

DIVERSION TIME

Loma Prieta ENA

NEWS ABOUT OUR MEMBERS

Congratulations Corner

Graduation



Cathy Marlatt

While working full time at SCVMC, Cathy attended SJSU and obtained her BSN. She is graduating this month. She plans to continue on for her masters degree.

Baby Time

Kim Sickler

RMC welcomed it's newest future nurse when Kim gave birth to her second daughter. Details on pages 7 & 8.

Wedding Bells

Beth Thomas Henderson

After concentrating on advancing her education, Beth met & married her new husband in a military wedding. She is a critical care educator at Kaiser SJ.



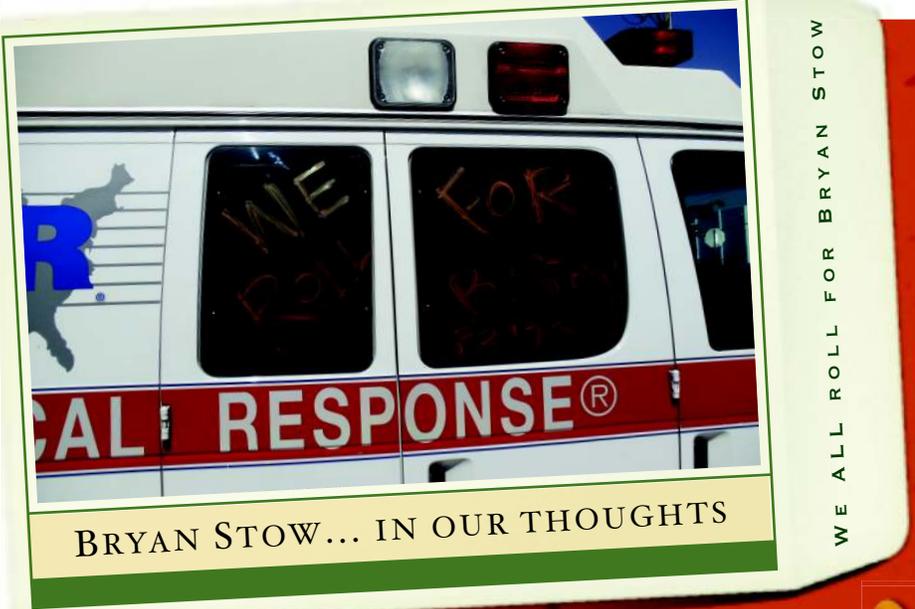
New Members

SCVMC New Grads

Thanks to the generosity of CalENA, we were able to offer 3 pre-paid memberships to some new grads from SCVMC. They are Allison Doyle, Candy Felix, & Lucia (Lucy) Martinez. Welcome!

Got News?

If you have news to share about yourself or your colleagues, drop me a note at dianestd@me.com. Feel free to include photos & the name of the facility.



BRYAN STOW... IN OUR THOUGHTS

On 5/22/11, LAPD announced the arrest of the primary suspect in the Bryan Stow case! Good news for family & friends!

REMAINING 2011 MEETINGS

Mark your calendars for the remaining LPENA meetings for 2011

- June 16 O'Connor Hospital
- July 21 CHOMP (Monterey)
- Aug 18 El Camino/Los Gatos
- Sept 15 Stanford University Hosp
- Oct 27 El Camino Hosp/Mt View
- Nov 17 Santa Clara County EMS
- Dec 8 Holiday Soiree

We usually meet on the 3rd Thursday of each month, with exceptions made

when it is in conflict with state or national meetings, or holidays.

We offer 1 free CE at each meeting, and in October, we celebrate Emergency Nurses' Week (usually a week or so late), but we traditionally play CEN Jeopardy in teams, with prizes for the winning team.

In December, we celebrate the season with our holiday soiree potluck.

Save the Date:
Our 2012 Annual Educational Update will be Thursday,

Mar 22, 2012.



The “Myths of Medicine” or “why do we do what we do?”

By Briggs Latham, RN

All too often, we as nurses can get into a rut. We do something because it is the way we did it since we started nursing. But as we all know, things change. What may have once been a standard practice is now enough to have your license revoked. Aseptic techniques were not used before 1865, but do we use them now?

