

New emergency nursing book by Canadian-trained nurse hits the shelves

By Jeff Solheim, MSN, RN, CEN, TCRN, CFRN, FAEN

Editor's note: Jeff Solheim is a familiar name to those nurses who have faithfully attended NENA conferences. We are happy to announce to our readers that this friend of NENA has recently published a book.

“**T**he emergency department (ED) is truly a cross-section of society. Every person ultimately becomes ill or is injured and, especially after regular business hours, there is only one place for individuals to meet their acute health care needs—the emergency department. At any given time, an ED may have patients from every end of the social spectrum from a very influential person such as a politician or sports figure to a homeless, impoverished individual who is virtually alone in this world. In the ED, the very rich sit next to the very poor, the acutely ill may arrive simultaneously with the minimally ill and people who would never interact with one another outside of the ED may find themselves side by side. It is against this backdrop that the emergency nurse works every shift” (Walker-Cillo, Semonin-Holleran, & Solheim, 2016, p. 361).

These are the words that open chapter 14 of a brand new book dedicated solely to the profession of emergency nursing released January 13, 2016. The title of the book, published by Sigma Theta Tau International is *Emergency Nursing: The Profession, The Pathway, The Practice*.

I had the distinct privilege of serving as lead author on this project. When I was first approached by Sigma Theta Tau in 2014 to write a book about emergency nursing, I was somewhat reticent. How many books are already published in the emergency nursing realm? What more could I add to this body of knowledge? But, as I considered the project, I could not think of a single book I had ever read dedicated solely to the profession of emergency nursing. A book about who we are as a profession, where we came from, where we work and what makes us

unique in the vast field of nursing. It was against this backdrop that I agreed to take on the project.

I certainly did not take on this project alone. I was joined by 17 other great minds in emergency nursing who authored chapters as varied as “Unique Roles of the Emergency Nurse” and “Risk Management and Quality Issues Affecting the Emergency Nurse”. The book starts with a foreword written by one of the most recognized names in emergency nursing—Susan Sheehy—original author of *Sheehy's Manual of Emergency Care*. Other familiar names grace the pages of the book like Renee Semonin-Holleran, former editor-in-chief of the *Journal of Emergency Nursing*, and Rebecca McNair, Founder and President of Triage First. But several first-time authors also make their debut in the book.

The book is divided into three distinct sections. The first section is about emergency nursing as a profession and career. There are chapters on the history of emergency nursing; traditional and unique roles that emergency nurses play both in and out of the hospital setting; an overview of the educational preparation of the emergency nurse with hints on educational paths to take to reach specific career goals, professional aspects and responsibilities of carrying the title of “emergency nurse” and a chapter dedicated solely to self-care of the emergency nurse. In this chapter, the author gives tips on exercise regimens and diets that are especially well suited for the physical demands that emergency nurses face regularly. There are also sections on maintaining emotional and spiritual well-being, preventing burnout and surviving shift-work.

The second section is all about the place many emergency nurses call home—the emergency department. There is an overview of types of emergency departments, locations within the emergency

department and key players that frequently work along-side the emergency nurse. This section also contains a chapter dedicated solely to a role that is unique to emergency nursing—triage.

The third chapter of the book is about the practice of emergency nursing. There is an overview of common challenges that nurses face every day and numerous chapters about challenging patients that nurses work with regularly. Laurel Grisbach did a phenomenal job of writing about legal pitfalls emergency nurses face and how to avoid those pitfalls.


This book was written with numerous readers in mind. Nursing students and non-emergency nurses interested in emergency nursing will gain a plethora of information about the field, whether they are suited for this work and how best to navigate into a career in emergency nursing. For nurses who are new to emergency nursing, I cannot think of a more consolidated resource to learn about all things emergency nursing in just over 400 pages. And for emergency nurses who have been in this field for a while already, this book will help infuse a new enthusiasm for the career path you have chosen. (Are you looking to spice up your career a bit? Make sure to peruse chapter three entitled “Unique Roles of the Emergency Nurse” and learn about all kinds of opportunities like cruise-ship nursing, disaster relief nursing and camp nursing amongst others that emergency nurses are suited for and how to get involved in these different prospects.)

