Happy New Year! I am proud and excited about the accomplishments that the California Emergency Nurse Association completed last year.

First, the Government Affairs Committee, in conjunction with Assembly member Freddie Rodriguez introduced AB172 in order to increase with penalties against people that are violent towards health care workers. We held a rally on the steps of the State Capital and met with our representatives. Governor Brown did not support us in signing AB172 into legislation but we will push forward and reintroduce a bigger and better bill that will catch his attention. I believe that it is imperative that we stand strong behind the nurses of California and do what we can to keep them safe when they go to work every day.

Secondly, we have an incredible new website. The new website is fresh and up to date. It makes California stand out as a leader in our association. If you have not had a chance to visit the website can be found at www.californiaena.org.

Lastly, we have also completed our Strategic Plan and updated our By-laws and procedures. This information allows us to clarify and focus the practice of our organization. Please review this information as it is posted on our new website.

I would encourage you to attend state, local and national meetings. We have State Council meetings scheduled across the state, please plan to attend at least one that is closest to you. All members are invited to attend our State Council meetings and participate in any one of our informative committees. I am excited that for the first time many years we will be meeting in Fresno which is close to my hometown. Our National ENA Conference will be held close to home in the sunny city of Los Angeles. Please check the website for upcoming local chapter meetings. I find that spending time with some of the most accomplished people in my profession invigorates me when I return home and back to my usual work schedule.

In closing, I would like to advocate for all of you to take time to take care of yourself and your coworkers. Be kind. In our daily work lives, we will come into contact with someone that is having the worst day of their lives. You may be that one person that can make a difference for that person.

-Janet Williams

Friends relaxing around the bon fire in San Diego.

Come share the good times!
Committee Chairs 2016
Bylaws: Linda Rosenberg
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
ISQIP: Susan Laverty
Newsletter: Kara Davis
Nursing Practice: Kathy Van Dusen
Membership: Linda Rosenberg
Pediatrics: Trez Gutierrez
Press Secretary: Diane St. Denis
Trauma: Sue Fortier
Web Master: Nick Laughter
National Board Liaison: Karen Wiley

Chapter Leaders 2015
223 East Bay   David Samuelson
224 Greater LA Carole Snyder
225 Mid-Valley Janet Williams
226 Orange Coast Carla Schneider
228 San Diego Sheri Eden
230 San Francisco Cheryl Randolph
232 Loma Prieta Kelly Johnson
253 Sacramento Jeremy Elrod
362 Inland Empire Mindy Potter
378 Channel Islands Cheryl Evans Cobb
379 Superior Lynda Gomes
442 Kern County Susan Laverty
460 Northern LA Jacinda Jipp
495 Monterey Bay Karen McDonald

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
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larae8881@gmail.com

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Whole page: (7 x 8.5) $800
San Diego, November 11, 2015

Well, besides the lovely sunny, mildly 70 degree weather and a fabulous buffet lunch, Louise Hummel gave an excellent presentation on the overview of the ENA as an organization, titled, “What is ENA?” ENA is a professional special organization dedicated to the advancement of emergency nursing practice. We are the largest nursing organization with 40,000 members, representing 35 countries. California is a three tiered state, with local, state and national representation, that was incorporated in 1985. We currently have thirteen local chapters.

So what does ENA have to offer? Here is a brief list:

* Educational opportunities
* Practice toolkits and resources
* Research grants
* News and current publications
* Networking and professional development opportunities
* Advocacy, State and Federal
* Recognition and leadership

We hope you will join us and be a part of this dynamic and fabulous organization.

**News Flash!!!!**

From the Treasurer:
Effective immediately all chapter expense reports are to be submitted to the treasurer on a monthly basis. **That means that January’s report is due by February 15th.** This applies to all chapters. Thank you for your attention to this very important matter!

**Sharing a thank you from National ENA Past-president Matt Powers:**

As you all approach your meeting this week, please thank CA for all the support, love, beautiful quilt and gifts during conference this year. Very appreciative of such a wonderful state. I’ll be back! Best wishes on your meeting and thank you for all your leadership this year. Send my love and thanks to all.

Thank you
Matt

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Diane Schertz, sporting our California Poppy delegate shirt in Orlando, 2015

The quilt presented to Matt for his excellent representation and hard work as National ENA President, 2015
Committee Reports:

Education: Our annual educational event, “Cal ENA on the Bay” had 78 attendees with a diverse variety of speakers and topics. A special thanks to all the speakers and vendors for their support of Cal ENA. We are already planning potential topics and speakers for next year’s educational event. A save the date flyer will be out as soon as the location is confirmed. Our committee is also working on the policy and procedure for continuing education credits for courses through Cal ENA.