Why Kayexalate?

Kayexalate: what is it and why do we use it? It's a potassium-removing resin. It works by drawing potassium into the large intestine and then removing it from the body. So every time an order is given for this drug we give it without question. Did you know that the basis for the use of this drug was a study done in the early 1960's, with only 5 patients and no controls? To make you wonder a little bit more; the patients were all, for some unknown reason, already taking Kayro syrup. If you are not familiar with Kayro syrup, it is used in cooking, but large doses of it will also cause diarrhea. It was one of those home remedies that people once used to treat constipated babies. So what really brought down the potassium level in the hyperkalemic patients from that study in the early 1960's? Was it the Kayexalate or the 'diarrhea causing' Kayro syrup that evacuated the potassium?

Dr. Siamak (Mak) Moayed, MD found nothing to indicate that Kayexalate is effective for the acute management of hyperkalemia. <http://emcrit.org/misc/is-kayexalate-useless/> WOW!!! Yes. That is what he said about the treatment we have used for years and years. Now it's time for you to do your research and evaluate what this physician said about Kayexalate.

So do I have your attention now?

How do I navigate through all of the information?

We live in an information age. Where do you get your information from? Do you rely on others for your information? Do you accept what you read or were told without doing your own research? We must gather information from reliable sources and use that information within the bounds of our licensing and organizational policies. I'm not saying that you should read an article and charge out on a white horse and change the course of medicine. Read, investigate, collaborate with colleagues, make proposals to the organization, assist in implementing changes and continue to assess and reassess.

I don't have the time to do this. HELP!!!! Where do I go???

Do we need to spend hours searching the internet, journals, and research papers? No. There are many sources available to provide us with reliable information. Below are just a few for you to look at.

Emergency Nurses Association

The ENA organization provides many resources for you to gain knowledge about topics that affect emergency nurses. The ENA Connection and The Journal of Emergency Nursing are great resource.

EMCrit – A Discussion of the Practice of ED Critical Care

This is a Blog you can listen to while on the super highway to and from work

I recently came across this Blog. Scott Weingart, MD, is a hospital Intensivist specializing in emergency medicine. His goal is “to bring Upstairs Care, Downstairs—that is to bring ICU level care to the ED, so our patients can receive optimum treatment the moment they roll through the door.” It sounds like something we can all benefit from.

Dr. Weingart posts podcasts almost weekly on topics that are important to ED personnel. Acid-Base, Delayed Sequence Intubation (What the heck is that? Check it out.), lactate in sepsis, head impulse test using your iPhone, Management of traumatic arrest, etc. The podcasts are approximately 20 minutes long and can easily be listened to on the way to work. He also provides lecture notes and a detailed emergency medicine critical care guide.

Visit his website and see if it raises your interest. www.emcrit.org

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Every 15 Minutes Completes the Year at Leland High School

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Dr. Smith's ECG Blog - ECGs gathered from around the country

Do you want to learn more about ECG's? How about unusual cases that may teach you to be a better nurse? Well this is a great site to challenge yourself. <http://hqmeded-ecg.blogspot.com/>

The Number Needed To Treat (The NNT)

Did you ever wonder what the benefits of ACLS medications were for cardiac arrest? The answer is: 100% saw no benefit. What??? Yes... This site provides some of the most up to date evidenced based data on a wide variety of topics. What about the effects of beta-blocking agents during major heart attacks ('STEMI')? 100% saw no benefit. 1.1% developed cardiogenic shock.



These are the 2011 Leland High School Chargers who participated in the last event of 2011. The program will continue next year, sponsored by AMR and CHP. pg4

Summary

We all have the opportunity and ability to challenge ourselves (and others) to be the best we can be. Take the opportunity to review these sites and use them. It is our responsibility to

destroy these 'myths' to improve our profession.



"No one can make you feel inferior without your consent."

--Eleanor Roosevelt,
U.S. ambassador to the United Nations



Have you sent in your delegate application yet for the 2011 General Assembly? This year our General & Scientific Assemblies will be in Tampa FL from Sept 20-24. You can download the application at www.calena.us, fill it out & return it with copies of your ENA & certification cards to Louise Hummel - instructions are on the form.

