The 2007 General & Scientific Assembly is just around the corner. Complete information about the program can be found on the ENA webpage, [www.ena.org](http://www.ena.org).

This year, CALENA has surpassed Texas with the number of members in our state. Because of this, we are allotted additional seats on the delegate floor. We are still a few delegates short of meeting that goal (55 delegates plus 2 alternates). Fill out a delegate form (it can be found on our new webpage, [www.calena.us](http://www.calena.us)). Get your form in to Ellie Encapara. Her contact info is on the form. You can snail mail, fax, or email your application, but do it ASAP.

Loma Prieta has 10 delegates at this time, which is the most any chapter in the state has. Let’s keep us first. We also have 3 first time delegates. Those of us that are veterans do it because the process is interesting and addictive. There are many opportunities for networking. The debates on the delegate floor are always animated and intense.

Being a delegate is a way to have a say in the way our organization is run. You also have the opportunity to join Special Interest Groups. This is how we grow and develop as an organization, and this is also how we improve our practice.

Please consider spending some time in Salt Lake City as a delegate. After that, earn CECH at the Scientific Assembly. The variety of educational offerings meets everyone’s needs. There is an advanced practice track, and and all CECH are classified as either C (clinical) or O (other). Most attendees are able to complete almost all the required CECH for license renewal in California.

Sign up with a friend, and make new friends in SLC!

**Bereavement in the Emergency Room**

Submitted by Leslie Chin, RN

Unfortunately thousands of patients die in the emergency room each year. A patient’s death in the ED is usually sudden and unexpected. Many families described the death of their loved one as their world shattering into pieces. Dealing with death is difficult, and everyone feels grief differently. For many families, their lives will never be the
same and their grief reactions may last for years.

Literature describes grief as the personal response to a loss. Grief of loved-ones following a death is defined as bereavement. Occasionally, family members may experience post-traumatic distress syndrome (PTSD), especially when the death is sudden or traumatic. Traumatic recollections of the deceased, numbness and avoidance, trouble concentrating, and depression are some of the characteristic traits of PTSD. Zisook, Chentsova-Dutton, and Shuchter (1998) conducted research on the prevalence, comorbidity, and consequences of PTSD after spousal bereavement. Zisook et al. found that 36% of the participants whose spouse died accidentally or by suicide met the criteria for PTSD. Recent research has examined the role of the health care providers in regards to decreasing families’ PTSD. Lautrette et al. (2007) conducted a multicenter, randomized, controlled study to evaluate the effect of a proactive communication strategy with bereaved family members of ICU patients. Lautrette et al. divided the participants into two groups: family members that received additional time with the ICU staff and received a brochure (intervention group) and family members who received what the usual practice was at each center (control group). Forty-five percent of the participants in the intervention group were at risk for PTSD compared to 69% in the control group. Lautrette concluded that providing family members with a brochure on bereavement and using a proactive communication strategy that included longer conferences and more time for family members to talk lessened the burden of bereavement.

Recently a bereavement committee was started in the Emergency Room at Regional Medical Center of San Jose. The bereavement committee will be a resource for the ED staff to turn to when dealing with a bereaved family. The ED staff have the opportunity to provide their bereaved family members support and guidance during their grief crisis. An educational bereavement class has been put together and is open to all staff. Monday, April 23 from 0730-1130 and April 30 from 1230-1630 a speaker from Kara (a non-profit organization that offers grief support for children and adults) will lecture on grief crisis and interventions. On April 6, Garrett Chan (MSN, PhD) will be lecturing on end-of-life care. It is imperative that all ED staff attends the lectures. Research has shown that education may improve communication skills between staff and bereaved families. If you have any questions, please contact Colleen Vega.

References

Thanks to Nurse Chin for this submission. If you have any articles of interest for the newsletter, please send them to me at diane_st.denis@calena.us.
Now is the time to start planning for the 2008 LPENA Update class. We are thinking of having a prehospital/forensic/disaster theme. Your suggestions for topics and speakers are very much appreciated. Please let us know what ideas you may have to make our next Update an interesting and fun experience. If you would like to be part of the planning, let us know. We would appreciate any & all input.

