

Illinois State Council

President's Message

By Stephen Stapleton, PhD, RN, CEN



I am just amazed! The year 2011 is promising to be a very busy year. I am looking forward to the next two years as your president. Together with Vicki Bacidore (president-elect), Teresa Gomez (secretary), Nicholas Nelson (treasurer), Bonnie Mobley (director), Christine Chaput (director) and Rebecca Steinmann (immediate-past president) and all the committee chairpersons and members, we are busy planning many events.

The Illinois State Council was well represented at ENA's Leadership Conference "Learn, Lead, & Inspire" held this year in Portland, Oregon, February 16-20, 2011. Vicki Bacidore, Nicholas Nelson and I attended the state leaders meetings. We networked with colleagues from around the country exchanging ideas and developing new ways to serve our members. I was also able to attend the National Board Meeting prior to the leadership conference and saw our elected leaders in action. These elected ENA members volunteer many hours of their time and expertise throughout their year(s) of service.

Later in the week we were joined by several members from Illinois as they presented posters. We had two state council members, Thelma Kuska and Sharon Ward, provide excellent presentations. All in all, the Illinois State Council was well represented!

Our first 2011 state council meeting was held February 26, at Loyola University's Stritch School of Medicine. Over 40 members attended along with several first time attendees. If you have not attended a state council meeting, I encourage you to plan on attending in the future (check www.illinoisena.org for upcoming dates, times, and meeting places). Aside from the regular business meeting, we have a one hour educational presentation with CNE credit. It is also a place to interact with members from

around the state.

We have several committees in full swing. The Spring Symposium Committee, chaired by Cheryl Vinikoor is putting the finishing touches on this year's event which will be held on April 14th and 15th, at the Wyndham Hotel, in Lisle, Illinois. This year's attendees will have a variety of presentations to from which to choose. Please check out the web-site (www.illinoisena.org) for further information. I hope to see as many people as possible attend this years Symposium!

The Fall Symposium Committee, chaired by Sharon Iben, held its first meeting last week. This year's event will take place in Springfield at the Crowne Plaza Hotel on Friday, November 18, 2011. This will be our third consecutive Fall Symposium.

The Communications Committee, co-chaired by Evelyn Lyons and Bonnie Mobley is always busy. Their function is to maintain the web site. This is a huge task as there are many additions and changes throughout the year. If you have not recently visited this web site, I encourage you look at it often (www.illinoisena.org).

The Education Committee, co-chaired by Vicky Goeddeke and Sharon Ward, works with members to develop and present educational programs for ED nurses throughout the state.

The Evidence Based Practice Committee, chaired by Marites Gonzaga-Reardon, has just completed the evidence based practice poster contest. These posters will be presented at the Spring Symposium on April 15, 2011.

The Injury Prevention/Government Affairs Committee, chaired by Thelma Kuska, is always busy

(Continued on page 10)

Inside...

Featured Hospital	2
EBP Contest 2011	2
Announcements	3
ENPC/TNCC Courses	3
Upcoming Events	3
GA Delegates	4
GA Scholarship	4
Illinois ENA BOD Candidates	4
EMS Updates	4
Spring Symposium	5
Council Meeting Highlights	5
Gov't Affairs Committee	6
Pediatric Committee	7
Trauma Committee	7
Communication Committee	7
Education Committee	8
Finance Committee	8
Historical Nursing Heroines	8
Hyperinsulinemia	
Euglycemia	9

Call for Silent Auction Donations

By Kathleen Richmond, RN, MS

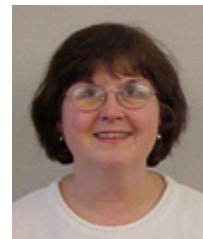
The Emergency Nurses Association Foundation (ENAF) Silent Auction will be held again this year in conjunction with the Spring Symposium on April 14 & 15, 2011. The funds raised directly benefit emergency nurses, emergency patients, and the public through the support of: emergency nursing research, education regarding prevention of illness advanced practice and doctoral scholarships. sium's Networking Dinner, the evening of ENAF needs your support!



Please contact me directly by e-mail (6044) if you know of an individual, a com-special item, such as sports memorabilia, theater tickets, or gift certificates. Your help is essential in making the auction fundraiser a success. Thank you!

the promotion of public and injury, and the awarding of undergraduate. The auction will take place during the Sympo-April 14th, and is guaranteed to be lots of fun!

(RichmondK8@aol.com) or phone (708-687-ppany, or an organization willing to donate a certificates. Your help is essential in making the



Editor's Note:

Consult the web site for up-to-date information at www.illinoisena.org. Canceled meeting notification is located there.

Featured Hospital

Advocate Illinois Masonic Medical Center

By Nicholas Nelson, MS, RN, EMT-P

Advocate Illinois Masonic Medical Center (AIMMC), located on Chicago's North Side, is one of the state's largest, most comprehensive nonprofit medical centers. Illinois Masonic is a 408-licensed bed teaching hospital with more than 800 active physicians on staff representing 43 medical specialties and more than 2,400 associates. Illinois Masonic offers a range of medical specialties and is nationally recognized for expertise in cardiac care and its use of the most innovative technologies to provide advanced care with dedication to patient safety, quality and service. A commitment to community health and wellness programs, medical education and ongoing clinical research affirms our mission of providing patients the highest quality care in Chicagoland, as illustrated by our many recent honors. Some of those honors include being named to *Becker Hospital Review's* list of the 50 Best Hospitals in America in 2011, a 100 Top Hospital by Thomson Reuters for 2011, an ANCC Magnet®-recognition in 2008, a "Best Healthcare Facility for LGBT Families" by the Human Right Campaign's Healthcare Equality Index for 2010, and a recipient of the Energy Star Award.



The Emergency Department (ED) at Illinois Masonic is one of only four Level I Trauma Centers in Chicago and the only one on the North Side of Chicago, treating more than 1,300 trauma patients a year. The ED is one of Chicago's most active, with approximately 42,000 emergency visits annually. The AIMMC ED is Chicago's only RHCC (Regional Hospital Coordinating Center, formerly known as POD Hospital) for the Illinois Department of Public Health, and only one of 11 in the state, as well as a drop-off site for the Chicago Police Department. The ED underwent a major renovation in 2009, and all rooms except for the trauma bay are private.