ENA Elections Coming Up

Have you voted in the ENA national election yet? You have until June 5 to do so. You should have received an email with a password & instructions. California has 2 members on the ballot (Matt Powers-Sec'y Treasurer, and Ellie Encapara, Director at Large). You will be able to read the biographies of all the nominees on the ballot, California has the largest membership, but one of the worst voting records. Let's change that!

CalENA elections will be here soon. The slate is:

President-Elect: Linda Rosenberg

Secretary: Carole Snyder & Debby Rodrigues

Treasurer-Elect: Kristin Connor

Director at Large: Janet Williams & Susan Smith

EVERY 15 MINUTES

The Loma Prieta Chapter of the Emergency Nurse's Association is a proud supporter of the Every 15 Minutes program. My first encounter with the program was in 2004, when I was a member of the trauma team that tried to resuscitate the 2 DUI crash victims that would "die" in our trauma bay. I went with the doctor to inform the families of their children's deaths, and was sincerely shocked at the responses they had... true emotions that stemmed from real pain. Even though they knew that their children were really alive and well, they were stunned just hearing the words, "I'm sorry, we did everything we could, but your daughter died."

As a parent, I, too, was stunned. My children did not have this program when they were in high school, and even though I had accompanied doctors to families with tragic news on multiple occasions, I had always made sure I did not bring thoughts of my family with me when I started each shift. It was my way of not having to deal with the idea that I could be "the other person" to which these bad events happen.

So, as I saw their reactions, and suddenly related to what those parents were feeling, I realized that I had the opportunity of a lifetime to get involved and perhaps make a difference in a life that might otherwise have ended in death or jail.

Every 15 Minutes is a 2-day program that involves a crash scene, trips to the hospital, the morgue, and the jail. Notifications are made to the families of the involved students (usually around 2 dozen), and everything is videotaped. We conduct a peer retreat for close friends of the students, a parent retreat in the evening, and all the involved students attend an overnight retreat and participate in multiple activities, that empower them to make the right choices should they choose to drink or use drugs. At these retreats, everyone writes letters to their loved ones/friends that start, "Every 15 minutes someone dies in an alcohol related traffic collision and today I died. I never got the chance to tell you....."

While the overnight retreat is going on, a video crew spends the night making a video that is presented at the mock funeral the following day. It is at the mock funeral that selected peers, parents, and students read their letters in front of the assembly. In all the years I have done this, I have cried at every funeral. But sometimes, there is something unique that stands out, and at this funeral at Leland High School, one mother's letter to her daughter tugged at my heart. With her permission, I am printing this letter from Julie Flores to her daughter, Lauren.



My Breaking Heart by Julie Flores

My heart is surely breaking or so it seems
I hope I will awaken from this nightmare of a dream

Now you're gone forever - in the simple blink of an eye
So much life ahead of you – I had no chance to say good-bye

I'm hoping you passed quickly and were spared from fear and pain
That thought will torture me forever – with every passing rain

While life will march ahead, it will never be the same
No sweet, smiling daughter named Lauren working towards her fame

I can't imagine the thought of missing you each and every day
And getting through the holidays - and living through your birthdays

No more pedicures, photography, and shopping trips all day
Only us left wondering why your life had to end in this unnecessary way

No graduation ceremony on Leland's field in twenty-twelve
Only sadness and loss among us – a lifetime for us to grieve

My heart is broken, it aches and wants you near
But no more mother/daughter time only evenings with my tears

I feel sorrow for the young person who caused this tragedy
But selfishness and thoughtless actions do not come for free

While the law will clamp down on him for causing human loss
It will never bring my girl back – the victim who paid the ultimate cost

There are no second chances when lives are lost, oh no
Only punishment for all involved – an immeasurable mortal blow

There is really nothing good that comes from driving when you drink
Everyone – young and old – if you choose to drink, please think

While the message is pounded in our heads – that booze and driving don't mix
There are still so many people – who think they can do this trick

For everyone who is hearing this, stay sober when behind the wheel
And watch out for each other - be honest with yourself, be real

Did I mention that my daughter Lauren was smart and sweet and true?
Now we're left to miss her – to bid her final adieu

My heart is truly broken, and now I'm oh so blue
Lauren, I'll miss you for eternity – and always, always, love you!