Bipolar by Andrew Merton

The crows are elsewhere today. Shovel the coal from your eyelids. Empty the wheelbarrow of your mind. Regurgitate a circus. Indulge your clamoring toes. Shake out your sheets until all the potatoes are gone. Make love to an iris, a pansy, a rose. Discover the constellation Platypus. Hurry. The crows are never gone for long.

Andrew Merton

After many years of writing non-fiction for various national publications, including The New York Times Magazine, Esquire, and Ms., Andrew Merton began writing poetry. His poems have appeared in the Bellview Literary Review and Paper Street, among others. He teaches English at the University of New Hampshire in Durham.

This poem first appeared in the May 2007 AJN, Vol. 107, No 5 page 51.

Andy is also a good friend of my cousin and has given me permission to publish this in Diversion Time

Meet Your Board

Immediate Past President, Garret Chan

Garrett Chan, RN, PhD, CNS, NP is the Immediate Past President of the Loma Prieta Chapter. He currently is in charge of developing the nursing research and professional development programs at Stanford Hospital & Clinics. Dr. G, as he is fondly called, is interested in palliative and end-of-life care issues in the emergency department. He is a nationally recognized expert on the topic and is participating in the creation and revisions of two national curricula for emergency nurses and physicians to learn...
about palliative and end-of-life care: End-of-Life Nursing Education Consortium-Critical Care (ELNEC-Critical Care) and Education in Palliative and End-of-Life Care-Emergency Medicine (EPEC-EM). From 6:30-7:30 at the chapter meetings, Loma Prieta has a one-hour educational offering. Dr. G has lectured for Loma Prieta on a variety of topics including Visual Diagnoses of Diseases, End-of-Life Care in the ED, and Symptom Management in the ED.

Jean Parrish, Treasurer

Jean Parrish graduated with an AD in Nursing in 1967 from Belleville Area College, Belleville, Illinois and then received her BSN in 1983 from St. Louis University, St. Louis, Missouri. Jean's experiences have been varied, having worked on a medical floor, pediatrics, and an open psych unit, before finally settling into the emergency department.

Between her AD and her BSN, she married Rich. While pursuing her BSN, she became pregnant with her first child, and discovered that early morning chemistry labs and morning sickness did not work well.

After moving to Iowa while Rich worked on his PhD, Jean worked on a med-surg floor until she delivered Kenneth. When she returned to work she found a job in the ED at Boone County Hospital. She then delivered Kevin, but soon tired of the long drive to work in the snow and stormy weather, so she found a position at Iowa State University, where she worked for about a year and a half. During that time she delivered Kristin.

After receiving his PhD, Rich moved his family back to St. Louis, where Jean worked as an ED nurse and Shift Supervisor. While going to school and working, Jean became Emergency Dept Director at St. Luke's East Hospital in St. Louis, until Rich accepted a job in San Jose in 1984.

Jean found her home at San Jose Medical Center, where she remained, until they closed their doors. Jean held a variety of positions there, from Assistant Head Nurse (remember those days?), to House Supervisor, Resource Nurse, then back to the ED.

Jean did a year's stint at Kaiser Santa Teresa, but returned to SJMC until they closed their doors in 2004. She transitioned over to Regional Medical Center with the rest of the staff, where she remains today.

Jean became a member of EDNA in 1971 in a charter chapter in Des Moines, Iowa.

She belonged to the St. Louis Chapter of EDNA. Her first meeting in San Jose was at Valley Medical Center.

She attended her first National ENA meeting in Seattle.

She spent four years on the Cal ENA board, and now enjoys being a TNCC and ENPC Instructor.

