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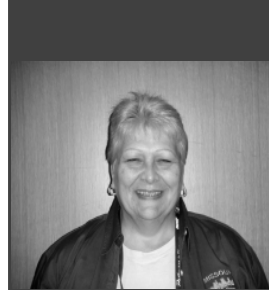
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Missouri Emergency Nurses Association Summer 2009 Volume 27

Message from Missouri State ENA Council President

Helen Sandkuhl, RN MSN CEN TNS FAEN

God Works in Mysterious Ways



ENA State President
Helen Sandkuhl, RN,
MSN, CEN, TNS,
FAEN

Later this year, we will undoubtedly consider it a blessing to have worked under conditions which helped us prepare for the approaching influenza season. The relatively mild cases of swine influenza virus experienced in the United States to date have been a wake-up call for many people.

Where I work, we advocate respiratory etiquette year round. Do we achieve 100% compliance? I would love to say yes but in reality, prior to the outbreak of swine influenza virus, it was probably closer to 75 %. However, since the appearance of the swine influenza virus, my staff has become true believers. If you walk into our ED and have respiratory symptoms, you will be masked regardless of what time of year it is.

On a statewide basis, we have been able to tap into the Strategic National Stockpile for antivirals as well as working closely with the Missouri Hospital Association to obtain additional protective supplies.

Our members have developed screening tools, discussed alternate care sites and planned for additional staff and mass dispensing in addition to formulating many other plans which should prove invaluable to us all during the fall flu season.

Thus far, we have experienced a glimpse of what may occur during the upcoming fall flu season. It may be a mild season or it may be much more severe than anticipated. Regardless, we will be better prepared for whatever lies ahead as a result of our experiences and preparations during the initial outbreak.

Not all of us work in similar environments. Some of us are from university settings or large community hospitals. Others are from smaller facilities or critical access hospitals. No matter where you come from, your knowledge and experiences are equally important.

I would like to encourage our members to submit any processes or plans that you or your hospitals have developed to prepare for the fall flu season.

If you are interested in submitting an article, please send it to Lori Davis, our newsletter editor. Her email address is on the website.

Have a fun and safe summer.



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Thank you, Governor Nixon for Vetoing the Bill to Repeal Missouri Helmet Law!!



Missouri Governor, Jay Nixon vetoed a measure to repeal portions of Missouri's mandatory motorcycle helmet law last month. The legislation would have allowed people 21 and older to ride without helmets on all roads except interstate highways. Mr. Nixon said in a news release, "In terms of lives and of dollars, the cost of repealing Missouri's helmet law simply would have been too high. Keeping our helmet law in place was the safe and cost-effective choice for Missouri."

According to data from the National Highway Traffic Safety Administration, the economic consequences of repealing such a law are clear. The safety administration recorded a sharp increase in Florida motorcycle fatalities for the 30 months after the helmet law there was repealed. The cost to treat patients diagnosed with head injuries as a result of motorcycle accidents doubled, reaching a total of \$44 million. CONGRATULATIONS to all of you who let your voices be heard all of the way to the Governor's Office. Your commitment to this effort was something to behold and all Missourians owe you a vote of thanks.



Broselow Tape Update:

Please be advised that there is a "typo" error on the **Broselow Tape 2007 Edition A**. The error states that the glucagon dosage for children 3-4-5 kg thru white zones should be 0.5mg/kg/dose; for children that fall within the blue through green zones the error states that the dosage should be 1 mg/kg/dose with maximum dose of 1 mg. Please black out the kg/dose for both of these glucagon dosages on the tape. The dosages for glucagon should read: Glucagon 0.5 mg (3-4-5 kg thru white zones) and 1 mg (blue thru green zones) (max. dose 1 mg). The Broselow Tape 2007 Edition B does NOT have this error.



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Missouri State Council Meetings 2009



Thursday, August 13, At Combined Clinical Conference, Tan-Tar-a, 4pm

Friday, November 6, Strategic Planning Session, Lake Regional Hospital, Osage Beach, Mo. 10:30am

Saturday, November 7, Lake Regional Hospital, Osage Beach, Mo. 10:30am



MEMBERSHIP COMMITTEE

by Ginny Myerscough, Chairperson

.We are in the middle of a membership drive that has been very successful. Two of the most successful chapters were Kansas City which obtained 23 new members and Springfield which signed up 13. Thanks to the efforts of Teresa Coyne from Kansas City and Larry Faulkner and Gail Carroll from Springfield.

