

NENA-AB NEWSLETTER

WINTER/SPRING
2014



EMERGENCY NURSES INTEREST GROUP OF ALBERTA

Emergency Nursing Specialty of Alberta



From the President's Desk



Happy 2014

**from the Flu capital of
Canada!**

No laughing matter as the ERs of our province struggle with the multitude of patients with the flu or "flu-like" symptoms. The struggle throughout our province continues to be to give our patients the best care possible in conditions we have little control over. Isolating multiple patients in our departments is virtually impossible and we look for creative solutions to these dilemmas.

NENA-AB has had an increase of membership numbers from 138 in July 2012 to approx. 240 at present. An increase which

we are very pleased about. We continue to strive to not only increase our membership but to keep those who do join by maintaining their interest and involvement. In a province with more than 3000 Emergency nurses, we feel this is a priority goal for our group.

In September, we held our AGM in conjunction with a "free" for members, education day. We had an attendance of 30, which I found to be disappointing so we are now faced with how to increase attendance to our functions. The education topics all received very positive evaluations.

Our AGM was successful in that we have secured a new Secretary-Geri St.Jean, Treasurer-Miriam Abbott, and a President-Elect- Shelley

Pidruchney, who will become our President in July 2014.

We welcome Andrea Miller, Karen Melon, Roberta Salter, Joyce Ritchie and Rhonda Volk - 5 volunteers to be "members-at-large". These members are from around the province, both in rural and urban settings so that they can be our eyes and ears to help us truly reflect the wishes of our entire provincial membership.

At the AGM we also introduced our revised Constitution and Bylaws that reflect our name change from ENIG to NENA-AB, as well as the welcoming of LPNs to join our group, with stipulation that they may not hold office.

Our newsletter is being sent out electronically to our members and a copy by post to each hospital in Alberta, with emergency services.

We are proud of this publication and continue to encourage submissions from our members.

The NENA Board of Directors was held in November in Ottawa and saw a lot of hard work put towards changing the NENA structure to be in line with the new Not for Profit Canadian Tax laws that come into effect October 2014. The new Board will be elected rather than appointed simply because you lead a provincial group. This is a big change and more information will be coming from NENA as well as on-line voting on the changes and the new Board of Directors.

It has been a struggle, but NENA is getting a NEW and IMPROVED website. We have hired a firm that specializes in this and the new site should be up and running early in the spring.

The electronic brochures have gone out to all the members of NENA regarding the national conference in Toronto at

the end of April, and it looks fantastic. Seat sales are on now if you are planning on attending.

We have given away, 2 registrations with airfare to the NENA Conference in April 2014, and we hope that this entices emergency nurses to join and reap the benefits of membership. One was given out at the AGM and one was raffled off at the Edmonton and area ER Nurses Night held on October 9th, 2013. So far, there seems to be quite a number of Alberta nurses who are planning to attend in Toronto. There were more than 20 members, who attended in Vancouver so I am hopeful for a good turnout from our province. We are also excited with the initial planning for the 2015 NENA Conference here in Edmonton.

Our goals of promoting the specialty of Emergency nursing, continues to be a challenge in light of the fact that our province seems to be set on the “de-skilling” of the health care providers.

This said, Alberta Emergency nurses continue to rise to the challenge we face giving our patients and their families the best care that we can in situations that we have little or no control over.

TNCC, ENPC and CTAS

courses throughout Alberta are ongoing and continue to have good attendance. Please remember that there are Bursaries available from NENA to assist financially with taking these courses as well as any other educational pursuits focusing on Emergency nursing (this includes attending a National Conference). Details on how to apply are in the CJEN.

Good luck to all the ER nurses who will be writing their certification in Emergency Nursing through the CNA. Be proud that you have chosen to be a “specialist” in our specialty of Emergency Nursing.

Keep warm, and keep Caring!!

4TH ANNUAL MCH EMERGENCY DEPARTMENT SYMPOSIUM 2014

WHEN: MAY 22ND, 2014 (0900 - 1530) Doors open @ 0830
WHERE: West Edmonton Mall Conference Centre Rm # 7
COST: (PRE REGISTRATION) \$60.00
AFTER MAY 1ST \$70.00
CASH OR CHEQUE ACCEPTED TO THE: EMERGENCY DEPARTMENT EDUCATION FUND

MORNING COFFEE / PASTRIES & LUNCH PROVIDED
TO REGISTER PLEASE CALL: Trisha Semotiuk @ 780-735-2888
For any additional questions please contact:
Richard Drew @ 735-2835

Topics

- Ophthalmology Emergencies • Acute Respiratory Failure • What's new with Street Drugs • Psychiatric Disorders • And so much more...
- Finishing the day with Door Prizes •

