HAPPY SPRING!

Welcoming new members!  Upcoming conferences click here!

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ABOUT US

THE NENA-AB delivers a quarterly e-mail newsletter. If you have ideas or articles for submissions, please email them to NENA-AB email address

NENA-AB Website

NENA National Website
Hello NENA Alberta,

HAPPY SPRING everyone!! I hope everyone has had the opportunity to take in the beautiful weather we have been having (although intermittent) to recuperate and re-energize. Summer is just around the corner and hopefully everyone will have the opportunity to get some fun in the sun.

Your NENA Council has been busy planning the Meet in the Middle Conference being held at the Matrix Hotel in Edmonton on October 26 and 27, with pre-conference courses (ENPC and TNCC) being held on the 23 and 24th. We are super excited to be able to restart our annual provincial conference and are looking forward to seeing you all there. So make sure to SAVE THE DATE!!!!

The Alberta Association of Nurses (AAN) have reached out to see how NENA – AB and the AAN can collaborate to help support one another. The NENA-AB Council will be discussing in upcoming meetings to see how we an best approach this opportunity. Stay tuned for further information on this amazing opportunity.
On February 27, 2024, NENA-AB held its Annual General Meeting (AGM) via zoom. In this meeting, we were able to vote on your next terms council members, and I am happy to report that all positions were voted on and filled, with the exception of one Northern Rep. If you live in the Northern part of Alberta and would like to be a bigger part of NENA-AB, this is a great opportunity to dip your foot into pool and be represent NENA-AB and be a champion for all Alberta nurses.

The new executive will start their positions effective July 1, 2024.

On a National level, we are happy to report that the NENA National conference, being held in Gatneau, Quebec is SOLD OUT!! However, if you missed out on registration, make sure you get your name on the waitlist. For more information, please visit www.nena.ca and click on conferences.

Thank you all so much for all the hard work you do. Know that you are all amazing people and nurses and no hospital could ever function without people like you.

Kind Regards
Trent Moser BN. RN.
NENA – AB President.
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North Zone Area Rep Update
Alan Naranin

Since beginning my healthcare career in 2014, I have dedicated myself to providing specialized care as a Pediatric Nurse (LPN) at the Stollery Children Hospital, bringing comfort and care to our youngest patients. In 2021, I expanded my skills by becoming an Orthopaedic Technician, serving in the Emergency Department of the University of Alberta Hospital and Stollery Children Hospital where I support emergency interventions, address musculoskeletal injuries, share my expertise and facilitate recovery.

Most recently, I joined the National Emergency Nursing Association, that connects me with peers and resources that enhance my abilities to respond to urgent care needs effectively. Through continuous learning, I aim to further enhance the quality of care provided to patients and foster a learning environment for ED Nurses (LPN and RN).

As of now, ED nursing in Edmonton continues to evolve with significant updates aimed at improving patient care and supporting the nursing staff. In response to factors like population growth and public health challenges, several strategies have been implemented, such as:
- Staffing and training enhancements: there has been effort to increase staffing levels (hiring Registered Nurses and Licensed Practical Nurses) to better manage the increase patient volume presenting to the ED. Additionally, there is an emphasis on continuous professional development and specialized training in trauma care, pediatric emergency care and mental health.
- Technology Integration: Connect Care continuously updated to maintain and improve communication and efficiency within facilities.
- Wellness initiatives: Recognizing the high-stress nature of ED work, there have been new initiatives aimed at promoting nurse wellness (such as mental health support programs).
- Collaborative Practice Models: There is an increased focus on interdisciplinary collaboration within the emergency departments. Nurses are working more closely with physicians, specialists, and other healthcare professionals to streamline patient care from admission to discharge. This approach aims to enhance decision-making and improve patient flow.
- Patient-Centered Care: Feedback patient surveys, research groups and focus groups are being utilized to gather insights directly from patients about their care experience, which in turn informs practice improvements.

