highlights from the meeting will be featured in other areas of the newsletter. I do want to mention, though, the upcoming national General Assembly and EN 2017 in St. Louis, MO September 12-16. General Assembly, or the business portion of the meeting with the National ENA Board, is on September 12 and 13. The Education sessions start with a "Night Shift" session on September 13, but the Opening Session starts bright and early on Thursday, September 14 at 7:00 am. Just looking at the information on the ENA website, the sessions look to be very promising and exciting. Nebraska ENA is currently accepting applications for two grants to help with expenses for our members to attend EN 2017. Check the Nebraska ENA website or contact me (mkhrni@yahoo.com) for an application. They are due June 12 and winners will be notified before the end of June. Early Bird registration is open now, though. So, if you are thinking about attending I would highly encourage you to get registered.

Now, for a few other reminders. With summer upon us and vacations coming up, I want to remind everyone that even nurses are not injury proof. We are frequently educating our patients

and/or their family members about injury prevention, but do we actually listen to what we say?

The other day, I needed to heed my own advice and drink more water and take frequent breaks. I was out mowing my parent's lawn in 90-degree sun. The yard was not very big, I should have been done with it in around an hour. However, I ran into a little difficulty with picking up small sticks so I wouldn't run over them and some of the weeds had gotten way overgrown in their unattended back yard, making the job take longer than it should have. Any guesses as to what happened? I got way too hot. I ended up with a horrible headache, dizziness, and generalized "blah" feeling for the rest of the day. Had I just taken a few short breaks and drank more water while I was working, all of that could have been avoided.

Do you routinely apply sunscreen? Another tip we give our patients, but how can you get a good tan with sunblock on? Have you had that patient that shows up to the ER with excruciating pain from a really bad sunburn? I know we all like to look tan, but is the damage we are doing to our skin worth it? (By the way, I have a good sunburn lotion recipe if anyone needs it. Let's face it, I'm not the outdoors type!)

Bike helmets may not be a stylish accessory, but they are a necessity if you want to keep your head safe when you're riding your bike. Luckily, I don't have any relatable personal experiences here, but a good friend of mine shared that her son would likely have had a very serious brain injury if he would not have had his on when he had a bike wreck. He hit a

small rock in the street that sent him off course and off the bike. When they looked at his helmet, it had a big crack in it. If he had not been wearing it, the impact would have been to his head, not the helmet.

There are hundreds of other injury prevention lessons I could go into, but for the sake of space, I'll stop here. I just want to encourage you all to take time to listen to your own discharge instructions when you are dealing with that heat exhaustion, sunburn, or bike injury patient (or any patient for that matter). Is the chance you are taking but not taking that extra step worth the risk of injury to you or a loved one?

Marcia Harmon BSN RN CEN

2017 Nebraska State ENA President



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.

ENA Day on the Hill by Curtis Olson, BSN BA RN EMT-P CEN

State Government Affairs Chair, Anna May, and I travelled to Washington, DC in early May to advocate for federal legislation affecting our practice in emergency department nursing. The event brought together more than 125 emergency nurses from across the country to learn more about the legislative process and to talk to their Senators and Congressmen.

The first day of the event was training for event participants in the legislative process and techniques for effective advocacy on the national level. ENA brought in some remarkable speakers to discuss the current political landscape and navigating through it. Charlie Cook, a columnist for the "National Review" offered a very practical view of the new administration.

Brad Fitch of the Congressional Management Foundation gave a very useful talk on the most effective forms of advocacy when engaging with legislators. According to his lobbying experience in Washington and extensive polling of congressional office staff members, the voter interaction that has the greatest impact on a legislator's opinion and voting on issues is personal visits from constituents (like our "Day on the Hill" visits) in their office. The number two most effective method was personal emails from voters—NOT the duplicated, forwarded, or form emails that some advocacy groups might urge you to send to your legislators.

Brief, personally-written emails convey your high interest and passion in the issue, and also are easier for congressional staffs to electronically tabulate. The electronic aspect gives emails a slight edge over letters sent to the offices.

Phone calls also have an impact, but less than the written contacts. Phone calls to congress have surged recently, to the point that Capitol Hill switchboards recorded as many as 1.5 million calls per day in January.

