

“In Case of Emergency - A Day in the life of ED Nurses.”

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Detroit, Michigan**

— Housekeeping Items

Audio recommendations to limit background noise

Computer Audio:

Please ensure your microphone is muted

- Consider a headset for best sound quality

Telephone Audio:

- Please mute your phone
- Please do not put the call on “hold” at anytime. This will result in the audience being serenaded by your organization’s hold music or hold message

— Chat Box

- Please utilize the chat box to report any technical issues
- Please feel free to type questions into the chat box throughout the session
- Responses to questions will be provided at the end of the presentation, time permitting



Ascension

St. John Hospital

- Detroit, Michigan
 - East side
- Level I Adult Trauma Center
- Level II Pediatric Trauma Center
- ED Volume 120,000+ annually
- Many of these visits are trauma related

— Disclosures

No conflicts of
interest to disclose.



— Objectives

- Inspire all to look at the social impact of public health challenges in the U.S.
- Improve awareness of self care and coping methods.
- Inspire all to make one small change.

— Trauma

TRAUMA



— Other Public Health Challenges

- Trauma
- Uninsured/Underinsured patients
- Opioid Crisis
- COVID-19

Dear 2020,

December, 2020

Well, this has been a very interesting and challenging year, and it's not over yet. You have taught me what is important in life. It is not money, or things, it's being with family and friends. It's thinking of others and not just about ourselves. It's the laughter of my grandbaby. It's about not putting off until tomorrow as we are unsure of what tomorrow will bring...





Tired: Synonyms

all in, aweary [archaic], beat, beaten, bleary, burned-out (or burnt-out), bushed, dead, done, drained, exhausted, fatigued, jaded, knackered [British], limp, logy (also loggy), played out, pooped [slang], prostrate, spent, tapped out, tuckered (out), washed-out, wearied, weary, wiped out, worn, worn-out

<https://www.merriam-webster.com/dictionary/tired>



"They may
forget your
name, but they
will **never** forget
how you made
them feel."

-Maya Angelou





A DOCUMENTARY BY CAROLYN JONES

IN CASE OF EMERGENCY

WITHOUT THEM, WE DON'T STAND A CHANCE

EXECUTIVE PRODUCERS CAROLYN JONES - TERRENCE SYKES - LISA FRANK
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SPECIAL THANKS TO THE EMERGENCY NURSES ASSOCIATION
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A DOCUMENTARY BY CAROLYN JONES

IN CASE OF EMERGENCY

EXECUTIVE PRODUCERS CAROLYN JONES • TERRENCE SYKES • LISA FRANK

SCREENPLAY BY JAKA VINICK EDITED BY LAURA ISRAEL • CHELSEA SMITH PRODUCED BY LISA FRANK • PAULA SILVER

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COVID-19 and Healthcare Workers



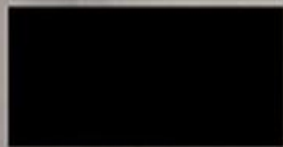
The background of the image is a vibrant blue sky filled with large, white, puffy cumulus clouds. The clouds are scattered across the frame, with some appearing more prominent than others. The text is centered over the clouds.

**YOU MAKE A
DIFFERENCE**



This window has been the most impactful window in my life. On days when I watched you work hard to keep me and others alive unable to thank you for the time that you poured into me ; although I will probably never get the chance to pour that same love and support into you, I want you to know that I think you all are rockstars. I watched some of you have good nights and some bad nights but what was consistent every night was that you care for people. Today I leave this ICU a changed person, hopefully for the better, not only because of your medical healing ; God's direction and

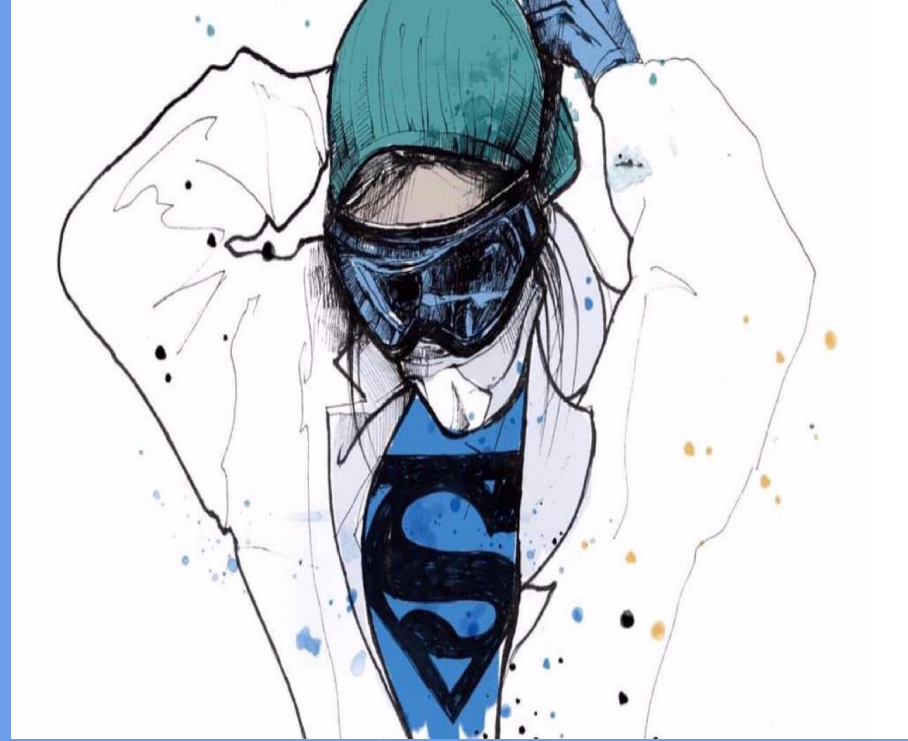
guidance, but with the fact of knowing that there are such wonderful people dedicated to the care and concern of others.



