The Annual State and Chapter Leaders Orientation February 19 and 20 provided an opportunity to hear the National ENA update and key priorities. Many of our California leaders were able to attend, and even if they attended last year’s orientation new information was presented. The meeting also provides the valuable opportunity to network and talk with other leaders about their State’s activities. Cal ENA plays an integral role in achieving the 2016 goals and it is important we align our Cal ENA Strategic Plan with the ENA 2015-2019 Strategic Plan. This meeting provides us with information and tools to put our plans into action.

Some of the highlights of the event include:
* Keynote Session: “Capturing the Next Generation;” an exciting presentation on the changing landscape of associations and how to engage individuals of all generations. We came away with new insights on our various generations, from Baby Boomers to Generations X, Y and Z. (One important take away – consider sending a thank you text when a member joins or renews).
* As it was last year, the presentation on law and financial management was very helpful and just a little bit sobering. We have a great organization and a strong responsibility to keep it that way.
* Terry Foster was his usual funny and entertaining self. Who better to review changes to the revised national election timeline, application process and state leader involvement…and the newly adopted board competencies.

Congratulations to his daughter, Meredith, who just passed the NCLEX and is a brand new RN!
* Concurrent sessions included:
  - Effective Government Relations and the important work of ENA’s advocacy efforts;
  - Strategic Planning. Check out the California Strategic Plan on our website as you plan your Chapter activities;
  - Succession Planning: We must welcome and encourage members and build leaders for the future;
  - Membership Best Practices. Recruiting and retaining members is a central focus and ideas were discussed on best practices.
* Clinical Practices: Those who attended the 2015 General Assembly had the opportunity to identify the top 10 clinical practices facing emergency nurses. This session provided an opportunity to brainstorm actions and take part in shaping the direction of ENA.
* Branding, branding, branding: California embraced the consistent branding message in 2015 and continues to use the resources available on ENA.org.
* Communication: Emphasized the importance of communication and some crucial points; such as time, tone and type of communication (email, social media, etc.). Tools can be found under the branding and messaging section of www.ENA.org.

We also found a little time for fun. David Samuelson provided an opportunity for a group of us to attend a Mat Franco, “Magic Reinvented Nightly” show as VIP guests. It was a great show and an excellent reminder to take time out for fun, to refresh and rejuvenate.

-Susan Smith, Cal ENA Past-President
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 2016:

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 Janet Williams, RN jrae00@sbcglobal.net

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
Highlights of November State Council Meeting  
San Francisco, January 8, 2016

Karen Wiley, our National board member liaison was visiting from Omaha, Nebraska. Karen gave a presentation on ENA’s website including an overview of the site for State chapter leaders. There is so much information and a wealth of resources on the website including tools for clinical practice and practice briefs. If you are looking for resources, check out www.ena.org first!

News Flash!!!!
From the Treasurer:
Please submit all receipts along with your chapter’s monthly report financial report. Thank you for your timely attention to this important detail.
A big thank you to all chapter treasurers, all of the reports for 2015 have been submitted! Woot-Woot!

Another huge thank you from the Inland Empire Chapter, regarding the recent shooting in San Bernandino, thank you for all of your heartfelt thoughts and concerns that were expressed during this tragic time.

Anyone interested in a speaker on the topic Active Shooter, Diane St. Denis shared contact information for Kerry Harris, National Violent Intruder Preparedness Solutions;  Kerry@nationalVIPS.com or www.nationalVIPS.com

Committee Reports:
EMS Committee:
Community Paramedics Pilot Projects Update:
LA County: dropped 1 of 2 pilots, awaiting data: Alternate Destination and Heart Failure study.
Orange County: Alternate destination (only a handful have agreed) study.
Butte County: Following patients with heart failure and acute MI, so far 283 clients have enrolled. Home visits have been found the most effective way to keep them healthy. Funds available for providing clients with taxi vouchers to make doctor’s appointments, scales to monitor weight, and automatic BP cuffs. Study showing 28% for AMI and 68% for HF reduction in hospital re-admissions.
San Diego: Alternative destination and Loyalty Patients study.
Solano County tracked 25 patients, prevented re-admissions for all for 30 days (Not a CP pilot, initiated by an ambulance company).
LA City & Anaheim have added NPs to their programs. Dispatched with ambulance to evaluate to see if they can stay home. (Not part of Community Paramedic Pilot Project)

CMS will withhold 3% of reimbursement if readmission rates are not met. Those funds can be used to fund programs.

Jan Ogar reported on the Director’s Advisory Group: New Epi-Pen Regulations: Four hours of training required for EMS Personnel to utilize the Epi-pen Auto-injector. Chapter 13 task force is on hiatus (dissbanded) due to impending lawsuit. ENA not felt to be a main stakeholder on this issue. Minutes of the DAG are available on EMSA’s website.