I hope you are as excited as I am about this new product that is written exclusively about us and for us, as emergency nurses. Let me bring this article to a close by reprinting a few of the words that I originally authored for the preface of this book:

A colleague of mine who works as a registered nurse on an inpatient surgical unit made an interesting observation one evening while we

were enjoying dinner together. She pointed out that when you ask many nurses what they do for a living, they will respond by saying that they are an “RN” or a “nurse”. She went on to comment that she observed when you ask a nurse who works in the emergency department what they do for a living, they are much more likely to identify themselves as an “emergency nurse”. She asked me why it is that emergency nurses seem to feel the need to identify the area of nursing they are

employed in rather than simply their career choice as a nurse. This was not something I had given serious thought to before this conversation, but I began to pay more careful attention and found there to be some truth to this statement. While emergency nurses remain an integral part of the nursing field, there seems to be a certain sense of pride to working in the emergency department and emergency nurses frequently identify themselves as both a “nurse” and with their place

of employment—the emergency department. (Solheim, 2016). 



The book *Emergency Nursing: The Profession, The Pathway, The Practice* can be purchased as a hard copy or an electronic copy by accessing the following web address: <https://www.nursingknowledge.org/emergency-nursing-the-profession-the-pathway-the-practice.html>

REFERENCES

Solheim, J. (2016). *Emergency Nursing: The Profession, The Pathway, The Practice*. Indianapolis: Sigma Theta Tau International.

Walker-Cillo, G., Semonin-Holleran, R., & Solheim, J. (2016). Challenging patient populations encountered by the emergency nurse. In J. Solheim,

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National Emergency Nurses Association Leaders in Emergency Nursing

NENA is a not-for-profit professional association for Canadian Emergency Nurses, whose mission is to improve the standards of Emergency Nursing practice, and promote professional growth and clinical excellence in Emergency Nursing.

NENA has published **Core Competencies for Emergency Nurses** and **Position Statements**, which are resources used by nurses, administrators, and the legal system. These are available on our website (nena.ca). We are a resource for emergency nursing, and an advocating voice on issues that affect Emergency Nurses, our patients, and their families.

NENA supports and participates in **research that pertains to emergency care and promotes evidence-based practice**.

NENA members are registered nurses and nurse practitioners who are directly involved in emergency care, research, education, and administration. Our members are employed in a variety of emergency care settings including: urban and rural hospitals, urgent care

centres, outpost nursing stations, flight nursing, forensic nursing, and as sexual assault nurse examiners. NENA welcomes associate membership for Licensed Practical Nurses and our allied health care partners (e.g. EMTs, Paramedics, and Student Nurses). International emergency nurses are welcome to join our association, and membership fees for military nurses are discounted.

NENA’s mission is to design and promote professional development opportunities for Emergency Nurses. NENA and its partners collaborate on the design of specialty courses to develop and promote excellence in Emergency Nursing, including the course **Emergency Practice, Intervention, and Care – Canada (EPICC)**.

NENA facilitates education, information sharing, and networking among emergency nurses across the country and internationally through nena.ca, **the Canadian Journal of Emergency Nursing (CJEN)**, EPICC (which debuts Spring 2016), CTAS and our

endorsed courses through ENA in the U.S. (**TNCC, ENPC**). There is an annual **NENA Conference**. (2016 Montréal, 2017 Charlottetown, 2018 Winnipeg), which highlights Canadian and International presentations and research on a variety of topics for emergency nurses.

NENA is a member of the Canadian Network of Nursing Specialties through the Canadian Nurses Association (CNA). **NENA encourages and supports certification in Emergency Nursing by the CNA, ENC(C)**.

Important **benefits of membership** in NENA are: **education, networking** with like-minded nurses from across Canada and worldwide, **subscription** to CJEN, **reduced fees** for some courses, conferences, and access to **Bursaries and Awards**.

Joining NENA automatically gives you a membership in your home province’s NENA affiliation.

Go to nena.ca to join! NENA is the professional association of Emergency Nurses in Canada.