Letters to the editor in newspapers and newspaper editorials also impact some legislators. Significantly less impactful are social media posts and messages, the form emails discussed above, form letters, and petitions.

Fitch also gave us a number of very specific and practical tips to help with our congressional visits. Anna and I would be glad to share these with you if you have interest in visiting your senators or



Curtis Olson, Senator Deb Fischer, and Anna May

congressman in Washington or in their home office in Nebraska.

On day two, ENA nurses spread out across Capitol Hill to talk to legislators from their states. The timing of the event was fortunate for us as the NE legislative delegation hosts a breakfast every Wednesday morning when congress is in session. At the "Nebraska Breakfast," Anna and I had a chance to meet, at least briefly, with both Nebraska Senators and all three Congressmen. At this weekly event, each of the lawmakers give a brief talk about what issues are priorities for them. They also recognize Nebraskans attending the breakfast, a mix of families on vacation, visiting school classes, and advocacy groups like our own.

Directly after the Nebraska Breakfast, we met briefly with Senator Ben Sasse (who was on his way to a hearing with (then) FBI Director Comey) and then we had a more substantial discussion with one of his legislative aides.

A little later in the morning we talked to Senator Deb Fischer along with one of her aides. In the afternoon, we spoke with an aide to Congressman Jeff Fortenberry of the first district (which includes my home in Lincoln.)

Our conversations addressed three pieces of legislation making their way through the legislative process.

SR 916: Protecting Patient Access to Emergency Medications

This legislation clarifies current law to allow EMS providers to continue the long-standing practice of giving controlled medications under standing orders and protocols. The current laws applicable to EMS protocols are vaguely-worded. The DEA, in response to the opioid crisis, has indicated that they could revise standing rules and require direct physician orders for any dose of medication in the field. This would create a new level of complication for EMS patient care, especially in Nebraska, where long intra-

-facility transports are common, and transferred patients often require continued doses of controlled medications to treat pain or seizures, or require sedation for airway management.

This legislation passed the House of Representatives as HR 304 in the last session of congress, but was stalled in the Senate by parliamentary procedures. Please contact Senators Sasse and Fischer to support SR 916 to allow our EMS colleagues to give lifesaving medications in the field. Their ability to efficiently manage patient care of long transports depends on this legislation.

HR 1253: The Mental Health and Substance Abuse Treatment Accessibility Act:

This legislation addresses the severe shortage of facilities for patients requiring inpatient mental health treatment. All of us in emergency departments have had to hold patients in need of inpatient treatment in our EDs because we have no place to send them. This bill allows the DHHS to provide loans and loan guarantees for the construction or renovation of psychiatric and substance abuse treatment facilities.

At the moment, this legislation is making its way through the House of Representatives. It does not yet have a Senate version. Please contact your district congressman to express your support for this bill.

Finally, we urged our Senate and House legislators to support the Mission Zero Act to Improve U.S. Trauma Care (House Resolution 880, which was also introduced in the Senate the week we were in Washington as Senate Resolution 1022.)

This legislation will provide grants to allow military trauma teams and providers to work in civilian trauma centers. It allows for improved training and real-world experience for trauma teams and also allows military providers to share lessons learned on the battlefield with civilian trauma centers. Please contact your Senators and your Congressman to encourage them to support this legislation.

For more information about these and other actions in Washington affecting emergency nursing, check the "Federal Issues" section on the "Government Affairs" area of ENA.org's

(Continued on Page 8)

A Healthi-ER, Bett-ER You from ANA Website "Health and Safety"

Healthy Sleep



What is

healthy sleep? At least seven hours of restorative, comfortable rest daily. Adequate sleep is essential to human health and a necessity for nurses. The benefits of healthy sleep are well known: heightened alertness, boosted mood, increased energy, better concentration, more stamina, greater motivation, better judgment, and improved learning. Most people acknowledge that when they are sleep deprived, they feel grumpy, tired, or irritable, but is there any physical harm? Yes, the National Institutes of Health report that inadequate sleep can lead to obesity, cardiovascular disease, hypertension, diabetes and mood disorders. Additionally, driving or operating heavy machinery when drowsy is dan-

gerous to the drowsy person as well as those around them.

