

2026 Setting the Pace
Speaker Information Form



Jean A. Proehl, RN, MN, CEN, CPEN, TCRN, FAEN, FAAN

Speaker(s) Biography.

Jean has been an emergency nurse since 1981 and an emergency clinical nurse specialist since 1985. She is an internationally renowned speaker and author in the field of emergency nursing and trauma care. Jean held the position of National ENA President in 1999 and was the chairperson of the Academy of Emergency Nursing from 2006-2009. She edited the book *Emergency Nursing Procedures* and was one of the founding editors of the *Advanced Emergency Nursing Journal*. She regularly leads humanitarian healthcare missions to low resource countries. Jean has over 45 years of emergency nursing experience and is currently employed as a per diem emergency nurse at Gifford Medical Center in Randolph, VT. She also works as an Emergency Clinical Nurse Specialist for her company Proehl PRN and does education and consultation for emergency nursing topics.

Presentation Title (be creative!). Clinical Mythbusting

Summary (3-4 sentences).

How much of your practice is based on “the way we’ve always done it?” Are you doing things that could harm patients? Are there things you should be doing to avoid harm to patients? How do you decide what to do and what not to do? This session will address some commonly held emergency care beliefs and the evidence (or lack thereof) upon which to base your practice. The discussion will also include information on how to evaluate other current/future practices.

Learning Objectives.

Upon completion of this activity, the learner will be able to:

1. Describe evidence-based practice and discuss how it applies to current and future emergency care.
2. Identify at least 4 clinical practices in emergency nursing not supported by high-quality evidence.
3. Discuss the change process for implementing new practices in the clinical setting.

References.

Note that because many of the myths were debunked years ago, old references are necessary.

- Benger, J. R., Kirby, K., Black, S., Brett, S. J., Clout, M., Lazaroo, M. J., ... & Smartt, H. (2018). Effect of a strategy of a supraglottic airway device vs tracheal intubation during out-of-hospital cardiac arrest on functional outcome: the AIRWAYS-2 randomized clinical trial. *JAMA*, 320, 779-791. doi:10.1001/jama.2018.11597
- Birenbaum, A., Hajage, D., Roche, S., ... Riou, B. (2019). Effect of cricoid pressure compared with a sham procedure in the rapid sequence induction of anesthesia: The IRIS Randomized Clinical Trial. *JAMA Surgery*, 154(1), 9–17. doi:10.1001/jamasurg.2018.3577
- Cabello, J. B., Burls, A., Emparanza, J. I., Bayliss, S., & Quinn, T. (2016). Oxygen therapy for acute myocardial infarction. *Cochrane Database of Systematic Reviews 2016*, Issue 12. Art. No.: CD007160. DOI: 10.1002/14651858.CD007160.pub4.
- Chowdhry, S., Seidenstricker, L., Cooney, D. S., Hazani, R., & Wilhelmi, B. J. (2010). Do not use epinephrine in digital blocks: myth or truth? Part II: a retrospective review of 1111 cases. *Plastic and Reconstructive Surgery*, 126, 2031-2034. DOI: 10.1097/PRS.0b013e3181f44486
- Cornes, M. P., Ford, C., & Gama, R. (2013). The order of draw: myth or science. *Clinical Chemistry & Laboratory Medicine*, 51, e285. DOI: 10.1515/cclm-2013-0650
- Deakin, C. D., & Low, J. L. (2000). Accuracy of advanced trauma life support guidelines for predicting systolic blood pressure using carotid, femoral, and radial pulses: observational study. *British Medical Journal*, 321, 673-674.
- Esnault, P., Prunet, B., Cotte, J., Marsaa, H., Prat, N., Lacroix, G., ... Meaudre, E. (2014). Tracheal intubation difficulties in the setting of face and neck burns: myth or reality? *American Journal of Emergency Medicine*, 32, 1174-1178.
- Geller, J. E., Strickland, P. O., & Bucher, J. T. (2022). The use of the word "quiet" in the emergency department is not associated with patient volume: A randomized controlled trial. *The American journal of emergency medicine*, 56, 10–12. <https://doi.org/10.1016/j.ajem.2022.03.020>
- Institute for Safe Medication Practices (ISMP). *ISMP Safe Practice Guidelines for Adult IV Push Medications*; 2015. <https://www.ismp.org/guidelines/iv-push>
- Kerber, R. E. (2012). Hands-On Defibrillation—The End of “I’m Clear, You’re Clear, We’re All Clear”? *Journal of the American Heart Association*, 1, e005496. doi: 10.1161/JAHA.112.005496
- Konig, G., Yazer, M. H., & Waters, J. H. (2013). Stored platelet functionality is not decreased after warming with a fluid warmer. *Anesthesia and Analgesia*, 117(3), 575-578. <https://doi.org/10.1213/ANE.0b013e31829cfdfa>