All Nurses All the Time by Anne Marcotte

The Loma Prieta Chapter ENA presented its annual clinical update on St. Patrick's day this year. We were especially proud of the fact that the entire faculty (well one exception-she was an LCSW) consisted of nurses. Nurses teaching nurses. How great is that? Our theme was the many types of shock. We broke all records for attendance, 78 people participating.

We had a great presentation from Josh Frelich, the Nursing Director of the ED at Kaiser Santa Clara discussing the sepsis initiative developed by Kaiser Permanente, and implemented by Kaiser Santa Clara. This was a discussion of best practices related to the early identification and treatment of sepsis. With their concentration Kaiser Santa Clara has decreased their mortality rate from Sepsis to very low rates. We are anticipating the publishing of their study in the near future.



Fern Cudlip, who is the Stroke Coordinator at Eden Hospital gave a great review of Spinal Cord injury and Spinal Shock. Her anatomical slides were not only colorful and instructive but they were very clear and helped us to really understand the anatomy of the spinal column and cord. Her review of current treatment was stellar.



Vicky Powell (our only non-nurse) gave us some great insights into the psychology of disaster response in those unfortunate persons who have to live through some very unsettling issues. She gave us some great tools to use to help us interact with our patients.

Jill Sproul, Director of Critical Care and the Burn Unit at Santa Clara Valley Medical Center talked with us about Electrical Injuries (See Jill? I was listening; I know the difference between electrocution and electrical injuries). Her slides



were very graphic but really demonstrated for us the need for appropriate splinting to preserve function. Her poignant stories about the burned patients were very uplifting.

Susan Scollan-Boring who is the Clinical Regional Medical Center gave a great called Shock Lung, which we now know and understand that neither is a how to calculate it. Had you attended expert in pulmonary care.



Nurse Specialist in the ICU at lecture on Pulmonary Issues. In keeping with our theme it was as ARDS and ALI. We all know the difference between the two diagnosis but an injury. We also know what the P/F ratio is and you would also have this knowledge. She was certainly an

The day ended with a lecture on Hypovolemic Shock by Shelli Woodfall who is the Clinical Nurse Specialist in the ED at Stanford, and also the interim Trauma Program Manager. The beating heart on her lecture slide particularly entranced me. Aside from that, her lecture was a really great review of this type of shock. The attendees had a lot of questions for her, which made it really interactive.



Medtronic supported our event, and the lunch provided by Erik's Deli catering was really good. You all should plan on joining us next year, same time (around St. Paddy's Day) for another wonderful and instructive event.

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**Planning is already underway for the 2012 Annual Update. Mark your calendars for Thursday, March 22, 2012. As always, San Jose Regional Medical Center will be our hosts.**  
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“Devine” Intervention: The Legacy Lives On.

by Kim Sickler, RN

April 26th, 2011 at 10:35 in the morning, Natalie Elyse Sickler was born to the proud parents of Kim (Loma Prieta ENA President) and Jud Sickler. She was 6 lbs. 10 oz and 18 inches long. She was born at El Camino Hospital in Mountain View. Although, a relatively anticlimactic 2 hour labor and birth, the story of her journey is much more interesting.

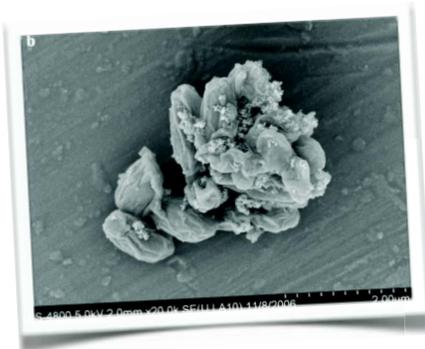


She is the third young girl brought into this world because of one amazing woman, Paige Pullen Devine. When I met Paige

I was 24 years old, a new graduate nurse on an oncology floor at the former Los Gatos Community Hospital Women’s Cancer Center (WCC). I was single and hitting my athletic peak (which truthfully was never that high). Paige was a 28 year old athlete and software engineer, newly married and recently diagnosed with stage III ovarian cancer. Paige was a fighter. She was chronically in and out of the WCC for surgeries, chemo and multiple complications. con’t on page 8



Big sister Jillian with little sister Natalie Sickler



Weaponized Anthrax spores w/silica particles clinging to the Anthrax spores. You have an opportunity to test a system if you live in the Bay Area that can “pre-order” your meds.