Our ED serves a diverse population of adult and pediatric patients with a total of 24 beds, including four trauma beds, four fast-track treatment rooms, and four negative pressure rooms. The main ED is staffed 24-hours a day by board-certified emergency medicine physicians, resident physicians, registered nurses, a respiratory therapist, and ED technicians. A dedicated ED pharmacist is onsite during the weekdays, and RN case managers expedite throughput seven days a week. Currently, there is one triage room in the waiting room and an additional RN who forward-triages. Fast-track is staffed from 10 AM to 10 PM by a nurse practitioner and ED tech. The ED also includes a dedicated psychiatric treatment area (EDP) for behavioral health patients which is staffed by an emergency RN, crisis workers who include social workers, therapists, counselors and psychologists, and a security officer. Rooms in the EDP are considered "safe", feature large windows, have capabilities for telemetry monitoring, and a safe bathroom. The ED features an x-ray suite that is staffed by radiology technicians. Support staff include unit secretaries, registration services, environmental services and security.

ED nurses are required to be current in BLS, ACLS, PALS, TNCC, ENPC and CPI. Many RNs are ECRNs, Trauma Nurse Specialists, SANEs and/or CENs. ED Techs must be current in ACLS and maintain an Illinois EMT-P license. The nursing staff is supported by a director of the ED, EMS, and trauma, ED clinical manager, three assistant clinical managers, a clinical nurse specialist, EMS coordinator, and trauma coordinator. Professional nursing development occurs through participation in various hospital committees, the ED Unit Council, evidence-based practice projects, and attendance at local, state, and national conferences.

Evidence Based Practice (Research) Committee

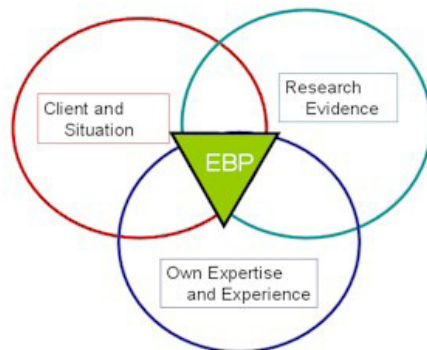
By Marites Gonzaga-Reardon, MSN, APN, CCNS, CEN

EBP Contest Winners: (\$400 each)

- *Primary Headache Disorders in the Emergency Department*, Suzanne Lange, RN, Loyola University
- *Temperature Measurement in Children with an Illness: Which Method is Most Accurate? An Integrative Review of Literature*, Terra Helfrich RN, BSN and Amy Brandenburg RN, BSN, Beloit Health Systems
- *Mock Trauma Resuscitation: An Evidenced Based Comparison of High Fidelity Simulation, Video Review, and Emergency Department Simulation*, Evelyn Clark-Kula, RN, MSN, CEN, TNS, Loyola Medical Center
- *Use of InSitu Simulations in the Emergency Department: Can In Situ Simulations Improve the Pediatric Trauma Team Performance?*, Heather Krauth RN and Ashley Servi RN, Children's Memorial Hospital

Constipation, Rebecca Basham, RN, CEN, Mary McAdams, RN, CEN, Janet Williams, RN, BSN, CEN, CPEN, St. Mary's Medical Center Evansville, Indiana

- *Lessons Learned from a Hospital Disaster Exercise using Children Participants*, Leslie Wilkans, Advocate Good Shepherd Hospital
 - *Nurse Charting Audits Improve Documentation*, Jacqueline Fancsalszki, RN, BSN, CEN, TNS and Michelle Ruther, RN, TNS, Loyola Medical Center
 - *For Dollars and Sense: Hire a Nurse*, Judy Williams RN, CEN, TNS, Loyola Medical Center
 - *Is Nurse-assisted Transport Necessary for Low-risk Telemetry Patients? A Literature Review and Evidence Based Data Collection*, Julie Casey, RN, Katrina Hejnowski, RN, Jillian Pateros, RN, William Wise, RN, Loyola Medical Center



Poster Session Presenters:

- *Risk Perceptions, Psychological Well-being and Health-Promoting Behaviors In Persons Informed of a Coronary Artery Calcium Score*, Jennie E. Johnson RN-BC, BSN, PhD(c), Loyola University, Chicago
- *Determining the Evidence for Milk and Molasses Enemas for Obstructive*

- *Direct Observation of Pediatric Trauma Teams to Determine the How the Presence or Absence of a Command Physician Effect Team Dynamics*, Bonnie Mobley RN, BSN, Children's Memorial Hospital
- *Trauma Education*, Katrina Hejnowski RN, Loyola Medical Center

3 • COUNTERSHOCK

Announcements

Illinois ENA Vests for Sale

Illinois ENA vests are for sale for \$25.00 each and available at Spring Symposium. If you are interested contact Christine Chaput at 708-485-0787, 708-327-2544, or cchaput@lumc.edu.

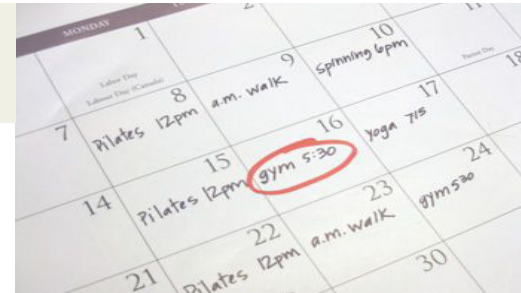
2011 National ENA Awards

Applications are now being accepted for ENA's 2011 National Awards (visit www.ena.org, ENA National Awards). These awards are given to various members for their contributions to the Emergency Nursing Profession. Do you know someone who is eligible for one of these awards? If so, please consider filling out an application (due May 2, 2011). Regardless of who wins the award, it is an honor to be nominated by your colleagues. So I encourage all ENA members to look around you and nominate a deserving Emergency Nurse!

Membership Committee

As of March 4, 2011, *Illinois ENA currently has 1551 members.* This is the highest membership total in recent years, if not in the history of Illinois ENA!

Anyone interested in involvement with the Membership Committee, please contact Co-Chairs Jackie Fancsalszki, RN, BSN, CEN, TNS at jfancsalszki@lumc.edu or Dennis Monteverde, RN, BSN, CEN, at jamontev@lumc.edu.



Upcoming Events

State Council Meetings

Contact Stephen Stapleton at steve.stapleton@live.com.

April 30, 2011 - Advocate Illinois Masonic Medical Center, 836 W. Wellington Avenue, Chicago, IL 60657.

August 6, 2011 - Mennonite College of Nursing, Illinois State University, Normal, IL 61790.

November 12, 2011 - Northwest Community Hospital, 800 W. Central Road, Arlington Heights, IL 60005.

Educational Opportunities

April 14-15, 2011 - Illinois ENA 37th Annual Spring Symposium 2011, Wyndham Lisle-Chicago Hotel & Executive Meeting Center, 3000 Warrenville Road, Lisle, IL 60532. Contact Cheryl Vinikoor at 847-870-0793 or cvinikoor@gmail.com.