Overall, these actions reflect a strong commitment to improving both patient care and the working conditions of nurses. These efforts underscore the critical role nurses play in the functioning of emergency departments amid growing demands and evolving healthcare needs.
Hi everyone! My name is Tammy Nelson and I am the Central Zone rural NENA representative. I have been the rep in this area for about 4 years. I am currently the Clinical Resource Nurse in Olds Hospital. I still pick up in many emergency departments around the zone as needed. I have my master’s in professional practice with a focus in nursing education. I currently teach BLS, ACLS, PALS, ENPC, TNCC, NRP, CTAS and I am a CTAS IT. I have worked in several emergency departments including Foothills Hospital, Alberta Children’s Hospital, South Health Campus, Airdrie Urgent Care, Red Deer Hospital, Olds, Rocky Mountain House, Drumheller, Drayton Valley and Innisfail. I also sit on the NENA national triage committee, and we are in the process of updating CTAS which is very exciting.

The courses we are running to finish of the year are TNCC course in Stettler in April and one in Wainwright in June. For CZ rural staff, all courses can be found on my learning link to register. There is also an ACLS course running in Innisfail in May and a recert in Drumheller May 14. The target audience is central zone staff first and then registration will open for others at the registration deadline date.
Central Zone Urban Rep Update
Natalie Anderson

My name is Natalie and I’m the representative for the Urban and NW area of Central zone. The sites I cover include Red Deer, Sylvan Lake, Rimbey, Drayton Valley, Lacombe, Ponoka, Camrose and Wetaskiwin. I am a Registered Nurse at the Red Deer Emergency Department, currently working in the Mentor Nurse position to support nurses as they learn new roles and skills. I’m a CTAS and TNCC instructor, as well as the team lead for the Supporting Our Staff (SOS) Team, providing peer support to colleagues. Please feel free to reach out to me via email if you have any questions or want to discuss what’s going on in your department.

North-West Area Rep Update
Kristen MacKenzie

I have been a rural nurse for over 20 years, and have also held my PCP license for almost as long. My passion is healthcare in small communities, especially emergency services. I love to help healthcare professionals expand their knowledge and skills; thus I have been teaching some sort of resuscitation skill since 2008 all over the northern parts of the province. Currently I am working as a Clinical Nurse Educator on a provincial team, but it’s aimed at rural areas that lack the necessary resources to provide emergency, leadership, and obstetrics education. Athabasca has been my home for the vast majority of my life – and I will likely spend most of the rest of it here and travel around to other communities when needed.

I am your new-ish Northeast area representative for the Alberta chapter of NENA! I say new-ish because I have represented you before when we were all part of a different division… but I’m happy to be back again. 😊 As for what’s happening as of late – well I think there has been some tough times in some of our EDs due to physician shortage; both those who have the actual shortage causing service disruption, as well as those surrounding areas who are trying to keep up with the increased demand when other facilities are unable to provide care at that time.

The AHS North Zone recently released directives on how to hand such disruptions, and many of us are doing our best to figure out what that looks like. On another note – we have lots of ongoing education in various facilities around the area, including some rural ATLS courses being held in Athabasca (one in April, one in May). These courses attract physicians and other health professionals from all over the province as well as out of province, and serves as a nice little rural recruitment and retention plug as well! If your facility is doing something unique or significant like this, please be sure to let me know so I can include it in my next update. In the meantime, enjoy the spring weather!
Greetings from Central Zone Rural (the east side)!
The last few months have been busy with new IEN hires in my area. We have been working hard to create an orientation plan/program that will allow us to bridge the gaps and set our new nurses up for success. We have identified some unique challenges and uncovered lots of areas for growth and improvement. It’s definitely a work in progress but we are fortunate to have received a great group of motivated and enthusiastic nurses.

My Clinical Education Team has been running CTAS, ACLS, PALS, and TNCC throughout my region. They have been well attended and staff are very much looking forward to CTAS updates. We will be working to expand our instructors for these courses in the coming year so that we can continue to provide education throughout the Central Zone.

On a larger provincial scale, I have been teaching sessions in the FERN (Foundations in Emergency Rural Nursing) Program and working on strengthening my simulation skills by working with our Central Zone eSim consultants to deliver more simulation education. Both the FERN and eSIM programs have been very well received in my area. Having a more standardized and up to date approach to learning has brought out even the most seasoned nurses to some of the sessions. We are never too old to learn!

