It’s been a productive first half of 2015 for California ENA. Welcome to our 68 new members and thank you to our renewing members. This is ENA’s 45th anniversary year, and as your 2015 state president I have learned so much about how ENA as an organization has supported our practice and continues to advocate for emergency nurses. Daily I have been reminded that it is truly the work at the chapter and state level which powers this organization, and I want to express my sincere thanks and appreciation for your dedication and commitment to California ENA.

There are many to choose from, but to highlight just a few of the 2015 California ENA accomplishments: Monterey Bay is now an official Chapter, Chapter 495. The “Violence Bill” (AB 172) has passed the California Assembly and is now moving to the Senate - the Government Affairs Committee co-chairs have been tirelessly working to garner support in Sacramento and rally emergency nurses to send letters of support to California State Senators. A safe pain medication resolution was submitted to the Resolutions Committee for consideration. In April the ENA Board of Directors approved moving forward with the resolution. California ENA was well represented in Washington D.C. at ENA’s Day on the Hill, raising awareness of bills of interest and concern to emergency nurses, physicians and their patients. Many of our Chapters have had successful education events, including some who have partnered with other professional nursing associations. The CEN review last month in conjunction with CFED at the beautiful Indian Wells Resort & Spa was well received; we hope to continue our partnership with CFED next year.

As our membership has grown we identified a need for an expanded website, as well as the responsibility the state council has to support all of the state committees and local chapters with a strong web presence. Mark Wandro has done an amazing job as our webmaster for many years, but in fairness the work had grown beyond what we should ask of a volunteer. We have contracted with a web developer and Mark has worked with him to transition to our new site. Check it out: [www.californiaena.org](http://www.californiaena.org)

We are excited about our upcoming annual State Education Conference in November at the Kona Kai in San Diego, California. Our November State Council meeting will be the following day. I hope you can attend the conference and stay for the meeting. Everyone is welcome and it is a great way to get involved.

On an education and quality note, I want express our appreciation to Gail Dodge. Gail is transitioning the Trauma Committee chair position to Sue Fortier over the next few months and we thank Gail for the commitment and dedication she has shown to ENA, especially her passion for ensuring the integrity of TNCC.

-Continued on page 3
Board Members 2015
President: Susan Smith
President-Elect: Janet Williams
Past-President: Carole Snyder
Secretary: Agnes Faria
Treasurer: David Samuelson
Treasurer-elect: Cheryl Graydon
Dir-at-Large: Patrice Christensen

Committee Chairs 2015
Bylaws: Linda Rosenberg
Communications: Kara Davis
Delegates/GA: Louise Hummel
Education: Dianne Idman-Gervais
EMS Commissioner: Linda Broyles
EMS Committee: Judy Scott
ENAF/Fun Raiser: Diane Schertz
Government Affairs: Jen and Mark Denno
Historian: Liz Taylor
IQSIP: Susan Laverty
Nursing Practice: Kathy Van Dusen
Membership: Linda Rosenberg & Terri Sturgill
Pediatrics: Vicki Dippner-Robertson
Press Secretary: Diane St. Denis
Trauma: Sue Fortier
Web Master: Nick Laughter
National Board Liaison: Sally Snow

Chapter Leaders 2015
223 East Bay Nancy Hiteshew
224 Greater LA Holly Nagatoshi
225 Mid-Valley Janet Williams
226 Orange Coast Phyllis Robby
228 San Diego Sheri Eden
230 San Francisco Cheryl Randolph
232 Loma Prieta Kelly Johnson
253 Sacramento Jen Denno
362 Inland Empire Vicki Dippner-Robertson
378 Channel Islands Cheryl Evans Cobb
379 Superior Lynda Gomes
442 Kern County Susan Laverty
460 North LA Jacinda Jipp
495 Monterey Karen MacDonald

The California Emergency Nurses Association is a non-profit professional organization with a membership of over 3700. The State Council meets 5 times a year. Correspondence may be sent to:

Cal ENA
President Susan Smith
susansmithena@gmail.com

The Monitor is the Official Publication of California State Council Emergency Nurses Association. The Monitor is published 5 times/year. For inquiries, article submission, or ad placement, please contact the editor:
larae8881@gmail.com

Important 2015 Dates
State Board/Council Meetings:
August 13th & 14th: Long Beach
November 12th & 13th: San Diego
January 14th & 15th 2016: San Francisco
Next Newsletter Deadline:
August 21, 2015
National Assembly:
Sept. 28th to Oct 3rd, 2015
Orlando, Florida

