

S P R I N G 2 0 1 6

SD ENA Frequent Flyer

The Official Newsletter of the South Dakota Emergency Nurses Association

“2016: Reclaiming Emergency Nursing”
Kathie Carlson, ENA 2016 President

SD ENA in action!



2016 Sewing bee underway!



Karla and Kristen in Oregon helping with Interactive Trauma rewrite



Karen Wiley 2017 National ENA President, Karla Nygren, Karen Kaskie



Dr Schimmelpfening, pediatrician, speaking on peds respiratory emergencies at SD ENA Quarterly meeting

Save the Date!

Sanford Peds Trauma

April 7, 2016

Pediatric Trauma Symposium, Sanford SF

Avera Peds Conference

April 8, 2016

Pediatric Conference, Avera McKennan Prairie Center, SF

Compassion Fatigue

May 11 & 12, 2016

Held at Sanford and McKennan, videoconferencing available!



Legislative Update

Congratulations to SD ENA member Alex Sproul! He was chosen to represent our council at the upcoming Day on the Hill in Washington, D.C. on May 10 & 11.

The two-day event features:

- A training session with a congressional messaging expert on how to most effectively message ENA's legislative requests
- Specific information about ENA's congressional requests so ENA members can speak knowledgeably about these issues
- An opportunity to meet with congressional leaders on Capitol Hill to discuss how they can positively influence the future of emergency nursing
- A Tuesday evening educational/networking event, an ENA public board meeting, and Town Hall

We cannot wait to hear about Alex's experience at our next SD ENA meeting!

South Dakota Day at the Capitol

I had the amazing opportunity to attend SD Day at the Capitol in Pierre with nurses across our state! This program provided education on bills important to nurses currently in the state legislation, medicare expansion in South Dakota, and direct communication with legislators. We had the opportunity to talk with legislators about topics important to emergency nurses like workplace violence education and prevention, sexual assault training and kits, and medicaid expansion. I highly encourage you to apply to attend next year! This event is well attended with nurses and students across the state. Even if you don't know a lot about government, the program provided exceptional education and guidance! This is a great way for emergency nurses to be represented at our state government! Nurses have a **STRONG** voice, we just have to use it! Silence is acceptance. Speak up!

Respectfully submitted, Alex Sproul



SD ENA Members: Alex Sproul, Sandra Minter, Cheryl Moss, and Wendy Pepper at SD Nurses Day on the Hill 2016

It's not too late to sign up to attend *Kristi Noem's Women of Influence Conference* held on March 31st from 0730-1230 at the Central Baptist Church (3102 W Ralph Rogers Rd, Sioux Falls). *Kristi Noem's Women of Influence Conference* is a **FREE** networking and educational opportunity for women across South Dakota who are interested in changing the minds and hearts of those around them. Attendees will have the opportunity to hear from female leaders in business, entertainment, and journalism as well as explore a resource fair. Breakfast will be provided. We hope you're able to join us!

Register here:

<http://noem.house.gov/WomenOfInfluence>

	Title Location	First Quarter meeting Sioux Falls, videoconferencing also	Date Time	Feb 29, 2016 1300-1400
Old Business Discussion/Conclusions				
Topic	<p>Call to order, Recognition of Members and guests present, there were no additions to the agenda</p> <p>Roll call- eCare: Karla Nygren, Janee Poppinga, Mary Adams, Kristen Cline, Karen Kaskie, Alex Sproul, Vickie Schrenk; call-in: Tiffany Steever (board liaison), Rachel Tinker Avera eHub: Tonya Ellingson; Tyndal: Candice Crownover Sanford: Travis Ketterling, Sandra Minter, Erin Debates, Kip Lattau, Kayla Fuerst, Michaela Larson</p>			
Secretary report	<p>Sherrie Muhs outgoing, Karen Kaskie current. Minutes available on SD ENA website. Motion to approve by Janee Poppinga, second by Kristen Cline.</p>			
Treasurer report	<p>Karen Kaskie outgoing, Sandra Minter current. Current statement on SD ENA website. Motion to approve by Alex Sproul, second by Mary Adams.</p>			
Topic	New Business Discussion/Conclusions			
Education Committee	<p>Proposal for two smaller conferences for 2016, one in the spring and one this fall.</p> <p><i>Spring conference-Compassion Fatigue presentation by Kathleen Flarity. Possibility of four sessions in two days, one hosted by Sanford and one hosted by Avera during nurses week, dates May 11-12. SD ENA to sponsor speaker's expenses. Sanford Health has agreed to support one day and hotel fees. Proposal for the event to be free to all nurses, with a free will donation to ENA Foundation. Sessions to be videoconferenced from both locations.</i></p> <p><i>Fall conference-Jeff Solheim as speaker for Trauma certified RN (TCRN) review course has been booked for Oct 24-25. Motion by Janee Poppinga to move forward with the two proposed conferences, second by Vickie Schrenk. Motion passed unanimously.</i></p> <p><i>Upcoming opportunities- ACEP conference March 11-12, Sanford Peds Trauma symposium 4/7, Avera Peds Conf 4/8, Avera Pulmonary conference this spring. Consider helping with SD ENA booth and attending these educational opportunities.</i></p>			
Media	<p>Facebook page >600 likes. Updates to Webpage annually, as needed.</p>			
	Party Responsible	Kristen Cline, education committee	Karen Kaskie	Sandra Minter

Meeting minutes from February 2016

SD ENA Activities Abound!

SD ENA has started 2016 off with a bang! Our first sewing bee of 2016 brought 8 members and 4 sewing machines to my house. We had an awesome donation from Siouxland AACN that helped buy supplies! With a little more sewing and packaging, this service project will be in the bag!

SD ENA had 4 members in attendance at SD Nurses Day on the Hill! See Alex and Sandra's comments elsewhere in this newsletter.

We exhibited at the SD ACEP convention in Deadwood, with great support from our western SD colleagues!

We had 3 members in attendance at the ENA State and Chapter Leaders Convention in Las Vegas. See comments in the meeting minutes as well as this newsletter!

We received a thank you letter from some attendees of our 2015 Fall Trauma Conference. "Thanks to the hands on education provided at your conference, we were able to use our IO on a critical patient the day after we arrived home. Before the conference, we never would have taken it out of the cupboard!"

The State Foundation Fundraising is underway, and your SD ENA board and committee chairs have started the donation out with over \$200!



Compassion Fatigue and Resiliency Training Celebrating Nurses Week 2016

Caring for the Caregiver:
May 12th, 8 am-12 pm
Resiliency Training for Leadership:
May 12th, 1 pm to 5 pm

In honor of Nurses Week 2016, the South Dakota Emergency Nurses Association and Area welcome Dr. Aileen Flarty, DNP, PhD, CNRN, CTRN, FAHA, AA, FASA, Colonel and award-winning speaker, and presenters on Compassion Fatigue and Resiliency.

Dr. Flarty will be presenting 2 four hour seminars- the morning session is tailored for bedside caregivers to teach resiliency and self care interventions. The afternoon session is developed for Nursing Leaders and Administrators to support bedside staff, promote transformational cultural change, and lead with calm, clarity, and compassion. 3.75 CEUs are provided for each session.

Avera Platte River Health Center- State Colonel Race:
Cost of admission is a free will donation to the ENA Foundation, a non-profit organization providing educational scholarships and research grants.

Contact karla.nygren@sdna.org for registration information.

National elections will open later this year. Please watch closely – I'm certain there will be people we know on the ballot!

I am eager to have this Presidential second term underway. We've done so much in the past few years, and we have so much planned for 2016! I can't tell you how proud I am to be part of such a passionate group of emergency nurses. We are making a difference, and I'm proud to know all of you! As we go forward into 2016, please know that you can contact me for anything. As the JCAHO answer goes, "If I don't know the answer, I bet I know where to find it for you!"

Karla Nygren, SD ENA President

State Fundraising Challenge!

The State Fundraising Challenge is open! Closing May 31, this challenge raises money for educational scholarships.