Sara Phillips RN, CPEN
I am the clinical nurse educator at Strathmore Hospital. I have worked in the Emergency Department here since 2008. Before that I was a travel nurse in the USA, specializing in pediatrics. I am the Education Co Ordinator for NENA Alberta. I am also on the ICAC (International Course Administration Committee) for NENA, and the GAC (Global Advisory Committee) for ENA. I am a member of both ENA and NENA. I am an Instructor Trainer and instructor for both TNCC and ENPC. I also teach CTAS, ACLS, PALS, BLS, and NRP. I stay busy with 4 kids who are old enough to need rides everywhere, but not old enough to drive themselves.

If you are looking for help to coordinate TNCC or ENPC courses at your site, please be in touch as I would be happy to try to help you with that. You can email me at sara.nursing@aol.com
Hello my name is Jennifer Drover and I am your NENA representative for Rural Calgary zone covering Airdrie, Cochrane, Okotoks, Canmore, Black Diamond, High River, Didsbury, and my home site of Strathmore.

I have worked in the Strathmore ER for the past 17 years and work full-time days and nights as the Nurse Clinician. I am an active member of NENA and ENA and when I have spare time I like to teach ENPC, TNCC, and ACLS.

I live and work in Strathmore with my husband, two daughters, and two dogs.

I look forward to reaching out to all of my sites and trying to promote NENA-Alberta. I also look forward to meeting more people through this opportunity and perhaps in Edmonton in October at our Meet in the Middle Conference!

Jennifer Drover
RN MN ENC(C)
jenniferdrover.rn@gmail.com
Ashly Niwa
Southeastern NENA Rep!

I’m new to role, and excited to be the Southeastern NENA Rep! Residing in Medicine Hat, and have for the last 20 years but, originally born and raised in Saskatchewan.

My nursing career started at the Medicine Hat Regional Hospital, in 2015, in the Intensive Care Unit and not long after the Emergency Department, as a Critical Care Float. I was fortunate enough to spend some time as the CNE for the Emergency Department, and then our Medical/Surgical floors till 2023. I have practiced in Bow Island, and most recently I will also be working Brooks emergency, as well. Critical and emergency nursing, has always been where my love for nursing lies.

I also work with the Medicine Hat College/University of Calgary nursing students- which is the perfect time to recruit new and eager minds. Recently I decided to challenge myself with obtaining my Masters in Nursing, specializing in Nursing Education.

Emergency nursing has given me the pleasure of meeting and working with so many incredible people from a variety of interdisciplinary practices. There are endless opportunities to grow as a nurse, expand my knowledge and experience, and there’s always a challenge. Looking forward to the professional and skill development of emergency nurses, through educational exchange, networking, conferences, discussion, and the opportunity to help facilitate and encourage interest in emergency nursing.

When I am not working, I am volunteering with Southeastern Alberta Search and Rescue, personally getting lost in the mountains- camping, boarding the double black diamonds, and outdoors somewhere with my pups!

NENA AB President-Elect in 2024
Laura Jeffries

Hello to all colleagues working in emergency nursing across Canada and especially, Alberta.

I will serve as your NENA AB President-Elect in 2024 and I am excited to participate and plan educational and advocacy events throughout our province. I am a strong advocate for CTAS education and nurse-initiated protocols. Other goals include advocacy related to human trafficking as sometimes seen in our emergency departments and look forward to the creation of formalized education related to detection and resource utilization on the front lines. I love emergency nursing for its integrated fusion of science and art.

I see emergency nurses as investigators with keen situational awareness as we receive and assess each new individual(s) into our care. We are the resource people that knit together pieces of many needs. We strive for best practice and amplify voices when social justice seeks an audience. I consider it a privilege to have emergency medical knowledge and I continue to witness humility, tact, grace, and excellence in ethics from emergency nurses. What a great bunch of people to be in membership with. Looking forward to meeting you at conferences and events.
Kristine Smith, BScN, RN
Central Zone Rural East

I live and work in Coronation and I am your Central Zone Rural East rep! I have been a nurse for 30 years in a diversity of roles, but my passion is the rural emergency department (ED) and all things ED. I feel so fortunate to still love my work! Currently I work full time as the Rural Emergency Clinical Nurse Specialist for Central Zone, and I continue to work casual in a frontline nursing position.