September 20-24, 2010 - ENA Annual Conference, General Assembly: September 20-22, Scientific Assembly: September 22-24, Tampa, FL. www.ena.org

November 18, 2011 - Illinois ENA 3rd Annual Fall Symposium 2011, Crowne Plaza Springfield, Springfield, IL. More information coming this summer at www.illinoisena.org.

Networking Opportunities

April 14, 2011 - State Sponsored Networking Dinner, Wyndham Lisle-Chicago Hotel & Executive Meeting Center, 3000 Warrenville Road, Lisle, IL 60532. Contact Cheryl Vinikoor at 847-870-0793 or cvinikoor@gmail.com.

Upcoming ENPC Courses

Chicago	05/03/11	Harriet Hawkins	hhawkins@childrensmemorial.org	
Rockford	05/06/11	Lora Palmer		815/489-4800
Peoria (Reverif. Course)	05/10/11	Andrea Nofsinger		309/655-2295
Chicago (Reverif. Course)	06/02/11	Harriet Hawkins	hhawkins@childrensmemorial.org	
Downers Grove	06/14/11	Danielle Albinger		630/275-1377
Arlington Heights	06/23/11	Vicky Goeddeke	sgolbeck@nch.org (Sue Golbeck)	847/618-7403
Peoria	08/02/11	Andrea Nofsinger		309/655-2295
Rock Island	08/30/11	Nancy Frederiksen	fredern@ihs.org	309/779-3292

Upcoming TNCC Courses

Danville	04/12/11	Mary O'Brien		CLOSED COURSE
Lisle (Instructor Course)	04/14/11	Karin Buchanan	karin.buchanan@alexian.net	
Chicago	04/20/11	Cassandra O'Brien		773/795-7760
Aurora (Reverif. Course)	04/29/11	Karen Marie Feiden	kfeiden@rsh.net	630/978-4803
Kankakee	05/03/11	Sherry Mayes	sherry-mayes@riversidehealthcare.net	
Winfield	05/06/11	Karen Bosnyak	karen_bosnyak@cdh.org	630/933-6569
Maywood	05/13/11	Evelyn Clark-Kula	eclark1@lumc.edu	708/327-2662
Chicago	05/16/11	Harriet Hawkins	hhawkins@childrensmemorial.org	
Park Ridge	05/18/11	Joan Morris		847/723-7817
Park Ridge (Reverif. Course)	06/07/11	Joan Morris		847/723-7817
Peoria	06/07/11	Jamie Holocker		309/624-9492
Peoria	06/16/11	Cathie Bell	hhawkins@childrensmemorial.org	

Delegates

ENA General Assembly

By Stephen Stapleton, PhD, RN, CEN



ENA's Annual meeting will be held at the Tampa Convention Center in Tampa, Florida, from September 20 through the 24, 2011. The General Assembly, where the business of ENA is conducted, is held on September 20 and 21, 2011. The Illinois State Council is generally allotted 24-27 delegates based on state membership to be determined by the active membership on May 15, 2011.

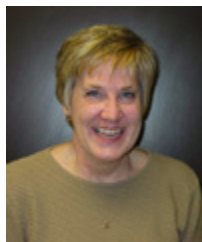
If you are interested in attending the General Assembly as a delegate, please check the website beginning in May for the application. Delegates are chosen based on a point system. All applications are processed online beginning June 1, 2011. All delegates will be notified by July 15. A generous stipend is granted to all delegates to cover most travel expenses.

If you are interested in attending the General Assembly and are able to travel to Tampa, Florida, please fill out the delegate application found on the website (illinoisena.org) beginning June 1, 2011.



ENA Scholarship to Scientific Assembly

By Julie Bracken, RN, MS, CEN



Again this year Illinois State Council ENA wants to support the membership by offering a scholarship to attend National Scientific Assembly in Tampa, Florida, September 22 – 24, 2011.

To apply for the scholarship you must be an Illinois State Council ENA member and submit written response to the following criteria:

- Have you attended an Annual Meeting in the past?
- Describe your contributions/activities in your community or institution for each of the following areas: Clinical practice, education, research/quality improvement and leadership/management.
- Describe your involvement in ENA.
- Explain how your attendance at this meeting will enhance your professional growth.
- Explain your plans for sharing the information acquired from the Assembly (who, where, how).

Points are awarded for the above criteria. All applications must be post-marked by July 1, 2011 and are evaluated by an objective team prior to the Annual Meeting, (see illinoisena.org for the policy). Mail applications to: Steve Stapleton, 105 Reeveston Drive, Bloomington, IL 61705. If questions, please call 309-438-4644 or send an email to steve.stapleton@live.com.

2011 Call for Candidates for Illinois ENA Board of Directors

By Rebecca Steinmann, APN, CEN, CPEN, CCRN, CCNS, FAEN



Looking for a few good people!

The Illinois State Council ENA Board of Directors has two open positions for the 2012 term of office: Treasurer-Elect and Director. The Treasurer-Elect serves for one year as an apprentice and serves as Treasurer of the State Council for two years. The Director serves a two year term. Job descriptions for these two positions are available on the website at www.illinoisena.org.

If you are interested in running for office, please electronically submit the following materials by May 15, 2011 to rsteinmann@ameritech.net:

- A written statement identifying the position which you are seeking
- A brief history of your involvement with ENA and what you can bring to the position
- A photograph

These will be posted on the Illinois ENA website for the Illinois ENA membership to review. I will be happy to share more detailed information about these two positions and answer any questions you might have. Contact me at rsteinmann@ameritech.net or home 630-516-0608.

Is your current e-mail address on file with national ENA? Voting for the state council board will be online again this year. To participate in this important process we must have your current e-mail. Please go to the national ENA website at and follow these steps to verify that your e-mail address is correct and contact information is current:

- Link to the national ENA website at www.ena.org
- Sign in using your user name and password
- Click on the "Membership" tab (located across the top of the screen, middle)
- Click on "Members Only"
- Click on "Update my member profile"

EMS Updates

By Annie Moy, RN, MS



HB 5183

Governor Quinn signed the above bill the end of summer and it now becomes Public Act 096-1469. This bill went into effect January 1, 2011. Rules and regulations will need to be developed. Highlights of this legislation include:

- Standards for Critical Care Transport.
- EMT Examination, licensure and licensure renewal fees. This is a dedicated funding source for IDPH. Fees for the various categories are determined in the future during the developing of rules and regulations. The following nurse related licenses/certifications are also charged fees:
 - ECRN
 - TNS
 - Lead Instructor
 - PHRN
- Revocation of an EMT license for a Class X, Class 1 or Class 2 felony convictions.
- New classification of ambulance. A "reserve ambulance" will not have to be equipped with supplies in order to receive a license.