National ENA is having another drive the month of July called "Member-get-a-Member". For every member you sponsor in July, you get one point (instead of one point for 3 members). In addition to getting the points which makes you eligilble for prizes at the end of the year, the National office will be drawing for scholarships to the National Convention in the fall, including breakfast with our President and the Executive Director and 3 night hotel stay.

With all of the membership drive activity, we now have 715 members in Missouri. It is the highest that we have ever had. With over 700 members, we now will be granted 15 delegates to the General Assembly in Baltimore in October.



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“Notice a Nurse”

Submitted by Teresa Coyne, RN, BSN

Greater Kansas City Chapter ENA

Many people think or talk about volunteering to help others – Yanny Ouk actually takes the time and energy to do it, which is why I chose Yanny to “notice” for this state ENA newsletter.

Yanny has been a nurse since 1994. She has worked in a wide variety of areas from geriatrics, skilled nursing, med/surg, telemetry, and currently works on the IV/PICC team at North Kansas City Hospital and in the emergency department at Truman Lakewood. Yanny recently joined ENA, she is a great nurse, works well with her peers, and is a team player. What many of her co-workers may not know is that Yanny does a great deal of volunteer work.

Yanny volunteers locally with Mercy & Truth Medical Missions at the Raytown Clinic. She has assisted with Heart to heart International in 2 disaster relief projects including the Katrina Disaster in 2005 & the Greensburg Tornado Disaster in 2007. She went on her first international mission trip this February, a Jamaica Medical/Dental mission through Northminster church and North KC Rotary. Yanny feels strongly that children are the future. She volunteers with YouthFriends (a school-based mentoring network that connects caring adult volunteers with young people) and Operation Breakthrough (which help’s children living in poverty to develop to their fullest potential). Yanny enjoys running and has participated in walks & runs for breast cancer, various other charities, and just for fun. In her spare time, she paints and is quite an artist. Yanny believes life is meant to be shared and helping others - she loves her nursing career and feels blessed to be able to serve others using her skills and God given talents. Thank you Yanny for all you do!



Yanny Ouk, RN
working for Habitat for Humanity

INJURY PREVENTION COMMITTEE

by Tony Mitchell,, Chairperson

Second-Impact Syndrome



Second-impact syndrome (SIS) is a condition in which the brain swells after a person sustains a second concussion before he or she fully recovers from an initial one. (David Cifu, 2008). The second injury may occur from days to weeks after the first. Although the first injury seems mild, and the patient may appear only dazed, the second impact causes cerebral edema and eventually herniation. Death can occur within minutes. Very limited cases have been reported and discussed in journals so the overall risk and pathophysiology of SIS has not been fully established but the syndrome is recognized by most physicians. (TR, 1997)

Epidemiology

Most cases of SIS have occurred in young athletes. By one estimate, SIS kills four to six people under the age of 18 per year (G, 2007). The CDC reports about 1.5 million people die each year from concussions in the US alone. In most of these cases, this was at least the second concussion the person had received (Concussion, 2008).

Risks and Features

SIS has the same risks as concussion. People who participate in sports such as soccer, baseball, rugby, basketball, and especially football are at increased risk. (Concussion, 2008). SIS affects teenagers the most. All documented cases occurred in people younger than 20. People who have received one concussion are at a higher risk to receive a second one (Moser RS, 2007).

SIS is the most serious potential complication that could result from an athlete returning to a game before symptoms from a minor head injury have subsided (KG, 1999), these symptoms may be headache, change in LOC, or visual changes. (David Cifu, 2008).

The initial injury may be a concussion or one more severe such as cerebral contusion (TR T. , 1999). SIS is sometimes associated with a small subdural hematoma. The second impact may be very minor such as a blow to the chest which may cause the head to be jerked and transmit acceleration forces to the brain. The athlete may continue playing after the second concussion and may walk off the field unassisted. Symptoms quickly progress and neurological collapse can occur very quickly with symptoms such as dilating pupils, loss of eye movement, unconsciousness, and respiratory failure. Brainstem herniation frequently occurs between 2 and 5 minutes of the second impact and death can follow shortly. (David Cifu, 2008)

Pathophysiology

Changes that indicate SIS may begin to show within 15 seconds of the second concussion. Changes that occur may include loss of autoregulation of the brain’s blood vessels. The dilation that occurs leads to a large increase in cerebral blood flow which may lead to cerebral edema. This leads to an increase in ICP which may lead to uncal and cerebellar brain herniation.

