

# TEXAS ENA NEWSLETTER

4TH QUARTER 2021



## Message from your President

Dear Texas ENA Members,

As we close out the 2021 year, I just want to say again how much I have enjoyed serving as President of this amazing organization. We are truly doing great things for Emergency Nurses throughout Texas. Just a quick year in review. Our Bylaws, Policies, and Procedure committee has created and submitted many new policies to the Board for approval as well as 2 bylaw amendments. Texas was represented by more than 60 delegate who virtually attended ENA's General Assembly. On a national ENA level, Texas ENA received the State Achievement Award as well as the very first Cornerstone Award given by the Foundation; and we had 5 individuals who also received awards. Eight more people will be honored by Texas ENA at the Gala in January (Save the Date! January 14<sup>th</sup>). Texas ENA awarded over \$50,000 in scholarships this year! Wow! The rest of our Committees all were very busy throughout the year as well. I am so very grateful to all who put in their time and dedication to our committee work. Our Chapters also did some strong work this year. Many of the chapters held educational events throughout the year including Houston, San Antonio, West Texas and Tarrant County. North Texas ENA used some of their funding to create a Recharge Room at Graham Regional Hospital, which is one of their more rural hospital in the chapter. See pics below and reach out to the North Texas gang if you want more information. Many chapters have helped to administer COVID vaccines

## Hear from Texas ENA Chapters:

Coastal Bend

Tarrant County

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## Hear from Texas ENA Committees:

Historian

Scholarship

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## Hear from Texas ENA Leaders:

2021 President Crissie Richardson

2022 President Yvonne Mosley

2021 Parliamentarian Kris Powell

2021 Treasurer Shawntay Harris

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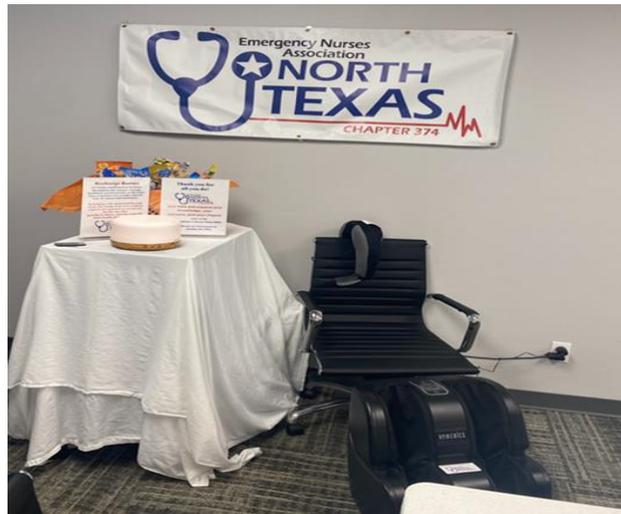
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throughout the year while others have helped with injury prevention education. I could go on and on. I do hope that you will join us for our 2022 first quarter meetings in San Angelo. Yvonne Moseley is going to do great things as your 2022 Texas ENA President. Let's make sure that she has all the support we can give her.

I know 2021 was tough, and we all may be really tired, but we've made it through still standing! Emergency Nurses are definitely the strongest group of people that I know. Thank you all for all that you do every day. I am honored to call you all colleagues and more importantly friends. Please don't ever hesitate to reach out at any time.

Texas ENA ROCKS!

Crissie



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## Message from your incoming 2022 President

### Chapter News

2022 and the Texas Leadership and 1<sup>st</sup> Quarter General Assembly Meeting is quickly approaching.

Congratulations to all the newly elected Chapter Officers.

What better way to start the New Year than by attending Texas State Council events January 13-15! Plans are for a hybrid event with both in-person and zoom options.

In order to facilitate Chapter participation, Leadership will be Friday afternoon followed by a wonderful Dinner Gala. The Texas General Assembly will meet Saturday. Of course, you are also welcome to attend the Board meeting Thursday afternoon and Committee meetings Friday morning.

Attending Leadership is a great way to learn about deadlines, responsibilities and other “tidbits” to prepare you and your chapter for a successful year.

To support your attendance and to “give back”, Texas ENA will reimburse chapters for up to 2 nights hotel expenses in San Angelo. Please refer to our website: [www.txena.org](http://www.txena.org) for links to reservations, schedules, agendas etc.

