

Triage Notes

Michigan Emergency
Nurses Association

In this issue

President's voice	1
Follow the Flame	3
Conference	4
Taking care of ourselves	5

Hello Michigan ENA members,

Emergency Nursing - How did you start? Was it something you always wanted to do? Was it something that you heard about and wondered if you could do it? Was it something you saw on TV and said, "I could do that"? Did you have a family member that was an emergency nurse? Was it something that you saw as a challenge? Did you think, "how will I learn everything I need to know"? Did you take a deep breath when you heard you are getting the patient who is 5 minutes out with CPR in progress? Did you find yourself wondering how am I supposed to dress that wound? Did you think, "I've never started a IV on a 3-day old"? Did you think, "everybody needs me where do I start"? "What if I don't know about a disease?" "What if I've never set up an

infusion before?" There will always be "what ifs," but we are emergency nurses. "What if" is what we do.

We entered into Emergency Nursing because it was our professional calling. We relied on experienced emergency nurses to guide us during orientation. We trusted our emergency nurse mentors to guide us as we establish our practice. We spent time looking up information about rare diseases, weird medications, and new procedures and policies. We asked for help to learn, but every time you learned something it only led you to needing to learn more. How do we continue to learn? We should look to our professional organization. Have you ever thought about what the Emergency Nurses' Association does for you? How it helps you grow your emergency nursing skills? What is happening now to help you and you may also be helping others?

Attending the State Chapter and Leader Orientation actually brought up all that ENA offers to help us grow as emergency nurses. A lot of great information was shared with us that I would like to share with you. As a member, you have access to so many resources that can help you grow as a nursing professional. Let's look at some of the ways that the ENA is helping us through

publications, networking, and professional courses.

Publications include our Journal of Emergency Nursing, ENA STAT, and ENA Connection. I know that I find myself reviewing JEN to see what clinical practice guidelines have changed or been developed from new evidence. As I review the practice improvement projects being done by other emergency nurses, I wonder if there are implications to my practice. I wonder if there are any new ENA Position Statements or Topic Briefs that I need to make sure I'm up to date on. I wonder what interesting and unusual case reviews will be submitted. JEN provides the opportunity to obtain CE through reading the articles. ENA STAT gives a weekly update on events that you might be interested in, like the Day on the Hill on May 8th and 9th, the Spring Regional Symposium in Las Vegas on April 26th and 27th or even the Fall 2018 Cambodia trip (By the way - applications are due June 10th for the trip taking place September 22nd to October 6th, 2018). ENA Connection comes out monthly and covers what's happening around the country, highlighting people and association news. ENA Newline pulls news items about emergency nurses from around the country on a weekly basis.

Networking occurs at our State and Local Chapter meetings. There are many ways to connect

President's voice cont.

with other members. Many states are using social media, online meeting sites, and locations that will encourage members to attend. You can learn ways to promote participation from other members, such as not always having meetings in the same place, moving meetings around from area to area, having meetings at medical facilities or restaurants. At our next Michigan State Council meeting, we will be discussing various options that can increase opportunities for members to attend meetings. Government affairs groups can help us connect at the national and state levels. Having a ENA Advocacy Council contact to assist us with our topics. They shared that at times they can help share what has helped in other states that maybe helpful. Using ENA Connect for asking others for ideas, providing feedback and simply starting conversations with colleagues can prove to be very beneficial. We are in the process of updating our website to have the most up to date information available for our members. Michigan ENA will be unveiling the new and improved website in the very near future.

Education opportunities are available for all. We reviewed how many have attended TNCC and ENPC over the last year. ENA shared upcoming updates

to these classes, even that the future of testing for TNCC will be on the computer. There are no details yet, so we will need to stay tuned. An updated ENPC curriculum will coming out yet this year, the dates are still uncertain. There was also discussion about the Emergency Nursing 2018 conference in Pittsburgh.