<h1>IN THIS ISSUE</h1> <p>ENIG Executive</p>	NENA-AB	NENA	CARNA
<p>President: Pat Mercer-Deadman pat_mercerdeadman@yahoo.com</p> <p>President Elect: Shelley Pidruchney shelleyP55@shaw.ca</p>	<p>1 From the President's Desk Pat Mercer- Deadman</p>	<p>2</p>	<p>3 In this issue</p>
<p>Secretary: Geri St.Jean Geri.StJean@albertahealthservices.ca</p> <p>Treasurer: Miriam Abbott mailto:miriam.abbott@covenanthealth.ca</p> <p>Communication: Jean Harsch happyjh@shaw.ca</p>	<p>4 From my perspective... Comfort Zone by Navkiran Tiwana</p>	<p>5 Article Review Emergency Nurses: putting yourself first by Miriam Abbott</p>	<p>6</p>
<p><u>Article Reviews & Submissions:</u> Miriam Abbott Navkiran Tiwana Geri St.Jean</p> <p><u>Members at large:</u> Andrea Miller mailto:andrea.miller@covenanthealth.ca Karen Melon mailto:melonjk@telus.net Roberta Salter mailto:salter2r@telus.net Joyce Ritchie mailto:joyce_ritchie@yahoo.com Rhonda Volk krvolk@telus.net</p>	<p>7 NENA-AB What are we and how do you join us? What's happening</p>	<p>9 Request for submissions Visit our Facebook page: www.facebook.com/EnigNenaAlberta</p>	



Hello NENA members,

The March 3, 2014 early bird NENA conference 2014 discounted rate deadline is fast approaching. Hurry to take advantage of significant \$ savings by registering now!

Brochure available for download on the NENA website: www.nena.ca

See you there!
Jan Calnan, NENA President

FROM MY PERSPECTIVE...

Comfort Zone

Deciding where to do my preceptorship at the beginning of my fourth year of nursing was a challenging decision. Do I pick an area such as medicine or surgery, both of which I experienced during my clinical rotations, or do I pick something unfamiliar? Ultimately, I decided against a familiar setting and chose to embark on something that I thought would be both mentally stimulating and physically challenging. I absolutely loved the time I spent in the emergency department and couldn't see myself working in any other area. I felt that I found my niche.

Towards the end of my preceptorship, I was told by a few nurses to work on a medicine unit, gain experience, and then apply for a job in the emergency department. Although working on a medical/surgical unit would solidify basic nursing skills, improve bedside manner and time management skills; working in an area you are passionate about would be more favourable. After graduating, I had a casual position on a general medicine unit and in the emergency department. I can definitely say that working on this particular medicine unit allowed me to improve my time management and become more efficient with nursing skills I didn't have enough practice with while in nursing school.

Working in the ER and on a medicine unit are very different. On medicine, I found that my days were usually a carbon copy of each other and routine oriented. If anything varied from the norm, it was hard to get back into your groove. What I like most about working in the ER is that you don't have a typical routine. Your patients are not always all stable, and they may not have a confirmed diagnosis. Not every individual presents as a typical textbook case. One of my colleagues said this to me a few months ago: "I learn something new working here every day." I can definitely say that this statement is true. I always feel that I am learning something new, whether it be a new diagnostic test, a new drug, or a new way of doing things. Working alongside a variety of health care professionals (registered nurses, respiratory therapists, emergency physicians, social workers, specialists, nutritionists, pharmacists, etc.) has vastly improved my knowledge base.

A colleague who has been working in our department for just over a year said this recently: "I've learned more in one year working here than in my years working on medicine." I feel that this is also true for me. I have been working in the ER since June 2012, and I feel that I have learned more in this time than I did in nursing school. Although I don't feel that working on a medicine or surgery unit before working in the ER will make you a better nurse, it will allow you to gain experience, and perhaps feel more comfortable with certain aspects of nursing.



by Navkiran Tiwana RN, BScN

Nav is an RN working in the emergency department of the Grey Nuns Community Hospital, Edmonton, Alberta

Is there something you would like to share? Maybe you would like to submit an article for the "From my perspective..." column, if so contact Jean at happyjh@shaw.ca.

Article Review

Miriam Abbott BscN.

Miriam is an RN working in an emergency department of the Grey Nuns Community Hospital, Edmonton, Alberta and has agreed to do regular article reviews for the NENA-AB newsletter.