Sponsorship Rates
The fees per insertion are:
Business card: (2 x 3.5) $125
1/4 page: (3.5 x 4) $250
1/2 page: (7 x 4) $450
Whole page: (7 x 8.5) $800
California ENA is passionate about emergency nursing and continuing to advocate for safe practice, safe care. Your 2015 Board of Directors will be hunkering down in July to develop a strategic plan, in line with National’s five-year strategic plan. We will also review, revise and update the Bylaws and SOPS. I hope to see you in August at our next State Council meeting where we will share the results of our intensive 2-day retreat (that word is a poor description of what I expect will be 2-days of grammar, formatting and word-smithing; not really my definition of retreat). Your input on the SOPs is most welcome.

Come for the August meeting and stay aboard The Queen Mary, a unique hotel experience – you can even take a twilight tour to explore the haunted past and paranormal activity the Queen Mary is apparently known for. I won’t be taking that tour (yep, too scary for me), so let know if you see any ghosts.

-Susan Smith

Position statements to be discussed at Scientific Assembly. Please review.

ENA Day on the Hill event was a great success. Several members from California attended. Legislative discussion focused on supporting funding for Trauma Care, Mental Health Reform and EMSC-Pediatric Readiness.

Treasurer’s Report shows that we have increased our overall net worth due to increased membership. Vendors and sponsorships have helped us to meet our budget goals. Look for information on Emergency Nurses Week grant funds for the chapters to celebrate Emergency Nurses Week. Application for funds will be out mid-September.

Nominations for 2016 California State Council Board members opened. Look for information to come out soon on nominees.

-Submitted by Kara Davis

(The complete minutes from the meeting will be posted on our new website when approved.)

Highlights of May State Council Meeting:

Registration opened for Scientific Assembly, sign up early and Save!
https://www.ena.org/education/conferences/2015/index.html

Election results are in!
https://www.ena.org/about/media/PressReleases/Pages/ENA2016ElectionResults.aspx

Pool area of the Queen Mary said to be haunted.

Sally Snow visiting from Fort Worth, Texas
National Board Liaison
Committee Reports:

Education:
Cal ENA offered a CEN Pre-Conference Review Course as part of CFED West that was well received with over thirty participants.
Our plans are going full throttle for our annual educational conference in San Diego. Cal ENA on the Bay will be held on Thursday, November 12th, followed by our state council meeting on the 13th. The location is the gorgeous Kona Kai Resort in beautiful San Diego. Additional details will be available soon.

-Dianne Idman-Gervais

EMS:
Jan Ogar is retiring from the County of San Mateo and there is an extended filing time for accepting applications for her position. Contact San Mateo County EMS directly if interested.

Wall Time, the Wall Time issue may be a continuing task force. Stand by for further updates.

No updates on the STEMI or Stroke task forces at this time.

Community Paramedic programs are continuing to prepare for implementation. Butte County is set to begin on June 1st, Los Angeles and San Diego on September 1st.

Epi-pen Regulations, another draft was released. Comments are due by May 30, 2015.

We discussed the electronic medical record interface between hospital and EMS.

Sacramento EMS is working to allow transportation of patients to Mather VA Hospital.

-Judy Scott

EMS Commission:
The EMS Commission met on June 18, 2015 in Sacramento. The next meeting will be held on September 2, 2015 in San Diego.

ENA continues to be represented on the EMT Regulations Workgroup. The last meeting was held on May 6th. I sent the proposed language changes to the EMS Committee and State Board members. The changes proposed will include the addition of the use of Epi-pens and Narcan by EMTs as was necessitated by recent changes in legislation as well as the ability for EMT’s to perform fingerstick blood glucose testing. Suggestions and comments will be taken until July 3rd by the EMT Regulations Workgroup. The hope is that once the changes are revised to incorporate the comments that the regulations will be ready to send out for public comment and approved by the Commission at the December meeting.

The EMS Plan Appeal Process with proposed changes went out for public comment and should be ready for approval by the EMS Commission at the September meeting.