BAY CASE 2011 BayAreaDisasterMeds.org

On June 8, 2011:

In the rare event of an infectious disease emergency such as an Anthrax attack, antibiotics will need to be dispensed to everyone in the Bay Area. For people to receive the right medicine, our population will need to be screened.

Your Bay Area Counties’ Health Departments have created an online screening tool to help the screening process. Please help us, by testing this tool on JUNE 8th.

- Please logon to BayAreaDisasterMeds.org at 10am, 2pm, or 4pm. If you are not able to logon at these times, please logon anytime on June 8th.
- Click on the tab "Get Medicine"
- Fill out the screening questions for yourself and anyone else you would normally pick up medicine for in an emergency
- Print your results
- Complete short survey

“Devine” Intervention, con’t from page 7

G She had that never give up attitude always trudging on pushing the limits with chemo, convinced to not go down without a fight. Hence Paige became a familiar face for many of us nurses on that floor. We all had mixed emotions every time she was admitted, we loved seeing her and her positive attitude but we hated that she had such a difficult battle with ovarian cancer. You see not only was Paige a fighter she was also the kind of woman who put a smile on everyone’s face.



She had a selfless way of always making you feel good; this goes for the other patients on the unit as well. She was notorious for doing things like donating all of the flowers she had received to the patients who did not have any. It was selfless acts like this that touched everyone’s heart.



As I am sure you can imagine I like many of the other nurses found a place for her in my heart. Had Paige and I met under other circumstances I know we would have been life long friends. Over the six months that Paige and I knew each other we became quite close talking about mountain biking and sharing other similar life stories. On one particular

day during my nursing assessment and our routine catch up on that weeks happenings I informed Paige that my tennis partner kept canceling our games and that I was getting frustrated with this. Little did I know that a light bulb was going off in Paige’s mind as I unknowingly shared this story. Later that same day I entered Paige’s room and her entire family mother, father, husband; Rob and roommate all happened to be in her room.



Paige decided that this was the perfect time to set me up on a date with her roommate Jud... her excuse was, “Kim you and Jud should play tennis, you both have been looking for a tennis partner” of course I could not say no. Although I had known Jud for nearly six months the idea of dating him had never occurred to me as we had a professional relationship. I reluctantly yet excitedly accepted the offer as he was really cute and we had formed a good friendship over the last six months. Little did I know that tennis game would define the rest of my life as I know it.

Jud and I had only been dating for a month when Paige passed away from complications related to ovarian cancer. Part of me felt that Paige knew she had

set things in motion, she had laid down the framework for the future of two of the most important men in her life (Rob and Jud) making it okay for her to let go.

Five years later Jud and I were married and four years after that our first daughter was born, Jillian Paige Sickler (now 3 years old). Then just a month ago Jud and I gave birth to Natalie Elyse Sickler. Two girls of our own to carry on Paige’s legacy of smart, caring, strong willed, athletic women. We couldn’t have asked for anything more!

Now if you remember I mentioned that there were three young girls. The third girl is Catherine Paige Devine (now 6 years old). She is the daughter of Rob Devine (Paige’s widowed husband) and his wife Karen. You see the interesting thing is that Karen and I were childhood friend and I set Rob and Karen up on a date a few years after Paige’s passing. They married a few years after that and now they have young vibrant daughter as well. Rob, Karen, Jud and I all feel that Paige had a plan all along, she wanted to make sure that her favorite men found lifelong partners and that the legacy of strong women lived on...Devine Intervention! Thank you Paige, my life wouldn’t be what it is today without you.