Continuing education and excellence in practice are important to me. I learn in my work every day and strive to improve practice. I have been taking my MN through the University of Calgary and will complete the course requirements this summer. This has challenged me, but I have learned so much.

I have three amazing grown daughters (two are nurses!) who thankfully all still live relatively close to home. When I am not working, I am a bit of a homebody. I like to hang out at home with my boyfriend, and my fur babies. I also enjoy music, arts & culture, and love to putter in the flowerbeds, eat delicious food, and travel the world.

I am committed to supporting the unique needs of rural nurses and patients. Being more involved in the National Emergency Nurses Association, Alberta chapter is an opportunity for information sharing and advocacy work with and on behalf of my nursing colleagues. I look forward to getting out there and meeting you!

Lindsey Bouffard
Edmonton Rural

Hello! I am Lindsey Bouffard, the new NENA AB local rep for Edmonton rural (sites). I started out my nursing career working L&D in Calgary and then moved to Nunavut where I nursed for almost 3 years. Upon moving back to Edmonton in 2012 I have worked in suburban EDs within the zone. My current position as a CNE at Westview has allowed me to meet and work alongside many wonderful nurses at these sites and I am so excited to further that working relationship.

Nursing and healthcare is a very difficult job right now and I am so proud of all the hardworking, strong & empowering people I am surrounded by daily. I chose to get involved with both NENA AB and NENA national because I just didn’t have enough on my plate, joking aside, I got involved because I felt there was more I wanted to do to bring strength & advocacy to the nursing profession but I didn’t know where to start.

This is the perfect place! I encourage you all to somehow get involved. Getting involved doesn’t mean you have a leadership position at work, you don’t have to attend monthly meetings or sign yourself up for some committee, but you need to get out there and get your voice heard. I am hoping in this role I can bring awareness to some of the local possibilities and be a touch point for anyone looking for ways to better our amazing nursing profession. I love all things emerge and nursing related, please reach out anytime with questions, looking for opportunities or collaboration or just to say hi.
Jennifer Willox
Northwest Zone

My name is Jen and I am the Clinical Nurse Educator for Area 2 in Northern Alberta. I was born and raised in Peace River and moved back to the area about 10 years ago to pursue my career in nursing.

As a small-town girl myself, I am aware of the challenges rural and remote communities often face when it comes to resources.

I am passionate about providing excellent, evidence based and equal healthcare to all Albertans. Emergency nursing is an exciting and fast paced field where I get to learn and be challenged daily. My role as an educator allows me to work on the frontline as well as behind the scenes to ensure best practices and quality care are being delivered across our zone. When I am not wearing my scrubs you can probably find me in my coveralls tending to my garden, my flock of chickens or my beehive.
Improving the working lives of nurses across Canada
From: Health Canada

Read the News release

Neonatal Simulation

A scenario of a neonatal hypoglycemia in a rural ED is brought by our South Zone rep AnnaMaria Mundell. Currently, simulations for Rural Skills Days within the Southwest Zone by Rural Simulation interprofessional teams deliver this simulation-based education at local sites. The simulation scenario, resources, treatments, and recommendations are discussed.

A Neonatal Hypoglycemia scenario involves a 3-day old neonate presenting to a Rural Emergency Department with decreased feeding, increased sleep, and occasional jittering. Participants should quickly assess babe, including prioritizing a blood glucose measurement that initially is 1.7 mmol. Teams must utilize the new Neonatal Hypoglycemic protocol which rolled out in September 2023. Note: that the actual algorithm is at Appendix A of the protocol. The Oral Glucose Gel primarily treats asymptomatic hypoglycemia less than 2.6 mmol/L.

