

LOUISIANA LIFESAVERS

Volume 2011, Issue 1

June 2011

Member Highlights



Alicia Dean RN, MSN, APRN, CNS
LCENA President Elect

Alicia currently is employed by the Interim LSU Public Hospital as a Clinical Nurse Specialist for Emergency, Trauma, and Critical Care. She has been a Registered Nurse for 29 years, an APRN for the last 20 of those, proudly holding a Master's in Trauma from UAB. Alicia has spent most of her career in the Emergency Department or ICU as staff nurse, orientation nurse, critical care educator, or CNS. A long time member of ENA, she has served as a leader and Board member and has been instrumental in ensuring that quality trauma education is provided for nurses in the state.

Alicia says, "I think it is vital to be a member of your professional organization, even if you are not in a position to be very active." She continues to be an active member of ENA so that she can assist with/teach/be plugged in to those things that are important to the emergency nurses.

ENA recently announced that Alicia has been selected to serve as the on-site liaison for the 2012 ENA Leadership Conference to be held in New Orleans, February.

From the President's Desk

Dear Louisiana ENA members:

Now that spring is here I feel myself becoming more familiar with my role as your State President and thank you for this opportunity.

Early this year we were awarded the State Achievement Award. We are one of the few states that have that bragging right. This is significant in that it is awarded on the basis of our state council's involvement in many areas throughout the year. In December an in-depth application form is submitted that includes documentation such as letters, articles, and photos. Each year we see a state-wide effort to collect, save, and submit this information spear-headed by Dawn McKeown. Also, I have to say thank you to my mentor Deb Spann who keeps motivating us to gain more, seek more, and achieve more as a council.

One requirement of the President's position is to decide on a platform. My commitment is to build upon the networking efforts for our ED Nurse Managers with a focus on supporting our rural colleagues that was begun last year by your President John Armand. Another piece of my platform is to continue our work against Violence in the Workplace.

Our work place is a prime environment for stress, impatience, and communications challenges which can cause violence. I encourage you to participate in the "SAVED" project. This is the Stop Acts of Violence in our Emergency Departments project that was initiated last year. Useful tools from this project that you can implement immediately are: Protect first, Document Truthfully, Report Professionally, and Believe in Yourself. Our jobs are hard and sometimes lacking in rewards, but we are very much needed and respected as a group. Violence should never be an expected and/or allowed aspect of our job.

This year you will have many opportunities to work with your professional organization, beginning with our State Conference in New Orleans on August 12, 2011. We are calling for applications now for your Board of Directors. Another opportunity exists for you with our call for delegates for the General Assembly in Tampa. In February of 2012 the National Leadership Conference will be in New Orleans. We hope you will make every effort to attend this event. You should consider joining us to meet and greet our visitors. Any one or all of these events will provide a great opportunity to grow professionally, while enjoying the company of extraordinary people.

If there is anything that I can do to help you get the full benefit of your membership, don't hesitate to contact me.

Tammy McLeMore

LCENA President 2011

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“Crashes Aren’t Accidents” An Injury Prevention Program

Motor vehicle collisions (MVCs) are the number one killer in the state of Louisiana and one of the leading causes of traumatic injuries at Our Lady of the Lake Regional Medical Center (OLOLRMC) in Baton Rouge (Injury prevention &,”). A MVC occurs every three minutes in Louisiana and fifty percent of those collisions involve impaired drivers. In 2009, OLOLRMC treated 576 trauma patients from injuries sustained in a MVC. Twenty-five percent (25%) of OLOLRMC traumas related to MVCs were between the ages of 16-24 years old and almost 50% of them were intoxicated with alcohol and/or other illegal substances. The Emergency Care Unit and the Trauma Specialist Program have developed a program aimed at reducing these statistics.

“Crashes Aren’t Accidents” is an injury prevention program adapted from resources of the Emergency Nurses Association Institute for Quality, Safety and Injury Prevention (IQSIP). The program targets impaired or distracted teen drivers. Three factors associated with MVCs and teen drivers include alcohol, improper seatbelt use and distracted driving (“Choices for living,”). Examples of distracting driving includes: aggression, texting, and eating. The program stresses that all MVCs are preventable and empowers teens to make safe driving choices. Nurse involved in trauma care seek to combine education, safety and injury prevention into their everyday practice and share these skills with the communities served by OLOLRMC.

