

2026 Setting the Pace

Speaker Information Form



Catherine Emo Castle BS RN

Speaker(s) Biography.

Catherine Castle has 30+ years in medicine, starting as a paramedic in rural Colorado. She graduated with a BS in Nursing from Salisbury University and held various roles at Albany Medical Center, including CCU, Emergency Department, Flight Nurse, and Adult and Pediatric STAT nurse. In 2018 she spearheaded the opening of the Pediatric Emergency Department and continues to work in the pediatric and adult ED as a Nurse Clinician – part of this role is teaching Pediatric Readiness to regional EMS and ED's. Her camp nursing experience includes summer nurse at The Hole in The Wall Gang Camp and Nursing Director at Double H Ranch creating summer experiences for children with serious illness. Currently, she's the Nursing Advisor for Serious Fun Children's Network, aiding global medical teams in working with children with serious illnesses. When not working she enjoys outdoor activities with her two teenagers, husband and dog.

Presentation

Channel your Inner Ray - How to be the Best Part of their Worst Day

Summary

What we encounter as ED nurses each day is nothing short of extraordinary—yet over time, it becomes our ordinary. This truth is powerful: remembering it helps us approach every patient and family with empathy and purpose. In this talk, we'll dive into what it truly means to be an ER nurse, exploring how strong relationships with colleagues and patients can transform challenges into moments of meaning and impact.

Learning Objectives.

1. **Recognize the Extraordinary:**

Understand why remembering that extraordinary becomes ordinary is vital for patient care.

2. **Build Strong Connections:**

Learn ways to strengthen relationships with patients and colleagues.

3. **Find Meaning in Your Work:**

Discover strategies to bring purpose and fulfillment to ER nursing.

References.

Komsan, F. A. A. M., Elbaky, M. M. A., Abouzied, W. R., & Ahmed, N. A. A. (2023, August). Emergency nurses' core competencies in the management of critically ill patients in emergency departments. *Tanta Scientific Nursing Journal*, 30(3), 27–40.

Wietecha, M. (2024, July 15). *Study sheds light on charge nurse competencies in emergency care*. Emergency Nurses Association. <https://www.ena.org>