

Northern L'Attitudes

Newsletter of the Alaska Emergency Nurses Association

Volume I, Issue 1

Summer 2007

President's Message

This has been a challenging year for me. Due to changes at work I have been spending the week in Seattle and the weekend at home since spring. This will continue for awhile longer. Although I have had good intentions it has been a struggle to balance my family, work, and my volunteer activities. I have decided that I need to put on hold my volunteer activities until the end of the year when my work life should be back to normal. Whatever that is!

Lois has graciously offered to take over the presidency and has already been helping. I apologize that I couldn't fulfill my commitment better. I would like to be President in the future when I have the time to commit.

In these busy times we all have more to do than it seems there are hours in the days. I recently had a friend diagnosed with breast cancer and an aging mother requiring medical care. It

has made me step back and evaluate my life. So my parting words would be to take time to smell the flowers and spend quality time with your family and friends.

Shelly

Alaska ENA Officer and Board Member Elections

As you know, elections for next year's officers are upon us. We are looking for a president-elect who will serve a 1-year term and then serve as president for 2 years, a secretary and 2 board members who will serve a 2-year term each.

Please find a ballot attached with this newsletter. Vote for your choice or write someone in. Return the ballots to Lois Johnson by September 30th either by email or by regular mail.

161 Trumpeter Ave
Soldotna, AK 99669
907-262-2578
loism74@ak.net

Be sure to check out our AK ENA website-- Alaskaena.org

2007 Annual Meeting

Make plans to attend the 2007 ENA conference in [Salt Lake City, Utah](#). It is being held [September 26-29](#) at the Salt Palace Convention Center.

Shelly Deering, Carrie Doyle, and Millie Tuccillo will be representing Alaska as delegates to the General Assembly.

If you are planning to attend, be sure to stop by the Alaska fundraising booth.

Educational Moment

MRSA-the current superbug

Methicillin-resistant Staphylococcus aureus (MRSA) infection has become the most common cause of skin and soft tissue infections seen in emergency departments. By comparison, MRSA was an uncommon cause of skin and soft tissue infections prior to 2000, hovering around 3% depending on geographic location.

It is resistant to most standard antibiotics and is becoming more resistant to newer ones.

MRSA used to be known as just the 'Hospital Superbug'. It was found just in hospitals, nursing homes and some other health care facilities.

It was very rarely found in the community - what is known as 'community associated infection' with MRSA used to be extremely rare.

This is not the case any more. There are more and more cases of MRSA acquired in the community - outside hospitals.

MRSA is not an uncommon bacteria. Apparently about one third of us, and maybe more, carry it around with us in our nose, on our skin and in our throat. Most of the time it is harmless. However, it can occasionally lead to serious and potentially fatal infections. Something as insignificant as a paper-cut can lead to MRSA infection.

The most common sign of Community-Associated MRSA infection is a boil or pimple on the skin. It is often swollen, red, has a discharge, and is painful.

* What can you do to prevent the spread of this super bug? Follow [Standard Precautions](#): hand washing before and after every patient contact, wearing gloves and gowns, and cleaning equipment between uses.

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Emergency Nurses Day October 2007

Emergency Nurse's Week is October 7-13 with Emergency Nurse's Day on the 10th.

TNCC Update

In May, Shayne Pond and Jeanne Molitor attended the TNCC update. Over the next few months they will be updating all the TNCC instructors on the new material.

2007 Alaska ENA Leadership

President

Lois Johnson
161 Trumpeter Ave
Soldotna, AK 99669
907-262-2578
loism74@ak.net

Treasurer

Millie Tuccillo
PO Box 2120
Petersburg, AK 99833
907-772-3975
milliern@gci.net

Secretary

Michelle Arnold
3313 W. 79th Ave
Anchorage, AK 99502
907-272-0459
victorj1@gci.net

Board Members

Patty Williams
PO Box 10137
Fairbanks, AK 99710
907-457-4212
patty.williams@bannerhealth.com

Karen Lenihan
PO Box 32782
Juneau, AK 99803
907-586-1922
karentlenihan@aol.com

Jennifer Lynn
Soldotna, AK 99669
907-262-2830
akjen@hotmail.com

Jeanette Pugh
PO Box 3635
Soldotna, AK 99669
907-260-4
Janern703@gmail.com

Be sure to check out our AK
ENA website-- Alaskaena.org

Upcoming Educational Opportunities

Voices in Unity-AK Statewide
Nursing Conference
October 22-24, 2007
Hotel Captain Cook
Anchorage, AK

We are looking for donations for
the silent auction to be held
during Nurse's Night Out. If you
would like to donate something,
please contact Lois or Michelle
or Millie.

ENA Leadership Challenge
February 28- March 2, 2008
Honolulu, HI

ENA Annual Meeting
September 24-27, 2008
Minneapolis, MN