Fun stuff includes knitting and feeding her Sudoku habit. She enjoys spending time with her two grandchildren and traveling with Rich.
NAME THAT DISEASE

Find the words listed below. They can be found vertically, horizontally, or laterally. All words are common diagnoses that we see in the emergency department.

| A | K | N | O | I | T | A | R | E | C | A | L | X | C | R | K | O | A | G | P |
| C | M | W | A | L | L | J | C | O | U | G | H | B | T | F | L | S | B | N | H |
| A | H | P | E | P | I | G | L | O | T | T | I | I | S | I | P | D | R | S |
| R | N | A | Y | J | F | D | U | W | O | W | L | Q | Y | S | F | I | O | J |
| T | B | N | E | H | E | P | A | T | I | I | S | A | M | U | K | M | T | S |
| W | V | C | K | R | V | T | F | A | N | A | A | I | D | I | L | H | I | O | P |
| X | N | R | U | B | E | B | S | Z | C | E | H | A | I | K | L | N | N | N | E |
| O | O | E | Z | R | R | H | D | M | N | T | N | Z | A | O | A | F | A | S | S |
| Q | I | A | E | I | O | K | S | P | I | K | F | E | B | L | R | B | L | I | S |
| U | S | T | A | C | T | W | A | L | I | P | H | D | E | P | R | S | P | L | I |
| I | N | I | K | L | N | P | Y | P | N | F | C | C | T | Q | E | E | A | I | T |
| E | E | T | L | K | E | L | P | R | G | A | D | R | E | A | S | B | I | T | I |
| T | T | I | M | E | O | R | V | I | E | D | I | F | S | Z | T | X | N | I | R |
| L | R | S | L | H | X | A | E | P | S | I | U | N | H | W | M | W | Z | S | T |
| Y | E | S | C | E | N | S | D | V | T | R | O | O | O | S | J | R | Y | K | S |
| H | P | X | R | U | E | H | O | J | I | E | I | V | M | M | H | S | M | L | A |
| Y | Y | Y | K | S | I | T | I | T | O | K | E | T | N | U | U | S | D | E | G |
| Z | H | Q | L | P | L | Q | N | Y | N | S | A | G | U | E | E | E | T | C | L |
| C | C | P | E | M | P | H | Y | S | E | M | A | B | J | D | T | Y | N | A | Y |
| P | U | L | M | O | N | A | R | Y | E | D | E | M | A | Z | R | A | P | P | Y |

ABDOMINAL PAIN  EPIGLOTTITIS  OTITIS
APPY  FEVER  PANCREATITIS
BURN  FULL ARREST  PNEUMONIA
CHF  GASTRITIS  PULMONARY EDEMA
CHOLYLITHIASIS  HEPATITIS  RASH
COUGH  HYPERTENSION  SEPSIS
DIABETES  INGESTION  SHOCK
EMPHYSEMA  LACERATION  SLEEP APNEA
TONSILITIS
President’s Message
by Karen Grove

My hope as we move through summer is that all of our members are growing and thriving. For those of you who were unable to join us for the Annual Update in May, I just want to say that you missed an exceptional conference. I would like to take this opportunity to thank everyone who worked so hard to make it successful.

While listening to Connie Yokum speak about Precepting new to ED nurses and being aware of what stage both the preceptor and preceptee are in on the Novice to Expert continuum, I began to think about how this concept relates to ENA. I would like to share my interpretation of the ENA Novice to Expert roles and challenge you to identify where you fall on this continuum.

Novice:  
- I have heard of ENA
- I joined to get financial breaks on educational opportunities
- I joined because I am a professional and should be a member of the professional organization.

