



Dallas County ENA 1st Q Newsletter 2023

President's Welcome

By Christine Russe – 2023 DCENA President

Welcome 2023! As we enter 2023, I wanted to thank all of our members for your support in 2022. We started off the year with our first chapter meeting of 2023 in January. Fisher & Paykel Healthcare treated Dallas County ENA members to a plentiful and delicious Italian dinner at Maggiano's Little Italy for members who attended in person. The evening consisted of a hybrid CE offering *Update on Nasal High Flow Use in the Emergency Department*, followed by a chapter business meeting. During the business meeting, it was announced that special elections for 2023 DCENA President-elect will be held at the May chapter meeting. The March meeting included an educational presentation *Management of Hyperkalemia in the Hospital Setting*. The meeting was sponsored by AstraZeneca, who provided a delicious dinner. Next chapter meeting is May 9th at Texas Health Plano – Sunflower Room, MOB 1.

**2023 DCENA
Chapter
Meetings
Dates:**

January 10

March 14

May 9

(Special Election:
2023 President- elect)

July 13

September 12

(2024 Officer
Elections)

November 9

Location:
Texas Health Plano
Sunflower Room –



Pictured: DCENA January Chapter Meeting attendees

Dallas County ENA Member Shares the Texas ENA DEI Committee's Journey at ENA Leadership Orientation

By Christine Russe MSN, RN, CEN, CPEN, TCRN, FAEN

ENA held its annual Leadership Orientation 2023 in January in sunny Scottsdale, Arizona. Among the many informative educational sessions was a breathtaking session describing Texas ENA's journey in the creation and establishment of the Diversity, Equity, and Inclusion (DEI) Committee. Dallas County ENA's very own Courtney Edwards DNP, MPH, RN, CCRN, CEN, TCRN, NEA-BC, Texas ENA DEI Committee Chair, captivated leaders at the general session as she shared her passionate story.

The session titled 'Developing a State ENA DEI Committee to Advance Emergency Nursing' told the journey of Texas ENA DEI Committee, from its inception through the committee's first year and the impact it has made. Courtney described why every state should embrace and establish their own state DEI Committee. This riveting session was extremely well received and praised by the national ENA DEI Committee, as well as others.

On several occasions Courtney has spoken at Dallas County ENA meetings about DEI efforts and awareness. Thank you to Courtney for taking the lead and bringing DEI awareness to DCENA, Texas ENA and ENA leaders.



Pictured: (Courtney Edwards DNP, MPH, RN, CCRN, CEN, TCRN, NEA-BC)

Battling Compassion Fatigue in the Emergency Nurse

By Jim Sullivan MSN, RN, CEN

The demands of the healthcare system, secondary trauma, time constraints, lack of social support, high expectations, and external factors, such as global pandemic, can cause severe stress in the emergency nurse resulting in compassion fatigue (Emergency Nurse Association, 2012). Stressors in home life, work related stressors, and little to no support from family or friends, leads us, the emergency nurse, vulnerable to compassion fatigue. Psychology Today (2019), defines compassion fatigue as being present in people whose professions lead to prolonged exposure to other peoples trauma making them vulnerable to compassion fatigue, also known as secondary or vicarious trauma; they can experience acute symptoms that put their physical and mental health at risk, making them wary of giving and caring.

Conn and O'Neill (2021) state there are five types of compassion fatigue. These include physical, psychological, emotional, behavioral, and work-related compassion fatigue. It is easy to see how emergency nurses can experience more than one of these at any given time. Emergency nurses work in a very emotional atmosphere. Our jobs are physically demanding and with some of the things we deal with psychological fatigue is inevitable.

Type of Compassion Fatigue	Signs and Symptoms
Physical	Compromised immunity, somatization, headache, stomachache, sleep disturbance, fatigue, loss of attention span, forgetfulness
Psychological	Intrusive imagery, depersonalization, negative self-image, depression, fractured world view, heightened anxiety, irrational fears, loss of hope, lack of joy from daily activities
Emotional	Resentment, inappropriate anger and irritability, emotional exhaustion
Behavioral	Increased alcohol intake (and other drugs), strained personal relationships, avoidance, engagement in dangerous activities
Work-Related	Difficulty separating personal and professional life, impaired clinical decision making, compromised patient care, avoidance of patients, diminished

	enjoyment/career satisfaction, absenteeism, attrition
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Compassion fatigue can affect many aspects of our lives. Interventions that can be utilized to decrease compassion fatigue are paying attention to needs for safe working, staying hydrated, eating at regular intervals, and regular breaks for yourself and peers. Additionally, using calming strategies for high stress levels. This can include meditation, yoga, praying, or just sitting quietly away from distractions. Another way to help with compassion fatigue is to find a colleague, friend, or family member to talk to about what you're experiencing. Talking about emotions or issues helps to keep us from getting so fatigued that we can function. So, I challenge you, the next time you are feeling any symptom of compassion fatigue, take a second, stop, clear your mind of distraction (or use any of the other strategies) and remind yourself that you're human and you got this!