-Dianne Idman-Gervais

EMS: Stroke and STEMI regulations had to be revised to include rationale for each measure. They will be sent to Office of Administrative Law, (OAL), once approved. Site visits for Community Paramedic Projects are continuing. Overall the projects are going well. No meetings are scheduled for the Wall Time issue though it still is a problem in some areas throughout the state. Jeremy Elrod is our representative for this project. A new task force has been convened for the Health Information Exchange (H.I.E.) project. Our ENA representative for this task force is Diana Hanakati. There is more information available on H.I.E if interested please contact Judy Scott. No report on the Core Measures. Our ENA rep is Osenna Bratton. The Epi-pen regulations were approved and are available on the EMSA’s website. All committee appointments must be approved by the board. Please notify Judy Scott if you are currently serving as an ENA representative to any EMS committee.

-Judy Scott

EMS Commission: The EMS Commission met on September 2, 2015 in San Diego. The next meeting will be held on December 2, 2015 in San Francisco which will be followed by the Annual EMS Awards luncheon. The Public Comment Periods for the proposed revisions to the EMT Regulations closed and presented at the meeting. 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. The EMT Regulations will now be moving forward through the regulatory process. The EMS Plan Appeal Process with proposed changes went out for public comment and was approved by the EMS Commission at the September meeting. The Commission will be revising the Commission Bylaws once the EMS Plan Appeal Process regulations have been approved. The Wireless Routing Status was discussed at the EMDAAC meeting. An update will be provided at the next Commission meeting. A request was made to invite representatives from Verizon and AT&T to attend a future meeting. There was legislation passed on Aug. 17th in regards to the POLST form. There will need to be revisions made to the form to allow for other providers (i.e. PA and NP) to sign the form. These allowances will go into effect next year and will impact the current DNR/ POLST forms. The revisions will be presented to the Commission at the December meeting. The next meeting will be held on December 2, 2015 at the Marine’s Memorial Hotel in San Francisco.

-Linda Broyles EMS Commissioner
ENAF: Though some people missed the jewelry auction at our Annual meeting, the Foundation had success with the “raffle”, Epcot private viewing deck admission and the “Howl at the Moon” events. The Foundation also introduced an easy way to donate by texting ENA at 27722. Be sure to confirm your $10 donation at the prompt. We raised $440 for the Foundation at the Educational Event in San Diego via donations to an opportunity give-away. Prizes included two registrations to the 2016 Educational Event donated by the Education Committee, a stay at the Double Eagle Resort at June Lake donated by Kathy Van Dusen and a quilt made by Diane Schertz. The Opportunity Give-Away at the state Council meeting raised $265. Thanks to the San Diego Chapter and Diane Schertz for the wonderful prize donations.

In honor of ENA’s 45th anniversary, we are looking for 45 individuals to pledge $45 to the ENA Foundation. Please contact Diane Schertz at dischertz@comast.net

Your support of the Foundation helps to fund Emergency Nursing education and research. Thank you so much!

-Diane Schertz

Government Affairs Committee:

AB 172 (increasing fines and penalties for assault in emergency departments) was vetoed by the Governor. Assemblymember Rodriguez is considering pursuing this legislation again and we are actively working with his Legislative Director.

Other state bills that passed this year:

- SB145: prevents transportation of intoxicated patients
- SB61: interlock devices
- SB287: AEDs must be in occupied buildings built after 2017
- SB326: extended funding to Medical Air Transportation Act
- AB8: Yellow alert for hit and run accidents

You can view all these bills in their entirety on the Legislative website:

http://leginfo.legislature.ca.gov/faces/billNavClient.xhtml


We started planning for ENA California Legislative Day 2016. Save the date! March 16, 2016.

-Jen and Mark Denno, Government Affairs Co-Chairs

Leadership and Practice: We discussed the 2015 General Assembly format change. The committee felt the three day meeting change was difficult. We liked the practice issue discussions and hack-a-thon. We brainstormed ideas for resolutions for the 2016 General Assembly. The committee would like to work on safety and security issues in the emergency department. We discussed the need for active shooter drills in the ED. With flu season approaching, we talked about vaccine policies for staff members. The committee chair presented a CDC notification on the increase of Fentanyl abuse. So far the east coast has been severely impacted. Lastly, we discussed the issue of sepsis being a new core measure from CMS. We shared best practices to meet the 3 and 6 hour bundles for sepsis.