There was a presentation about the current 911 system in regards to the use of wireless technology. Currently, PSAP’s are unable to get location accuracy from wireless calls; only 50% of calls will only get tower locations. The FCC has mandated carriers to fix the problem within 8 years and only requests that they have 80% accuracy in that time. Funding is an issue. Fees are generated by inter-state phone calls; there are no fees collected for text messages or emails. In 2014, there were 28 million 911 calls made. Of that 70% were wireless. In California, there is a group looking at increasing the accuracy with Verizon and AT&T with the next generation of 911 technology. However, there are 451 PSAP’s in California and it will take approximately 5 years to rollout to all the PSAP’s. The Commission will be revising the Commission By-laws once the EMS Plan Appeal Process regulations have been approved.

-Linda Broyles EMS Commissioner

Sally Snow and Carole Snyder
Indian Wells
Government Affairs Committee:

It’s a very exciting time for the Government Affairs Committee! AB172 has passed the Assembly Appropriations committee unanimously and heads to the Assembly floor next for a vote. If it passes there, it will move on to the Senate and start over in committee. Keep sending your letters of support to your Assembly Members and Senators-they really do read them!

Mark Denno attended Day on the Hill with four other California ENA members. They met with Congressman Ami Bera, and the health Aides for Senators Boxer and Feinstein. In the meetings, they discussed trauma and mental health legislation. It was an amazing experience.

The committee discussed current legislation and where each bill is in the legislative process. AB890 is being reviewed by the committee-the California Association of Nurse Anesthetists (CANA) has asked Cal ENA to oppose the bill.

Save the date: Cal ENA Leg Day 2016 will be on March 16 and the Hyatt is already booked!

-Jen and Mark Denno, Government Affairs Co-Chairs

Institute for Quality, Safety and Injury Prevention:

(IQSIP)

The IQSIP Committee met with the Leadership Committee to increase shared information at both committees.

IQSIP discussed feedback from their ED’s and local EMS agencies on changes in the use of long-boards when the patient can be cleared in the field. A discussion of the necessity of every nurse having their own personal malpractice policy was held. Based on a presentation by Melanie Balestra, RNP,Esq at a recent conference, practioners should make sure their policy includes both disciplinary and occurrence coverage. Having your own policy coverage does not make you a deep pocket target for lawsuits! If you ever face disciplinary action by the BRN the average cost is $25,000 and your hospital will not represent you. If you are named in a law suit you will have your own attorney at your side protecting and guiding you.

Multiple educational products and tool kits are available in the Market Place on ENA’s website.

-Susan Laverty

Leadership in Practice:

The Cal ENA logo has officially been added the Safe Pain Medicine document. The General Assembly resolution on Safe Pain Medicine Prescribing has been officially approved by ENA’s national Board of Directors for adoption.

We are submitting the following three practice issues for discussion at General Assembly in Orlando:

- Videotaping and photographing of healthcare workers without their permission.
- The care of the psychiatric patient in the emergency department.
- Paramedic Wall Time.

The committee discussed non-ICU patients that are admitted and those that need to be transported with a nurse. A decision tree policy was shared with the group. We discussed the care of the admitted patient boarding in the ED. We also discussed strategies to decrease ED admissions within thirty days if discharged to a long term care facility.

-Kathy Van Dusen
Committee Reports Continued

Membership:
The total number of members registered in California is currently 4004!
California New Membership as of June 26, 2015 = 68
Congratulations to the following Chapters for the following NEW ENA Members:

Channel Islands Chapter = 1 new member
East Bay = 1 new member
Greater LA = 12 new members
Inland Empire Chapter = 9 new members
Kern Chapter = 2 new members
Loma Prieta Chapter = 2 new members
Mid-Valley Chapter = 3 new members
Monterey Bay – 1 new member
Northern LA = 3 new members
Orange Coast = 5 new members
Sacramento Chapter = 11 new members
San Diego Chapter = 7 new members
San Francisco Chapter = 7 new members
Superior = 1 new member

If you wish to have contact information for your Chapters’ newest members please contact Linda Rosenberg at:
Linda.rosenberg@gmail.com

-Pediatric Committee:
The Pediatric committee was very well attended, welcoming new-comers, who participated with some great suggestions, eagerness and enthusiasm! A discussion was held regarding filling the open regional director positions for the Northeast Bay Area and Northern California regions. Trez Gutierrez from CHOC, an ENPC Course Director expressed sincere interest in the Pediatric chair-elect position and will submit a letter of intent and CV to our voting members. Using vendors for ENPC classes was encouraged, helping to defray costs.