Finally, the goals for ENA in 2018 were reviewed. One goal is to increase our membership by 5%, with suggestions to have auto-renewal or possibly a flexible payment plan. Another goal is to host successful ENA events like "Day on the Hill" and "Emergency Nursing 2018". We also want to promote a culture of innovation, starting with creating a Manager Survival Guide. Moving to online testing for TNCC and ENPC is also a goal. We want to continue to publish evidence-based practice articles, guidelines, etc. We want to help provide more information on excellence, quality, and safety in our practices. We want to facilitate international connections with emergency nurses. The "Foundation" will continue to raise money for educational opportunities. ENA will be opening the new building in July 2018 and monitor our 2018 Operational Budget goals.

I am excited to discuss our 2018 Michigan ENA goals with you at our March meeting. We look forward to helping you to

contribute to publications, providing forums for networking, and delivering educational opportunities.

I hope you can also see and experience what ENA has done, is doing, and will continue to do to facilitate our growth as emergency nurses.

Look forward to working with you all,

Mary BB

Mary Berry-Bovia BSN RN CEN

Michigan State Council
President



Follow the Flame in Michigan

by Mary Berry Bovia RN BSN CEN

The journey of the ENA Lantern which is intended to showcase the work ENA members do each day and to inspire members to accomplish even more for themselves, their patients, their communities. The Lantern is coming to Michigan, as we host the Lantern we would like to have several photos with our Michigan ENA members and the state of Michigan. Our goal is to show exemplary emergency nursing care within your communities. These photos will be shared with our website, Facebook, Twitter, National ENA and will be displayed at the National ENA Conference Emergency Nursing 2018 in Pittsburgh PA.

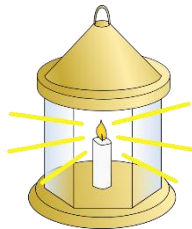
Where to send your pictures

- Michigan ENA: maryberrybovia@gmail.com
- National ENA: ecommunication@ena.org
- Twitter: [#followtheflame](https://twitter.com/followtheflame).

Showcasing the Lantern

Our three State Chapters, Huron Valley Chapter, Little Traverse Bay and West Michigan should showcase their activities with the Lantern. We also want to showcase our State with pictures of places and events with the Lantern. Be creative when showcasing the Lantern with Michigan ENA and our beautiful State. Each chapter should submit ideas and dates to Mary Berry Bovia, maryberrybovia@gmail.com so I can set up the schedule for the lantern to travel.

#followtheflame



Fort Wilkins Upper Peninsula

Do's and Don'ts with and without the Lantern.

Do take a photo of the lantern...

- While displaying examples of nursing excellence
- Inside the nursing workplace, ****making sure to observe patient privacy laws and emergency department policies**
- With fellow nursing staff
- With the ENA Lantern Award, if a prior recipient
- At ENA State Council and Chapter meetings and events
- At any major meeting where ENA has a presence
- With State and Chapter Leaders
- At major local landmarks or landmarks unique to
 - your state and community

Follow the Flame cont.

- At your ENA Foundation State Fundraising Challenge event
- At well-known local events (Bridge walk, Polar Plunge, Super Bowl-the
- Lantern was spotted at the game)
- In a research setting
- During philanthropic activities

Don't take a photo with the lantern...

- With family or friends having no tie to the nursing field or your workplace
- With patients who have not given their permission or signed the photo authorization form
- In unrelated social events
- While driving
- With family pets
- In unrelated selfies
- Participating in unprofessional or illicit activities

Other ideas

Events that might include speeches, lectures, presentations, Health and Wellness Fairs, philanthropic events galas and formal events.

Social media best practices

- Make sure your photo is clear and bright.
- Lantern should be visible in the photo.
- Don't forget to use #followtheflame in your post to spread the reach.
- Caption your photo, so viewers know who you are, where you're from and what you're doing.
- Have Fun!

Let the traveling Lantern MICHIGAN Tour begin...

Any questions and to create a schedule for the lantern, please contact Mary Berry Bovia maryberrybovia@gmail.com. Also look at ENA.org Follow the Flame 2018 Planning Guide.



Annual Spring Conference May 9, 2018

Soaring Eagle Conference Center, Mt. Pleasant, MI

Online Registration: www.michiganena.org

Pre-Session!