Prevention

Protective gear such as helmets are advised although they do not entirely prevent the syndrome (A, 2007)

It is advised that athletes who have suffered one concussion and still complain of concussion-related symptoms be prohibited from returning to the game due to the possibility of developing SIS (KG, 1999). Athletes are discouraged from returning to play until after they have been evaluated by a healthcare provider. Some athletes may deny concussion symptoms so they can continue playing. An initial head injury may impair an athlete’s judgment and ability to decide to not participate in sport so family members are encouraged to pressure an athlete not to return to play.

Concussion scales with return-to-play criteria such as the Cantu system and the Kelly system have been developed to assist with decision making. They utilize a “grade” system based on severity of injury.

Conclusion

Summer is a time of fun! Fortunately, most injuries we see in the ED from summer activities are minor and can be treated and strected.” However, we will see our share of high acuity injuries also. SIS is one such injury and, while it is common to hear, “it’s only a concussion,” I have tried to identify reasons to make sure we try to use all of our assessment skills so we don’t miss a potential killer.



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COURSE OPERATIONS COMMITTEE

Chris Hoag-Apel , RN, MSN, TS, Chairperson

We are keeping busy this summer teaching provider courses for both TNCC and ENPC. I have been notified by National almost weekly with courses that we are doing through out our state.

I want to thank everyone who has assisted with monitoring instructor candidates. I have received favorable reviews from both the candidates and their facilities.

When contacted concerning monitoring I will share that with the faculty and do appreciate all the assistance you all have given to date.

State Courses, ENPC/TNCC and CATN scheduled in the State of Missouri can be found on the National or State ENA website. Instructor courses are also listed.

The following are the current state faculty available for monitoring Instructor Candidates. There contact information can be found on our website at

WWW.MISSOURIENA.ORG

Columbia: Donna Pond

Joplin: Tony Mitchell, Chris Hoag- Apel

Kansas City: Annette Behney, Cheryl Phillips, Lori Davis

Springfield: Gail Carroll

St Louis: Helen Sandkuhl, Joan Eberhardt, Jan Kaminsky, Judy Marlow



GOVERNMENT AFFAIRS COMMITTEE

Carol Pettit, Chairperson

ENA is sponsoring Standup Act, asking members to request your representatives to co-sponsor HR 1895, the Safe Teen and Novice Driver Uniform Protection Act.

The Standup Act sets minimum requirements for states Graduated Driver Licensing (GDL) laws. These laws support research based GDL systems established as a lifesaving response to the death and injury toll of novice drivers in motor vehicle crashes.

Please fax or e-mail your representatives asking that they co-sponsor HR 1895. The ENA Legislative Action Center found on ENA.org has all of the information needed.

Join ENA on Speak Now for Kids Health Reform campaign to tell Congress that children's health care is important. Go to www.SpeakNowforKids.org asking them to support all aspects of health care reform relating to children.



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St. Louis Chapter

by Carol Pettit, President

Greetings from the St. Louis Chapter! We continue to meet the third Tuesday of the month welcoming one or two new people each month. The chapter continues to present TNCC, ENPC, and instructor courses with the last of the year an ENPC course in Belleville IL.

The first copy of our chapter newsletter is complete thanks to Jeanne Fogarty. We would welcome articles or announcements from members on what you are doing in your area.

We continue to plan for our ED banquet in October. Nomination forms for awards will be coming out and we hope to see many nominations of nurses and their exceptional contributions to the profession.

Kansas City Chapter

by Teresa Coyne, President

Quickbooks 2009 was purchased for chapter and we are in the process of learning a new system & coordinating reports with the state treasurer. A number of job changes the past few months have created vacancies for our chapter. We are recruiting a new president elect and Teresa agreed to extend her presidency for another year if re-elected. Teresa will chair the communications committee with Jen Busby as co-chair. Tasha Crawford volunteered to co-chair course operations. One of our goals is to increase injury prevention locally and we needed someone to spearhead this. Jen Busby will now chair Injury prevention with Lori Davis as co-chair. Jen attends the "Destination Safe" meetings and will come up with some ideas for projects locally perhaps partnering ENA with area hospitals, MTS, etc...

We have a TNCC instructor course coming up June 24th - an ENPC instructor course is being planned for December and a CEN review set for Sept. 29-30. We had great success with a membership drive aimed at gaining 20 new members. Using a \$500 state grant, adding \$200 locally in combination with the national membership incentive (10 members joining at once get \$10 off per person). We rapidly met the goal of 20 new members who paid \$51 to join ENA in June.