Emergency Nurses: Putting Yourself First

Emergency nurses are no strangers to stress; the emotional intensity of our work is often unmatched in the general working population. Patients rely on nurses for support: to stay strong for them when they lack the strength themselves. We become so consumed with taking care of others that we often forget to take care of ourselves. Emergency departments in Canada typically experience a surge of visits during the winter months, which can lead to an increased workload for the ED nurse (1). Recent publications surrounding the issue of secondary stress among ER nurses quantifies what we already know; ED nurses are stressed out (2). Wintertime, for many, can be especially difficult as the decrease in sunlight hours can lead to symptoms of Seasonal Affective Disorder (SAD). Shift workers are a particular group of individuals who are at risk for depression, anxiety, and sleeping disorders which can lead to insomnia (3).

Decreased daylight hours, increased workload and varying sleep patterns are just a few of the obstacles ED nurses must face.

Common Challenges for ED Nurses

Seasonal Affective Disorder (SAD) is a type of depression that usually begins in the fall and lasts through the winter. It is thought that SAD is caused by a lack of sunlight (4). Symptoms include difficulty sleeping, feeling increasingly tired, gaining weight, hopelessness, irritability, and stress. According to the Canadian Mental Health Association, women and individuals who live in the Northern hemisphere are at a higher risk for SAD. The Canadian Mental Health Association found that up to 15% of Canadians will experience a milder form of SAD, leaving them slightly depressed. Shift workers are also at risk for developing Shift Worker Sleep Disorder (SWSD) which results from constant shifting of sleep patterns due to changing work hours. Common symptoms of SWSD are: 1) insomnia, 2) excessive sleepiness, 3) concentration difficulties, 4) recurring headaches, and 5) low energy level. Some of the potential consequences include accidents on the job, increased work-related errors, higher incidence of sick leave, irritability, and mood problems.

What We Can Do to Stay Healthy

Finding ways to stay healthy may seem daunting after a long day or between a stretches of shifts, but small efforts toward self-care pay off. Julie Donley is a psychiatric nurse, success expert and author of motivational books some of her tips for staying healthy during winter months include (5):

- **Wash your hands**

The most important way you can keep yourself healthy. Avoid the spread of germs and infection.

- **Drink plenty of fluids**

It's important to stay hydrated throughout the day.

- **Get proper rest**
Sleep should be a priority as you need adequate rest to care for your patients (3).
- **Exercise**
Fifteen minutes per day is all you need to stay active. Exercise helps you unwind, de-stress, and can aid in sleep disturbances.
- **Eat healthy**
- **Find ways to reduce stress**
- **Get the flu shot annually**
- **Take a walk outdoors in the sunlight**

An increased workload coupled with well documented disorders (like SAD and SWSD) are some examples of issues that can affect ED nurses, leading to poor health, increased stress, increased sick time, and ultimately poor patient outcomes (2). A group of staff nurses in Virginia recognized the stress among ED nurses and developed a Mindfulness and Medical Review program. The leaders of the program scheduled weekly presentations for staff with a variety of topics (i.e. “Family Centered Care: Dealing with Death in the ED”, and more). Each session was followed by a “body scan”, a facilitator-lead group body relaxation exercise involving deep breathing, meditation, and visualizations (6). The goal of this program was to support ED nurses to improve work/life balance, and employee satisfaction.

Although many of us have managed to stay healthy and positive whilst juggling our work and personal lives, some of our ED patients and co-workers may be struggling. As nurses we must be a model of health to our communities and in doing so, remember to take care of ourselves first.

References

1. Canadian Institute for Health Information. (2000). *Health care in Canada: A first annual report*. Retrieved from https://secure.cihi.ca/free_products/eng-brochure.pdf
2. Cunningham, T., Bartels, J., Grant, C. & Ralph, M. Mindfulness and medical review: A grassroots approach to improving work/life balance and nursing retention in a level I trauma center emergency department. *Journal of Emergency Nursing*, 39(2), 200-202.
3. Johnson-Gerard, M. (2011). *Insomnia, depression and anxiety: Symptoms of shift work sleep disorder*. Retrieved on February 10, 2014, from <http://voices.yahoo.com/insomnia-depression-anxiety-symptoms-shift-7719022.html>
4. Canadian Mental Health Association. (2009). Seasonal Affective Disorder. Retrieved from <http://www.cmha.bc.ca/get-informed/mental-health-information/sad>
5. Advance Healthcare Network for Nurses. (2014). *Staying Healthy During the Holidays*. Retrieved on February 10, 2014 from <http://nursing.advanceweb.com/Editorial/Content/PrintFriendly.aspx?CC=248379>

If you have an article you would like to share with the NENA- AB membership or if you would like to comment on a topic (like this one) we welcome your input. Send submissions or comments to happyjh@shaw.ca attention Jean.

What's happening?