OLOLRMC nurses throughout the hospital were invited to train as volunteers for the program. These nurses provide direct care to trauma patients and their families, and the program grants them the opportunity to make an impact on their patient population. The nurses use their volunteer hours for OLOLRMC’s Clinical Advancement Program (CAP). The project’s goal is to reach as many teens as possible throughout East Baton Rouge and surrounding parishes. This is a nurse driven educational program based on the experiences and personal lives of bedside nurses. The program is sponsored and funded by the OLOLRMC Children’s Hospital.

The “Crashes Aren’t Accidents” program includes education on statistics of MVCs, bodily effects of elevated blood alcohol content (BAC), legal consequences of alcohol and mechanisms of injury in MVCs. Real-life stories are shared with graphic details and pictures. The teens participate in a hands-on activity during a “Drunk goggle” obstacle course. Participants wear “Drunk goggles” to simulate BACs ranging from 0.02 (legal limit for underage drivers) to 0.15. Teens experience the challenges of navigating a “vehicle” while impaired and face several distractions during the activity. Blaring popular music, their friends laughing and catching balls are just a few distractions included in the course. Additionally, a traffic stop is conducted and the teens are engaged in a drunk driver physical screening test. While entertaining, the activity demonstrates how alcohol impairs vision, reflexes and coordination. The nurses discuss strategies to avoid the poor choices of driving while impaired or riding with an impaired driver. Real-life stories about injuries sustained by local citizens not wearing seatbelts are also discussed.

The program ends with a powerful video of a coroner describing in detail the notification steps to a parent stating their child died as a result of drinking and driving. The program also emphasizes the results of distracted driving especially texting and driving. A short video from AT&T is used to stress the rising problem of texting and driving and the toll it takes on family and friends. Tips to avoid distracted driving and local resources: taxi companies, websites and organizations are also discussed. Motor vehicle collisions carry a tremendous toll on the lives of teenagers, their families and the local community. This outreach allows OLOLRMC nurses the ability to be advocates for safe driving practices among young drivers.

If one student decides to wear his/her seatbelt, call a friend if they have been drinking, or answers their text message when they have reached their destination then one MVC was potentially avoided. One MVC avoided and a teen life saved is a success and makes the “Crashes Aren’t Accidents” injury prevention program priceless.

Remember:

“It only takes **one**...

One hour to drink,

one minute to drive,

one second to kill,

one lifetime to forget (“Choices for living.”)”



References

Choices for living: a youth driving safety program. (n.d.). Retrieved from [http://www.ena.org/IQSIP/Injury %20Prevention/IP Programs/Choices/Pages/Degault.aspx](http://www.ena.org/IQSIP/Injury%20Prevention/IP%20Programs/Choices/Pages/Degault.aspx)

Injury prevention & Control: data and statistics (wisqars). (n.d.) Retrieved from <http://www.cdc.gov/injury/wisqars/index.html>

For more information contact Katie Sheets, RN, BSN, CCRN- OLOLRMC Trauma program: 225-765-6649



“Crashes Aren’t Accidents” presented to Baton Rouge area high school by Katie Sheets.

2011 State Conference

For more information or to register on line: www.louisianaena.com.

Be sure to order your specially designed T-shirt on-line and make plans to attend the Thursday evening pre-conference social event.

2011 Vendors and Sponsors

- Abbott Point of Care (i-STAT)
- Acadian On Call
- Apex Innovations
- Astra-Zeneca (Symbicort)
- BSN Medical
- CMR
- EKR Therapeutics
- East Jefferson General Hospital
- Gebauer (Pain Ease)
- Genentech
- Hill-Rom
- Louisiana Emergency Response Network
- Louisiana Organ Procurement Association
- Masimo
- Medical Specialties (EZ-IO)
- Medtronic (Physio-Control)
- Ortho-McNeil
- Stryker

Louisiana ENA Education Conference
C/O Leslie J. Batson
1404 Francis Avenue
Metairie, LA 70003

**Louisiana Council
Emergency Nurses
Association**

2011 ENA Education Conference
Friday, August 12, 2011
Chateau Bourbon Wyndham Hotel
New Orleans, Louisiana

State Council Awards will be presented at the Conference. You will find the nomination form in this issue of Lifesavers.

Each year we honor those that make a difference in Emergency Nursing, but we only know if you tell us. So, it is your turn to make sure that those deserving are acknowledged. Get those forms filled out and turned in!

2011 BOARD OF DIRECTOR'S APPLICATION

LCENA is looking for emergency nurses to represent our membership as a member of the Board of Directors. A number of 2-year Board terms are available in 2011. The next several years promise to be exciting for the Emergency Nurses Association as this organization continues to have a positive influence and make a significant impact on emergency nurses in our state. As a Director, you have an opportunity to be a part of this important effort. Each incoming Board member will be mentored in the position and encouraged to participate with established committees.

