



Greater KC ENA Newsletter

April 2009

Message from the president:

“**Soar – Aspire to New Heights**” was the theme for the 2009 National Leadership Conference held in Reno March 4-8. Leadership conference is for any nurse wanting to enhance your emergency management / leadership knowledge & skills. The State & Chapter Leaders Conference began with a national board meeting open to all ENA members followed by a state and chapter leaders networking reception in the evening. Day 2 opened with a networking breakfast among national board, national officers, and around 200 leaders from all over the US. (*Missouri liaison is Sherri-Lynne Almeida our National ENA Secretary/Treasurer*).

The ENA had 36,452 members the end of January ‘09 with a goal to have 40,000 by our **40th year of ENA (2010)**! Our national ENA leaders & representatives spoke on topics such as budget, the economy and how it is effecting our \$16 million dollar ENA organization, how we might better manage our general assembly, liaison relationships with other organizations, the 3 year strategic plan and how we can best provide safe practice & safe care to our patients, staff, and visitors. Ideas on how local & state groups may want to organize and plan for the future, how to encourage people to participate, run for offices, & vote in our elections (Only 10% of members voted in last national election.), award recognition, recognition opportunities, membership recruitment & retention, just to name a few topics which filled our day. A town hall meeting, where anyone can come and ask the members of the national board questions, ended the afternoon.

A “Welcome to Reno,” Stryker sponsored, dance opened the actual leadership conference. There were over 60 education sessions on leadership and leadership issues & around 800 emergency leaders in attendance. (Outlines for the lectures are on the ENA website for 1 month after the convention.) The ENA foundation sponsored a “comedy night,” the exhibit hall had sponsors sharing information on products and services, many networking and entertaining opportunities in addition to the learning and educational sessions were available to those in attendance. The conference was in Reno – at a casino...

I hope I have given you a sense of the fun, networking and learning opportunities at a national convention? **The Combined Clinical Conference in Tat-Tar-A will be August 11-14** and many speakers from national will be at this local conference including national ENA president, Bill Briggs! **The National Scientific Assembly will be in Baltimore Maryland this October**. For more information check out the ENA websites at www.ena.org & www.missouri.ena.org.



Annual Spring Training: ENA Annual Spring Training was held at Liberty Hospital on Friday the 13th with 30 nurses attending. **Pauline Giarratana** took advantage of the \$40 savings to join ENA & attend spring training, **Susan Rudell** from Cass Regional Medical Center won the free ENA membership, and **Charlie Pointer** from St. Luke’s North won the drawing for a free CEN review. **Dr Lee Robinson** presented interesting emergency case studies, **Jan Busby** discussed injury prevention and the ED nurse role, **Mike Curry** talked on managing DT’s in the ED, **Connie Brogan** spoke on evidence collection & preservation, **Rick Richardson** on SBIRT, Arley Hoskin from Nursing News shared tips to connect with the media, and **Carol Walker** ended the day with a humorous yet serious demonstration of patient education. **Adam Cowley from Stryker & Denise Sieben from Merck** helped sponsor the event with lunch, refreshments and educational information. ENA had an exhibit with information on the ENA membership survey, scholarship information, & upcoming local, state, & national opportunities to recognize outstanding nurses.

BE SURE TO VOTE IN MAY! This year the membership committee created posters for those running for national office and provided time each evening for ENA members to meet and speak with the candidates. There was a candidate forum on Saturday where the candidates were asked questions and that will be posted on the web site for members to help them make an informed decision on whom to vote for. **Candidates for national office are not allowed to “campaign.”** (*ENA believes that the candidates for ENA national office must have equal opportunity to access the entire membership. In order to maintain a professional atmosphere and in fairness to all candidates, as well as to prevent divisiveness during the campaigning process, ENA believes that all activities other than those sanctioned by the National organization be limited to the spoken word.*)