37TH ANNUAL SPRING SYMPOSIUM 2011



Spring Symposium Committee

Spring Symposium 2011

By Cheryl Vinikoor, RN, BSN, CEN

It is not too late to register for the Illinois ENA Spring Symposium April 14, and April 15, 2011, at the Wyndham Hotel in Lisle. This year's program includes pertinent topics on emergency nursing by many excellent clinician experts.

Jeff Solheim is the featured keynote speaker, coming from Oregon. Jeff is an emergency nurse who speaks internationally and has brought his expertise to a wide variety of emergency nursing programs. He has several breakout sessions scheduled during the day.

Our closing speaker comes from Texas; Elda Ramirez is an expert in emergency nursing who is currently an associate professor of a clinical nursing and nurse practitioner program. We believe you will find them both refreshing and re-energizing for your professional practice.

The complementary Networking Dinner is scheduled for Thursday evening at the Wyndham at 6 PM. Attendance requires pre-registration on the website. You will be provided with a ticket. It includes the annual Silent Auction with all proceeds going to emergency nursing scholarships.

More information and online registration are on the homepage of the Illinois ENA website, www.illinoisena.org. Hope to see you there.

Illinois State Council Meeting Highlights

By Vicki Bacidore, APN, ACNP-BC, CEN, TNS

Meeting Summary – November 6, 2010

State Council News:

- Condolences were sent to Loyola EMS regarding the passing of Ginger Woods, EMT-P/CCEMT-P, former Superior Ambulance employee and EMS instructor at Loyola University Medical Center
- Get well wishes were sent to Claudia Kirschner, Children's Memorial Hospital

Celebrating Successes:

- Rebecca Steinmann was inducted as a fellow in the Academy of Emergency Nursing
- Barb Weintraub is editor of an upcoming textbook on ED management. Many Illinois ENA members will be co-authoring chapters.
- Steve Stapleton has an article, "Research Barriers for ED Nurses", coming out in *JEN*
- Northwest Community Hospital's Magnet status re-designated
- Central DuPage Hospital received Magnet designation
- Rush University Medical Center's Magnet status re-designated
- Teresa Gomez (CDH) is submitting a poster for ENA Leadership Conference
- Diane Shallcross (AIMMC) had a poster accepted for ENA Annual Conference
- Sharon Ward (AIMMC) is presenting a behavioral ED lecture at ENA Leadership Conference
- Paula Tanabe is organizing a Sickle-Cell Conference on December 1st at Hilton Oak Lawn

Updates:

- \$75 donated to ENAF from sale of silent auction jewelry item
- Nicholas Nelson presented the Financial Policies proposal, which passed
- Karin Buchanan proposed a 3-5 year planning calendar for state council events
- The secretary will now keep a schedule of committee conference calls which will also be posted on website
- Thelma Kuska presented the 3rd National Scorecard on State Roadway



Laws with newly added criteria measured on "distracted driving laws". Illinois has 11 out of 14 laws in place but lacks laws for motorcycle helmets, and back seat passenger restraints.

- The 2011 Illinois State Council budget was adopted
- New officers were installed: President: Steve Stapleton, President-Elect: Vicki Bacidore, Secretary: Teresa Gomez, Treasurer: Nicholas Nelson, and Director: Christine Chaput. Rebecca Steinmann thanked the state council and out-going board members for all of their support over the past two years.
- The Fall Symposium at the Crown Plaza Hotel in Springfield is on December 3, 2010 with Terry Foster as keynote speaker
- A news ticker on the website will be coming soon
- A western Illinois/Quad Cities conference on June 10, 2010 in Silvis, Illinois, is being planned by Tia Sellevold.
- The Education Committee is searching for a Fall Symposium co-chair.
- Thelma Kuska is teaching a Child Passenger Safety Seat Class hosted by the Lemont Police Department on November 19, and 20, 2010
- Illinois State Council membership is slightly down to 1466, which did not meet national ENA goals.
- Harriet Hawkins is working on the ENPC revision with roll out coming soon
- The Evidence-Based Practice Committee continues to take applications for annual contest
- The CATN course has been discontinued. The Trauma Committee is planning additional TNCC Instructor Courses this coming year.
- Annie Moy discussed proposed state legislation imposing separate IDPH initial, testing, and renewal fees for RNs holding TNS, EMS Lead Instructor, Prehospital RN, and ECRN certifications

Educational Presentation

- "What's in your bag of tricks for reducing pediatric pain?" by Denise Ramponi, DNP, CRNP, FAEN



Government Affairs Committee

The 2010 ENA Scorecard on State Roadway Laws

By Thelma Kuska, BSN, RN, CEN, FAEN

On November 17, 2010, the Emergency Nurses Association (ENA) issued the 2010 edition of the ENA Scorecard on State Roadway Laws: A Blueprint for Injury Prevention. The ENA Scorecard compares the status of roadway laws and regulations across the 50 states and DC. It also identifies states that have enabling legislation providing appropriate officials with the authority to develop, maintain and evaluate statewide trauma system. All 50 states are assessed one point for each ENA criterion present in their respective state or district laws. States are evaluated only on whether they have the laws to fit the 2010 ENA National Scorecard criteria and not on how well the states implement or enforce the laws.

Motor vehicle crashes are the leading cause of death for people of every age from 3 through 34 (based on 2007 data from the CDC's National Center for Statistics). According to the National Highway Traffic Safety Administration, 33,808 people were killed in 2009 and 2,217,000 were injured. This translates to an average of 93 people dying each day in motor vehicle crashes in 2009--an average one every 16 minutes. Examining only 2005

data, the CDC showed motor vehicle crashes cost the country \$99 billion in total medical and lost productivity costs, of which \$58 billion are attributable to fatalities. In addition costs associated with nonfatal hospitalized injuries totaled \$28 billion and \$14 billion was associated with injured persons who were treated in the ED and released.

Many of these deaths and injuries could be prevented. This is the reason why ENA produced the National Scorecard. It is the hope of ENA that members use the scorecard to lobby their respective State legislators on behalf of safer roadways.

The Injury Prevention/Government Affairs Committee of the Illinois State Council is using the ENA Scorecard to champion three criteria Illinois has failed to meet. On February 28, 2011, a copy of the ENA Scorecard Summary and the State Rankings were sent to every senator and representative in the State of Illinois.

