

SD ENA

FREQUENT FLYER

Fall 2015

National State Achievement Award Photo!

(L toR): Alex Sproul, Janee Poppenga, Josephine Peters, Karla Nygren
Not pictured, Kristen Cline (planning committee)



National ENA President Matt Powers, Karen Kaskie, Mary Adams, Tonya Ellingson, Rachel Tinker

SD ENA 2015!

We've had quite a year! When I think back to what we've accomplished over the past year, I have to stop and smile. Our membership numbers have never been greater. We not only have more members, but more importantly, we have more INVOLVED members! I am so proud to think of the awesome care that we provide our patients everyday, and I'm proud to know each one of you.

This year we've involved ourselves in several networking opportunities at various local conferences. We've increased our service projects. We have been able to send our GA chair to National Day on the Hill, and we had enough interest to send an alternate delegate to National Conference! Do I even need to mention how successful our Fall Conference was?! 133 attendees! Over 200 attended the cadaver lab!

We received our second State Achievement Award, and will soon be working on the application to receive our third. Three Peat, my friends!!! We have members throughout South Dakota doing wonderful things, and I want to thank you all. We are truly making a difference. God bless you and your holiday season.

Karla Nygren, SD ENA President



SD ENA in action!

2016 Chairs!

The call for 2016 chairperson applications will be coming soon to an inbox near you!

Please consider applying for a chair position. It is a great way to get started in ENA! I can speak for many of us when I say that it's an honor, a great learning opportunity, and a great way to get involved!

We will be looking for chairpersons for the following committees:

- Education
- Government affairs
- IQSIP (Injury prevention)
- Media/website
- Pediatrics
- Trauma

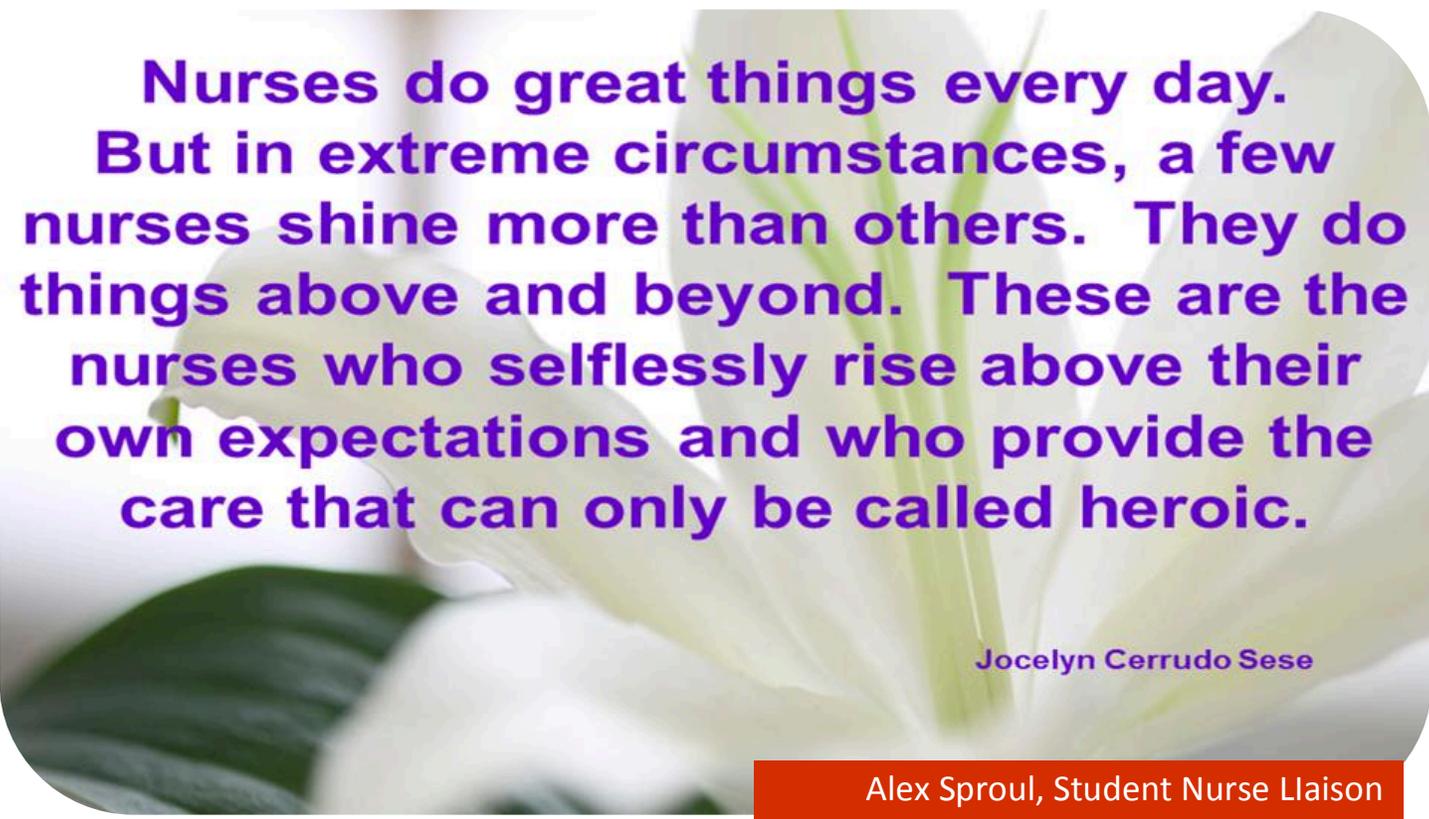
Applications can be found on the website under members/op guidelines/duties of chairs