Health Information Exchange, (H.I.E.) This is a 3 yr plan at the state level. Electronic Patient Care Reports may not provide the data they are looking for in the format required. This would need more staff to implement. Too many different systems and the different computer systems don’t interface with each other. Cost is extensive estimated at $18million and a budget of only $2 million.

Important: If you know of any ENA members representing ENA on local committees let Judy know. Cal ENA needs to know who is representing us at meetings, committees or local commissions.

-Judy Scott
Education: The course evaluations from our annual educational event in November were reviewed and suggestions noted for our upcoming 2016 educational event. We discussed some ideas for potential topics and speakers. Request to have speaker suggestions from Committee chairs. Final review and submission to the Board for Cal ENA’s standardized operating procedures for awarding continuing education.

-Dianne Idman-Gervais

ENAF: As of November we had 28 pledges for the 45 for $45 in honor of ENA's 45th anniversary. Today we added 7 more pledgers. We are 10 short of goal and the money will be collected during the State Challenge period starting in March. If there are 10 more individuals in the state who would be interested in participating. Please let me know at dischertz@comcast.net.

Future meetings: The co-chairs will try to send a monthly update by email. Join our facebook page for updates- search for: California ENA Government Affairs on Facebook.

-Jen and Mark Denno, Government Affairs Co-Chairs

Leadership and Practice: The committee discussed resolution ideas for the 2016 General Assembly. An idea from our last meeting was a resolution on nurse safety and security in the ED. The committee agrees that this is a big concern for nurses but could not think of what we could ask National to do related to this topic. Additional ideas for a resolution are training for ED nurses on how to teach patients about narcotic prescription safety upon discharge and defining the selection process for membership on national committees. We discussed a recent article published in the US news titled "Increasing Violence Leads to Concerns Over Workplace Hazards." The article pointed to behavioral health patients as the main source of violence against healthcare workers. The committee also discussed 2 articles related to Opioid abuse in the US. Many patients with a non fatal overdose are prescribed Opioid narcotics again by the same provider. According to a report from the CDC Opioid deaths have increased by 14%. Patients are not being educated on how to taper doses and safe storage and disposal of narcotic prescriptions.

-Kathy Van Dusen

Newsletter: Report template is available on our California ENA website. Thank you to everyone for their reports. Your reports make a difference! Pictures of chapter meetings and events are also appreciated.

-Kara Davis
Pediatric Committee: Trez Gutierrez was welcomed as the chair of the committee until 2018. Course Vitals & New AHA PALS/ACLS Guidelines were distributed and reviewed. Conference call with National ENA regarding the Leadership Orientation on February 18th to 20th, expectations and guidelines were discussed for what is expected of the new ENA leaders. Operational change with ENPC & TNCC growing each other. There is an ENPC instructor course; manual update can be downloaded for free. The first part of the course will be a 10 module online portion, then a presentation practice and skill testing practice will be an in-person class. Handout provided with examples of how to access this. There are now pre-course modules online as well as a pre-course test for students to review prior to taking ENPC.

Amanda Webb

Trauma: Committee goals for 2016:

1) Improve access to TNCC Provider Courses. Across the state there are not enough TNCC Provider Courses.
2) Hold 3 ENA sponsored TNCC Instructor courses in 2016, to increase number of instructors and provider courses.
3) Continue to support Development of TNCC Faculty, Course Directors, and Instructors.

Clarification of TNCC bridging process for ENPC faculty is similar to bridging of course director status. Clarification of TNCC Course Monitor designation. This is separate from faculty designation. TNCC instructor candidates must be monitored by a Trauma Committee designated State Monitor. Prerequisites for becoming a State Monitor will be placed on the CAL ENA Website later this month. Please see TNCC Administrative Guidelines for more information. Several changes are anticipated from ENA National this year in regards to the TNCC instructor course and TNCC Administrative Guidelines, anticipate announcement of changes in the next couple months. There are now TNP demo videos available for TNCC online for students to review repeatedly as desired. This video is in the same location as the practice tests that are also now online. Discussion of the possibility of trauma committee partnering with trauma program managers across the state to have a better understanding of the needs of trauma programs and emergency departments.

Round table discussion - What would participants like to see for Trauma Committee agenda items. Many verbalized education and best practice discussions. - Discussion of recent terrorist shooting in San Bernardino. - Discussion of Stop Light process for 30 seconds of silence for EMS bringing in a critical patient.