This is a copy of the letter that was sent on behalf of Illinois ENA:

On November 17, 2010, the Emergency Nurses Association issued the 2010 edition of the Emergency Nurses Association (ENA) National Scorecard on State Roadway Laws: A Blueprint for Injury Prevention. The State Ranking Chart and Summary Chart is attached. Illinois:

- Ranks 14th of 50 states and the District of Columbia
- Meets 11 out of 14 criteria established by ENA
- Is one of three states in the United States that does not have a motorcycle helmet use law

The ENA Scorecard compares the status of roadway laws and regulations across the 50 states and DC. It also identifies states that have enabling legislation providing appropriate officials with the authority to develop, maintain and evaluate a statewide trauma system. All 50 states are assessed one point for each ENA criterion that is present in their respective state or district laws, with 14 points the maximum. States are evaluated only on whether they have the laws that fit the 2010 ENA National Scorecard criteria, not on how well the states implement or enforce the laws. All evaluated data come from state and federal government sources and research journals as of October 11, 2010.

The three laws that Illinois currently do not have are 1) primary seat belt law covering all seating positions; 2) universal helmet use law, and; 3) universal helmet use law requiring all riders' helmets meet federal protection standards.

The Illinois State Council of the Emergency Nurses Association support the:

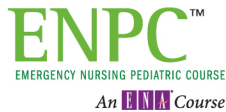
- *Enactment of law that requires the use of seat belts in all seating positions of a passenger car*
 - *Decades of research document and prove conclusively that seat belt use is the most effective technological countermeasure available in preventing or reducing the severity of injuries to occupants involved in a motor vehicle crash*
 - *Proper use of lap/shoulder belts lowers the risk of fatal injury to front seat passenger car occupants by 45 percent and lessens the risk of moderate-to-severe injury by 50 percent*
 - *Vehicle occupants who are unbelted frequently injure other occupants and unbelted drivers are less likely than belted drivers to be able to control their vehicle*
- *Enactment of a universal motorcycle helmet use law requiring all riders to wear a helmet*
 - *In 2009, 4,281 motorcyclists died in crashes*
 - *Head injury is a leading cause of death in motorcycle crashes*
 - *A University of California study concluded that wearing helmets was the single most important factor in surviving motorcycle crashes*
 - *Studies have shown that motorcycle helmets are 67 percent effective in preventing brain injuries and 37 percent effective in preventing fatal injuries to motorcycle riders*
 - *Motorcycle riders who were not wearing helmets were three times more likely to suffer brain injuries than those wearing helmets*
- *Enactment of a universal motorcycle helmet use law requiring all riders' helmets meet federal protection standards*
 - *Universal helmet laws provide the greatest impact on saving lives and reducing serious injuries, for these laws cover every person regardless of age and position on the motorcycle*
 - *By protecting riders from injury, it also lessens medical care costs and conserve tax dollars by reducing the greater costs to society from productivity losses of individuals needlessly injured, disabled or killed in motorcycle crashes*

According to the CDC, a person is taken to an emergency department to be treated for a motor vehicle crash-related injury every 10 seconds. This translates to approximately 3.8 million emergency department visits a year from motor vehicle crashes alone. Every 12 minutes, someone in the United States dies from a motor vehicle crash. In the vast majority of cases of injury/death, an emergency nurse is there, helping to treat the patient, helping to transport the patient, helping the family cope with what might be the most devastating time of their lives.

The most heart wrenching part of this is that many of these injuries and deaths are preventable. Study after study show that the passing and enforcement of the laws identified in the ENA Scorecard 2010 reduce the incidents of injury and death. Dealing with death is difficult but dealing with a preventable death is tragic.

As advocates for patient safety and quality care, we urge you to support the passage of these laws. We stand ready to support you in your important work ahead.

7 • COUNTERSHOCK



Pediatric/ENPC Committee

By Harriet Hawkins, RN, CCRN, CPN, FAEN

In February the Pediatric Committee sponsored a CPEN Exam Review Course. Huge thanks goes to Maria Martinez and Carolyn Claus who were the co-chairs for the course and did an amazing job pulling everything together! Thank you to Northwest Community Hospital as well – our host for the course.

Our next activity is the ENPC Instructor Course held in conjunction with the Spring Symposium in April. These Instructor Candidates will have a challenge as they all must get verified by the end of the year. We are expecting the new ENPC materials to be available this fall.

The Pediatric Committee needs ENPC instructors! Instructors interested in helping with ENPC disseminations throughout the state or willing to mentor new instructors are sought. We particularly need members from all around the state.

Over the next two years we would like to present courses in areas with limited access to ENPC. In addition, we would like to increase our instructor pool, particularly in those areas without instructors.

If you are interested in being a member of the Pediatric Committee, please contact me at hhawkins@childrensmemorial.org. If you live in an area that has not had an ENPC course or has limited courses please contact me as well. I hope to see many of you at the Networking Dinner in April.

Communications Committee

By Evelyn Lyons, RN, MPH

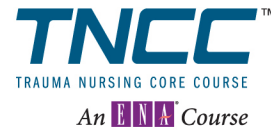


The Communications Committee is working on the following new features which have been added to the Illinois State Council ENA website.

- **Home Page news ticker** - This news ticker section is now available on the home page. This feature supports a brief display of summary information on news items that are currently present on the website. Web users can click on the item to be linked to further details. At this time, the news ticker section contains text only. A future plan is to add stock photos.
- **Home Page event calendar** – This event calendar is now available on the home page, and contains information on State Council meetings, committee meetings, educational programs and conferences. If anyone has Illinois ENA event related information that they would like added to the event calendar, please contact Evelyn. Lyons@illinois.gov.

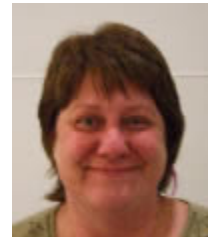
In addition, a process is identified to scan archived Illinois ENA materials. These documents represent our Illinois ENA history. Once scanned, some of these documents will be placed in the Archives Page on the website so they can be easily accessed for viewing.

The Communications Committee meets via conference call on a quarterly basis. All meetings are from 6:00 PM – 7:30 PM. Upcoming meetings are held on Tuesday, April 21, 2011; Tuesday, July 12, 2011; and Tuesday, October 4, 2011. Anyone interested in joining the Communications Committee is welcome. Please contact Evelyn. Lyons@illinois.gov.



Trauma/TNCC Committee

By Karin Buchanan, RN, MSN, CEN



The Trauma Committee is hoping to have a very busy year. The Spring TNCC Instructor course is being held on April 13th & 14th, 2011 in conjunction with the Spring Symposium in Lisle, Illinois. The application for the Spring TNCC Instructor Course is posted on the Illinois State Council ENA website. You may contact Karin Buchanan by email and have an application sent to you. The deadline for submission was February 28th for applicants. Class size is limited to 12 participants. Notification of acceptance into the course was made by March 11th.