Tips to improving your sleep:

- Avoid nicotine
- Keep a consistent bedtime and routine
- Avoid alcohol and caffeine prior to bedtime
- Engage in relaxing activities prior to bedtime such as prayer, warm bath, calming music, reading
- Get comfortable with a supportive mattress and adequate pillows
- Ensure your room is dark, quiet (unless you prefer soft music or white noise), and a cool but comfortable temperature
- If you're anxiety-prone, keep a pad of paper

by bed to write down your worries, then let them go until morning

- Neither starve nor stuff yourself prior to bedtime
- Exercise earlier in the day to promote better sleep

Sleep disorders such as insomnia, night terrors, somnambulism, sleep apnea, night sweats, narcolepsy, bed wetting, teeth grinding, and Restless Leg Syndrome can be quite serious and/or indicative of an underlying issue. See your health care provider for further information.

Remember sleep deprivation is widely recognized as a form of torture and interrogation technique, so don't torture yourself! Ensure that you and your patients comply with the Centers for Disease Prevention and Control (via the National Sleep Foundation) recommended 7-9 hours of daily sleep for adults.

Annual NE ENA Fall Conference Celebrates the Healthy Nurse

This year's theme for the 24th 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 Stretcher-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). Nominations may be sent by mail to NE ENA or by email to: Katie.pierce@alegent.org. All applications are due by **September 15, 2017**.

ENA Calendar of Events for 2017

June	<p>Pediatric Trauma Conference June 2 Omaha Children's Hospital and Medical Center</p>	September (cont'd)	<p>TNCC September 21-22 Omaha Scott Brown (larry.brown2@alegent.org)</p>
	<p>ENPC June 12-13 Omaha Kristi Kult (kkult@childrensomaha.org)</p>	October	<p>ENPC October 3-4 Omaha Kristi Kult (kkult@childrensomaha.org)</p>
	<p>Creighton University Trauma Symposium June 16 Omaha</p>		<p>NE ENA FALL CONFERENCE RECEPTION & AWARD CEREMONY October 4th at 6:00 pm Flatwater Grille Lincoln</p>
July	<p>TNCC July 10-11 Bellevue Marjorie VanRiper (mvanriper@nebraskamed.com)</p>		<p>NE ENA 24th ANNUAL FALL CONFERENCE Thursday, October 5th Nebraska Innovation Campus Lincoln More details coming soon!</p>
	<p>TNCC July 27-28 Omaha Tiffany Simon (tsimon@childrensomaha.org)</p>		<p>TNCC October 9-10 Bellevue Marjorie VanRiper (mvanriper@nebraskamed.com)</p>
	<p>TNCC July 27-28 Omaha Scott Brown (larry.brown2@alegent.org)</p>		<p>2017 UNMC Trauma Symposium October 17 Omaha, Scott Conference Center</p>
August	<p>NE ENA Member Meeting August 8 at 6:00 pm Location TBD</p>		<p>Bryan Health Trauma Symposium October 22 Lincoln</p>
	<p>TNCC August 9-10 Lincoln Heather Talbott (heather.talbott@bryanhealth.org)</p>	November	<p>ENPC November 6-7 Lincoln Kari Watson (kari.watson@bryanhealth.org)</p>
	<p>TNCC August 29-30 Norfolk Bobbie Jo Miller (bmiller@frhs.org)</p>		<p>TNCC November 13-14 Lincoln Heather Talbott (heather.talbott@bryanhealth.org)</p>
September	<p>Emergency Nursing 2017—ENA National Conference September 13-16 St. Louis, MO</p>		<p>NE ENA Member Meeting November 14th Location TBD</p>
	<p>TNCC September 20-21 Grand Island Andrea Lentz (alentz@sfmtc-gi.org)</p>		<p>TNCC November 28-29 Omaha Tiffany Simon (tsimon@childrensomaha.org)</p>
			Happy Holidays!

NE Emergency Nurses Association

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

Safe Practice, Safe Care

Website: nebraskaena.org

Email us at: nebraskaena@gmail.com



Welcome New Members!!!