Mary Brown and Sherrie Muhs presenting recently at Avera McKennan Nursing Grand Rounds

Here's to all the ER nurses who convinced me I'm not dying after medical Web sites convinced me I was.





Nurses do great things every day. But in extreme circumstances, a few nurses shine more than others. They do things above and beyond. These are the nurses who selflessly rise above their own expectations and who provide the care that can only be called heroic.

Jocelyn Cerrudo Sese

Alex Sproul, Student Nurse Liaison

Engaging Student Nurses!!

We had a small handful of student nurses register and attend our two-day fall conference! It is exciting to see us reach out to student nurses and get them involved with our professional association. As I continue to engage and encourage students to attend and participate, I need all our members to assist. When you have a student following you at work please talk about ENA and the great benefits of joining. If we discuss this with each student nurse we have with us we can directly contact more individuals! Keep up the great work!

Please continue to talk to students who follow you in the ER about our great professional association! Dues as little as \$38/year for National Student Nurses Association (NSNA) members and \$50/year for non-NSNA members. You are our best way to directly communicate with student nurses on a daily basis! Encourage, Inspire, and Promote ENA!

2016 National ENA Conference – a Review

The Emergency Nurses Association Annual Conference was held this past September at the Orlando Convention Center in sunny Florida. For the first time, the ENA combined their Leadership Conference, General Assembly, and Scientific Assembly into a combined and expanded conference with over 3000 Emergency Nurses in attendance from all over the world. The 6 day conference was an opportunity for nurses to gain valuable clinical and leadership education, network with their peers, and revitalize their practice. Monday afternoon, the ENA Board of Directors held a Board Meeting that was open to the public, to allow members to see how the BOD administers the organization. After that was the annual Town Hall Meeting, where members were allowed to bring issues to the attention of the BOD and members offered input. These are always valuable opportunities to interact with the leadership of the organization.

The conference opened on Tuesday, September 28th with General Assembly. Delegates from every state, including international delegates, met for three half-day sessions to discuss and decide on issues vital to emergency nursing. This marked a departure from recent GA sessions. The discussions took place in a round-table set up and state delegations were split up, moving from table to table. This afforded delegates a chance to interact with their colleagues from other states and share ideas. There were challenges to this set up, but overall, it was an innovative way to allow emergency nursing leaders to interact with each other.

General educational sessions were held concurrently during general assembly. On Tuesday afternoon 2015 President Matt Powers opened the conference and welcomed keynote speaker Mike Rayburn for his opening session entitled “What If?” Rayburn, a talented motivational speaker and musician, used his guitar to illustrate how he had overcome challenges in his life by asking himself ‘what if’ anything were possible, and there were no obstacles to our success; what could we achieve in our own lives if we stopped making excuses? His energetic session set the tone for the conference, and attendees could be heard asking ‘what if’ throughout the week when discussing challenges in their own departments. Tuesday evening was the State and Chapter Leaders Networking Reception. This is always a nice event where State Council Leadership can network, and relationships be renewed and refreshed. We always enjoy seeing our friends from around the country.

The Keynote speaker on Wednesday afternoon was Daniel Nadworny, an ED Director with extensive experience in Disaster Management. Nadworny shared his experiences in Haiti, during Hurricane Katrina, and most recently during the Boston Marathon bombings. He challenged us to look at our own disaster management plans, and shared innovative strategies for creating a culture of constant readiness. The Exhibit Hall was opened Wednesday as well, with over 200 vendors in attendance. There were also sponsored educational sessions which offered attendees additional opportunities for continuing education, including team simulation scenarios in the AdvancED. Wednesday evening, buses took all attendees to EPCOT at Walt Disney World. Conference attendees got to enjoy the world renowned Food and Wine Festival and then the spectacular Illuminations Fireworks. The ENA Foundation hosted a private viewing area with cocktails and desserts. After the fireworks, the amusement park remained open exclusively to the ENA for two hours and rides and fun.