References:

Conn, K. and O'Neill, J. (2021). *Self-Care for Nurses*.

NurseJournal.org. Obtained from: <https://nursejournal.org/resources/self-care-for-nurses/> Emergency Nurse Association (2016). *Compassion Fatigue*

Topic Brief Obtained from: ENA.org/CompassionFatigue

Psychology Today (2023). Compassion Fatigue. Obtained from:

<https://www.psychologytoday.com/us/basics/compassion-fatigue>

DCENA Special Election – May 9th

- DCENA 2023
 - Office: President-elect
- Criteria:
 - Must be present in person to run
 - Must have attended at least two (2) DCENA chapter meetings in the past rolling 12 months
 - Must be a current DCENA member
 - Must be present in person or virtual to vote
 - Must be a Dallas County ENA member





THANK YOU EMERGENCY NURSES

Dallas County ENA Chapter Meeting

***** DCENA Special Election*****

*****Position: 2023 DCENA President-Elect*****

Tuesday, May 9, 2023

7:00 PM-9:00 PM

EDUCATIONAL SESSION STARTS AT 7:00 PM FOLLOWED BY A BUSINESS MEETING

Scheduled Educational Offering:

Pending

In Person Location:

Texas Health Presbyterian Hospital Plano - MOB 1

Sunflower Room (Ground level of MOB 1)

6200 West Parker Road

Plano, Texas 75093

Dinner provided by: City Ambulance Service

*(*Headcount needed for in-person dinner*)*

Please RSVP by May 5th to attend in-person and dinner at dallascountyena@gmail.com

or join us virtually via zoom

<https://us02web.zoom.us/j/88222705030?pwd=MzFNdzlsRDdFNEI2RU1yOWxSUVFYQT09>

Meeting ID: 882 2270 5030

Passcode: 916850



Texas Emergency Nurses Association Presents

BREAKING WAVES

Pediatric Emergency Mental Health

Friday, April 14, 2023

12:30 pm - 5:30 pm

Holiday Inn Beach Resort, South Padre Island, TX

Conference Objectives

1. Discuss understanding a victim's perception of normal and how it affects your interactions with them.
2. Discuss trauma informed care as it relates to the pediatric patient.
3. Discuss how personal experience of trauma as a child has translated to professional practice.
4. Discuss, from the perspective of a SANE and crisis team member at a Children's Hospital, the impact of childhood experiences and mental health.
5. Discuss suicide screening in the pediatric population including tools and resources.
6. Describe their experiences including what they learned in the process, what they wish healthcare professional knew and how to impact the child and family.

LIVE OR JOIN US  VIRTUALLY

TARGET AUDIENCE

- RN
- APRN
- LVN
- PA
- LCSW Counselors
- Psychologists
- MD
- DO
- EMS
- SW
- LPC
- LMFT



Registration Link

This activity provides 4.5 CNE/CME

HCA Gulf Coast Continuing Nursing Education is approved as a provider of nursing continuing professional development by Louisiana State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. LSNA Provider No. 4002077.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Texas Rio Grande Valley School of Medicine (UTRGV SOM) and Texas Emergency Nurses Association. UTRGV SOM is accredited by the ACCME to provide continuing medical education for physicians. UTRGV SOM designates this live activity for a maximum of 4.5 AMA PRA Category 1 Credits™

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ENA
Texas State Council
www.txena.org

2023 DCENA Board of Directors

President: Christine Russe
President-elect: Vacant
Treasurer: Shayna Stevens
Secretary: Kristi Bonny
Immediate Past President: Christine Russe

2023 DCENA Committee Chair

Bylaws: Christine Russe
Professional Education: Christine Russe
Membership: Cindy Allison
Pediatrics/ENPC: Jim Sullivan
Trauma/TNCC: Jim Sullivan
Nursing Practice: Vacant
Government Affairs: Christine Russe
Fundraising: Bre Ward
Injury Prevention: Vacant
Media: Bre Ward

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