Thank you, Sue Fortier

Chapter News

East Bay – We had our last meeting of 2015 in Nov 3, 2015, that I am sorry I missed. Per David, our current chapter President, there were about 10 people that attended that are very enthusiastic. Our next meeting will be in February 24, 2016 at the Summit Hospital, Oakland.

Louella Buell

Greater Los Angeles-Chapter meeting held in December, new officers sworn in. 2016 meeting dates have been posted to the Cal ENA website. GLA will be offering scholarship opportunities in March, applications will posted to the GLA Cal ENA web page. GLA will be teaming up PIH Health for a one day EDAP conference in the fall.

Carole Snyder

Kern County -Our next chapter meeting will be January 12 when we will do our planning for the upcoming year. We hope to do at least one maybe two ENPC classes this year.

Lark Bowyer

Loma Prieta-On September 18th we enjoyed an educational topic presented by our own Connie Yokum, MSN, CCRN, CCNS on Ebola Comes to Your ED. We also reviewed the practice issues that would be discussed at the 2015 General Assembly in order to prepare our delegates for the topics. The meeting was held at O’Connor Hospital. We honored our Emergency Nursing colleagues and ourselves with a catered dinner for Emergency Nurses week in October. Our annual Holiday Soirée was held at on December 3, 2015. Our Holiday dinner is a potluck with our “Hostess with the Mostest” and chapter president Kelly, furnishing the tender, juicy turkey. A white elephant gift exchange followed dinner.

Jan Ogar Andrea
Monterey Bay- We held our December meeting at Salinas Valley Memorial Hospital and had Dr. David Ramos, ER physician speak on the topic of various causes and treatment of chest pain. Our plan for our January meeting includes a nurse and MD from a local eating disorder clinic that recently opened and will provide ER nurses information on best practices of ER nursing when a patient presents to the ED with eating disorder issues, whether in physical or psychological crisis. We are planning for a pediatric educational symposium sometime in 2016 and also gearing towards a membership drive in first quarter 2016.

-Susan Burnell-Donovan

Orange Coast- see photo page 7.

-Carla Schneider

Sacramento- Chapter/Committee News First Meeting of the Year on Jan 6 2016: Agenda items included planning sessions for 2016. Tentative plans for Chapter meetings include a Pediatric focused lecture, Trauma lecture, FAEN lecture, Street Medicine Lecture, CTRN class, Rivercats baseball game and hopefully a sponsored dinner by interested vendors. We are reserving the last few months for National ENA conference and celebration toward the end of the year.

-Jeremy Elrod

San Diego– We are actively planning our San Diego 9-1-1 Conference. The date is set for Friday, April 29th at the La Mesa Community Center in La Mesa. More information will be on the Cal ENA website.

-Dianne Idman-Gervais

San Francisco- Ped's ED Conference-new date TBA in March or April (UCSF bailed on us this am) - Vendor tables will provide additional revenue; sponsored breakfast & lunch -ENA members will be $50, non-members: $100, new members FREE -Will be using PayPal for registration; Square onsite -Call for speakers upcoming when date confirmed. Upcoming pharmp rep dinners in Marin, SF and Sonoma in Feb, March 3. Chapter finances are looking strong. Multiple upcoming dates for Chapter teleconferences...standby for more details.

-Mark Wandro

Important Delegate information:

General Information and instructions to apply to be a delegate at this year's General Assembly to be held in Los Angeles will soon be available on the website. The 2016 General Assembly is scheduled to be conducted Wednesday September 14 and Thursday September 15. The format will be a full day of business on Wednesday and concluding with a half day of business on September 15. Due to the large California membership it is anticipated California will have a delegation of between 60-65 delegates including one alternate delegate.

As in previous years, selection to serve as a delegate will be based on your number of points and delegate application submission no later than June 5th, 2016 for priority selection. The delegate application will be available on the Cal ENA website after April 1, 2016. Credit for points on the application will not be accepted without the required proof as indicated on the application.

As a reminder the Cal ENA Board of Directors reserves the right to determine the amount and method of reimbursement according to the current financial status of the treasury. Delegates receiving financial reimbursement for expenses other than those provided by State Council must provide the appropriate receipts to their local chapter or employer. Delegates may not accept additional per diem reimbursement for expenses which are being provided for by either their local chapter and/or their personal employer. Accepting additional reimbursement for expenses which are covered by another entity constitutes "double dipping" and may subject the member to a tax audit or the payment of fines.