Exciting and fun times await. You don't want to miss being a part of it! See you there!!

Yvonne Moseley

2022 Texas ENA President



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## True GRIT: Building Resilience during the COVID-19 pandemic

*Excerpts from True GRIT: Building Resilience in Nursing by Kristine Powell MSN APRN  
AGACNP-BC CEN NEA-BC FAEN*

There is no doubt that 2020 and 2021 have been a tough challenge. The environments we live and work in have dramatically changed and we have changed with them. As change occurs around us, it is sometimes difficult to cope because with change comes grief. We grieve for what we knew as the norm prior to COVID. We go through the grieving process we all learned about in school - shock, denial, negotiation, depression, and finally, recovery. There is good news though. As we continually adapt to all the changes occurring around us, we grow and develop and we realize that our comfort zone grows with us. We become more resilient. The theme for Emergency Nurses Week this past year was GRIT. We have all demonstrated GRIT in 2020 and 2021 and we will continue to adapt and change as the world continues to change.

Neuroscience literature has much to offer about how to promote resilience. We can promote neurochemicals of happiness (endorphins, dopamine, serotonin) by purposefully and proactively demonstrating certain behaviors. I have used the mnemonic G-R-I-T to teach this concept for the past several years. By demonstrating these behaviors consistently, you can help build GRIT in your self and in others.

G

Be **GENEROUS**. Remember that many people are struggling right now. Be generous with your kindness, patience, time, and attention. Be there for the people who need us including our patients, friends, and family.

R

**REFRAME** to a positive and growth-based mindset. Practice positive self-talk. Tell yourself that you will adapt and you will be stronger because you are learning new skills. Take pride in yourself and all that you have accomplished and learned.

I

Have **INSIGHT** to your personal needs and diligently practice self-care. Do this by getting rest, exercise, nutrition, hydration and finding joy, purpose, balance, and passion in your life. Make yourself a priority and take care of your self – mind, body, and spirit.

T

Be **THANKFUL**. Remind yourself everyday of those things you are thankful for. We have many things to be thankful for – our health, our family, our friends, our skills that help ease pain and suffering, and the opportunities to help others when they need us most.

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Start today and COMMIT to G-R-I-T. Practice these GRIT tips and hold yourself accountable. Be the role model and start teaching others how to build GRIT. Maybe we can make GRIT a pandemic.

## *References*

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<https://www.theladders.com/career-advice/this-is-how-to-become-mentally-strong-3-secrets-from-neuroscience> ; April 8, 2018

*Russo, Murrough, Han, Charney, & Nestler. (2012). Neurobiology of resilience. Nature Neuroscience, 15(11): 1475-84. doi:10.1038/nn.3234*

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**TEA WITH THE TREASURER**

**LEADERSHIP**

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The identifying traits of born leaders allow for comparison to determine if nurse leaders have the same skills. Born leaders are those with the capacity to manage and lead teams by inspiring others to follow their vision (Jensen, 2011). Leaders who give their full attention to the speaker and then respond thoughtfully are traits of born leaders. Gallup (2019) found that born leaders have the skills to be assertive to overcome barriers, demonstrate excellence in team building, create a just culture, and possess the innate ability to make decisions without biases to benefit the team.

In the competitive healthcare market, leadership is increasingly recognized as an influencer of organizational success (Keyser, 2019). The demand to develop is more than a behavior change. Leadership development encompasses the beginning and the end of whom the leader can become. The research supports that leadership development is essentially cultivating successful leaders (Geller, 2005).

Healthcare is experiencing rapid change and nursing leadership is essential to begin transforming the industry. There is a misconception about the lack of formal education on leadership for nurse leader development in most hospital institutions (Becker & Bish, 2017). Nursing education programs, both Baccalaureate and Masters, discuss leadership theory but not how to develop as a leader. The 2010 Institute of Medicine (IOM) Report, *Future of Nursing: Leading Change, Advancing Health* is the result of a collaboration between the IOM and the Robert Wood Johnson Foundation (RWJF) and the intent is to, “support efforts to improve the health of the U.S. population through the contributions nurses can make to the delivery of care” (IOM, 2010, p. 4). The report’s recommendations are focused on four key messages: 1) nurses should practice to the full extent of their education and training, 2) nurses should achieve higher levels of training through an improved education system that promotes seamless academic progression, 3) nurses should be full partners with physicians and other health professionals in redesigning health care in the United States, and 4) effective workforce planning and policy-making require better data collection and improved information infrastructure. Two of the key messages developed from the recommendations focused on nurse leadership: “expand opportunities for nurses to lead and diffuse collaborative improvement efforts”, and “prepare and enable nurses to lead change to advance health. Nurses, nurse training programs, and nursing professional associations should prepare the nursing workforce to assume leadership positions across all levels, while health care decision-makers (public, private, and governmental) should ensure that leadership positions are available to and filled by nurses” (IOM, 2010, p.14). The report emphasized the need for strong nursing leadership to improve patient safety outcomes and that it is now time for the nursing profession to enhance its leadership role in health care redesign (IOM, 2010).

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- Jensen, D. G. (2001). Not a natural born leader? *BioPharm*, 14(7), 52-54.
- Keyser, J. P. B. (2018). Evaluation of a Personal Growth Model for Leadership Development.



## Tarrant County Chapter

Tarrant County Chapter Emergency Nurses Association meets on the first Tuesday of the even months at 6pm. Our meetings are in person (when allowed) and virtually for those who want to join but can't come in person. During 2021 we have faced challenges due to COVID, but as true Emergency Room Nurses we didn't let that stop us. In June of 2021 we held our first annual Tarrant County Emergency Care Symposium in downtown Fort Worth and had a successful turn out of 20 people both in person and virtually. The symposium was open to nurses and paramedics and offered ceu's for both. We plan to continue this symposium in the future to help our members meet their educational goals.

Tarrant County also held several golf fundraisers to help provide for our chapter members as well. Barry Hudson organized multiple outings across the metroplex offering avid golfers' ways to win prizes while also supporting our front-line ER nurses. A huge thank you to Barry for all his hard work and to City Ambulance for sponsoring us!! This money will be used to fund TNCC/ENPC classes in 2022.

Tarrant County will also have the privilege of hosting the April 2022 Texas ENA General Assembly. Stay tuned for more information

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## **Coastal Bend ENA provides opportunity for nurses to restore connection**

Due to the ongoing stress of the Covid19 pandemic, Coastal Bend Chapter 274 decided that for 2021, the best way to honor ED nurses on Emergency Nurses Day would be to provide an opportunity for human connection, restoration, and relaxation, something that has been lacking in the lives of many. Due to both social distancing requirements in the hospital and community, and increased overtime hours, the social support that nurses provide each other has become more difficult to achieve. Dr Diane Solomon, in the article “Practicing the ABCDEs of Self-Care in Pandemic Times,” listed connection with others as one of the basic needs to staying emotionally healthy. ENA events are a great way for nurses and their loved ones to connect and relate to each other, fostering the needed human connection with those who understand the pressure of emergency nursing during a pandemic. Coastal Bend Chapter 274 remains committed to supporting our members and community as we continue through the journey of finding the “new normal” for all of us.



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## Words of Gratitude from EN21x Scholarship Recipients

From Carol Twombly:

As a retired nurse, the only ways I can keep current and knowledgeable regarding my practice and the issues affecting emergency nursing is to be an active member of the ENA and to partake in related continuing education activities. I found the diversity, quality and quantity of EN21 to be an outstanding venue to help me achieve my goals. The ENA's efforts to shift the conference to a virtual platform and extending the on-demand viewing through January 2022 will also ensure I am able to meet my goals while also obtaining all the education required to maintain my license. Thank You ENA!

From Steve Talbot:

I think that attending any National Conference provides for a great learning experience; however, the ENA Conference surpasses other conferences as this conference is specific to the Emergency Nurse. I do like live conferences; however, with the virtual events, the education remains open for several months. This is a wonderful feature to me, as I can do the education with my busy schedule.

EN21 did not disappoint when it comes to education, and included many different aspects, including management, clinical, and education. I especially enjoy the managerial modules, as this can help me grow as a leader within the ENA but also in my profession. I am looking forward to Kris Powell's talks on budgeting and finances in the Emergency Department. I think often as leaders we have difficulty with the financial aspects of being in leadership, and these will prove to be extremely beneficial. The clinical topics this year were outstanding. I enjoy listening to my colleagues, especially from my area or state, like Kevin MacFarlane, and Kelsea Heiman, share their knowledge on a national level.

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I look forward to continuing my learning and education with EN21 until January when I will no longer be able to access the content. I will submit for my CE's in late December or early January after I have done the education content that I am interested in performing  
Thank you very much,

Steven Talbot

From Amy Tucker

Dear ENA,

I was unable to attend most of the live virtual ENA conference because I was in classes Thursday and Friday for my DNP program at UT Austin. I was able to access some of the lectures on Wednesday and the morning coffee. This was my first ENA conference and I look forward to going in person one day soon. I have already started listening to recorded sessions. My favorite topic so far is under the on-demand section and is titled "Everything happens in threes: Black clouds, full moons, and Friday the 13<sup>th</sup>". The topic is interesting and accurate. The presenter is entertaining and did a great job with the overall presentation. I look forward to watching more sessions on ER leadership, best practices, and policies. I like the set-up of the virtual platform. It is easy to navigate and I like the design. I am excited that I will be able to go back and review everything since I was unable to attend most of the conference as it was going on.



## **It's Time to Celebrate!**

Cam Brandt  
2021 Awards and Honors chair

The last 2 years have been full of challenges, right? Texas ENA has continued on, including recognizing your peers at the state and national level. Guess what? It's time to celebrate those achievements!!

You are invited to the Texas ENA gala on January 14, 2022 at the Cactus Hotel in San Angelo, TX. We will celebrate our 2021 National award winners, our 2021 State award winners, and especially the ability to meet together.

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Are you wondering about the theme? While this is a chance to celebrate, it is also a chance to give back. With a “Mardi Gras” look and the “Mask-er-Aid” theme, we will be raising money for charity, including our TxENA Ansley’s Fund. In your cocktail or business attire and mardi gras-type masks encouraged, you will be able to “purchase” masks, “vote” for best masks and “borrow” costumes for a high-tech photo booth! All while enjoying local food favorites and beverages of your choice and listening to your favorite music.

Please watch for the invitation coming via e-mail. RSVP will be required by January 5, 2022.

See you soon!



## Historian Role Begins for Texas Emergency Nurses

Mary A. Leblond, MSN, RN, CEN, CA-SANE, CP-SANE, FAEN

Acknowledging the impact, the Texas Emergency Nurses Association (TxENA) has had and will continue to have on emergency nurses in Texas and the nation, President Crissie Richardson appointed a new position, the TxENA Historian. The Historian’s goals were to research the organization’s previous history, complete the 50<sup>th</sup> Anniversary event information and preserve the future legacy of the TxENA.

The Historian members held quarterly meetings during 2021 to define the role and expectations of this new position. They determined the goal and initial charge was not only completing the TxENA’s

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contribution to the ENA's 50<sup>th</sup> Anniversary event by creating a 'memory book' to acknowledge the contributions of TxENA's Past Presidents.

The group solicited information, antidotes and pictures from current members as well as relatives of past members. Sally Snow worked diligently to assemble the data and design the book. She was able to include information from the inception of the TxENA and our first president to our current president. The Presidents Book will be presented to each of the Past Presidents at the Gala in January 2022. If they are not able to be present, the books will be sent to them.

If anyone is interested in purchasing a copy of the Presidents Book, please contact the Historian, Mary Leblond to obtain further information.

In addition to compiling the Presidents Book, the Historian committee searched video archives and located the TxENA's 2020, 50<sup>th</sup> Anniversary Gala video. Upholding the tradition of acknowledging outstanding members of the TxENA at a Gala, for the first time the event was held virtually due to the Covid pandemic.

The Gala video can be viewed on <https://youtu.be/E7Vj8W0XWxs>

With the support of the Board and membership, this group developed the guidelines and mechanisms to ensure our legacy is saved by archiving photos and information regarding TxENA members and events.

If anyone has photographs, they would like to share, please send them to Mary Leblond at [littlemommanurse@aol.com](mailto:littlemommanurse@aol.com).

On behalf of the Texas ENA Board:

WE WISH EACH OF YOU A MERRY CHRISTMAS & A HAPPY NEW YEAR!