Every contribution counts; no amount is too small. 100% of your donation goes directly to fund 2017 scholarships for nursing education. Your gift ensures that today and tomorrow's emergency nurses have the support they need to provide quality patient care and advance the future of emergency nursing. South Dakota's pledge is \$5000 – help us reach our goal! The link to donate can be found at: http://www.ena.org/foundation/fundraising/Pages/StateChallenge.aspx?utm_source=iContact&utm_medium=email&utm_campaign=Emergency%20Nurses%20Association&utm_content=03-02-16+STAT

Apply for a scholarship! There are over 25, amounting to a total of > \$90,000!



Up to Date!

Membership:

During 2015 we had an 18% increase in our state membership! We currently have 190 South Dakota members! This increase demonstrates South Dakota nurses are committed to continuing education, legislative advocacy, up-to-date evidence based practices, and networking across our state and nation! Continue to discuss the benefits and importance of ENA membership to your colleagues and invite non-members to attend our education and meetings.

As your Membership Chair I am setting a 2016 goal of 20% increase in our state membership! I believe this is a very realistic and achievable goal. Please help me increase our membership so we can accomplish even more! Renew your memberships and consider saving money by renewing with a 5 year membership! Keep your eyes open for more information on our state membership recruitment campaign!

Student Nurse

We are continuing to work with our nursing programs across the state to integrate student nurses into our association! We have received numerous e-mail responses from students interested in our association and education! We plan to bring ENA information to local nursing programs and discuss with students the importance of joining an association as a student nurse.

Continue to talk about emergency nursing and specifically ENA student membership when you have a student with you in the ER. You're making a difference! This is our best means of communicating with students. Students are able to join ENA for \$50 a year!

Alex Sproul

Quick tips from ENA conferences:

Want to know more about afib? Here is a website with atrial fib info
www.dontfibyourself.com

Do you know?

ENA website has a new Zika website page for the latest info on the new virus.

ENA Government Relations is lobbying for funding for mental health care.

Utah is the latest state to pass Felony conviction for substantial bodily harm to health care workers.

TNCC is looking at renewal options in the future and working on updating ENPC this year.

The ENA Board of Directors consists of 11 people who are leaders in emergency nursing care. Each director/liaison is assigned several states, in which they serve as a link between state council and national office. The directors try to travel to each of their assigned states at least once during the year (not common practice in other nursing organizations). Our 2016 liaison Tiffany Strever, BSN, RN, CEN, FAEN. Tiff is the Trauma Program Manager at West Valley Hospital, Goodyear, AZ. Tiff will visit SD this fall, at our Fall Conference October 24-25.

The ENA Foundation raises money each year to benefit nurses. Since 1991, they have awarded more than \$2.5 million in scholarships and research grants. Please consider applying for scholarships for continuing education, conference attendance, or research.

We had the privilege of meeting Carolyn Jones, author of *The American Nurse Project*. A book and soon to be movie, it opens nationwide on May 8, 2016. It is a compilation of photos, interviews, and biographies of nurses across America, "to celebrate the role of the nurse in this country's healthcare system." For more information, see

www.americannurseproject.com



Activities!

Multiple opportunities for CEU and continuing education abound! Please check out our facebook group site or our website www.sdena.org, under calendar of events!



Get Certified - TCRN™ Enrich Your Future.

The Trauma Certified Registered Nurse (TCRN) exam incorporates the body of knowledge in trauma nursing across the continuum of care, from injury prevention through reintegration to home.

To qualify for the exam, you must hold a current unrestricted Registered Nurse license in the United States or its Territories. A nursing certificate that is equivalent to a Registered Nurse in the United States is also acceptable.

BCEN® recommends two years of trauma nursing experience at an average of 1,000 practice hours per year across the trauma care continuum (trauma nursing practice defined as providing direct care, supervision, education, and advocacy for trauma patients and their families). Also, twenty (20) to thirty (30) hours of trauma specific coursework across the trauma continuum.

Throughout BCEN's website you will find resources to help you study and understand the exam material.

Upon successful completion of the certification exam, the TCRN credential is valid for a period of 4 years.

Tried to go a whole day without
talking about bowels.

Failed.



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