

# TXENA

## NEWSLETTER

### CENTRAL TEXAS

The Central Texas Chapter of the Texas Emergency Nurses Association serves over 600 Emergency Nurses in 11 counties (Brown, Comanche, Mills, Hamilton, Bosque, Hill, Lampasas, Coryell, McLennan, Falls, and Bell)

Already this year, we have had 3 fantastic meetings. Our first meeting was with Representative Brad Buckley (Chair of the Public Education Committee) joining us at University of Mary Hardin-Baylor and presented his platform to our members. He then listened to our asks and seemed very supportive. In April due to inclement weather, we moved our meeting to virtual and Shawntay Harris presented on the Ins and Out of taking the CEN Exam. She presented tips to use in preparing for the CEN exam. Three CEN vouchers were donated by Eminent CPR at this event. Already 2 of the 3 have PASSED the CEN. In June Kristine Powell presented her talk True Grit in Waco.



Representative Brad Buckley  
with CTX ENA

### ENSTRONG!!

We've also had members of our chapter attend all three of the state ENA meetings. Members have also participated in Texas Nurses Association Day at the Capitol in Austin and ENA's Day on the Hill in Washington D.C. This year our chapter made a generous contribution to the ENStrong Campaign which supports nursing education through scholarships

### CEN Prep with Shawntay Harris

### UPCOMING EVENTS

Our next meeting will be the last week of August and a fun place TBD. Many CTX chapter members will be headed to San Diego in September for the national ENA Conference. Then in October we will meet again at the University of Mary Hardin-Baylor for a brief educational event and our 2024 chapter officer elections. We will definitely be celebrating Emergency Nurses Week October 11-17. In November we are planning a day of service where we will give back to our local communities.



Kris Powell teaching  
on GRIT

Keep up with our chapter on Facebook at  
<https://www.facebook.com/groups/555188164636386> or on our  
website at <https://centraltxena.nursingnetwork.com/>

# IN PEDIATRIC NEWS...

## HOT OFF THE PRESS

GREETINGS FROM THE MEMBERS OF THE PEDIATRIC COMMITTEE. WE HAVE BEEN VERY BUSY THIS YEAR, AND OUR PROJECTS WILL CONTINUE THROUGH 2024. WE HAVE ONGOING CHARGES AND A COUPLE OF THE PROJECTS ARE IN THEIR EARLY STAGES, BUT WORTH MENTIONING.

6TH EDITION ENPC. THE NEWEST EDITION OF ENPC KICKED OFF IN 2023. THE FIRST PILOT COURSE WAS HELD IN FORT WORTH LAST YEAR, AND SUBSEQUENT PILOTS STRENGTHENED THE CURRICULUM. THIS COURSE INCLUDES CHANGES SUCH AS MORE SKILLS STATION SCENARIOS, THE ADDITION OF RESUSCITATION CURRICULUM AND SCENARIOS, AND A ROBUST, APPLICATION-BASED POST-TEST. THE COMMITTEE CONDUCTED A COURSE IN CONJUNCTION WITH THE 3RD QUARTER STATE COUNCIL MEETING. PLEASE CONSIDER TAKING THIS COURSE, IT WILL DEFINITELY INCREASE YOUR KNOWLEDGE AND COMFORT OF CARING FOR CHILDREN. IF YOU ARE A CHAPTER THAT HAS NEED FOR A PROVIDER COURSE, INSTRUCTOR COURSE, OR IF YOU NEED TO HAVE INSTRUCTOR CANDIDATES CHECKED OFF, PLEASE LET US KNOW.

WHILE ASSISTANCE AND PROMOTION OF ENPC ARE TOP PRIORITIES FOR OUR COMMITTEE, THIS IS A PRIME OPPORTUNITY TO PROMOTE PEDIATRICS IN OTHER AREAS.

1. YOU WILL HEAR MORE ABOUT THIS OVER TIME, BUT TEXAS ENA IS COLLABORATING WITH EMSC ON A GRANT TO PROMOTE PEDIATRIC READINESS THROUGH THE USE OF SIMULATION AND QUALITY REPORTING TO MEET THE STATUTES OF ACS AND THE TEXAS LEGISLATURE. WE ARE WORKING WITH SEVERAL PARTNERS, INCLUDING GTAC AND TTCF. IF YOU ARE INTERESTED IN LEARNING MORE ABOUT THIS OPPORTUNITY, PLEASE LET US KNOW!

2. W.H.A.L.E. IS THIS A MARINE MAMMAL? OKAY, YES, IT IS, BUT IT IS MUCH MORE! THIS ACRONYM STANDS FOR "WE HAVE A LITTLE EMERGENCY". HAVE YOU EVER CARED FOR A CHILD INVOLVED IN A MVC WHEN THE CAREGIVER IS INVOLVED, YOU DON'T KNOW WHO THE CHILD IS AND/OR CAREGIVER CONTACT INFORMATION? WE ARE ANTICIPATING THE LAUNCH OF A STATE-WIDE PROGRAM, COLLABORATING WITH EMS, THAT INVOLVES THE USE OF STICKERS ON CAR SEATS THAT PROVIDES INFORMATION TO IDENTIFY THE CHILD, PERTINENT MEDICAL HISTORY, AND CONTACT INFORMATION. IF YOU ARE INTERESTED IN BECOMING INVOLVED IN THIS PROGRAM, WHETHER AS A PRIMARY CONTACT OR AS A REPRESENTATIVE TO YOUR CHAPTER OR LOCATION, PLEASE LET US KNOW. THIS WILL BE A COLLABORATION WITH OUR INJURY PREVENTION COLLEAGUES WITH THE GOAL OF MAKING A HUGE IMPACT ON PEDIATRIC SAFETY IN TEXAS.

DO YOU HAVE A SUGGESTION OF PEDIATRIC READINESS, SAFETY, OR INJURY PREVENTION IN YOUR AREA? DO YOU NEED RESOURCES OR IDEAS TO ADVOCATE FOR PEDIATRIC READINESS, INJURY PREVENTION OR HEALTH PROMOTION IN YOUR AREA? DO YOU NEED ASSISTANCE IN PROMOTING ENPC? WE ARE HERE FOR YOU, PLEASE CONTACT US!

THANK YOU!

CAM BRANDT, CHAIR  
TXENA PEDIATRIC COMMITTEE  
[PEDIATRICS@TXENA.ORG](mailto:PEDIATRICS@TXENA.ORG)



# INJURY PREVENTION

## ATV INJURY PREVENTION AWARENESS

Emergency nurses have an important job that not only includes caring for the sick and injured, but also to provide injury prevention education to those we serve. Data shows an increasing number of emergency department (ED) visits related to all-terrain vehicles (ATVs). Between 2016-2020, the Consumer Product Safety Commission (CPSC) documented 526,900 ED visits related to off-highway vehicles. Although our state is great it does reside in the top five states that make up 26% of the total deaths related to ATVs. These five states include Texas, West Virginia, Pennsylvania, Kentucky, and California (CPSC, 2021).

Sure! ATVs are fun and fast. However, they are also very dangerous. When accidents occur, significant injuries can result up to and including death. The number of documented deaths association with ED visits equated to 2,211. Additionally of the visits to the ER, 19% were hospitalized with injuries such as fractures, lacerations, head and internal organ injuries. Even though riding ATVs fills a thrill-seeking void many are looking for, when done safely, it is a great form of outdoor activity.

- As nurses we should encourage and educate riders:
- to wear a helmet,
- to not ride with others (as they are typically only designed for one person),
- ride an ATV sized appropriate for the driver,
- stay off of and do not cross public roads,
- do not ride at night,
- and do not drive while under the influence (Jennison, 2022).
- to get hands on training from a qualified instructor (CPSC, 2021)

Emergency nurses have a great deal of influence within the walls of EDs and certainly outside of them. Do your part and think about injury prevention and educate to the safety tips noted above. Share them with your friends, family, and patients.



### References:

- Consumer Product Safety Commission (CPSC). (2021). 2021 Report of deaths and injuries involving off-highway vehicles with more than two wheels. Retrieved from <https://www.cpsc.gov/s3fs-public/2021-Report-of-Deaths-and-Injuries-Involving-Off-Highway-Vehicles-with-more-than-Two-Wheels.pdf>
- Jennissen, C. (2022). ATVs are not safe for children\_AAP policy explained. Retrieved from <https://www.cpsc.gov/s3fs-public/2021-Report-of-Deaths-and-Injuries-Involving-Off-Highway-Vehicles-with-more-than-Two-Wheels.pdf>

# INJURY PREVENTION

## TEXAS ENA QUALITY, SAFETY, & INJURY PREVENTION (QSIP) COMMITTEE

EVERY EMERGENCY NURSE HAS MULTIPLE OPPORTUNITIES EVERY SHIFT AND EVERY DAY TO IMPACT QUALITY, SAFETY, AND INJURY PREVENTION. THESE CONCEPTS ARE EMBEDDED IN NURSING ROUTINES IN EVERYTHING WE DO – HAND HYGIENE, SEPSIS CARE, ADVANCING OUR EDUCATION, GAINING NEW KNOWLEDGE IN CONFERENCES, SELF-CARE AND RESILIENCE, DE-ESCALATING THE ESCALATING PATIENT OR VISITOR, TEACHING CHILDREN ABOUT SEAT BELTS AND BICYCLE HELMETS – ALL OF THESE ACTIVITIES IMPROVE MORBIDITY AND MORTALITY IN OUR COMMUNITIES. EVEN WHEN NOT ON SHIFT, EMERGENCY NURSES ARE INVOLVED IN COMMUNITY EVENTS AND EDUCATION TO IMPROVE THE HEALTH OF OUR COMMUNITIES. THE TEXAS ENA QUALITY, SAFETY, & INJURY PREVENTION COMMITTEE HIGHLIGHTS AND SHARES INFORMATION TO ENHANCE EMERGENCY NURSING PRACTICE AND TO SERVE OUR PATIENTS AND THE PUBLIC. WE CAN MAKE AN EVEN BIGGER DIFFERENCE WHEN WE ALL SHARE INFORMATION WITH OUR NURSING COLLEAGUES AND PEOPLE WE INTERACT WITH IN THE COMMUNITY.

HERE ARE SOME IMPORTANT RESOURCES TO KNOW AND SHARE:

**\*\*SURVIVING SEPSIS CAMPAIGN** ([HTTPS://WWW.SCCM.ORG/SURVIVINGSEPSISCAMPAIGN/HOME](https://www.sccm.org/survivingsepsiscampaign/home)) – THE SURVIVING SEPSIS CAMPAIGN WEBSITE OFFERS CURRENT GUIDELINES AND TOOLS TO HELP OPTIMIZE RECOGNITION AND CARE OF PATIENTS WITH SEPSIS. UNIVERSAL SCREENING, DIAGNOSTIC TESTING, AND RAPID ADMINISTRATION OF ANTIBIOTICS AND IV FLUIDS ARE KEY FOR BEDSIDE CARE. A CONTINUOUS QUALITY IMPROVEMENT APPROACH IS KEY FOR INSTITUTIONS TO HARDWIRE EVIDENCE-BASED SEPSIS CARE PROCESSES.

**\*\*STOP THE BLEED** – THE STOP THE BLEED ([WWW.STOPTHEBLEED.ORG](http://WWW.STOPTHEBLEED.ORG)) PROGRAM WAS ESTABLISHED AS A RESULT OF THE BOSTON MARATHON EXPLOSIONS TO ENHANCE PUBLIC KNOWLEDGE OF 3 SIMPLE TECHNIQUES IN BLEEDING CONTROL AND TO MAKE BLEEDING CONTROL KITS BROADLY AVAILABLE IN PUBLIC VENUES. MAY IS STOP THE BLEED MONTH. YOU CAN HELP BY BECOMING AN INSTRUCTOR TO TEACH AND ASSIST WITH CLASSES, SHARING THE STB SAVE A LIFE POSTER, AND ADVOCATING FOR LEGISLATION TO PLACE BLEEDING CONTROL KITS IN PUBLIC VENUES. TXENA HAS PURCHASED TRAINING SUPPLIES AND EQUIPMENT TO CONDUCT STB COURSES. AND YES, THERE IS AN APP!

-- ANDROID: [HTTPS://PLAY.GOOGLE.COM/STORE/APPS/DETAILS?ID=EDU.USUHS.STB](https://play.google.com/store/apps/details?id=edu.usuhs.stb)

-- IPHONE: [HTTPS://ITUNES.APPLE.COM/US/APP/STB/ID1336173602?MT=8](https://itunes.apple.com/us/app/stb/id1336173602?mt=8)

**\*\*ENA'S EMERGENCY SEVERITY INDEX (ESI) VERSION 5** – ARE YOU USING THE CURRENT VERSION OF ESI IN YOUR EMERGENCY DEPARTMENT? EARLY IN 2023, THE EMERGENCY NURSES ASSOCIATION ([WWW.ENA.ORG](http://WWW.ENA.ORG)) PUBLISHED VERSION 5 OF THE EMERGENCY SEVERITY INDEX (ESI) FOR TRIAGING OF PATIENTS NEEDING EMERGENCY CARE. THE ESI (V5) INSTRUCTIONAL HANDBOOK IS POSTED ON THE ENA WEBSITE AT NO CHARGE TO ENA MEMBERS AND NON-MEMBERS. ADDITIONAL RESOURCES AND ONLINE TRAINING PROGRAMS ARE AVAILABLE INCLUDING THE NEW PEDIATRIC ESI EDUCATION.

**\*\*OPIOID EPIDEMIC** – DEATHS FROM OPIOIDS HAVE REACHED EPIDEMIC PROPORTIONS. THE TEXAS OPIOID TRAINING INITIATIVE ([WWW.TXOTI.ORG](http://WWW.TXOTI.ORG)) OFFERS FREE ONLINE CONTINUING EDUCATION AND ADDITIONAL RESOURCES FOR CLINICIANS. ALSO KNOW THAT FENTANYL OVERDOSES ARE CAUSING HIGH NUMBERS OF DEATHS ACROSS THE NATION. FENTANYL IS A SYNTHETIC OPIOID AND IS NOT INCLUDED IN MANY (IF NOT MOST) ROUTINE LAB TOXICOLOGY SCREENING PANELS. FENTANYL LEVELS MAY NEED TO BE ORDERED SEPARATELY FOR PATIENTS PRESENTING WITH SYMPTOMS OF OPIOID OVERDOSE.

**\*\*HEALTHCARE WORKER WELLNESS** – THE NATIONAL ACADEMY OF MEDICINE CLINICIAN WELL-BEING COLLABORATIVE AND NATIONAL PLAN FOR HEALTH WORKFORCE WELLBEING (OCT 2022) SEEKS TO IMPROVE SELF-CARE AND WELLNESS IN OUR VULNERABLE POPULATION OF HEALTHCARE WORKERS. MENTAL STRESS AND PSYCHOLOGICAL CRISIS ARE REAL ISSUES AMONG HEALTHCARE WORKERS. THE TEXAS HEROES HELPLINE (833-367-4689, [HTTPS://HEROESHELPLINE.ORG](https://heroeshelpline.org)) PROVIDES FREE CONFIDENTIAL TELEPHONE SUPPORT AND REFERRALS FOR ALL FIRST RESPONDERS AND HEALTHCARE WORKERS IN TEXAS.

**Submitted by:**

submitted by Kristine Powell MSN APRN-CNP AGACNP-BC CEN NEA-BC FAEN  
Chair TxENA QSIP Committee



# INJURY PREVENTION IS MORE THAN YOU EXPECT

## BY LAURA PRESSLER - NORTH TEXAS QSIP CHAIR

Medicines in home cabinets are highly susceptible to misuse and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. The Substance Abuse and Mental Health Services Administration's National Survey on Drug Use and Health ([www.samsha.gov](http://www.samsha.gov)) shows year after year, most misused and abused prescription drugs are obtained from family and friends and are often stolen from the home medicine cabinet. Prescription pain relievers such as hydrocodone, fentanyl, oxycodone, and codeine products are the most misused drugs. Drugs other than narcotics can be deadly to young children. Oral Hypoglycemic Agents are among the drugs often mentioned in "one pill can kill" scenarios.

In December 2018, United Regional, North Texas ENA, and the Wichita Falls Police Department hosted the first Drug Take Back event in our area. This initiative addresses a vital public safety and public health issue and provides the public with an opportunity to prevent medication misuse/abuse and provides the public with a safe way to rid their homes of potentially dangerous prescription drugs that are no longer needed. Drugs should never be flushed down the toilet. We encouraged the community through the local media outlets and social media to go through their medicine cabinets to search for any expired, unused, and unwanted medications and bring them to us for safe disposal. Needles are also accepted at this event. The service is free and anonymous, no questions asked. The Drug Take Back event was a huge success. Over 231 pounds of medications and sharps were destroyed. We had very positive feedback from the community including a thank you from the Environmental Coordinator for Wichita Falls. In the Spring of 2019, we collected 386 pounds of medication and four 20-gallon containers of sharps!

To make it as convenient as possible, we offer a drive-through drop-off area near our emergency department, so no one has to get out of their car. We also take the opportunity to distribute information on how to safely dispose of sharps and medication throughout the year. The 3-hour event is staffed by volunteers from our local ENA chapter, United Regional Health System employees, pharmacists, and officers from the Wichita Falls Police Department.

During our 2022 Drug Take-Back event, over 250 pounds of medications and needles were destroyed, including over eight pounds of narcotic medications thanks to the successful turnout by the community.

Local news affiliates for CBS and NBC have routinely covered our events and do live interviews with our law enforcement partners and me. We have also done interviews with our local radio station. This brings very positive attention to our local ENA chapter, the hospital, and our local law enforcement agency.



**For more information on planning a Drug Take Back event for your community, here is a resource that your chapter can access. [https://txsdy.org/wp-content/uploads/2019/10/TxSDY\\_Rx-Takeback-Toolkit.pdf](https://txsdy.org/wp-content/uploads/2019/10/TxSDY_Rx-Takeback-Toolkit.pdf)**

# TEXAS ENA'S AWARDS & HONORS

## *Winners!!*

**Texas Awards and Honors Committee would like to congratulate the 2023 Texas State Council Achievement Awards Recipients. They are as follows:**

Behind the Scenes Award goes to:  
Raul Escamilla, Paramedic from Palmhurst, Texas

Nursing Professional Practice Awards goes to:  
Amanda McElwee, RN, CEN, CCRN, Ca-SANE from Dickinson, Texas

Nurse Manager Award goes to:  
Meghan Hughes, BSN, RN, CEN from Alvin, Texas

Nurse Education Award goes to:  
Captain Marissa Vasek, MSN, RN, CEN from Fort Sam Houston

Team Award goes to:  
The Kaleidoscope Team led by Vickie Patrick, MSN, RN, CEN, FAEN &  
Sally Snow, BSN, RN, CPEN, FAEN

The Crises Response Team Award goes to:  
Uvalde Memorial 20 led by Julia Rodriguez, MSN, C-NP

**Congratulations also go to the 2023 National ENA Award Recipients. They are as follows:**

Nurse Manager: Hannah Longoria, BSN, RN, CEN submitted by Kelsea Bice  
Competency in Aging: Jennifer Noble, MSN, RN, CEN submitted by Christine Chizek

Team Award: Cook Childrens Trauma Nurse Leader submitted by Cam Brandt  
Nursing Practice and Prof: Leslie Hinson, MSN, RN, CEN submitted by Yvonne Mosely

Judith Kelleher Award: Cam Brandt submitted by Sally Snow

Diversity, Equity, and Inclusion (DEI) Initiatives of the year Award: Texas ENA State Council- submitted  
by Courtney Edwards.

State Achievement Award goes to Texas ENA lead by Yvonne Mosely and her 2022 Board.

Frank Cole Nurse Practitioner Award goes to David House, DNP, RN, CEN

**2023 Class of Academy of Emergency Nursing Fellows from Texas are:**

Barbara Baldwin, RN

Bradley Goettl, DNP, APRN, FNP-C, ENP-C, AGACNP-BC, CEN, CFRN, CPEN, EMT-P  
Shawntay Harris, MSN, MHA, MBA, RN, NEA-BC, NE-BC, CEN, CPEN, CFRN, CTRN, TCRN

Submitted by Valerie Brumfield, MSN, RN, CNS, CCRN-K, CEN  
2022 & 2023 Awards and Honors Chairperson



# TEXAS ENA'S GALA & AWARDS



R  
S  
V  
P

**FRIDAY, OCTOBER 13TH @ 630P**

Wear your best western glam and bling for a "hoot" of an evening!  
Come celebrate with your peers and enjoy a night on us!

THE MILL WINE EVENT VENUE  
239 LOCUST ST  
ABILENE, TX 79602



# BYLAWS COMMITTEE

**NEVER A DULL MOMENT**

Just when we thought we were ahead!!!

Your State Board and Bylaws Committee has been working diligently to assure we have the required and recommended policies National ENA has advised us to maintain. We have also been updating the bylaws to assure your voice is reflected properly.

Earlier this month, National ENA published new Policies and Procedures! If you have not read them, they can be found [here](#). So, because we are adaptable ER nurses, we have recently shifted our attention and priorities to address and maintain compliance per the new regulations. We will keep you posted, as there is more to come!!

If you haven't sent them in already, please submit electronic versions of your chapter's bylaws & policies to our **Committee Chair Brad Rush** @ bwrush71@yahoo.com

**Remember, on a normal basis, reviews are as follows:**

**Odd years** = policy reviews/revisions

**Even years** = bylaw reviews/revisions

Policies only require Board approval while Bylaws require GA approval with a 30 day notice prior to voting

We are working on several policies, so if you LOVE writing them, please feel free to reach out and join our upcoming committee meeting!

*By Krystal M. Garza, MSN, RN, CEH, NEA-BC*  
*Bylaws Committee Vice-Chair*





# GENERAL ASSEMBLY

## DELEGATE INFORMATION:

Serving as a delegate to the National General Assembly is an honor and a great way to get involved and have your voice heard in ENA. Any Texas ENA member can apply to fill one of about 60 positions. This year's dates are **September 20 - 21 in beautiful San Diego**. Texas Delegates will meet the evening of September 19. A stipend for expenses is available to all delegates who fulfill their role. Never done it before? Need help with the new Kaleidoscope online platform? The Council of Presidents Committee is here to answer your questions and support you.

**Congratulations to our 2023 delegates!!**

We are happy to address any other questions or assistance you may need at any of these sessions.

Don't forget to read the handbook located [here](#).

2023 [ENA General Assembly Delegate Competency](#)

For more information visit the [website](#).

**See ya in San Diego!!**

*Your 2023 Board of Directors*



Don't forget to join the fun Oct. 8th -14th!  
We're currently leading the way!!!

**THANK YOU TO ENA'S EMERGENCY NURSING 2023 PARTNERS**



# ELECTION TIME!!



**Elections will take place in October. If you are interested in volunteering more of your time to Texas ENA and wish to grow your leadership skills, please apply for an opportunity on the Texas ENA State Board of Directors. The following positions will be up for election:**

- President-Elect
- Treasurer-Elect
- (2) Director Positions

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Dear Candidate,

Thank you for your interest in serving in a volunteer leadership role in the Texas Emergency Nurses Association, Inc. a Texas not-for-profit corporation d/b/a Texas ENA State Council. The Council of Presidents and Elections Process Subcommittee appreciates your interest and participation in this year's election. To have your name on the official ballot and your biography published in the Texas ENA newsletter, the following criteria must be completed:

- Complete the 2023 Texas ENA Elections Candidate Application (see below),
- Include a professional quality photograph in electronic format,
- Send the completed form and picture to: [councilofpresidents@txena.org](mailto:councilofpresidents@txena.org)
- The deadline to be included on the ballot is October 1, 2023.

Applications will be verified, candidates vetted, website updated, and names added to the ballot prior to the October 1 deadline. Additional candidates may be nominated from the floor during the October General Assembly meeting. Those that are submitted from the floor will be considered as write-in candidates.

All candidates who submit this form to the Nomination and Elections sub-committee agree that the information is accurate. If the committee determines that inaccurate information has been submitted, the candidate's eligibility may be revoked.

Thank you for your interest in running for office. If you need help with this process, please do not hesitate to contact me or a committee member.

Respectfully,

Yvonne Moseley MSN, RN, CEN  
TxENA Immediate Past President  
Council of Presidents Chair  
830-391-4013

# GULF COAST



## CPR

1. **Hands Only CPR** – easier to teach, easier to do, scientifically proven to save more lives
2. **Depth** – The deeper you push, the better the survival
3. **Rate** – 90-100 is peak survival (too fast is the same as too slow)
4. **Metronome** – Stayin' alive (ah ah ah ah, stayin alive) is the perfect pace

- **Did you know:** "Seizure-like activity, including abnormal/tonic movements of the body, extremities, and face and eyeball deviation, is a major sign/symptom of the "sudden" onset cardiac arrest, particularly ventricular fibrillation and tachycardia (NIH, 2023)."



# **'BREAKING WAVES: PEDIATRIC EMERGENCY MENTAL HEALTH CONFERENCE' EXCEEDED ALL EXPECTATIONS**

**BY CHRISTINE RUSSE, MSN, RN, CEN, CPEN, TCRN, FAEN - PROFESSIONAL EDUCATION CHAIR**

In April of 2023, Texas ENA proudly offered 'Breaking Waves: Pediatric Emergency Mental Health Conference' in sunny South Padre Island prior to the Texas ENA's 2<sup>nd</sup> quarter meeting. Based on member feedback, the Texas ENA Professional Education Committee wanted to provide its members with essential education that is so desperately needed but little education and resources are available, of course we are referring to pediatric emergency mental health. As pediatric mental health ED visits continue to rise, emergency nurses experience countless challenges in their practice environment and feel unprepared to care for this vulnerable pediatric population. The conference aimed to provide evidence-based education, best practices, and resources for nurses and healthcare providers to bring back to the stretcher-side and feel more comfortable and safer when caring for their patients.

The Texas ENA Professional Education Committee created a subcommittee, the Texas ENA Conference Planning Committee, who relentlessly worked to provide a hybrid educational offering that shattered attendance records with over 170 virtual and in person participants. This shattered the previous record of 67 attendees. Healthcare providers, including nurses, EMS, physicians, and social workers attended, as well as members from the local ISD school district. Nurses from across Texas and the country attended virtually, including staff who had been directly affected by mass shooting events. But the conference reached new heights when it collaborated with the ENA chapter hosting the event. In turn the chapter collaborated with their healthcare community partners who became actively involved and joined forces by providing resources, expert speakers, and interdisciplinary contact hours for all attendees.

The conference was kicked off with a survivor's story, followed by multiple and diverse dynamic speakers. The conference ended with an interdisciplinary panel discussion. The conference room was surrounded with resource tables and the room was packed with interdisciplinary healthcare providers. Following the event, attendees were invited to a delicious post conference dinner. Thank you to the Texas ENA Conference Planning Committee and the community-based organizations for making the conference so successful!