The Fall Instructor Course was very successful and it was nice to be on the road to starting a tradition of hosting upstate and downstate instructor courses. Tentative dates for the Fall TNCC instructor course are November 16th & 17th in Springfield.

As a reminder for **instructor candidates**: the first date listed for the Instructor course is the testing day where candidates will take the TNCC exam and are tested in one of the three TNP stations. In order to be eligible for the instructor course the following day, the instructor candidate must pass the written test with a score of 90% or greater and score 85% or greater on the TNP station.

For all **course directors**: if you identify instructor potential candidates, please forward those names to Karin Buchanan @ Karin.Buchanan@alexian.net. What the Trauma Committee needs from you is the provider course summary form (not the instructor evaluations) so we can continue to plan classes and verify candidates eligibility when they are applying for the instructor courses. The criteria used for identification of instructor candidates is found in the ENPC/TNCC Administrative Procedures dated November 2008. The Trauma Committee also agreed those guidelines are used for verification of instructor candidates and mentoring new course directors. A list of faculty and members of the Illinois ENA Trauma Committee was sent to Course Operations per their request so they could ensure those instructor candidates were being verified by designated people.

Concepts of Advanced Trauma Nursing (CATN) II courses: until ENA revises this course, there will be no further courses scheduled.

Course Directors and Instructors: as always, we thank you for what you do. Not only do your students benefit with valuable trauma education they can use when taking care of trauma patients, the knowledge and skills these students learn also benefits Illinois in Emergency Preparedness if a disaster were to occur.

All our meetings are conducted by telephone conference. While it doesn't replace the valuable face to face meetings, it is a reality in today's tight budget constraints. Meeting dates and times are the second Tuesday in March, June, September, and December at 6 PM. Meetings generally last about an hour depending on agenda items. Please contact myself, Karin Buchanan at Karin.Buchanan@alexian.net or the co chair of the Trauma Committee, Karen Bosnyak, at Karen_Bosnyak@cdh.org if you are interested in joining.

Education Committee

By Sharon Ward, RN, MS

The Illinois ENA Education Committee welcomes any new members. No formal educational background or experience is needed, and we would love to have some direct care nurses join us. If you are interested in exploring your opportunities with this committee, please contact one of the co-chairs at vgooddek@nch.org or sharonward5@aol.com.

The committee is planning to meet on the following dates: May 26 at 4 PM – location to be announced, August 6 at 9 AM prior to the State Council Meeting in Bloomington, and October 27 at 4 PM – location to be announced. Please continue to check the Illinois ENA website for updated location and meeting invitation.

There are multiple educational symposiums offered this year across the state, all will be publicized on the Illinois ENA website. The education committee is also planning two-half day sessions including:

- **Friday, November 11, 2011**, this session will be held the afternoon before our ENA November 12th State Council Meeting at Northwest Community in Arlington Heights. The current working plan is to focus this session on a trauma related topic. We are looking into discounted hotel rates for those of you who may want to drive up for the educational offering and stay overnight to attend the State Council Meeting. More information will follow later this summer – watch the Illinois website for more details.
- **Friday, November 18, 2011**, we will collaborate with the Fall Symposium Sub-Committee, who is coordinating the symposium in Springfield on this date. The current plan is to add a leadership session either the day prior or as a breakout session. More details will be shared in the next newsletter and on the website.

The Education Committee developed a very short feedback survey. We would like to hear from you, the members of Illinois ENA about your educational needs. This survey is designed to be completed in less than five minutes and will provide the committee with a high level overview of your opinions of the length, location and educational topics you would like to hear more about. Please visit www.surveymonkey.com/s/YBZYG3Y. This survey will remain open until May 20, 2011.

Finance Committee

By Elisabeth Weber, RN, MA, CEN

In 2010, the Finance Committee completed the Financial Policies for the Illinois ENA. This year our goal is to add new financial policies on Grants Management. In addition, an audit of the Financial Records of the Illinois ENA will be completed. At the current time, the committee Co-Chairs are drafting a Request for Proposal for CPA firms. The third goal for the Finance Committee is to review the investment results and make any necessary recommendations to the Board.

The Finance Committee has not had a meeting in 2011 but will be scheduling one before the end of the first quarter. All committee meetings occur via conference call. We are seeking additional members for this important committee. Members should be familiar with financial principles and should have some experience in budgeting and reading financial reports and documents. Contact Nicholas Nelson, the current Illinois ENA Treasurer (treasurer@illinoisena.org), or Elisabeth Weber, Co-chairperson of the Finance Committee (finance@illinoisena.org), if you are interested in serving on this committee.



Historical Nursing Heroines: Clara Barton

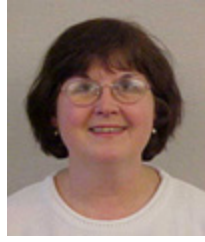
By Kathleen Richmond, RN, MS

Clara Barton (1825-1912), teacher, nurse, and humanitarian, is best known for founding the American Red Cross. Born in Massachusetts, Clara was a tomboy as a child and loved her father's stories of his military service. She became a teacher as a young woman and founded a popular free school. When the school board appointed a man to the principal's position, Clara quit teaching and went to work as a clerk in the US Patent Office.

At the outbreak of the Civil War, she volunteered at Washington infirmary to care for wounded soldiers; she had past experience caring for her injured brother and invalid father prior to the war. Clara started her own military relief services after the First Battle of Bull Run and traveled with army ambulances into the Virginia theater of combat on the approval of the US Surgeon General. She cared for wounded at Fredericksburg, the Wilderness, and Antietam, barely missing death herself when a bullet passed through her sleeve killing the wounded soldier she was tending. She was known as "The Angel of the Battlefield".

After the war, Clara continued her philanthropic work by leading the government's committee for locating and identifying missing soldiers who had been prisoners of war in the infamous Andersonville. Years later while on a trip in Europe, Clara became involved in International Red Cross relief efforts for the Franco-Prussian War. She returned to the US and established the American Red Cross, personally overseeing the relief assistance for victims of Johnstown, PA flood of 1889 and Galveston, TX flood of 1900.

Clara was an activist for social issues of civil rights and women's suffrage; she was instrumental in getting the United States to sign the Geneva Treaty for humane treatment of military prisoners. Clara Barton died at the age of 90, having fulfilled her mission in life. In her own words, "You must never so much as think whether you like it or not, whether it is bearable or not; you must never think of anything except the need, and how to meet it."