-Louise Hummel Delegate Coordinator,

Questions on the delegate process or application contact Louise at: emergencyrnlouise@gmail.com
Perinatal Rescue Network

As emergency room nurses, we are tasked with knowing a little bit about a lot and being able to work in a proficient and efficient manner to save lives. The same is true for when we provide effective and practical neonatal resuscitation training to doctors, nurses, midwives, and attendants during multiple missions with Perinatal Rescue Network (PRN) to Nigeria, Democratic Republic of Congo, Rwanda and India. Perinatal Rescue Network is a global network of care professionals (ED nurses, respiratory therapists, nurse educators, physicians and birth attendants) who work together to improve education, equipment and access to birth care. We consult, coordinate and provide certification with regional and international practitioners who are planning maternal newborn projects in resource limited areas. We embrace Helping Babies Breathe, Essential Care for Every Newborn and Helping Mothers Survive evidence-based curriculum as well as Neonatal Resuscitation Provider program. Furthermore, our board are experienced international educators and development practitioners who respect that birth as a holistic cultural experience. We respect the importance of retaining the cultural identity within the birthing environment while bringing solutions to improve the safety of mother and babies in resource limited places.

Facebook: Perinatal Rescue Network
Website: http://perinatalrescue.org

-Lisa Cordova, RN, teaching nurses in the Democratic Republic of the Congo

-Kristen Crosby

Orange Coast Chapter, CEN Review Course at Hoag Hospital,
January 2016
**International Honors for Diane St. Denis**

California’s own, Diane St. Denis, was honored last fall with the Florence Nightingale Medal, the highest International distinction a nurse can receive from the International Red Cross. This medal “honors exceptional courage and devotion to victims of armed conflicts or natural disasters; it also recognizes exemplary services or a creative and pioneering spirit in the areas of public health or nursing education.” Diane has received two other notable awards recognizing her volunteer service. These are the 2012 Community Service Award from the California Emergency Medical Services Agency and the 2009 Ann Magnusson Award, the highest national honor for a Red Cross Nurse.

Diane is a U.S. Navy veteran and has over 22 years of experience as an emergency department nurse and Red Cross volunteer. She is a long-time member of the Emergency Nurses Association and has served multiple terms as President of the Loma Prieta Chapter. She is currently serving as Press Secretary for California.

Even though Diane is now semi-retired, she works hundreds of hours for the American Red Cross as the Pacific Division Advisor on Disaster Services encompassing CA, OR, WA, AK, HI, and the Pacific Island territories. Diane says she learned the value of helping others from her mother, stating that her mother “would give others the shirt off her back.” She has continued in her mother’s footsteps by responding as a volunteer to many national disasters including the Oklahoma City bombing, the 9/11 Terrorist attacks, Superstorm Sandy, floods in the Midwest and wildfires in California.

A volunteer herself, Diane manages teams of volunteers. As an example, during Superstorm Sandy, Diane was responsible for hundreds of disaster health services team members in 15 Red Cross shelters. It is a great honor for any nurse to be mentioned in the same context as Florence Nightingale, the founder of modern nursing. Diane St Denis consistently demonstrates professionalism in nursing practice that would make the Lady with the Lamp proud.

- Jan Ogar Andrea

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**Wellness:** Admit it, we love the chaos of the emergency department, most days. After nearly 30 years of emergency nursing, I can honestly say, no two days have been the same. One of the characteristics of resilience identified in the recent article in JEN is présence d’esprit. A French phrase meaning “flexible and creative thinking.” Our thoughts set the tone for our attitude and can influence how we perceive and respond to the events. The more flexible we are in our thoughts the better we can maneuver our way through the chaos that is emergency nursing. There is a meditative saying that goes something like, “When the storms of stress come, those branches that are stiff and rigid break.” It is important to stay flexible, “like the branches of the willow tree.”

What “storms of stress” did you encounter your last shift?

What are some ways you remain flexible?

*Take care, Kara Davis*

Source: Resiliency in Emergency Nurses
Author: Sarah J. Tubbert, EdD, FNP, RN-BC, Syracuse, NY
Journal of Emergency Nursing, January 2016, Pg. 47
Here’s a great recipe to celebrate the fruits of Spring:
Kale, Strawberry & Avocado Salad with Lemon Poppy Seed Dressing

Ingredients:

Salad
- 4 cups chopped kale
- 1 cup sliced strawberries
- 1 avocado, chopped
- 1/3 cup sliced almonds
- 1/4 cup feta cheese
- Pinch of sea salt

Dressing
- 2 tablespoon olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon honey
- 1/2 teaspoon poppy seeds
- Salt and pepper to taste

Directions:

Put the kale in a large bowl, sprinkle with sea salt and mix until the leaves are tender. Add the remainder of ingredients. Toss gently. Combine dressing ingredients, mix well and pour over salad.

Source: Two Peas & Their Pod
May Meeting

Friday, May 13, 2016
State Council Meeting:
8am-4pm

Doubletree Hotel
2233 Ventura Street
Fresno, CA
(559) 268-1000