Thursday was a full day with General Assembly concluding, and concurrent educational sessions all day. Thursday evening was the ENA Foundation Event, held at Howl at the Moon. This was a fun and successful event and the entire building was packed with emergency nurses singing and dancing the night away. It was also another chance for relationships across state lines to be strengthened. Several thousand dollars was raised for the ENA Foundation!

Friday morning was the annual BCEN Certification Breakfast. Almost 600 certified nurses joined together to celebrate certification and listen to Marilyn Sherman. Sherman spoke about living with

South Dakota's own hit the stage during the BCEN Breakfast, as PNCB Board Member Karla Nygren helped present the CPEN of the Year award to Kristen Cline. Congratulations Kristen!! What an honor.

Friday morning, Daniel Nadworny presented a second session on Disaster Preparedness. However, if attendees were expecting this to be a repeat of Wednesday, they were in for a surprise. As Nadworny began his session, he informed the room that the ENA was going to execute a massive live disaster drill. The drill took place in the Exhibit Hall and was broadcast into the general session. 50 nurses and over 200 volunteers simulated an active shooter/bombing event with expertly moulaged victims. A private tactical training vendor provided the facilities and staff for the live drill, which was covered by the national media. Camera crews in the exhibit hall documented the drill and presented 6 different screens of the action. Nadworny commented on the events as they happened and offered insight into what was happening that wasn't immediately evident in the general session.

Saturday marked the end of the educational sessions. The conference closed with the exciting and dynamic Zubin Damania, better known as ZdoggMD. Damania is a former Hospitalist turned primary care physician who uses musical satire to inform and educate about preventative healthcare as well as comment on the state of healthcare in America. ZdoggMD uses YouTube to spread his message and his videos have garnered hundreds of thousands of views. Damania's electric performance was an amazing way to end an exciting and productive week in Orlando. Saturday evening ended with a black tie awards Gala where South Dakota was proud to accept another State Achievement Award, and another class of fellows was inducted into the Academy of Emergency Nursing.

The South Dakota delegation came home both exhausted and refreshed, full of new ideas and new connections. The impact of what we have learned will help improve care across our state. Plans are already underway for Emergency Nursing 2016, which will take place September 13-17, 2016 in Los Angeles! If you have never been to a conference, now is a great time to think about joining your colleagues in the City of Angels for an experience you will never forget! If you have questions, please contact one of your board or previous delegates. There isn't a one who won't tell you it has been an invaluable part of their lives, as well as careers. Truly inspirational!

Kristen Cline and Karla Nygren



Pharmacy corner:

Thanks to PGY2 Resident Kylee Bitner and P4 Student Lynsee Lanners for these updates!

ACLS Guideline Update

- On October 15, 2015 the new ACLS guidelines were released, an update from the 2010 guidelines. **The major change affecting the practice in the Emergency Department is removal of vasopressin from the algorithms.**
- Epinephrine is still a class IIb recommendation at the 1 mg every 3 to 5 minutes
- One study has shown improved survival to hospital discharge with the administration of methylprednisolone, vasopressin, and epinephrine, with hydrocortisone after ROSC.
 - For in hospital cardiac arrest, intra-arrest vasopressin, epinephrine and methylprednisolone with post-arrest hydrocortisone, may be considered (class IIb recommendation)
 - For out of hospital cardiac arrest – steroids during CPR are uncertain benefit and not recommended
- For therapeutic hypothermia, the guidelines now recommend a range from 32 degrees Celsius to 36 degrees Celsius (previously 32 to 34 degrees Celsius)

FDA stance against Auralgan Otic drops (Posted on 7/1/2015)

- FDA announced its intention to take enforcement action against companies that manufacture or distribute certain unapproved prescription ear drop products labeled to relieve ear pain, infection and inflammation. These products have **not** been evaluated by the FDA for effectiveness, quality and safety. **Labels on these products do not disclose the lack of FDA approval.**
- These products may be contaminated or manufactured incorrectly which could result in patient harm.
- **The unapproved prescription otic drug products containing the following are covered by this action:**
 - Benzocaine; benzocaine and antipyrine; benzocaine, antipyrine and zinc acetate; benzocaine, chloroxylenol, and hydrocortisone; chloroxylenol and pramoxine; and chloroxylenol, pramoxine and hydrocortisone.
- **These products (including Auralgan) will be unavailable from retail pharmacies going forward.**

Watch your emails and our Facebook page for upcoming information on fun-filled SD ENA get-togethers! Have a suggestion for a fun evening or event with fellow ENA members? Let us know! Make sure you like us on Facebook so you don't miss out!