The Combined Clinical Conference is coming up Aug. 11-14, 2009 at Tan-Tar-A. Each time you attend a local ENA meeting your name goes "into the hat" for a drawing to cover the registration fee for the CCC. We give away 2 registration fees yearly - one from state ENA and one from the local chapter. We drew 10 names to assure 2 winners will be able to attend this educational conference.



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The KC Chapter would like to congratulate Tiffany Strever, our former member, President and Board Member in her recent re-election to the ENA National Board. She is pictured here with Colonel White who is scheduled to speak at CCCEC.



CHAPTER REPORTS

Central Chapter

by Donna Pond, President

The Central Chapter members were pleased to offer a CEN review course in April. The course was well attended and there were rave reviews about Pat Clutter's two-day presentation. The course was offered with an incentive of a deep discount for ENA members, thus resulting in our getting a few new and valued members. Congratulations to Kate Finley RN, of the Central Chapter, on recently being one of the first to successfully complete the CPEN exam, (Certified Pediatric Emergency Nurse). Our next meeting is occurring as this newsletter is being finalized (July 2nd) and we hope to report our plans for Emergency Nurses Week and injury prevention activities in the next newsletter publication.

Ozark Chapter

by Larry Faulkner, Secretary

The Ozark Chapter wishes to announce the 2009 ER Nurse of the Year and Rising Star Award. The Nurse of the year award goes to Cortni Stratton. Cortni is an employee of the Cox North Emergency Department and is awarded this honor because of her hard work and commitment to the SANE Program. Her nominator states she deserves this award "for her commitment to the SANE program and service to the community by providing the best care for the needs of assault victims, which includes medical care, forensic collection, evidence preservation, emotional support, and follow up care." Congratulations Cortni on your achievement!



The 2009 Rising Star award went to Ashley VanHorn. Ashley graduated in 2008 with her BSN from Cox College in Springfield. Ashley was awarded this honor because of her dedication to Emergency Nursing and excelling within her department. In the short time Ashley has been an ER Nurse she has already been promoted to one of six Clinical Educators for the Cox North Emergency Department. Congratulations Ashley!

The Ozark Chapter was excited to hear National ENA Board Member, Joanne Lazarus would be in town during the awards ceremony and was asked to deliver our awards. The chapter would like to express our appreciation to Joanne for her willingness to participate in our special evening.

Ozark Chapter was also excited to be able to participate in the 2009 Water Safety Day. Held in Branson, Missouri, Ozark ENA teamed up with Skaggs Hospital Trauma Services, Missouri State Water Patrol, and other local business in promoting water safety. Over 200 participants attended and over 80 free life jackets were given to children. The event was a big success and we are looking forward to next year's event.



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Combined Clinical Conference on Emergency Care CCCEC

Joan Eberhardt, RN, BSN, MA, CCRN, TNS, FAEN

It doesn't seem possible, but the 23rd Annual Combined Clinical Conference at

Tan-Tar-A in Osage Beach at the Lake of the Ozarks is just a little over six weeks away. For anyone not familiar with the conference, it is sponsored by the Missouri Emergency Nurses Association, (MOENA), Missouri American College of Emergency Physicians (MOCEP), Missouri Emergency Medical Services Association (MEMSA) and the Missouri Ambulance Association. The dates are August 11, 12, 13 & 14, 2009.

We will have some fantastic speakers and topics at the conference this year. The MOENA speakers include Bill Briggs, National ENA President, our own Cindy Lefton from St. Louis (who is a national and international speaker) and longtime ENA member.

Additional ENA member speakers include Karie Pearce and Norma Heuer, both from Minnesota, as well as Lt. Colonel William White from the Defense Medical Readiness Training Institute in San Antonio, Texas. Interesting topics include "Emergency Deliveries" which focuses on difficult deliveries in the field and ED, "Pigs, Pesticides, Poop and Pickers: Farm Injuries", "Hemorrhagic Shock and Blood Substitutes" and "Nursing in Bagdad - A First Hand Experience". We also have a physician from Pennsylvania, Dr. M. Reinhart presenting on the "Amish School Shootings" which is sure to bring tears to our eyes, yet be very informative.

There will be some key changes in this year's conference. We have added an additional General Session during the opening reception, which will increase the number of contact hours available to attendees. Exhibit viewing has been changed and will be available only Tuesday evening and Wednesday.