STAT

STRENGTHEN, TRANSFORM, AND TRANSCEND
2009 ENA Annual Conference

BALTIMORE, MD | GENERAL ASSEMBLY: OCTOBER 7-8 | SCIENTIFIC ASSEMBLY: OCTOBER 8-10

Upcoming Meetings



2009 ENA Chapter Meetings (SIG Managers Meeting immediately following)

Date	Location	Time
JUNE 10, 2009 - Wednesday	Liberty	11 AM to 12:30 PM
AUG 5, 2009 - Wednesday	St. Luke's East - 4 th floor conference room	11 AM to 12:30 PM
OCT 14, 2009 - Wednesday	North Kansas City - Skyview Room	5 PM to 8 PM
DEC 9, 2009 - Wednesday	Christmas Party at Chappell's NKC	4 PM to 6 PM

2009 State Meetings - Osage Beach

Date	Location	Time
May 16	Lake Regional	10:30am
August 13	Tan-Tar-A	4pm
Nov 6 - Strategic Planning	Lake Regional	10:30am
Nov 7	Lake Regional	10:30am

Combined Clinical Conference

August 11-14, 2009 at Lake of the Ozarks
Tan-Tar-A Resort

Emergency Nurse's Week

October 11-17 (Oct. 14th - Em. Nurse's Day)

CEN Review Course

Sept 29-30, 2009 at NKC

2009 - BALTIMORE, MARYLAND

Baltimore Convention Center

- ◆ General Assembly October 7-8
- ◆ Scientific Assembly October 8-10

Check it out!!! Our chapter website has gotten so large **Gordon Rodgers** added an index at the top of the page for easier navigation. Newsletters, Spring Training Brochures, Minutes from our meetings, etc... are on the site. **Thank you Gordon!** www.missourierna.org

Be Kind to Yourself!! We cannot be the patient advocates we are supposed to be and neglect ourselves. Nursing is a demanding job physically and mentally- one of the many reasons we continue to have job security... Nurses are care givers but we often forget to take care of ourselves. When a plane is in danger you are instructed to put **your** oxygen mask on first before you attempt to help anyone else.... We have to take care of ourselves first to best care for others!!!

Tips to reduce stress:

- ✚ Figure out what helps you relax - Nurses in general (& women in particular) are trained to look after and care for everyone but themselves & may not know how to relax.... We often have no personal hobbies and at the end of a day collapse in front of the TV exhausted. Turn off the TV & think about what makes you happy/relaxed/calm....
- ✚ Recognize that stress is a killer and take it seriously
- ✚ Take real breaks from work - Studies show that small breaks actually increase our efficiency - you really can "afford to take a break".
- ✚ Team work and a positive work environment - supporting each other - FUN & laughter at work!
- ✚ Laughter is the best medicine - Smile, take a deep breath and think of a time you felt really good and laughed - at home or at work.....
- ✚ Be your own best friend - Take care of yourself....
- ✚ Think positive & surround yourself with positive people!
- ✚ Increase your water intake - decrease caffeine (caffeine causes a physiological stress response)
- ✚ Eat a good breakfast - Smoothies, yogurt, fruit, juice, and a blender.... Eat a diet of real foods and not just fast foods and junk foods
- ✚ Get 7-8 hours of sleep
- ✚ Exercise is a great stress reducer - Swimming, cycling, jogging, skiing, aerobic dancing, walking, karate, boxing, etc....
- ✚ Take deep breaths and change on-going negative talk to positive talk.
- ✚ Eliminate or reduce bad habits such as smoking or overindulging in alcohol.
- ✚ Call a friend, listen to some relaxing music, go skating, take the dog for a walk, start that "novel", go horse back riding; Try knitting, yoga, get a massage, go for a walk, have a "Me day", get a free makeover at the department store, get a pedicure, take a nap, light candles, buy fresh flowers, get a new shade of lipstick, treat yourself to a natural body or facial scrub, take a scented bubble bath.
- ✚ **What ever works for you... Just do it!**