ENA Foundation

2011 State Challenge

**"Pack the Sack for
Nursing Education"**

February 1 through May 31



9 • COUNTERSHOCK

Hyperinsulinemia Euglycemia for Management of Severe Calcium Channel Blocker Overdose

By Kimberly Kauzlarich, PharmD Candidate 2011¹, Nichole Cool, PharmD², Tony Burda, BS Pharm, DABAT³

¹University of Illinois at Chicago College of Pharmacy P4 Student, ²Northwestern Memorial Hospital PGY2 Critical Care Resident, ³Illinois Poison Control Center, Chicago

Background

In 2009, the American Association of Poison Control Centers reported 1,158 poison related fatalities in the United States. A significant number 63 (5.44%) of cases involved calcium channel blockers (CCB). The CCBs most frequently involved in fatal cases were found to be the non-dihydropyridines (diltiazem and verapamil) which were responsible for over 60% of these cases CCB fatalities. Additionally, there were a total of 10,868 CCB intentional and unintentional exposures reported to poison control centers in 2009¹. CCBs are of considerable concern in overdose due to the potential for resistant hemodynamic instability including severe hypotension and bradycardia. Since many of the CCB formulations are extended release or intrinsically long acting medications, life threatening symptoms may have delayed onset and persist for many hours.

CCB Pharmacology

CCBs are treatment options for the management of a variety of conditions such as hypertension, angina, arrhythmias, tachycardia, migraine prophylaxis, arteriosclerosis, subarachnoid hemorrhage, Raynaud's phenomenon, and anxiety symptoms. CCBs are categorized as dihydropyridines (amlodipine, nifedipine, felodipine, isradipine, nicardipine nisoldipine) or non-dihydropyridines (verapamil, diltiazem). All CCBs antagonize "slow" voltage gated L-type calcium channels, with dihydropyridines demonstrating a greater selectivity for vascular tissue in the periphery. Non-dihydropyridines have additional effects on myocardial tissue. Although receptor selectivity is reduced in overdoses, non-dihydropyridines still are considered more dangerous given the negative inotropic and chronotropic effects².

Clinical Manifestation

In CCB overdoses, patients often initially present with notable hypotension and/or bradycardia. This may progress to CNS effects such as dizziness, syncope, lethargy, alterations in mental status, seizures, shock, or coma. Other signs and symptoms include respiratory depression, arrhythmias, heart block, hyperglycemia, and metabolic acidosis. Insulin secretion from the beta cells of the pancreas are inhibited due to calcium channel blockade in CCB overdose, and the hypo-insulinemic state may lead to cardiac symptoms of shock as cells are unable to uptake glucose^{3,4}.

Treatment

Treatment of known or suspected CCB overdose is dependant on the time frame in which the exposure occurred. Oral gastric lavage may be considered in life threatening ingestions in patients who present within one hour of the overdose. Single dose activated charcoal may be utilized in stable patients who have a protected airway².

Hemodynamic instability can be managed in a stepwise manner starting with using IV fluid therapy and adding vasopressor agents if needed. A variety of other therapies have been utilized in CCB overdose with varying degrees of efficacy including, IV calcium salts, glucagon, atropine, and phosphodiesterase inhibitors such as milrinone.

Novel therapies shown to be effective in CCB overdose are fat emulsion therapy and high dose insulin therapy. Treatment with fat emulsion may be considered in patients who are in cardiac arrest and have not responded to fluids and/or other antidotal therapy. Treatment should begin with a bolus of 1 ml/kg over 1 minute of 20% solution and then an infusion rate of 0.25 ml/kg/min.

High Dose Insulin Therapy

Published case reports and studies demonstrate high dose insulin therapy has a beneficial role in CCB overdose⁶. There are multiple proposed mechanisms of action for high dose insulin therapy. When giving high dose insulin, it increases serum concentrations of calcium, improves myocardial utilization of calcium, and reverses the hyperglycemic acidotic state⁶. Many reports show dramatic improvement and reversal of hemodynamic instability in patients who have overdosed on CCB.

High dose insulin therapy should be considered in patients who have overdosed on a CCB and are becoming hemodynamically unstable (e.g. hypotension, bradycardia). Case reports demonstrate high dose insulin therapy improved outcomes in calcium channel blocker overdose. The Illinois Poison Control Center guideline recommends giving 0.5 to 1 unit/kg regular insulin as a loading dose. D50 may be considered in conjunction with high dose insulin therapy, however seriously poisoned patients usually exhibit such resistant hyperglycemia it is usually not necessary.

Frequent blood glucose monitoring should be performed in all patients on high dose insulin therapy. Blood glucose should be monitored every 30 minutes until stable and then every 1-2 hours thereafter⁵. In some cases, patients may need supplemental dextrose but this is uncommon¹. Another potential adverse effect of high dose insulin therapy is electrolyte imbalances. Since insulin shifts extracellular ions such as potassium, magnesium, and phosphate into the cell, a patient can present with hyperkalemia, hypophosphatemia, or hypermagnesemia. Electrolytes should be monitored regularly and replaced as necessary. There were no adverse outcomes associated with abnormal electrolytes in any of the cases studied⁵.

High dose insulin therapy should be tapered off once the blood pressure and heart rate stabilize. Other clinical factors can help determine when high dose insulin therapy can be tapered, include improvement in mental status, acidemia and normalized lactate levels or hypoglycemia after extended persistence hyperglycemia. Usually, high dose insulin therapy can be tapered 24 to 72 hours after initiation of high dose insulin therapy for CCB ingestion.

Clinical Consultation

Overdoses with cardiovascular medications such as calcium channel blockers or beta blockers pose a significant risk of serious morbidity and mortality. Clinicians may be unfamiliar with rarely used and cutting edge antidotal therapies such as high dose insulin and fat emulsion therapy. Immediate consultation with a specialist at the Illinois Poison Center and the medical toxicologists of the Toxicology Consortium may be life saving. The Illinois Poison Control Center is available 24 hours a day, 7 days a week at 1-800-222-1222.

References

1. Bronstein AC, et al.: 2009 Annual report of the American association of poison control centers' national poison data system (NPDS): 27th annual report. *Clin Toxicol* 2010; 48:979-1178, 2010. Accessed online: March 11, 2011.
2. Thomson POISONDEX. Toxicology information for the healthcare professional. Version 2.0. New York: POISONDEX; 2011. Accessed online: March 11, 2011.
3. Buckley NA, et al.: Overdose with calcium channel blockers. *BMJ* 1994; 308:1639.
4. DeWitt CR, Waksman JC: Pharmacology, pathophysiology and management of calcium channel blocker and beta blocker toxicity. *Toxicol Rev* 2004; 23:223.
5. Patel, Nirav, et al. Hyperinsulinemic Euglycemia Therapy for Verapamil Poisoning: A Review. *Am J Crit Care* 2007;16(5):498-501.
6. Kerns, William et al. Insulin-Euglycemia Therapy. *Goldfrank's Toxicologic Emergencies*. 2011; 9:893-895.