Veronica Behm – Scottsbluff	Ashley Meyer – Cortland
Jocille Brinda – Valentine	Rita Price – Lincoln
Lynnette Chavanu – Omaha	Sarah Sinclair – Omaha
Andrea Clark – Omaha	Carmen Sizer – Ogallala
Brittini Clark – Lincoln	Meghan Spencer – Omaha
Claire Gasparovich – Murray	Christopher Stamulis – North Platte
Heather Hardesty – Lincoln	Sarah Swett – Burwell
Evan Hoppens – Ogallala	Colleen vonRenzell – Greenwood
Cari Jeskewitz – North Platte	Mackenzie Walker – Alliance
Amanda Klein – Wilcox	Lynne Ward – Lincoln
Debra Kromis – Gordon	Brittney Watts – Lawrenceville, GA
Michelle Kumke – Grand Island	Heidi Weir – North Platte
Nicole Lenaghan – Omaha	Olivia Wiese – Oceanside, CA
Deann McGeorge – Craig	

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.

C. Myoclonic seizure

D. Atonic seizure

4. An adolescent who presents to the emergency department complaining of dysuria, vaginal discharge, and diffuse lower abdominal pain admits that her mother's boyfriend has been sexually abusing her. The priority of care for this patient is to:

A. Notify the appropriate social services agency to ensure the safety of the patient

B. Obtain a clean-catch urine specimen for a complete urinalysis

C. Calmly describe a pelvic exam and prepare the patient and necessary equipment

D. Have a frank discussion about birth control and safe sexual practices.

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

Certification Review Questions:

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

- Which of the following factors is considered the most accurate indicator of successful resuscitation in the patient with hypovolemic shock?
 - Base deficit
 - Mental status
 - Urinary output
 - Blood pressure
- A patient sustains a traumatic brain injury resulting in cerebral edema. At what point following this injury is the patient's intracranial pressure most likely to spike?
 - 30-60 minutes
 - 4-6 hours
 - 48-72 hours
 - 5-7 days
- A child with epilepsy has a brief lapse of awareness without losing consciousness and appears to be staring into space. The nurse also observes rhythmic blinking and nystagmus. This would be classified as which type of seizure?
 - Tonic-clonic seizure
 - Generalized seizure

Partners in Care: Social Work and the Emergency Department M'Lee Hasslinger, LCSW

Think about the massive variety of cases you see in your Emergency Department. Do you have a social worker (SW) in your organization? How many times do you think to call them? How many times COULD you make use of a social worker? A social worker can do many things to benefit patients and make your job easier. Did you know they can help with not only the routine issues, such as financial questions and placement options after hospitalization, but can assist in many less common situations? They can help in times of emotional distress, such as when a patient is critical and family members need to be located. There are a multitude of other situations in which they can offer assistance — from addressing conflicts with family relationships, finding support groups, treatment for addictions, managing loss of income, researching hospice care to working with child and adult protective services — to name a few

Social workers ask many questions of the patient, family and nursing staff. Why? Because it is their job to assess every person who comes through the doors, even though it will not be necessary to see every patient in consultation. They evaluate every family situation and often speak with EMS staff. They look at documentation including previous admissions and ED visits. Is there a pattern? Was there a referral to another community agency? ED staff are often turned to in order to provide some background or history before a SW consult.

At NE Methodist Hospital in Omaha, social workers are specially licensed to be able to perform behavioral health assessments to those with mental health issues severe enough to be brought in by law enforcement or to seek treatment in the ED. This helps get these fragile patients who are in crisis to the appropriate level of care faster, cutting the “wait time” for specialized treatment. In the Omaha area, as in the rest of Nebraska, there is great difficulty placing mental health patients due to lack of available beds. Douglas County has Nebraska

Medicine, CHI Immanuel Hospital, Lasting Hope Recovery Center, and Douglas County Hospital — all with some capacity to admit mental health patients. However, if these patients are violent or have other medical problems in addition to their mental health crisis, the selection of resources shrinks considerably. There are very few psychiatric “ICU” beds — specially staffed for persons in the most critical need. There are also few resources for children and adolescent patients in Douglas County. Immanuel has the capacity, but open beds are scarce. Just across the river in Council Bluffs, Mercy Hospital has mental health beds as well. However, crossing state lines poses varying issues between differing state laws. In Iowa, a minor patient must not only be signed in by their parent or legal guardian, but must also sign in themselves. The law does not stipulate a minimum age, but a supervisor at the McDermott Center at Mercy Hospital in Council Bluffs recently stated that common sense would preside to say that a 6 year old, for example, would not need to sign themselves in. However, if a 12-year old did not want to stay in a behavioral health facility for treatment and refused to sign in, they could not be forced to unless their parents would file to commit them to the care of the physician for a 48 hour hold.