NAME _____ ENA # _____

ADDRESS _____

PHONE (____) _____ WORK (____) _____

FAX () _____ ENA MEMBER: # of years? _____

CERTIFICATIONS:

CEN____ TNCC(P)____(I)____ ENPC(P)____ ENPC(I)____ CATN____ CPEN____ CFRN____ FAEN____

OTHER: _____

PARTICIPATION (in any of the following activities related to emergency nursing during the past year):

LECTURER/TEACHING: _____

PUBLICATIONS/ARTICLES: _____

PROJECTS: (public/community education events, fund raising, etc) _____

ARE YOU ABLE TO ATTEND QUARTERLY MEETINGS? (Held in various cities within the state) **YES** **NO**

******Please attach brief statement of intent and goals to this application.***

Email completed application to: TraumaRN2@gmail.com by July 31, 2011

(Or mail to: Dawn McKeown, RN, PO Box 5067, Bossier City, LA 71171-5067)

2011 AWARD/SCHOLARSHIP APPLICATION

Circle name of award or scholarship for which you are nominating the individual:

Mae Webb Excellence in Emergency Nursing Practice Award

Lifetime Achievement Award

Nurse Manager Award

Injury Prevention Advocate Award

Emergency Nurse Educator Award

Leadership Award

Keith Richard Emergency Nurse Advance Practice Scholarship

Tim Butcher Educational Scholarship

About the Nominee:

Name _____

Address _____

City/Zip _____

Home Phone _____ Work Phone _____

Place of Employment _____

Accomplishments related to award (attach additional sheet if necessary) _____

Years in ENA _____ Years in Emergency Nursing _____

Please circle all certifications that apply:

TNCC-P TNCC-I ENPC-P ENPC-I CEN CFRN CTRN ENCARE CPEN

Other (please list) _____

Research in emergency nursing: _____

Published (please list any articles/journals/etc) _____

Reason for nominating this person for this award or scholarship: (attach additional documentation pages if necessary)

Deadline for nominations is July 31, 2011. (Applications may also be downloaded from the website at www.louisianaena.com.) Email to Trish Erwin at perwin@cmredis.com or mail to 209 Rhett Rd, Pineville, LA 71360.

“The VALUE of Your Membership”

“It’s too expensive,” is the response that I sometimes hear when I ask the question, “Are you and ENA member?” Let’s examine that a little more closely. As of April 2011 the dues for one year membership are \$100.00, or \$8.33/month, or \$1.92/week, or \$0.27/day. That does not seem to be very expensive for a membership in an organization that is recognized as the authority in emergency care, and that is setting the standards for emergency nursing. To put it more into perspective, that’s a monthly purchase (with some change left) of a Venti give me what ‘cha got latte at your local coffee shop; or one large burger with the works from your favorite royal fast food joint; or a large pizza with extra toppings. I could go on, but I hope that by now you are getting the idea.

On the other hand, let me tell you what you get with your one year membership:

- Automatic membership in the Louisiana State Council
 - Reduced pricing for all ENA conferences
 - Discount on ENA products (10 - 25%)
 - Preferred pricing on all certification exams CEN-CPEN-CFRN-CTRN
- Annual opportunities to network with your peers, participate in quality educational offerings and explore all the latest in technology at LEADERSHIP or SCIENTIFIC Conferences
- Have easy access to resources to help resolve issues in your Emergency Department
- Grants and Scholarships to help you further your education or attend the conferences
 - A subscription to the *Journal of Emergency Nursing* (JEN) (Value of \$89.00)
 - ENA Connections Newsletter (value of \$50.00)
 - Document Sharing, List-servs, Special Interest Groups, and the Career Center
- Discounts with Dell, Medcom Trainex, Bank of America, Real Estate Advantage, and NSO, and Monster Hotjobs, etc.
- An opportunity to stand strong with over 39,000 other emergency nurses to set the standards for emergency care everywhere.
- The **BEST** networking system of any professional organization -- where you will find colleagues who share your enthusiasm and interests.

These are but a few of the benefits of membership in ENA. If you are already a member, we hope you are enjoying these great benefits, and suggest that you consider sharing this newsletter with someone that could benefit. If you are not yet a member, and think that the cost is too high – try this. Set aside a jar and each time you come home put the change from your pockets or purse into that jar. You will be surprised at how quickly you can save the membership fee and start enjoying the benefits listed above. If you need more information or would like to meet and discuss other membership related issues contact me at:

Dawn McKeown – traumaRN2@bellsouth.net



LCENA Board Members accept the 2010 State Council Achievement Award from ENA President Ann Marie Papa at the 2011 National Leadership Conference held in Portland, Oregon. Members pictured are: Tammy McLemore, Deborah Spann, Karen Silady and Dawn McKeown.