A discussion took place on marketing strategies increasing awareness of ENPC classes. The Peds committee will sponsor both a Northern and a Southern CA ENPC-I class. A review of how a candidate becomes faculty took place as well as the criteria for potential ENPC Instructor candidates

-Vicki Dippner-Robertson

Webmaster:
The web site has been updated with the logo that national ENA prefers the states to use. You can see the site at californiaena.org and please give your feedback to the board or to me. We still may need to have someone to serve as an overseer for the site to keep things up to date, such as the state chapter map. I have the just uploaded the approved State Council Minutes for all of 2014 and January of 2015. The updated Bylaws should be available soon. Otherwise, continue to send me your updates and educational events until you hear that you will be able to upload them yourselves to the new site.

Please be sure to fill out the Chapter/Committee Report forms. They are available at the meetings and on the Documents page of the web site.

-Linda Rosenberg

Newsletter:
Whoa, we’re half way through the year already! Thanks to everyone for their Chapter and Committee Reports. Please send pictures of your Chapter activities to brighten the reports page with your happy faces. Thank you for all that you do!

-Mark Wandro

Kara Davis

TCAR
Trauma Care After Resuscitation
Monday and Tuesday
September 14 and 15, 2015
At
Desert Regional Medical Center
Palm Springs

For details and registration contact:
Phone: (855) GET-TCAR
(855) 438-8227
Email: info@tcarprograms.com
www.tcarprograms.org
Channel Islands - Last meeting was held on April 30th. Next meeting June 25th, 1800-2000, viewing the movie, “The Waiting Room.” To be held at Community Memorial Hospital.

Please like our facebook page, Emergency Nurses Association Channel Islands Chapter.

August meeting will be a presentation on Stroke and Sepsis.

-Cheryl Cobb

East Bay – We had our 2nd quarter meeting on May 13th at Oakland Kaiser Medical Center. Angela Hitchew, who is a criminalist at the office of the sheriff in Contra Costa County, talked about forensic biology and nursing. Chamberlain College of Nursing sponsored our dinner. There were seven attendees. Our next meeting will be August 11th at John Muir Medical Center, Walnut Creek Campus.

-Louella Buell

Greater Los Angeles - Next meetings, Wednesday, May 27th at St Joseph’s Burbank. We welcome you to join us immediately following the August State Council meeting at the Queen Mary in Long Beach. Connecting with local ACNC leadership and schools to welcome new members and engage other professional organizations. Two members of our chapter attended ENA Day on Hill in Washington D.C.

-Holly Nagatoshi

Inland Empire - Our monthly meetings continue to be held on the third Wednesday of each month, usually sponsored by a vendor.

The Timely Topics educational event, held in mid-April was a tremendous success. The topic was “Let’s Get Psyched,” with excellent speakers. It was a timely topic in that many emergency departments are holding psychiatric patients.

We had discussed sponsoring either a TNCC or ENPC class.

-Vicki Dippner Robertson

Kern County - Kern Chapter’s educational seminar scheduled for May 13 has been postponed to September 9, 2015.

The brochure will be posted on the CalENA Education website when speakers and location are confirmed. There will be a link to pay via Paypal.

-Louella Buell

Loma Prieta - Chapter meeting on May 21st focused on methods to increase participation and ways to identify how the chapter can support our members. Initial discussion was on potentially changing date and time for meetings, collaborating with other organizations such as AACN or EMS; and reaching out to local nursing schools. We will have further discussion on how we can engage younger members and newly employed nurses. Your thoughts and ideas are welcomed! We have several members applying as delegates to our upcoming General Assembly.

-Julie Rossie

Mid Valley - Mid-Valley will be holding a meeting June 10th at 1900 at Valley Children’s Hospital. LeeAnne Kozub will be attending to speak on human trafficking. Please join us for information on this important topic!

-Janet Williams

Orange Coast - Our March meeting was held at Westin Hotel with in-service provided on inhaled psych meds. A CEN Review class was held in April at Children’s Hospital Orange County. Our next meeting will be in July and we will have a screening of the movie “Code Black.”

-Julie Wanstree
Sacramento - We had a lecture on 5150 issues hosted by Sutter Medical Center which was well attended and very informative in March. In April, we had a Pediatric Rashes lecture hosted by Kaiser Roseville with lots of new faces. We just offered our first new graduate workshop with interviewing techniques and resume review which was very successful. We gained three new members from this event!