Outstate Nebraska and the rural environment presents its own challenges. There are over 110 sites for the NE Statewide Telehealth Network. There are a few mental health centers, such as Blue Valley (12 locations) and Panhandle Mental Health centers, as well as a few private offices and clinics that are available for behavioral health care. The biggest problem for rural communities is the lack of locations. Distance to care becomes paramount, especially for farmers, who may be unable to leave their duties during the day to travel to an outpatient appointment if they can get one, or may not have the ability to take off for 30 days, for example, to receive intensive substance abuse treatment. The 30-day treatment course can cause difficulty for anyone with home or family

responsibilities, but for the small family farmer, this could devastate them financially, adding to the stress of the disease.

Another frustration with mental health care is the lack of available outpatient appointments. This can delay a patient’s care by weeks or even months, making continuity of care and follow-up difficult.

No matter which state, Nebraska or Iowa, mental health treatment and access to care can be very complex and frustrating. More resources are needed to help meet the needs of this vulnerable population.



Government Affairs Update

As of this writing, the 1st Session of the 105th Legislature of the Nebraska Unicameral has adjourned. At the end of the session, a vote to overturn Governor Ricketts’ veto of the proposed state budget was unsuccessful, so a number of funding cuts will occur in the upcoming year — one of which affects behavioral health care in Nebraska.

During the final month of his term, President Obama signed the 21st Century Cures Act into law. This included the Helping Families in Mental Health Crisis Act which was a major victory to begin to address the critical shortage of behavioral health resources in the US. After the Cures Act was signed, a mental health task force was established in Nebraska. This group is in the process of gathering data to assess our needs in the state and will be surveying all ED’s in Nebraska. We will be anxiously watching their recommendations and how the state budget cuts affect health care.

Anna May, NE ENA Government Affairs Chair

Certification Information

CEN Review being held in the Lincoln area.

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 publish the great news on our Facebook page and in the newsletter. Let us know and we'll share with your Nebraska colleagues!

CONGRATULATIONS TO THESE NE ENA MEMBERS WHO ARE NOW CERTIFIED EMERGENCY NURSES!

Kacie Moser
Katie Ogier
Juli Townsend

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 \$520 for ENA members who register before July 13th. After

that date, the cost of registration goes up to \$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. 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 ENI7!

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

Trauma: Marjorie VanRiper, BSN RN CEN CPEN (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)

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

ENA Day on the Hill (continued from page 2)

website:

<https://www.ena.org/government/Federal/Pages/Default.aspx>

Your voice DOES make a difference in Washington.

Here's how to contact your Nebraska Senators in Washington, DC:

Senator Deb Fischer:

<https://www.fischer.senate.gov/public/index.cfm/contact>

and find information for calling here Washington and state offices HERE:

<https://www.fischer.senate.gov/public/index.cfm/office-information>

Senator Ben Sasse:

<https://www.sasse.senate.gov/public/index.cfm/email-ben>

and find information about his offices HERE:

<https://www.sasse.senate.gov/public/index.cfm/office-locations>

Our Nebraska congressmen in the House of Representatives are

Jeff Fortenberry: First District (Lincoln area):

<https://fortenberry.house.gov/contact>

Don Bacon: Second District (Omaha area):

<https://bacon.house.gov/contact>

and

Adrian Smith: Third District (Western Nebraska)

<https://adriansmith.house.gov/contact-me>

Not sure who your congressman is? Find out by going to: <https://www.govtrack.us/congress/members/NE>

There is a LOT going on with healthcare in Washington right now. What congress does will have a profound impact on our practice of emergency nursing in Nebraska. YOUR voice DOES count in these issues.

When you email, call, or write, keep in mind that you are representing yourself, but also are contacting your legislator on behalf of the emergency nursing profession. Nursing is consistently the most trusted profession in the minds of the public in survey after survey. As a nurse, your voice commands respect. You are speaking along with four million nurses nationwide, and 29 thousand Nebraska nurses. The Emergency Nurses Association has over 42 thousand members nationwide.

We are a strong and trusted profession, and we can be a strong voice in Washington.

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