The State Achievement Award is given to a select group of State Councils each year. These state councils not only have to provide service in imaginative ways and to demonstrate exceptional dedication to their members, but also document these efforts and submit by the end of the year. Data is being collected at this time to be used for the 2011 award. Please contact Dawn McKeown or Deb Spann if you are interested in learning more about this project and/or if you have material or supporting documents that might be used to illustrate special projects that are going on to support emergency nurses and emergency healthcare in your region.

LEGISLATIVE UPDATE

As this legislative session ends I would like to issue a call to action for emergency nurses in Louisiana. If you are concerned about the threat of violence in your emergency department join our efforts with the **SAVED** project. For more information about this project contact: deb.spann@gmail.com.

Our 2011 Legislative session saw passage of a new law (Act 314) that will require more comprehensive evaluation and protection of student athletes that have a head injury. This provides a perfect opportunity for our injury prevention specialists to educate the public, teachers, coaches and ourselves. If you are interested in more information and resources to support your efforts -- contact Rose Johnson, the LCENA Injury Prevention Chair person at roselawrence@hotmail.com.



More LCENA award winners (2010)

Seen here are Amber Allen Bowling, winner of the Nursing Practice Award and Diane Evans, recipient of the Leadership Award. Also shown in this picture is Mary Dupuis, a long time LCENA member and emergency nurse leader.

******The Louisiana Educational Conference is scheduled for August 12, 2011. Be sure to nominate your outstanding emergency nurse for recognition. More information can be obtained from Trish Erwin, Awards Chair, at erwinp@bellsouth.net.*

Win a 2011 ENA Scientific Conference Registration

The LCENA member seeking to attend this conference in Tampa, Fl, September 21 – 25, 2011 should submit a 2 page, double spaced essay describing how they will contribute to their professional organization in the coming year and what they hope to gain by attending the conference. Name, address, ENA member number should be included.

Deadline: July 31, 2011

Winner will be notified August 1st in order to meet the early registration deadline.

Entries should be submitted to Deborah Spann @ deb.spann@gmail.com

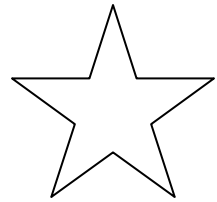
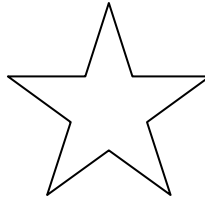
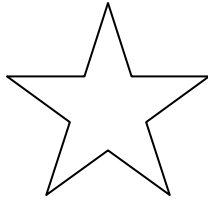
Budget Report

Checking Balance \$20,234.83
Savings Balance \$10,718.66
CD \$21,181.92

Membership Report

478 members

(As of June 15, 2011)



2011 Officers & Directors

President: **Tammy McLemore**
President Elect: **Alicia Dean**
Secretary: **Tilly Richard Gard**
Treasurer: **Leslie Batson**
Past President: **John Armand**

Directors:

Patricia "Trish" Erwin
Dawn McKeown
Deborah Spann
Rose Johnson
Pam Pourciau
Brenda Brown
Janice Dreher
Layne Mistretta
Tina Dauzat
Shawn Lacombe
Linda Littleton
Karen Silady

2011 Committee Chairs

Injury Prevention:
Rose Johnson

Pediatrics:
Janice Dreher/Tina Dauzat

Legislative: **Deb Spann**

Awards: **Trish Erwin**

Membership/Trauma:
Dawn McKeown

Education: **Karen Silady**



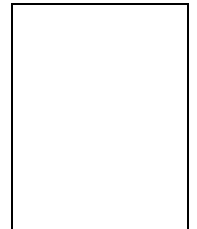
Newsletter Submissions

Louisiana Lifesavers is the newsletter of the membership of the Louisiana ENA. All members are encouraged to submit articles, facility information, news, etc for submission. Forward all news items to deb.spann@gmail.com.

Be sure to catch up with other leaders from Louisiana when you get to Tampa. One of the highlights of the conferences is a night out on the town with our friends from home and across the nation. Don't miss this fascinating opportunity to network and have a little extra – special fun. If you are interested contact: deb.spann@gmail.com for details.

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Louisiana Council of the ENA
853 Ridgeview Drive
Pineville, Louisiana 71360



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