Since the simulations are Insitu, or within their clinical space, teams must locate the required Glucose Oral Gel 40% and administer it using the correct technique that is laid out within the protocol. This should not be confused with oral sucrose 24%. Teams need to have mom feed babe, followed by rechecking the blood glucose level.

The teams who excelled were the ones who designated someone to obtain a history from mom. She had a precipitous delivery and did not receive a full infusion of Pen G for Group B Strep during labor. This increases the baby’s risk for sepsis and hypoglycemia. Also, babe was born at 36 weeks and 6 days, therefore prematurity increases risk for hypoglycemia. In the protocol, there is of the factors that increase a neonate’s risk for hypoglycemia such a maternal diabetes, preterm < 37 weeks, small/large for gestational age, or mom is on beta-blockers to name a few.

In the debrief, feedback that if the neonate was sicker and symptomatic, IV access is required with administration of weight based D10W. Neonatal Hypoglycemia is an extraordinarily complex issue, but recognizing the urgency of assessing and intervening is key to prevent long term affects for the neonate in the ED. A common system finding was nurses did not know where the Dextrose Gel was in their department and nurses ensured that the Oral Dextrose Gel is stocked in their department by collaborating with pharmacy. Remember are the that we NEVER administer high concentrations of dextrose to a neonate and the neonatal hypoglycemia protocol should be reviewed prior to needing it in emergency.

Reach out to your local eSIM consultant for the scenario.
An Unusual Case of Abdominal Pain and Hyponatremia in a 16-Year-Old Girl with Disordered Eating

View Case

Read more about the 4Ms Framework

What Matters
Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

Medication
If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

Mentation
Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

Mobility
Ensure that older adults move safely every day in order to maintain function and do What Matters.

CNA calls on employers to support the dissemination and adoption of the nursing retention toolkit

Select link to READ MORE
Presumptive Coverage for Psychological Injuries through WCB

Heather Murray, certified Emergency nurse, trauma certified RN and NENA member at Wetaskiwin Emergency Department and Nurse Educator at MacEwan University, organized a petition calling for "Any nurse registered or licensed with a college of nursing in Alberta to be restored to the list of professions included in presumptive coverage for traumatic psychological injuries through WCB". On November 7, 2023, the petition was tabled with the first 1,000 signatures, in Alberta Legislature by Edmonton-Beverly-Clareview MLA Peggy Wright, the Official Opposition Labour Critic and supported by MLAs Sarah Hoffman, David Shepherd, Luanne Metz, Dianna Batten and Janet Eremenko.

Currently, the list of front-line workers covered under presumptive legislation for traumatic psychological injuries includes EMS (paramedics), firefighters, dispatchers, police and corrections officers. This means that for these professions, the Workers Compensation Board presumes that a confirmed psychological or psychiatric injury is related to a workplace incident unless there is evidence for the contrary. Nurses were included in this group until Bill 47 "Ensuring Safety and Cutting Red Tape Act" in January 2021.

Nurses are frequently exposed to traumatic events and are more than twice as likely as members of the general public to suffer a diagnosis of PTSD. Without presumptive legislation, nurses are required to prove correlation between an injury and an incident, such as providing witnesses and proving that there was a certain level of risk or threat to an incident. If the legislation is changed, nurses will again have access to WCB programs and treatment initiatives that will assist them in their recovery and get them back into the health care workforce faster. "Coverage should not stop at the hospital doors, because the patients don't," says Heather Murray.

If anyone has questions or is interested in signing the petition, they can reach out to Heather Murray at hmurray@una.ca or Natalie Anderson at natalie.anderson@ahs.ca
Other exciting news!!

Heather Murray, RN at Wetaskiwin ER and our recently elected/next NENA-AB Treasurer (she was mentioned in the previous newsletter about the petition for Presumptive PTSD WCB legislation), was recently featured on a podcast by Operation Happy Nurse and Don’t Clock Out: "The Self Care Unit: Trauma and PTSD Legislation with Heather Murray", dated March 26.

Save the date

Edmonton, AB

October 23/24 Pre-Conference Courses
TNCC/ENPC

NENA Conference 2024

October 25/26 NENA Conference