God bless each of you.

— Selfcare and Coping Methods

- We deal with the most difficult situations every single day
- We need to find healthy ways to relieve our stress





4-H Club

Head:

- Close your eyes for just a moment
- 3 minute meditation
- Learn ways to manage your stress

Health:

- Eat healthy
- Exercise

Home:

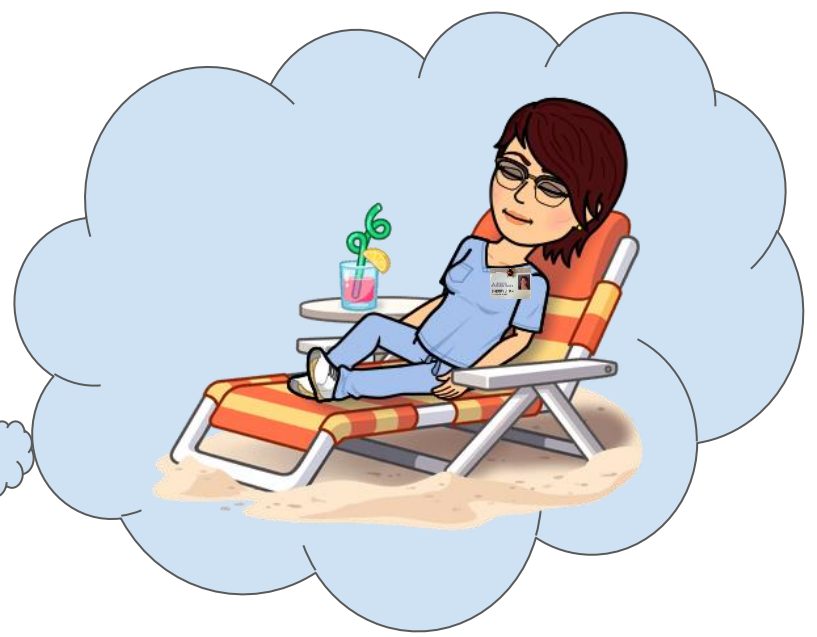
- Clean out a drawer
- Reorganize a closet

Heart:

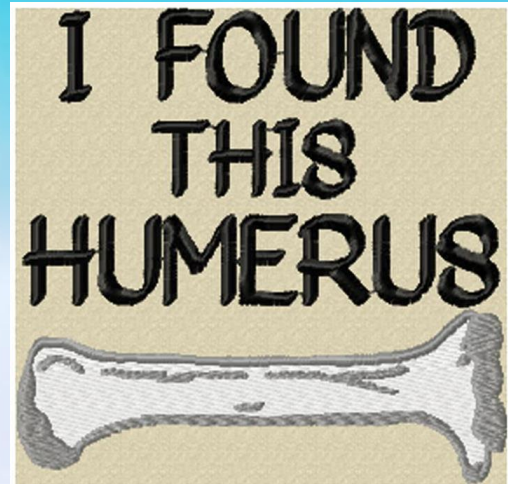
- Do something kind for someone else
 - Bake cookies for neighbour
 - Get groceries for someone shut it

Protect your energy!

Take a moment...
Think of your happy place...
and...
Breathe



DON'T LOSE YOUR SENSE OF HUMOR



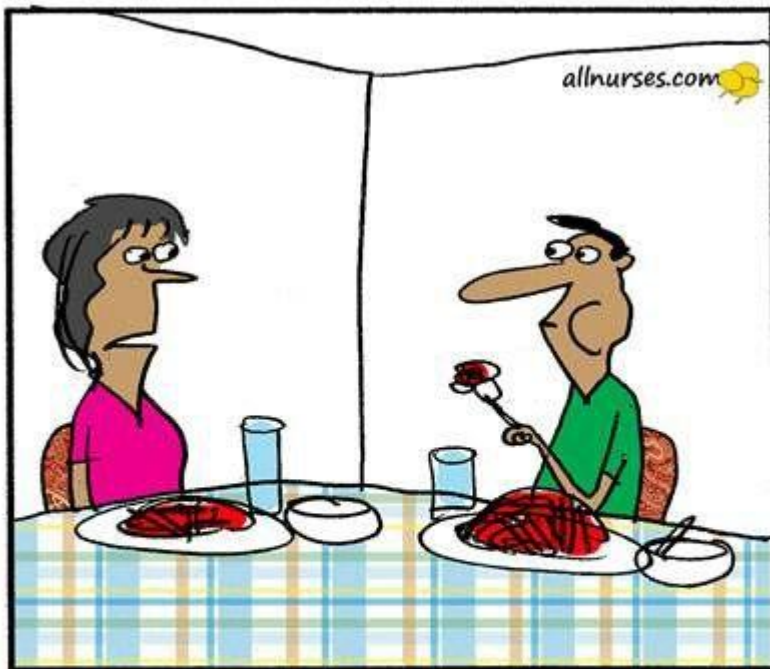
**I'M A
TRAUMA
NURSE**
nothing
**SCARES
ME**

Thank God It's Friday



said no ER Nurse ever

About a Nurse



*"I'm sure it does remind you of
a trauma patient you had today,
but I really didn't need to know
that."*



New guy searching for fallopian tubes

Thank
You!





Jayden, 5th Grade Student, AAC
www.KidsforPositiveChange.com



What's
your
story?

December, 2020

Dear...





HAPPY
Holidays



Ascension
St. John
Hospital
Detroit
Michigan