-Kathy Van Dusen

Trauma:

Sixteen members were present at today’s committee. Sue gave a welcome and introduction as chair. Course Bytes has been changed to Course Vitals. New Administrative guidelines for TNCC/ENPC are due to be released in early 2016. The guidelines are available on the ENA website.

Trauma Committee goals for 2016:

To enhance trauma awareness
Be a source for injury prevention resources
Promote the expansion of TNCC courses in the state
Insure availability of courses in to nurses caring for trauma patients
Be a resource to TNCC course directors and instructors
Sponsor four TNCC Instructor courses in 2016 throughout the state
Support TNCC faculty development.

-Sue Fortier
**Pediatric Committee:** We had 13 people in attendance at the Pediatric meeting which is very interesting given the fact that this is Friday the 13th. Vicki Dippner reported on the information received from the Course Director conference call conducted on September 2nd by National ENA. A new format for future ENPC/TNCC Instructor classes will be rolling out in early 2016. The committee approved all state faculty members for ENPC to be recognized in the ENA database as State Monitors. Trez Gutierrez and Mindy Potter were welcomed as new ENPC faculty. The committee approved a Pediatric Outreach Grant from the hospital in Mammoth for an ENPC Provider Course. The Peds Committee bid adieu to Vicki Dippner and welcomed Trez Gutierrez as the new Pediatric Committee Chair-person for 2016-2018. We are actively seeking a chair-elect.

-Vicki Dippner-Robertson

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**Chapter News**

**East Bay** – The East Bay Chapter met on November 3rd at Kaiser-Oakland. Chapter President Nancy Hiteshaw provided a continuing education opportunity around legal nurse consulting and improving the quality of our documentation. Thank you to the Ed nurses from Summit Medical center for attending in group of ten! Thank you to Chamberlain College of Nursing for proving dinner. Watch the California ENA website for upcoming events. In February we will be at Summit Medical Center in Oakland with EZ-I0 to provide hands-on education and support the creation of standardized nursing procedures to implement in your hospitals.

-David Samuelson

**Greater Los Angeles**-GLA had a chapter meeting following the last State Council meeting. Elections were held and the chapter officer positions were filled. Carole Snyder was appointed to the La County EMS commission for an additional four year commitment. Our next meeting is December 2nd, at Dal Rae in Pico Rivera.

-Carole Snyder

**Inland Empire**-Inland Empire Chapter had an invigorating strategic planning meeting where Vicki Dippner attempted to “woo” potential leaders describing the incredible benefits of being a change agent for the professional development and growth of our noble profession. The rewards of such a meeting were bountiful! We have new leaders to lead our chapter forth into a re-energized, re-invigorated, and re-charged Inland Empire Chapter.

President: Mindy Potter
Secretary: Carrie Cobos
Treasurer: Leslie Duke
Director at Large: Meagan Beavers
President-elect: Megan Duke

-Vicki Dippner Robertson
**Chapter News**

**Kern County** - Sadly, we had to cancel our educational event due to a low turnout. Our next meeting will be in January.

*Lark Bowyer*

**Mid Valley** - Mid-Valley Chapter held a meeting on November 10, 2015 at Valley Children’s Hospital. Dr. Allshouse, trauma surgeon, gave a presentation on abdominal trauma. We had thirteen people attend the meeting. Our next meeting will be in January.

*Janet Williams*

**Monterey Bay** - Our last meeting was held on October 12th at Dominican Hospital in Santa Cruz. Education topic was on Sepsis and presented by the RN Educator at Dominican. Elections were held and our new officers for our chapter will be:

- President: Susan Burnell-Donovan
- President-elect: Eric Conrad
- Treasurer: Diana Hanakahi
- Secretary: Karen McDonald

Our next meeting will be December 9th at Balmer Valley Memorial Hospital. Dr. Rednu will present an education topic.

In 2016, we will meet every other month starting in January.

*Karen McDonald*

**Orange Coast** - September 15th was the date of the board meeting at which time we reviewed the two recipients of the $500 scholarships which included Both Debra DeSimone and Laura Derr. The goals for 2016 were discussed including the desire to complete a calendar of events for this timeframe. We reviewed the list of names of those that were attending the National Conference as delegates. Finally we put together a list of raffle prizes for the upcoming November 17th ENA meeting.

The survey monkey was utilized for voting for our 2016 officers and they include: Amanda Webb – President Elect, Kathy Robidoux – Treasurer and Vicky Sweet – Secretary. In addition, Carla Schneider will be President and Phyllis Robby will be Past President. November 17th was the date the ENA meeting was held @ Maggiano’s Restaurant in Costa Mesa. About 25 members attended and several topics were discussed containing information from the State meeting in San Diego, including AB 172, Community Paramedicine pilots, and the upcoming CEN review course on January 30th and 31st @ Hoag Hospital and the rest of the 2016 calendar of events.

We look forward to putting together speakers for our educational offering in 2016.

*Carla Schneider*

**Sacramento** - We sent 10 delegates to the National ENA General Assembly and had a great time at the conference in Orlando, FL. We had 2 members of the Sacramento chapter as faculty at the National ENA conference: Brian Johnson spoke about motorcycle trauma and Mark Denno spoke about ventilator management in the ED.

In October we had a chapter meeting on Emergency Nurses Day with education, door prizes, and cake! We are having a year-end fun dinner at a local restaurant to wrap up a wonderful year of education, networking, and sharing our passions for our work. We are looking forward to a great year in 2016 with our new Board: President-Jeremy Elrod, President-Elect-Jen Ruzicka, Secretary/Treasurer-Yvonne Hansen.

*Jeremy Elrod*

**San Diego** - To celebrate Emergency Nurses week, the chapter had cookies delivered to the 21 EDs for both day shift and night shifts on Emergency Nurses Day. We also had a showing of the movie Code Black at the theater on Coronado Island. It is a documentary reflecting many of the current challenges faced by EDs today.

We have had ENA members represent ENA at Pedal for the Cause, A Walk to Remember booths at Palomar College Nursing forum and the Mercy Air/CHET educational conferences.

Our chapter is preparing for our annual holiday event. We will also bring toys for donation to Rady’s Children’s Hospital. We are planning for our annual education event; 9-1-1 Conference, to be held in April.

*Sheri Eden*
In honor of Vicki Dippner-Robertson and her many years of ENA active membership and enthusiastic involvement, I’d like to share just a bit about Vicki:

Hey Vicki, how long have you been a member:

I have been an ENA member since the late 80’s, early 90’s.

What positions have you held over the years?

I have been president of the fabulous Inland-Empire Chapter, the enthusiastic Chair of the Pediatric Committee and happily the South Regional Director for Trauma.

Do you have a favorite quote to share with other ENA members:

A favorite quote is from my heroine, Florence Nightingale: “Nursing is an Art; it is one of the Fine Arts; I had almost said the Finest of Fine Arts.”

What is wellness?

The World Health Organization defines wellness as “the optimal state of health of individuals and groups. There are two focal concerns: the realization of the fullest potential of an individual physically, psychologically, socially, spiritually and economically, and the fulfillment of one’s role expectations in the family, community, place of worship, workplace and other settings.”

The key to achieving and sustaining a state of wellness is balance. This involves balancing time and energy spent on the components. An example would be implementing initiatives to create a healthy work environment at your workplace while also striving to achieve work-life balance.1

There’s a lyric in a country song that goes, “a dead end place is just a place to turnaround.” and one of my favorite quotes from a fun little book called, Don’t Squat With Yer Spurs On is, “When you find yourself in a hole stop digging.”

Whether it’s from a loss of a loved one, loss of a job or relationship, financial worries or problem with addiction, we suffer. We grieve.

In Janet William’s president’s message on page one, she states Be Kind. Be kind to your patients, be kind to your colleagues, be kind to yourself. Be kind. It’s only to tip of the iceberg that we see, that we show to others, underneath could lie a huge cold rock of pain.

If you find yourself carrying around that rock of pain in your heart or if you find yourself stuck in a hole of despair seek help. It’s okay to check in with a counselor, a support group or a minister. It’s okay to check in rehab. Whatever burden that you’re carrying, you don’t have to carry on alone. And it doesn’t matter if it’s the first of the New Year or the middle of July.

One more song for thought, the pop song, “This is My Fight Song.” You can do this, and whether you find your inspiration from a song, from nature or from a faith, be inspired to live well.

Happy New Year!

-Kara Davis

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1. https://www.ena.org/practice-research/Practice/Safety/Pages/Wellness.aspx
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March Meeting

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State Council Meeting:
8am-4pm

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