In June we have a Trauma Care After Resuscitation class and an evening lecture on Sports Injuries. In July we will be joining with the Sacramento AACN Chapter for an education symposium with six amazing speakers.

Our Secretary/Treasurer Lilla got her first ED nursing job! She is moving to Virginia but will continue on as treasurer. We have a new secretary Emily who also just got her first ED nursing job! It’s an exciting time in our chapter. A bunch of us went out for a local Rivercats baseball game to send off Lilla in style. She has contributed much to our chapter in her short time on the Board and we will miss her!

-Sheri Eden

San Diego - On April 24th we had our annual chapter educational event, The San Diego ENA Chapter 911 Conference. We had a great turn-out with 110 attendees and 12 vendors. We announced our four scholarship winners. A very good breakfast and lunch and opportunity drawing gifts donated by area hospitals and the chapter made for a very interactive and fun day. We are working toward a showing of the movie, “Code Black” at a theater on Coronado Island and cookie deliveries to all the EDs in our county in conjunction with Emergency Nurses Week and Emergency Nurses Day in October. We will also be ramping up to help at the educational event offered by the State Council education committee in conjunction with the State Council meeting in San Diego in November.

-Sheri Eden

San Francisco - We have a fantastic social media presence with weekly postings to Facebook & Twitter, via our Director of Social Media: Manny Jisrawi.

We have posted a video link to our February conference "Violence in the ED" on our website.

We are planning a fall ED Nursing Conference, in SEPT/OCT.

We have several members who are planning to be state delegates to the ENA 2015 Conference in Orlando.

-Mark Wandro

Contact Jen Denno to order “No Violence” buttons for your chapter.

Indian Wells
Photo taken by Mark Wandro
What is EMINENCE?

Have you ever had to compete a project and thought, I wish someone with experience could help me? There is a program just for you at ENA!

The EMINENCE program is designed to facilitate mentoring relationships between a limited number of current ENA members and Academy of Emergency Nursing Fellows. During a structured mentorship of up to one year, ENA members looking for professional growth opportunities will be matched with Fellows who have similar interests and appropriate experiences. ENA members (mentees) must apply for the program with a specific project in mind. Typical projects include, but are not limited to, the following areas:

- Advanced practice role development
- Educational conference planning
- Grant writing
- Health policy
- Injury prevention (SBIRT procedure)
- Professional presentations
- Program development
- Research
- Writing for publication

The program is not intended for new manager development or projects to meet academy requirements, nor is it intended to assist in the application process for acceptance into the Academy.

A few years ago, I was a new ED educator and wanted to revise my orientation paperwork and build up my department's preceptors. I applied for the program and was thrilled to be paired with Jean A. Proehl, MN, RN, CEN, CPEN, FAEN. In addition to many ENA leadership roles, Jean has written books and is the Co-Editor of the Advanced Emergency Nursing Journal.

We met in the fall at the Annual Conference and laid out a plan for the year. We then met by phone monthly and discussed my progress the project. She gave me wonderful advice and was very responsive with feedback. I was meeting with my preceptor group in between my phone meetings with Jean so we wrapped up the project with time to start on other ideas. Today, I'm still in touch with Jean and she has directed me to other great opportunities within ENA. I have now published 3 articles and serve as a peer reviewer for the Journal of Emergency Nursing and the Advanced Emergency Nursing Journal. Her guidance really propelled my professional career and I feel greatly indebted to Jean and the program.

I highly encourage any ED nurse to consider applying for this program if you are working on any of the above projects. The Academy of Emergency Nursing will continue the EMINENCE Program for next year 2016. They are currently re-evaluating the program and more details will be coming out in October 2015. Once those details are available, you will be able to apply to the program.

https://www.ena.org/about/academy/EMINENCE/Pages/Default.aspx

-Jen Denno

Pediatric Educational Opportunity!

Loma Linda University Children's Hospital Presents the 18th Pediatric Critical Care Symposium: Care of the Critically Ill Child

Thursday, September 10, 2015 8:00 AM - 5:00 PM
Wong Kerlee International Conference Center, Loma Linda, CA

To Register Visit: lomalindakids.org/picuconference
I love hiking! I love being in nature surrounded by mountains. The older I become, the higher I want to climb. I am not a technical climber, just a “trekker”, slow and steady. With my family raised, I have more opportunities to trek and, of course, I have my trekking bucket list. The top two on my list: Africa’s tallest peak, Mt. Kilimanjaro and Mt. Everest Base Camp. I climbed Kilimanjaro a few years ago with my oldest son. Just shy of 20,000 feet, Mt. Kilimanjaro was a tough climb. This year it was time to trek to Everest Base Camp (EBC). At only 17,500 feet high, it is a long, hard trek.