TCRN Review

Michael Gooch DNP, RN, APRN, ACNP-BC, ENP-C, ENP-BC, CFRN, CTRN, CEN, TCRN, NREMT-P

Only \$125.00

May 7 & 8, 2018

Registration Fees:

Before April 22, 2018:

Members \$75.00
Non-Members \$90.00

After April 22, 2018: \$100.00 for All

Featured Speakers:

Michael Gooch DNP, RN, APRN, ACNP-BC, ENP-C, ENP-BC, CFRN, CTRN, CEN, TCRN, NREMT-P

Joan Somes PhD, CEN, CPEN, NRP, RN-BC, FAEN

Polly Gerber-Zimmerman RN, MS, MBA, CEN, FAEN

LTC Warren Stewart MS, RN, ACNP-BC, CCNS, CEN

Jennifer Peltzer-Jones PsyD, RN

Kelly Berishak DNP, RN, ACNP-BC, CRN, SANE-A

Christine McEachin RN, BSN

This activity has been submitted to the Emergency Nurses Association for approval to award contact hours. The Emergency Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

May 8, 2018 Evening Reception

- ◆ 4:00 pm— Vendor Hall Open
- ◆ 6:30 pm— Awards Banquet
- ◆ 7:00 pm— "What's Wrong with this Picture?? Picking up Key Clues in a Patient Presentation—Polly Gerber Zimmermann RN, MS, MBA, CEN, FAEN
- ◆ Complimentary hors d'oeuvres and refreshments provided

QUESTIONS?
GERRI MULLER, GERRIMULLER@PRODIGY.NET, CHRIS BAKER, BAKER1016@COMCAST.NET

Taking care of ourselves

By Tricia Hutchinson RN CEN

Nurses are devoted. We are devoted to our families, patients, pets, friends, and careers. Reed (2014) says that it is not difficult to imagine that nurses often place the health of others before their own health. We are extremely busy both at work and at home, where time isn't always on our side. By cutting back on nutrition and sleep can give us more time, but it is unhealthy. We need to take time for ourselves so take care of ourselves.

Nurses find themselves to be caregivers, lifesavers, cheerleaders, confidants, a trusted resource and so much more, which can lead to physical and mental stressors (Reed, 2014). Some stressors are good for us they can keep us motivated but overtime they can become unhealthy. Have you ever found yourself heading for the cookies, salty snacks, or candy when dealing with a stressful situation? Stressful times will cause our appetites to increase and the quick fix is the cafeteria, fast food, or the vending machines which leads to poor nutrition (Reed, 2014). Another point that Reed (2014) mentions, "Nursing is a twenty-four hour, seven days a week profession." Finding continuity in meal times or the opportunity to cook our meals can be difficult. Where the convenience of fast food and junk food takes over. By choosing healthy food choices and by getting enough rest will help manage stressors, and improve energy levels (Reed, 2014).

Because of our busy lives, getting a full seven to eight hours sleep is next to impossible. Have you ever heard yourself saying, I have to get the kids off to school, they have homework, I have homework, I'm working today, I'm studying for ACLS and TNCC, it's basketball season and going into baseball season. How much sleep are you getting? Sleep deprivation not only has negative effect on our health, it also can impact our work ability by effecting our accuracy and judgement (Reed, 2014).

How can we take care of ourselves? Reed (2014) says to increase nutritional value pack your meals, take time to find and prepare a healthy meal for yourself, including a treat to curb the need for other snacks. We can take care of ourselves by keeping yourself well hydrated by drinking water, cut back on caffeine intake, create an eating routine especially for the night shifters, exercise can improve your sleep quality, and make sleep a priority (Reed, 2014).

Other suggestions:

- Share healthy recipes with your coworkers
- Create walking or running groups
- Yoga
- Keep track on the amount of water you drink
- Track of your food intake either electronically or on paper
- Track of your exercise either electronically or on paper
- Take 30 seconds to close your eyes and deep breathe
- Meditate

In our busy hectic lives, we should take a moment for ourselves. Start with a healthy meal and try to make sleep a priority. You are awesome and you deserve it.

Reed, D. (2014, September). Healthy eating for healthy nurses: Nutrition basics to promote health for nurses and patients. *The Online Journal of Issues in Nursing* 19(3). <http://doi.10.3912/OJIN.Vol19No03Man07>.