Advanced Beginner:  
- Reads the Connection and Monitor and any local chapter mailings
- Attends local chapter meetings

Competent:  
- Serves as an officer or committee chair at the local level
- Starts to attend State Council meetings when held in their locale
- Serves as a state delegate at the National Business Meeting
- Begins to mentor new members
- Has ENA related discussion in their work environment

Proficient:  
- Maintains local office or committee duties
- Attends all state meetings – perhaps as the Chapter Representative
- Considers or runs for state office or committee chair
- Mentors new members
- Begins to have interest in National ENA activities
- May volunteer for National committees/tasks forces

Expert:  
- Remains consistently active at the local, state and national levels
- Mentors new members
- Mentors new to their roles members

Where are you on this continuum? As we all nourish our gardens this summer, how will you nourish yourself within the ENA community? I challenge each and every one of us to move to the next level. After all, ENA needs our knowledge, experiences and input.

Let’s work together to raise our next generation of emergency nurses and watch that garden grow and flourish.

Karen
President-Elect’s Message by Diane St. Denis

Looking forward to 2008, I wanted to share with you my vision for the upcoming year.

I would love to see more involvement by some of our newer and/or younger members. As the nursing profession ages, we will need to have our replacements move into leadership positions. The only way to keep our organization growing is to mentor our newer colleagues.

Because time is limited for everyone, it only seems reasonable to share the load. By doing this, the members in leadership positions should be mentoring those that are still looking to the future to grow. Our organization has much to offer. We, as a group, decide the practice of emergency nursing. Our national website has our public policy statements, we encourage involvement in the legislative process, and we provide injury prevention activities to our communities.

Educational Opportunities

This year we have started work early on our annual update. Next May 15, we will offer you the best educational offering yet. In the past, the work has fallen on the shoulders of one or two people, but this year we have enlisted the help of additional people. If you would like to help put together this interesting program, contact Kelly Johnson (kjohnson@stanfordmed.org) and let her know.

We also have a 1 hour presentation just prior to the business portion of our monthly meetings. We provide 1 free CEU. This is an easy way to add to your biannual requirement for licensure renewal, especially if you are only in need of a few units.

Babies on Board!!!

Some of us were wondering why we hadn’t seen Tien Trinh Robinson (PA VA) for quite awhile. Tien decided to put us on hold for awhile so she could concentrate on a special little bundle:

Kiera Emily Robinson
DOB: May 14, 2007 @ 10:32 PM
Wt: 5 lb 6 oz
Ht: 17 in.

Kiera spent some time under the bili lights.... or as Tien put it, "Babies from California are born with a tan." Trinh came back to her first meeting this year when we met at Good Samaritan Hospital. Welcome back, Tien.

NOT TO BE OUTDONE, WE HAVE 2 MORE BABIES TO HIGHLIGHT... By the way, all this little ones are XX... not a boy in the bunch!!!
Mason Grace Gattey was born July 12, 2007 at 8:08 am, & weighed 8lbs 15 1/2 oz.

She is the daughter of Maria Gattey, a staff nurse at Valley Medical Center. Maria spent a very long time at home preparing for this little angel. We look forward to seeing her back on the job soon. In the meantime, enjoy your bonding time with Mason. She is adorable!

Next Up... Jan Ogar is Grandmother Again!

Analisa Rose Appleyard was born at 9:05 pm 7/11/07 (must be a ‘lucky’ girl) and weighed in at 7 lb’s 3 oz. She was 19 inches long. Jan’s daughter & son-in-law, Jenny Ogar and Ian Appleyard. She joins her 7 yr old brother, Ben, who absolutely adores her! When Jenny was pregnant with Ben, she made the decision to leave San Diego and move to Half Moon Bay and join Loma Prieta. Lucky us! I just had to include a picture of Ben with his baby sis (and parents).

CalENA Webpage has a new look!

Have you checked out the new CalENA webpage? It’s at www.calena.us. It has a new look and is very easy to navigate. You will find information about past, present, and future board meetings, chapter links, the online version of The Monitor, and a link to sign up for a free email address. (The new webmaster, Jason Moretz, will get you set up in no time). There are educational offerings up and down the state, and minutes from committee meetings. There are also links to other pertinent webpages.

Look for a copy of this on the Loma Prieta chapter link.....

Diane