4th Annual MCH Emergency Symposium

May 22nd, 2014 0900-1530
Registration 0830
at West Ed. Mall Conference

Centre Rm #7

cost: \$60.00 after May 1st:
\$70.00

to register: call Trisha Semotiuk @
780-735-2888 questions? call Richard
780-735-2835

CrITER 2014 (Critical Care in the Emergency Room)

March 15, 2014

The Derrick Golf and Winter Club
Edmonton, Alberta

NENA Pan-American Conference

April 27-29th, 2014
Toronto, Ont., Canada
for more information:

www.nena.ca

Heart&Stroke

Resuscitation summit

April 29-30, 2014

Fairmont Banff Springs, Banff, AB.
\$225.00 + GST, Heart&Stroke

Resuscitation Summit

\$150.00 + GST, Heart&Stroke

First Aid Instructor Workshop

for more information:

[www.heartandstroke.ca/
ResuscitationSummit](http://www.heartandstroke.ca/ResuscitationSummit)

2014 Western Emergency Dept. Operations Conference

May 1-2, 2014

for more information:

Scott Kirland kirkland@ualberta.ca

Membership fees:

- \$45 per year
- can be paid online via PayPal on the NENA website
- can be paid by cheque sent to:
Miriam Abbott, Treasurer ENIG
#8 Greystone Crescent
Spruce Grove, AB T7X 0A7

NENA/AB



NENA.ca

National Emergency Nurses' Affiliation (NENA)

Who are we?

NENA- AB, is actually Emergency Nurses Interest Group of Alberta and we are a Specialty Practice Group of the College of Alberta Registered Nurses Association (CARNA) and a member of the National Emergency Nurses Affiliation Inc. (NENA)

What is our purpose?

Our primary purpose is to bring together emergency nurses whose intent is to improve the health wellness and quality of life of patients across the lifespan.

We believe that this association can: promote exchange of professional issues; continue with educational programs using professional knowledge fully; and utilize the available community health resources in our endeavors to maintain, and improve health care standards.

What are our objectives?

- I. To promote the specialty of emergency nursing
- II. To promote and provide continuing learning opportunities in emergency nursing.
- III. To promote interdisciplinary networking/communication opportunities for nurses.
- IV. To promote and disseminate emergency nursing research.
- V. To promote an awareness and liaison with community resources.
- VI. To identify issues relating to emergency nursing.
- VII. To present the views and serve as a resource and support for emergency nurses.
- VIII. To contribute to the collective voice of nursing from the unique perspective of the emergency nurse.

What are membership benefits?

- Active member status in NENA- AB & NENA
- Receive issues of the provincial newsletter and the NENA Journal "Canadian Journal of Emergency Nursing".
- Educational opportunities at reduced costs.
- Notification of upcoming conferences.
- Networking opportunities with peers and other Health Care professionals.
- Support for Certification in Emergency Nursing through the Canadian Nurses' Association.
- Access to:
 - NENA and ENIG websites
 - Trauma Nursing Core Course (TNCC)
 - Emergency Nursing Pediatric Course (ENPC)
 - Course for Advanced Trauma Nursing (CATN-11)
 - Support for TNCC ENPC & CATN Instructors
 - Bursary Awards at Provincial and National levels.
 - Published NENA Position Statements & Standards of Emergency Nursing

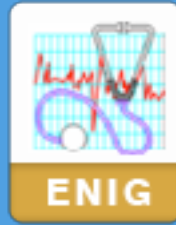
What does it cost?

\$45.00 per year

Where do we register?

www.membership.nena.ca

NENA ALBERTA-
formerly known as
ENIG- Emergency
Nurses Interest Group
of Alberta Newsletter



EMERGENCY NURSES INTEREST GROUP OF ALBERTA

Emergency Nursing Specialty of Alberta

NENA-AB



A Call for Submissions

This newsletter is only as good as it's contributors. We do not want the articles in this newsletter to come from only one source...what a limited picture that paints! If you have an interest to contribute short articles, interest pieces, article reviews please contact me. If you have suggestions as to what you would want to be presented in this newsletter please contact me.

We are interested in having educational courses that are available in Alberta advertised here. If you are aware of any courses, workshops or conferences please

send that information my way. I am also looking for suggestions on how to better use our Facebook page to generate good discussion and to disseminate information

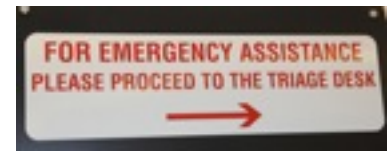
Suggestions? contact me at:

happyjh@shaw.ca.

Alberta cannot be adequately represented by one city so please help us by contributing to this your newsletter.

Visit our Facebook page:

www.facebook.com/EnigNenaAlberta



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NENA ALBERTA

To: