

President's Voice



How many can relate to this photo?

Decision fatigue. Compassion fatigue. Healthcare fatigue. Whatever you want to name it, it exists and is very much part of our daily grind. I see nurses leaving right and left in healthcare. It is a shifting sand, and it is concerning.

I do not have the answers, but I know we need to find a solution.

Almost 2 decades in as an emergency nurse, I have had many crossroads where I have asked myself do I stay or go. I have always stayed.

We always stay. I know why and you know why. It is worth the fight.

We stay and we try different coping mechanisms to increase our resilience.

This time I challenge you to be part of the solution.

Three of us from your MENA State Council met in Lansing for Day *off* the Hill. On a national level, it was a virtual experience, but we met in Lansing to be a voice on a State level. Naomi will share more but I want to give this lead in. We *were* a voice that day but in a State of thousands of emergency nurses, we were only *three*.

We need you to be part of a bigger solution. Our voices need to rise until they are heard. We need to support each other, and we will be more impactful if we do this together. If we are siloed throughout the State, we will be more prone to exhaustion.

There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they are falling in. (Desmond Tutu)

Thank you for staying,

Josephina K Kik, BSN RN CPEN, MENA State Council President
Menapresident1@gmail.com
(616) 446 7689



PED'S Corner

Welcome! I have wanted to add this to the triage notes to make sure we have our little ones represented. I have been taking care of the pediatric population and advocating for them for well over two decades now. They are a specialized population and often their care can be challenging and intimidating.

If you have topics to discuss or questions, please send them to me at menapresident1@gmail.com.

This particular triage note, I want to increase your awareness of the Peds Ready program.

Peds Ready is endorsed by the American College of Emergency Physicians, the American Academy of Pediatrics, and the Emergency Nurses Association.

It is designed to help hospitals recognize gaps and better prepare them for when that ill child enters their emergency department.

The 2021 assessment is now open for hospitals to take! If you want to see where your hospital ranks and want to know where you can improve, please visit <https://pedsready.org/> to get started!

I have also attached a flyer that has all the resources you need to learn more and get started. This is a wonderful resource to utilize for your emergency care of the pediatric patient.

Feel free to reach out with any questions!

Josie Kik



Beginning May of 2021, the National Pediatric Readiness Project will launch the Pediatric Readiness Assessment. The Peds Ready Assessment is the largest initiative to improve the readiness of Emergency Departments to care for children in the United States! Several attachments are included below to provide more details about the Peds Ready Project and Assessment.

A direct link to the PDF version of the Peds Ready Assessment is included, which guides individuals as they gather data and review details to be collected in May. This allows more time to obtain data from the best source. This will support completion of the Peds Ready Assessment with the best information possible to reflect the state of pediatric readiness for each facility.

Peds Ready Assessment: <https://pedsready.org/>

- PDF version: <https://pedsready.org/docs/PedsReadyAssessment.pdf>
- Print and review, to make completion in May quick and easy!

Getting ready for the next assessment: all the resources/links in one convenient place
<https://emscimprovement.center/domains/hospital-based-care/pediatric-readiness-project/get-ready-2020/>

- Ideal for sharing with Pediatric Champions

EIIC – National Pediatric Readiness Project: Background information about NPRP
<https://emscimprovement.center/domains/hospital-based-care/pediatric-readiness-project/>

Pediatric Readiness Toolkit:
<https://emscimprovement.center/domains/hospital-based-care/pediatric-readiness-project/readiness-toolkit/>

- Scroll down to access the interactive version of the ED Checklist, the basis for the assessment
- Designed for use by all providers across the spectrum of pediatric emergency care
- Facilitate delivery of high-quality care to all children

New – Pediatric Trauma Readiness:
https://journals.lww.com/pec-online/Abstract/9000/Pediatric_Trauma_Readiness_A_Trauma_Specific.97888.aspx



Email: PedsChampions@michigan.gov with questions or for assistance

Thank you for your support of this important work and dedication to emergency care needs of children!

ENA Day “OFF” the Hill 2021

ENA’s National day “off” the Hill 2021 was virtual this year, but we still were able to make a difference! On May 11, a small but mighty group of us (Jose Kik, Amiee Westmore, Naomi Ishioka, and a guest, 14-year-old Katrina Ishioka) were able to gather together along with Mark Goldstein (virtually) and join several hundred of ENA members across the nation to learn about issues at the national level that could make a difference to us every day at our own workplaces. We first met with Kali Fox an aide to Senator Debbie Stabenow to discuss two bills, the Lorna Breen Health care provider protection act, as well as a bill to support effective suicide screening in the emergency department. We then we settled in for several hours of online workshop provided by National ENA. Mark also met separately virtually with Taryn Brown, Congressman Andy Levin’s aide.

The next day we reconvened and attended a tour of the state capitol building. After our tour, we had the opportunity to visit with some lobbyists at the Michigan hospital association who represent our hospital systems at the state level. They were able to give us some insight into some of the state level issues the hospital systems are watching. We wrapped the day up with a short but quite fruitful visit with state senator Michael McDonald who was quite interested to hear what we had to say about our concerns regarding the care of mental health patients in the state, and our concerns regarding lack of available mental health care in the community particularly with patients who do not have private health insurance. It was a busy two days, but we left having felt that we were able to tell those who we voted for some of the issues that we are concerned about. Since that time, Senator McDonald has reached out to us and asked some clarification regarding vulnerable mental health patients. He seems to have been touched by our concerns and is interested in ways to improve access to care for these difficult to place patients. In Addition, Senator Stabenow (who was an original cosponsor of the Lorna Breen healthcare provider protection act) did contact us and state she is researching and will likely also cosponsor the suicide screening bill.

EACH of us has a voice, and we often do not use it! What can you do as an individual? First, and probably the most important, is to realize that you as an individual has a voice! Start by looking at the issues that bother you, and choose one or two things that you are concerned with. (Mental health care, violence in the workplace, etc.)

If there is a bill that has been introduced into the house or senate, research the bill and find out what it says. Find out if it has been introduced in the past. Who is sponsoring it, and how to find out who has sponsored previous iterations? An easy way to start getting involved is to develop a relationship with your elected officials (yes that has been difficult over the past year—but things



are opening up!) Coffee hours, etc. are a great way to start. Go to them! You will likely be the only person there, or be joined by one or two other individuals. Bring up your concerns. If the concern is in regarding to a bill that has been introduced, know the name of the bill, and the bill number. Be concise, but tell them why you are concerned, and in a few sentences tell them why you are concerned. Try to be prepared to tell a personal (HIPPA COMPLIANT OF COURSE) story. Politicians may not remember your name or your ask, but if you tell the story of the poor 16-year-old pregnant suicidal girl who sat in your ER for 89 hours because there were no appropriate beds, it will stick in their head. Finish up with leaving them your contact info. If you have a business card or calling card, leave it with them. Nurses are respected, and you may be surprised with a call or email later with an update.

Finally, reach out a week or so later to the person you contacted. Email them and thank them for their time and attention. Add a quick note to ask them if they have had time to consider the issue you brought up.

We all do have a voice—it is one of the great things about our country. As a citizen, you have the privilege of asking those who we voted in as a community to do the things that will make our communities safer, healthier, and better for all. Use that voice you have to make a difference for you, your family, your coworkers and your patients.

Naomi Ishioka
RN, MSN, CEN, NDHP-BC
Government Affairs Chair

Going in to ENA's "Day Off the Hill", I admittedly did not know much about the "Government Affairs" branch of our association. I had nervously gone to a coffee hour with one of my senators at the time, thanking him for being a sponsor on the Workplace Violence bill at the time, but other than that, hadn't gained much knowledge. However, I was a "champion" in the state of Michigan. So, when the opportunity came up to go to Lansing with some of my colleagues to talk to senators, and to attend the virtual day off the hill through ENA, I seized the opportunity.

When at our meeting in Lansing, I had the pleasure of observing the hard work Naomi had done in preparing for our own "Day Off the Hill" in Lansing. I feel ENA did well at presenting the ways one can go about setting up meets with our senators and representatives, but Naomi had already done the heavy lifting- and we had the pleasure of meeting with one of our senator's aides to ask for support for the bills that ENA had identified as promoting our association's interest at the national level. We also were able to give the aide our personal stories so she could understand what we have been gone through and were going through as emergency nurses. She sincerely thanked us for our time as it gave her another point of view, delivered in a nonconfrontational way during our present times. Meeting with our representatives and their staff on their "own turf" in Michigan was better, she said, than trying to meet with them in Washington D.C.



The day after we met with the senator's aide and did the ENA virtual program, I felt I had a better grasp on what to expect. We were able to meet with a hospital lobbyist group, which I found interesting, as they offered advice to speaking to various elected officials which closely mirrored the advice given by the ENA during the virtual sessions.

Admittedly, I had always felt that government was boring, but I felt encouraged after attending the virtual event and experiencing the feedback by several members with jobs in our government. At the end of the event, I felt a lot less intimidated, a lot more interested overall. I can definitely see the value that ENA has as an advocate for emergency nurses, and how we can advocate for each other in the future.

Aimee Westmore
MSN, RN, FNP-C, CEN, TCRN

MENA Work Day

Your MENA Board spent the day working on a new platform to be rolled out- Microsoft Teams, along with toured Grand Rapids and viewed the 2022 MENA Spring Conference Venue!





Michigan State Council

VIRTUAL TCRN REVIEW

October 18, 2021 | 9am - 6pm | 1- Day TCRN Review

SOLHEIM'S TRAUMA CERTIFIED REGISTERED NURSE (TCRN®) REVIEW COURSE

INSTRUCTED BY MICHAEL HEUNINCKX MSN APRN NP-C CEN CPEN TCRN

PRICING

\$125/ENA Members

\$200/Non-members

COURSE CONTACT

Rebecca VanStanton - Michigan ENA

menacertificationreview@gmail.com

Visit <https://bit.ly/2OZcaNn> to Register!

Sponsored by:



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SOLHEIM



ENTERPRISES



SCAN ME

Up to 8 Contact Hours May Be Earned. Activity Code: 181026-09-C1

This continuing nursing education activity was approved by the Emergency Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



Michigan State Council

VIRTUAL CPEN REVIEW

December 3, 2021 | 9am - 6pm | 1- Day CPEN Review

SOLHEIM'S CERTIFIED PEDIATRIC EMERGENCY NURSE (CPEN®) REVIEW COURSE

INSTRUCTED BY BILL LIGHT MSN RN CEN CPEN TCRN

PRICING

\$125/ENA Members

\$200/Non-members

COURSE CONTACT

Rebecca VanStanton - Michigan ENA

menacertificationreview@gmail.com

Visit <https://bit.ly/2OZcaNn> to Register!

Sponsored by:



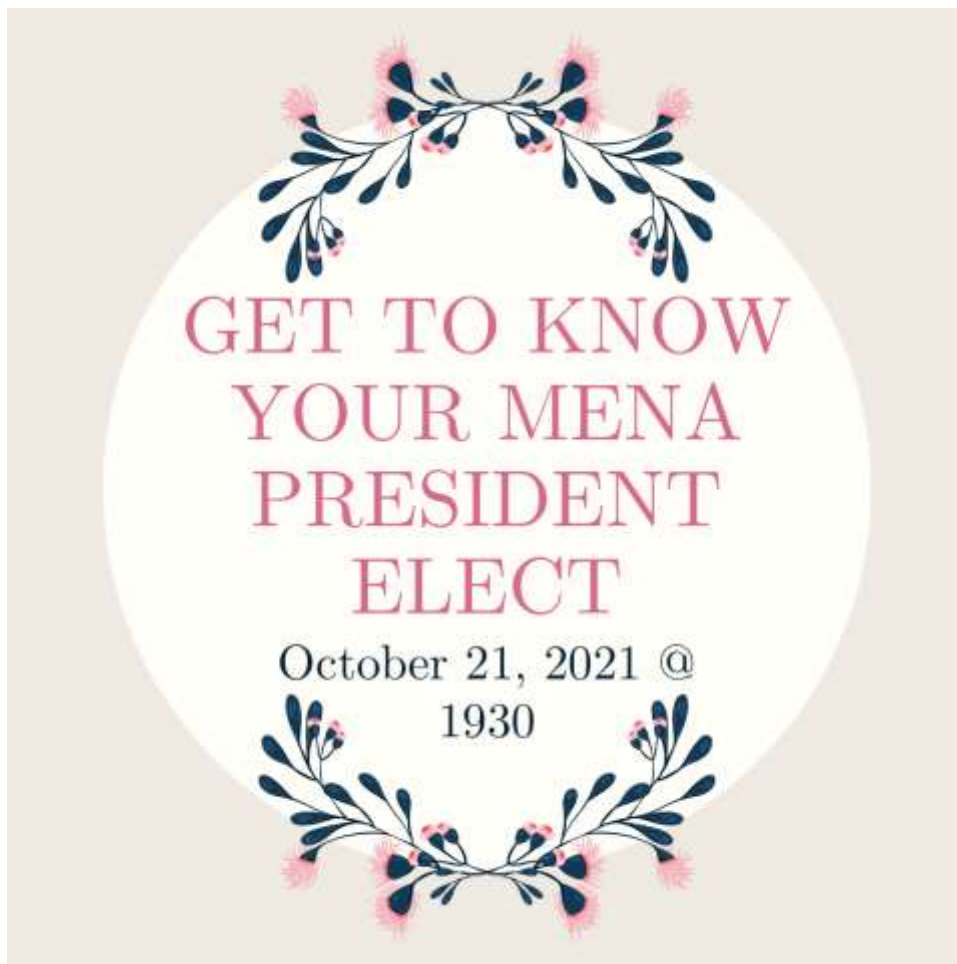
Instructed by:



SCAN ME

Up to 8 Contact Hours May Be Earned. Activity Code: 200915-DR-1

This continuing nursing education activity was approved by the Emergency Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



You are invited to a Zoom meeting.

When: Oct 21, 2021 07:30 PM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://state-ena-org.zoom.us/meeting/register/tJMrdu-qrDgoH9YN3j-bSu1caczoBOgv9IRz>

After registering, you will receive a confirmation email containing information about joining the meeting.