



2023 1st Quarter Newsletter

****We are pleased to announce the return of in-person meetings for our chapter. We will have our first meeting of 2023 on Monday, January 23rd at 0700 in the Covenant Medical Center ED. ****

Meet your 2023 Hi-Plains ENA Board Members:

Hi-Plains ENA President

Belinda Waters, RN, CEN, CCRN-K



Belinda currently works at Covenant Children's Hospital in the Pediatric ICU. She began her nursing career in 1984 at Methodist Hospital (Covenant Medical Center). Belinda has worked in many different specialties and roles with Covenant and UMC including ED, Trauma, Flight Nursing and ICU.

She served as the Texas ENA President along with being a previous President for the Hi-Plains Chapter. Many will recognize Belinda for her teaching multiple courses for the area throughout the years.

Belinda has been married to Jim for 14 years. They have a son (Matt) and three grandsons (William, Matthew and Jackson) who live in Florida. They also have a dog (Dudley) and a cat (Cato). They live at Ransom Canyon, where they serve on the Volunteer Fire/EMS Department.

We are lucky to have Belinda to serve again as our President to bring her knowledge, skills, and personality to this team.

Hi-Plains ENA President-Elect

Will Stewart MSN, RN, CEN, EMT-LP, NE-BC



Will currently works for Phillips Healthcare Transformation Services in the role of Principal, responsible for project management, people management and business development. Prior to this role, he was a consultant for Blue Jay Consulting until it was purchased by Phillips. He has been in the consultant role for 14 years and has been a nurse since 1992 and worked for Covenant Health System for 19 years in multiple different roles, including ED Nurse Manager.

He previously served as the President of Texas ENA along and was a previous President of the Hi-Plains Chapter.

He has been married to his wife Amy for 20 years. They have four children Kimberly, Caitlyn, Brogan, and Colin one son-in law, John and one granddaughter, Emily. And have two dogs named Rollo and Ellie.

We are lucky to have his leadership, experience, and knowledge to help serve this chapter.

Hi-Plains ENA Secretary

Traci Campos, BSN, RN, CEN

Traci is currently employed as a travel ER nurse. She has been traveling for the last year, staying within a two hour radius of Lubbock. Previously, she worked for Covenant in different positions for both the Lubbock and Levelland ministries. Having been a nurse since 2009, she began working in rural hospitals in this area.



This will be the first time Traci has served for the Hi-Plains Chapter. She is also an active member for the International Association of Forensic Nurses. She is currently working on a dual Master's degree in Forensic Nursing and Criminal Justice.

Traci has been married to Chris (CJ) for 15 years, and together they have three children, Lexi, Elayna, and Ryden. They also have three dogs Tater, Tulsa, and Foxy and two grandpups Piper and Biscuit. Between stock shows, sports and other activities they enjoy spending time fishing, swimming, and spending time at the lake together.

Hi-Plains ENA Treasurer

Vicente Martinez, BSN, RN, EMT-LP, CEN, CCRN, CFRN, CTRN, NREMT-P, FP-C



Vicente currently works for AeroCare as a Flight Nurse/Paramedic and also serves as their Outreach Educator. He has been with AeroCare for 15 years. He also works for Covenant Medical Center ED, where he teaches TNCC and new-hire classes. He has worked for Covenant in many different roles since 2002. He has been a nurse for 23 years.

He teaches multiple classes for the area for Covenant and AeroCare including TNCC, EKG classes, Sepsis, PALS, and multiple trauma topics. Vicente is a wealth of knowledge and fortunate to have him join the board.

Vicente is married to Shannon, and together they share three kids, Kingston, Major, and Everly. They stay busy keeping up with the kid's activities and enjoy spending time at the lake.

CEN Practice Question

What injury pattern is commonly seen in patients with axial loading injuries?

1. Subdual bleeds
2. Gallbladder injuries
3. Burst fractures of the vertebral body
4. Vertebral wedge fractures

Answer and rationale at end of the Newsletter

WAYS YOU CAN MAKE A DIFFERENCE

The Hi-Plains will be looking to become more involved in your community. Be on the lookout for more details throughout the year!! If you have an event you would like the Hi-Plains ENA to sponsor, please let us know! You can reach us at hpena2023@gmail.com.



Are you currently in school and an ENA Member??

The National ENA and Texas ENA are offering scholarships to ENA members. Some of our members have applied and received both state and national ENA scholarships in multiple years.

To apply click the links below:

National ENA: <https://www.ena.org/foundation/scholarships> (Deadline June 1, 2021)

Texas ENA: <https://txena.org/scholarships/>

Local ENA Meetings

We will plan 2023 meetings at our first meeting January 23rd

Please plan to participate in this planning session

State ENA Meetings

Q1 Meeting / Jan. 12-14

El Paso

[Meeting Schedule](#)

[Hotel Information](#)

[RSVP for Dinners](#)

Q2 Meeting / April 14-15

South Padre Island – Hosted by Rio Bravo Chachalacas

Q3 Meeting / July 14-15

Austin – Hosted by Austin 329

Q4 Meeting / Oct. 13-14

Abilene – Hosted by Staked Plains

More information at <https://txena.org/meetings/>

National ENA Meeting

September 21-24, 2023

San Diego, CA

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CEN Practice Answer/Rationale

Burst fractures of the vertebral body – (Rationale) Many cervical spinal cord injuries are the result of axial loading (head-first impact injuries). They result in burst fractures; this is an injury in which the vertebra (the primary bone of the spine) breaks in multiple directions.