President's Message *(Continued from page 1)*

following though on the numerous bills presented at the national and state levels. The Illinois State Council just sent a mass mailing to all state representatives highlighting the results from ENA's 2010 State Score Card. There are 14 criteria, and Illinois ranks 14th with a score of 11. More information can be found on the national website (www.ena.org).

The Membership Committee, co-chaired by Rebecca Steinmann, Jackie Fancsalszki and Dennis Monteverde, contacts each new member and reminds members whose membership is about to expire to maintain their membership.

All these volunteers and numerous others spend countless hours doing the work of the Illinois State Council. I am constantly amazed at the level of dedication and service. I thank each one! If you are interested in becoming a committee member or attending an upcoming state council meeting, please contact me or the committee chairperson you are interested in joining for further details. We always need everyone's time, commitment, and expertise.

Illinois State Council Emergency Nurses Association

2011 BOARD OF DIRECTORS

PRESIDENT	Stephen Stapleton , PhD, RN, CEN C: 773-350-7959 W: 309-438-4644 EM home: steve.stapleton@live.com	IMMEDIATE PAST PRESIDENT	Rebecca Steinmann , APN, CEN, CPEN, CCRN, CCNS, FAEN H: 630-516-0608 W: 773-975-8764 EM home: rsteinmann@ameritech.net	PRESIDENT-ELECT	Vicki Bacidore , APN, ACNP-BC, CEN, TNS H: 630-279-4061 W: 708-217-5600 EM work: vbacido@lumc.edu
	SECRETARY	Belkys Teresa Gomez , RN, MSN, CPEN H: 630-877-2226 C: 630-933-6129 EM home: nadter95@sbcglobal.net	TREASURER	Nicholas Nelson , MS, RN, -EMT-P C: 773-458-8022 F: 773.751.2064 EM home: nicholas.nelson81@gmail.com	
	DIRECTOR	Bonnie Mobley , RN, BSN, TNS W: 773-306-2197 EM home: bmobley@childrensmemorial.org	DIRECTOR	Christine Chaput , RN, MSN, CEN C: 708-595-5962 EM work: cchaput@lumc.edu	

2011 COMMITTEE CHAIRS

ARCHIVES	Kathleen Richmond , RN, MS H: 708-687-6044 W: 773-582-7620 EM home: richmondk8@aol.com
COMMUNICATIONS Co-Chairs	Evelyn Lyons , RN, MPH H: 708-499-0661 W: 708-327-2556 EM work: evelyn.lyons@illinois.gov
	Bonnie Mobley (see Director)
EDUCATION Co-Chairs	Vicky Goeddeke , MS, RN, CEN, CPEN H: 815-484-9788 C: 815-289-7987 EM work: vgoeddek@nch.org
	Sharon Ward , RN, MS H: 773-281-0144 C: 773-406-9488 EM home: sharonward5@aol.com
EBP/RESEARCH	Marites Gonzaga , APRN, CCNS, CEN W: 312-942-5307 C: 773-780-4389 EM work: maritesgonzaga@yahoo.com
FINANCE Co-Chairs	Elisabeth Weber , RN, MA, CEN W: 312-747-9385 EM work: weber_elisabeth@cdph.org
	Nicholas Nelson (see Treasurer)
GOVERNMENT AFFAIRS	Thelma Kuska , RN, BSN, CEN, FAEN H: 708-361-8677 W: 708-503-8892 #20 EM home: thelmakuska@comcast.net
INJURY PREVENTION	Kathleen Koch , RN H: 708-429-2753 EM work: kochie44@aol.com

2011 COMMITTEE CHAIRS (Continued)

MEMBERSHIP Co-Chairs	Jackie Fancsalszki , RN, BSN, CEN, TNS H: 630-428-1573 EM work: jfancsalszki@lumc.edu
	Dennies Monteverde , RN, BSN, CEN H: 708-209-1051 EM work: jamontev@lumc.edu
	(see Immediate Past President)
PEDIATRIC/ENPC	Harriet Hawkins , RN, CCRN, CPN, FAEN W: 773-880-6303 EM work: hhawkins@childrensmemorial.org
SPRING SYMPOSIUM	Cheryl Vinikoor , RN, BSN, CEN H: 847-870-0793 W: 847-480-3751 EM home: cvinikoor@gmail.com
TRAUMA/TNCC Co-Chairs	Karin Buchanan , RN, MSN, CEN H: 847-608-8873 W: 847-490-2529 EM work: karin.buchanan@alexian.net
	Karen Bosnyak , RN, BSN, CEN H: 847-741-6214 EM work: karen_bosnyak@cdh.org

2011 SIGS/CONSULTANTS (Continued)

DELEGATES (Continued)	Karla Christianson , RN, MSN, CEN H: 847-516-2401 C: 847-217-7919 EM home: karlaks9@aol.com
EMS	Annie Moy , RN, MS, TNS, CEN, ECRN W: 312-926-5211 F: 312-926-6288 EM work: amoy@nmh.org
EMSC	Evelyn Lyons (see Communications)
ENAF Co-Chairs	Darcy Egging (see APN)
	Debbie Smith , RN H: 309-821-9241 EM home: debsdarb@msn.com
IMERT	Amy Krupa , RN, MSN H: 630-325-2536 W: 708-684-5360 EM home: amkrupa@yahoo.com
INVENT	Barbara Weintraub , RN, MSN, MPH, APN, CEN H: 847-699-2980 W: 847-618-5432 EM work: bweintraub@nch.org
NEWSLETTER	Julie Bracken , RN, MS, CEN H: 708-636-3156 W: 708-633-4108 EM home: juliebracken@msn.com
TRIAGE	Paula Tanabe , RN, PhD, MPH H: 312-922-8414 W: 312-926-6483 EM work: ptanabe2@nmff.org

2011 SIGS/CONSULTANTS

APN	Darcy Egging , RN, MS, CNP, CEN H: 630-554-3432 W: 630-208-4000 EM home: eddingda@comcast.net
DELEGATES Co-Chairs	Julie D'Agostino , RN, MS, APRN-CS, CEN H: 847-259-0732 C: 847-682-5824 EM home: jdagostino@ameritech.net