Mt. Everest is, of course, the earth’s highest peak (29,029’). It is part of the Himalayan Mountain Range lying between Nepal and China. Sir Edmund Hillary and Tenzing Norgay first climbed it in 1953, with Hillary taking the famous photograph of Tenzing Norgay at the summit. Summiting Mt. Everest takes a serious, technical climber. For the rest of us, EBC is good enough.

My 18-day adventure began April 15, 2015. My husband and I took off for Kathmandu, Nepal. Kathmandu is the capital of Nepal with a population of just over 1 million people. It is a fascinating city with unbelievable traffic, and crowds of people everywhere. The city has a rich history, spanning nearly 2000 years. The first two days of our trek were spent touring Kathmandu’s temples and historical sites. From Kathmandu, most trekkers fly to the Lukla airport (9,383 ft) to start the EBC trek. Lukla Airport is considered by many to be the most dangerous airport in the world. (https://www.youtube.com/watch?v=DqgZvb37NX)

Our trek began Sunday, April 19th. Little did we know that in less than a week we would experience the earthquake that triggered an avalanche on Mount Everest, killing at least 22, making April 25, 2015 the deadliest day on the mountain ever. Although trekking days are long and hard, up and down steep trails, the experience is breathtaking. The beauty that surrounds you is magical and defies imagination. Trekkers can either stay in tents along the way or very basic “tea houses” where a room and bed is provided. We opted to stay in the teahouses.

Our hiking went well. We arrived in Gorak Shep, the last stop before base camp, a day early (17,000’). The weather was cold, and overcast. It had snowed earlier in the day. It was still morning and we only had about an hour and a half hike left to reach EBC. My husband and I were wanting to head out to Base Camp that morning, but our Guide suggested we wait until the next day as the weather might be clearer and we would have better views. We reluctantly agreed, a decision that may have saved our lives.

Around 11:45 a.m., while having lunch, we felt the tremor. The buildings up in the mountains are built by stacking large rocks together with little mortar. Staying inside during an earthquake is not safe; we all started to run outside. Once the tremor stopped, we all stood around feeling lucky no one was hurt and the building was still standing. We heard thunderous noises coming from up the mountain and suspected an avalanche. What we did not expect was for the avalanche to reach Gorak Shep. As we were standing outside, snow started coming down the trail and covering us. We did not know if this was the beginning or end of an avalanche. Not sure what to do or where to go, we squatted down behind the building. When the snow got heavier, we all decided to run back into the building. Luckily, it was the end of the Base Camp Avalanche and again no one was hurt where we were. When you are in such a remote area, communication is often a problem. Wi-Fi and electricity are often not working delaying information and news updates. Once things settled down, we hiked back to our lodge where we were told the earthquake epicenter was near Kathmandu and that the avalanche we experience had wiped out part of Base Camp. We would later find out that 22 people lost their lives and approximately 61 people were injured.

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The next morning, we were told that they were flying victims out of Base Camp and taking them to Periche to a rescue Aid-post. The Base Camp physicians were worried about aftershocks and possibly more avalanches. Getting victims out of there was a priority. Due to bad weather, flying all the way to Kathmandu was impossible at the time.

We hiked down to Periche early that morning. We stopped at the Rescue Aid Post and offered to help. Two American Physicians were staffing the Rescue Aid-post at the time of the earthquake. With such a large number of injured people, they were grateful for the help. A French doctor also had stopped and offered to help.

We were able to evaluate, triage, and stabilize many patients. It was a privilege and honor to work beside these amazing doctors in such a stressful situation. There were very limited supplies, but we did our best. Surrounded by a variety of non-medical volunteers helped get us through our process more efficiently. Each patient was labeled with a wide piece of tape where we recorded their name, age, and complaint. We recorded patient’s vital signs, as well as any injury description(s) on paperwork. We cleaned wounds, immobilized fractures, and stapled lacerations.