Committee



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The Missouri State Council ENA will again host a dinner cruise and awards ceremony on Thursday, August 13th. So there are two really important things to do: Be sure to nominate a worthy colleague (physician, nurse, paramedic, unit secretary) for an award. Nomination forms can be found on-line at www.missouri.ena.org. Click on Forms and then 2009 Missouri Nurse Awards Nomination Form. You can nominate as many

individuals as you wish. Just be sure to note the deadline as any nominations received after that date will not be accepted. Second and equally important, is to sign up to attend the dinner cruise (which has no cost associated) and enjoy a wonderful evening cruise on the Lake with a fantastic bar-b-que dinner. The cruise has been so successful that we've had to turn people away, so be sure to sign up when you arrive at the conference. We look forward to seeing you at the conference and awards dinner cruise. If you should have any questions, feel free to contact me by email at joaneberhardt@yahoo.com.

CHAPTER REPORTS



Crescent Chapter

by Sharon Trumbly, Secretary

The Crescent Chapter supported a seatbelt check May 20th, 2009 at Freeman Health System West Campus and St. Johns Regional Medical Center. Volunteers manned the entrances to the parking lots of both facilities. MODOT provided t-shirts with “Arrive Alive” on the front and “Buckle Up” on the back for the volunteers to wear. Smarties were given to people wearing a seatbelt and DumDum suckers were given to people who were not wearing a seatbelt. The candy was provided by the Crescent ENA Chapter. A total of 434 cars were surveyed with 68% of the occupants wearing seatbelts. The volunteers used this opportunity to educate the 32% not wearing seatbelts about the importance of seatbelt use. Follow-up checks to survey other parking lots are planned for later this year.

The Crescent Chapter is very pleased that one of our new members, Karen Scott, RN (pictured below) received a scholarship from the state to attend the Combined Clinical Conference at Tan-Tar-A this fall. She is very thankful and excited about this opportunity and is using her enthusiasm to encourage others to attend the conference.



Karen Scott, RN

Freeman has conducted two TNCC and ENPC courses and St. Johns has conducted one TNCC and one ENPC courses in 2009. Additional courses are scheduled throughout the rest of the year.

TNCC

July 29-30, 2009 at Freeman

October 14-15, 2009 at Freeman

December 3-4, 2009 at St. Johns

ENPC

August 26-27, 2009 at Freeman

November 12-12, 2009 at Freeman

St. Johns conducted a CATN course April 2-3, 2009. Freeman has a CATN course scheduled for September 9-10, 2009.

Instructor Candidates that need to be monitored for TNCC and/or ENPC are invited to contact Chris Hoag-Apel at 417-347-6298. Jamille Twedt from Skaggs Regional Medical Center successfully obtained ENPC instructor status after being monitored by Chris at a recent class held at Freeman. We welcome Instructor Candidates during any of our courses.

The Crescent Chapter is actively recruiting the recent graduate nurses for ENA membership. We are very excited about the energy and passion they have and would like to take advantage of their enthusiasm in local and state ENA activities.



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CHAPTER REPORTS

Crescent Chapter (continued)

by Chris Hoag-Apel

This was our traffic disaster for the year. 9 dead at the scene, 1 died in our facility, 1 child survived and was shipped to Children’s. Beside the P2’s and P3’s we had 10-12 EMS, Fire and Law Enforcement from heat exhaustion. It was measured at 134 degrees pavement heat. This was, I hope, the last major traffic disaster this year.

Truely, Freeman and St John’s ER staff worked very hard that day and as I said, not only the injured, but the workers at the scene. It made CNN and I thought I would share some photos.



SEMO Chapter

by Angela Selzer, Secretary

Safety First – Changing Behavior Saves Lives

As you know, one of the missions of ENA is to reduce injury by promoting injury prevention in the community. What is our chapter doing for our community? In April, Chapter 424 participated in educating Troop 4009 in bicycle safety. We taught and fit 22 **Cape Girardeau** girl scouts with helmets. In May, over 15 helmets were fit in **Perryville** and 36 children from **Jackson** Health Point were fit with helmets. That is over 73 in helmet fittings. At the Perry

County event they also checked 13 car seats and gave away 6 new ones. By increasing awareness and implementing prevention programs we will make a difference in our community.

Asthma update

Since May was asthma awareness month we had Dr Wadi a pulmonologist come to lecture for us at our June 8 meeting. He gave an outstanding talk on asthma pathology, treatment, and in particular, symptoms to monitor for the Emergency Department. We were awarded 1 CEU for attending. Next meeting is August 10 on Hepatitis C at the Marquette in Cape Girardeau.



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