Government Affairs Calendar of Events

Jan 12, 2016: South Dakota Legislature Opens

- Potential Hot Topics: Marijuana, Planned Parenthood, Online Sports Wagering

TBD: South Dakota Nurse's Day at the Legislature

March 29, 2016: South Dakota Legislature Opens

May 10-11, 2016: ENA Day of the Hill in Washington DC

Upcoming Presidential Candidate Debates

12/15/15 GOP Debate (NV)

12/19/15 Dem. Debate (NH)

1/17/16 Dem. Debate (SC)

2/6/16 GOP Debate (NH)

2/10/16 GOP Debate (FL)

2/13/16 GOP Debate (SC)

2/26/16 GOP Debate (TX)

3/16 Dem. Debate (WI)

3/16 GOP Debate (FL)

Sandra Minter, GA Chair



Save the Dates!!!

2016 SD ENA Planner

- February 8, 1200-1400, Quarterly mtg/education
- May 9, 1200-1400, Quarterly mtg/education
- Sept 12-17 ENA National conference Los Angeles
- October 17 (time TBA) Budget mtg
- Oct 24 or 25, SD ENA Annual mtg
- TCRN Fall conference Oct 24-26
- Nov 14, 1200-1400, Quarterly mtg/education

(Subject to change)



Karla Nygren and Rebecca VandeKieft spoke at EN2015 on Telemedicine: the Wow Factor



SANE Nurses in the Emergency Department

Josephine Peters, RN BSN CEN

What exactly is a SANE nurse? A Sexual Assault Nurse Examiner is a sub-specialty of Forensic nursing. This type of nurse is specially trained in forensic evidence collection, in criminal proceedings, and legal testimony. Often this type of nurse has originated out of an ED nurse and their work primarily takes place in the Emergency Department setting. They work with law enforcement and prosecutors in collecting forensic evidence in cases concerning sexual assault. The nurse becomes the liaison between the medical world and that of the criminal justice system. Forensic nursing is a relatively new field in the nursing profession. It wasn't until around 1986 when Virginia Lynch, commonly considered the godmother of Forensic nursing, devised the first Forensic nursing model. The mid-1970's is when the first SANE programs came about and began training nurses in place of physicians to do sexual assault examines.

Why is Forensic nursing so important? These victims of violence and abuse need someone who is not only specially trained to treat the trauma in which they have endured but also the wrong that has been done to them, whether it's sexual assault, intimate partner violence, neglect, or any other form of intentional injury. Forensic nurses play a key role in anti-violence efforts, as in collecting evidence, and giving testimony that can be used in court to bring a perpetrator to justice.

SANE nurses are working to help the fight to end violence in their community by participating in SART's. A SART is a Sexual Assault Response Team that is made up of community members, organizations and agencies within a community, this group of people have the same common goal in mind to continue to discuss and develop victim center care, policies and modes of operation. SANE nurses, law enforcement, prosecutors, local college representatives, corrections personal, and often sexual assault counseling/crisis services are just a few of the people/agencies that can make up a SART. SANE's also extend into their communities and talk at local colleges and community events. This is a way for the general public to become aware of what community agencies are doing to combat violence in their communities and what they can do to help.

Forensic Nurses Week was this past November 9th-13th. This week is used to bring worldwide awareness about the role that Forensic nurses play in the fight to end violence. It highlights the unique and important work that Forensic nurses do each and every day. Studies have shown that nearly 40% of people experience consequential violence or abuse, and these victims access the healthcare system at least twice as frequently as those without a history of violence. Forensic nurses are often the first responders to those victims once they enter the medical system. Forensic nurses provide nursing care, collect evidence, and provide consultation in a variety of areas including sexual assault, domestic violence, child abuse and neglect, death investigation, elder mistreatment, corrections, emergency services, mental health, and public health. So if you know a SANE nurse congratulate them on the job they do. If you are interested in SANE nursing, pick their brains and join the team!!



Kristen Cline represented SD ENA as a member of the national planning committee

2015 – the year of ebola... and bedbugs. Attire modeled by Sherrie Muhs and Melissa Gates



Sewing bee!

We continue to collect donations for our sewing project. Our sewing skills are improving, and we have several nearly complete kits! Please watch for future dates – we want to get our first batch on its way to those in need soon!



Karla Nygren, Kim Holst, Wendy Pepper, Sandra Minter, Alex Sproul