Many of the victims not only had to deal with injuries but the loss of friends and teammates up at Base Camp. Some did not even know how their homes, families and friends in Kathmandu were doing as services in Kathmandu were still down. We stayed until the last patient was flown off to Kathmandu. The patients left according to triage level from the most serious to the walking wounded. It was such a relief to see the last patient board the rescue helicopter.

Many prayers were said that week. Many lives changed forever. Despite the devastation and destruction surrounding us, miracles were witnessed. It inspired me that people from various nationalities, religions and countries came forward, without hesitation, to provide comfort and support to complete strangers. There are indeed great people in the world spreading love and serving others.

No, we never made it Everest Base Camp. Our best-laid plans were “shaken-up”, but my life was changed for the better. I will forever remember the amazing stories of survival and the strangers who will never be recognized for their acts of compassion.

Author Evelyn Leavitt
Himalayan Rescue Aid-post in Periche
CEN Review Classes, ENPC, & TNCC

Some courses are listed on the Cal ENA web site: www.californiaena.org

Or check with your local ENA Chapter.

For the most up-to-date course information, go to the national ENA web site/Education, click on ENPC, TNCC or CATN to see courses available in California.
Please confirm dates with course directors.

Contact one of these providers for their next class:

CME Associates
(714) 998-2208

Paragon Education
www.paragonrn.com
(800) 997-9937

Cathy McJannet cathy.mcjannet@usa.net
Solheimeenterprises.com

Wellness:
July is National Parks and Recreation Month, (July 1-31).

http://www.nrpa.org/july/

What better way to unwind from the hustle and bustle of the emergency department than to escape to the great outdoors. California is blessed to have so many wonderful National Parks and Recreation facilities. Whether you enjoy hiking, boating or camping, there’s a park out there calling your name. What are some ways to make sure your great outdoor adventure doesn’t turn into something unpleasantly unexpected?

Know where you’re going. Break out the old fashioned maps and check it out, perhaps your high tech cell phone doesn’t get service in the high country.

Plan for the unexpected, take extra water and snacks just in case your afternoon picnic turns into a 12 hour back road trip.

Even though it’s 100 degrees in the valley severe weather can close in quickly, pack layers and rain gear.

Let someone know where you’re planning to go, that way at least we know where to start our search iffen you don’t show up for work the next day. Some places have sign-in registers and wilderness permits may be required. Check in with the local ranger station.

Stay away from private property. Unfortunately some people are very protective of their land. Never go over fences or through gates without the owner’s permission.

Fire danger is high! Be very aware and plan an escape route. Fires by permits only, again check with the local ranger station.

Happy Trails!

-Kara Davis

Paleo Trail Mix:

- 16 oz. roasted, unsalted sunflower seed kernels
- 16 oz. raw, unsalted pumpkin seeds
- 8 oz. roasted, unsalted almond slivers
- 6 oz. dried pineapple, cut up
- 5 oz. dried flake coconut (toasted)

Mix all ingredients in a bowl and store in air tight container.

http://nomnompaleo.com/post/1711206156/paleo-trail-mix

M&M Trail Mix*

- 2 lbs dry roasted peanuts
- 2 lbs cashews
- 1 lb raisins
- 1 lb your favorite color of M&Ms
- 1/2 lb flaked coconut

Mix all ingredients in a bowl and store in air tight container.

*Nutritional Facts
1 serving (1/2 each) equals 321 calories, 23 g fat (6 g saturated fat), 1 mg cholesterol, 294 mg sodium, 25 g carbohydrate, 3 g fiber, 9 g protein.
From our archives:

**CADET NURSE PLEDGE**
(1945)

“At this moment of my induction into the United States Cadet Nurse Corps of the United States Public Health Service, I am solemnly aware of the obligations:

I assume toward my country and toward my chosen profession;
I will follow faithfully the teachings of my instructors and the guidance of the physicians with whom I work;
I will hold in trust the finest traditions of nursing and the spirit of the Corps;
I will keep my body strong, my mind alert, and my heart steadfast;
   I will be kind tolerant, and understanding;
   Above all, I will dedicate myself now and forever to the triumph of life over death;
   As a Cadet Nurse, I pledge to my country my service in essential nursing for the duration of the war.”

-Liz Taylor, Cal ENA Historian
EDNA Board Member 1978
November Meeting

Thursday, November 12, 2015
Board Meeting: 4-8pm

Friday, November 13, 2015
State Council Meeting: 8am-4pm
Kona Kai Resort
1551 Shelter Island Drive
San Diego, CA 92106