- Lemkin, D. L., Witting, M.D., Allison, M.G., et al. (2014). Electrical exposure risk associated with hands-on defibrillation. *Resuscitation*, 85, 1330–1336.
- Leisure, M. K, Dudley, S. M., & Donowitz, L. G. (1993). Does a Clean-Catch Urine Sample Reduce Bacterial Contamination? *New England Journal of Medicine*, 328, 289-290. DOI: 10.1056/NEJM199301283280420
- Leonard, G., & Lacey, A. (2021). Lactated Ringers vs. normal saline: Myths and pearls in the ED. *emDocs Practice Updates*. <http://www.emdocs.net/lactated-ringers-versus-normal-saline-myths-and-pearls-in-the-ed/>
- Lippi, G., Simundic, A. M., Musile, G., Danese, E., Salvagno, G., & Tagliaro, F. (2017). The alcohol used for cleansing the venipuncture site does not jeopardize blood and plasma alcohol measurement with head-space gas chromatography and an enzymatic assay. *Biochimica medica*, 27(2), 398–403. <https://doi.org/10.11613/BM.2017.041>
- Lippi, G., Simundic, A. M., Musile, G., Danese, E., Salvagno, G., & Tagliaro, F. (2017). The alcohol used for cleansing the venipuncture site does not jeopardize blood and plasma alcohol measurement with head-space gas chromatography and an enzymatic assay. *Biochimica medica*, 27(2), 398-403.
- Lochary, M.E., Lockhart, P.B., & Williams, W.T. Jr. (1998). Doxycycline and staining of permanent teeth. *Pediatric Infectious Disease Journal*, 17, 429–31. DOI: 10.1097/00006454-199805000-00019
- Lo, B. M., Visintainer, C. M., Best, H. A., & Beydoun, H. A. (2012). Answering the myth: use of emergency services on Friday the 13th. *American Journal of Emergency Medicine*, 30, 886-889.
- McLaughlin, S. A., DeSnyder, S. M., Klimberg, S., Alatraste, M., Boccardo, F., Smith, M. L., Staley, A. C., Thiruchelvam, P. T. R., Hutchison, N. A., Mendez, J., MacNeill, F., Vicini, F., Rockson, S. G., & Feldman, S. M. (2017). Considerations for Clinicians in the Diagnosis, Prevention, and Treatment of Breast Cancer-Related Lymphedema, Recommendations from an Expert Panel: Part 2: Preventive and Therapeutic Options. *Annals of surgical oncology*, 24(10), 2827–2835. <https://doi.org/10.1245/s10434-017-5964-6>
- Miller, M. A., Rosin, A., Levsky, M. E., Gregory, T. J., & Crystal, C. S. (2007). Isopropyl alcohol pad use for blood ethanol sampling does not cause false-positive results. *The Journal of emergency medicine*, 33(1), 9-10.
- Naranjo, J., Portner, E. R., Jakub, J. W., Cheville, A. L., & Nuttall, G. A. (2021). Ipsilateral Intravenous Catheter Placement in Breast Cancer Surgery Patients. *Anesthesia and analgesia*, 133(3), 707–712. <https://doi.org/10.1213/ANE.0000000000005597>

- National Institute Clinical Guideline Center. (2010). *Chronic obstructive pulmonary disease: management of chronic obstructive pulmonary disease in adults in primary and secondary care*. London, UK: Author.
- Pradoni, D., Boone, M. H., Larson, E., Blane, C. G., Fitzpatrick, H. (1996). Assessment of urine collection technique for microbial culture. *American Journal of Infection Control*, 24, 219–221.
- Rose, M. K., Rosal, L. M., Gonzalez, R. P., Rostas, J. W., Baker, J. A., Simmons, J. D., ... Brevard, S. B. (2012). Clinical clearance of the cervical spine in patients with distracting injuries: it is time to dispel the myth. *Journal of Trauma and Acute Care Surgery*, 73, 498–502. DOI: 10.1097/TA.0b013e3182587634
- Salvagno, G., Lima-Oliveira, G., Brocco, G. ... Lippi, G. (2013). The order of draw: myth or science? *Clinical Chemistry & Laboratory Medicine*, 51(12), 2281-5. doi: 10.1515/cclm-2013-0412.
- Schabelman, E., & Witting, M. (2009). The relationship of radiocontrast, iodine, and seafood allergies: a medical myth exposed. *Journal of Emergency Medicine*, 39, 701-707. doi:10.1016/j.jemermed.2009.10.014
- Schaffer, J. T., Keim, S. M., Hunter, B. R., Kirschner, J. M., & De Lorenzo, R. A. (2018). Do Orthostatic Vital Signs Have Utility in the Evaluation of Syncope? *Journal of Emergency Medicine*, 55(6), 780-787. doi: 10.1016/j.jemermed.2018.09.011
- Shammas, A., & Clark, A. P. (2007). Trendelenburg positioning to treat acute hypotension: helpful or harmful? *Clinical Nurse Specialist*, 21, 181-187.
- Society for Ambulatory Anesthesia (SAMBA; 9/27/2021). Statement on Intravenous Catheter Placement, Venipuncture and Blood Pressure Measurements in the Ipsilateral Upper Extremity after Breast Cancer Surgery with and without Axillary Lymph Node Dissection. https://samba.memberclicks.net/assets/docs/SAMBA_Statements/SAMBA_Statement_IV-Breast-Surg.pdf
- Stewart, M. (2013). Pelvic circumferential compression devices for haemorrhage control: panacea or myth? *Emergency Medicine Journal*, 30, 425-426. doi: 10.1136/emmermed-2013-202602.3
- Todd, S.R., Dahlgren, F.S., Traeger, M.S., et al. (2015). No visible dental staining in children treated with doxycycline for suspected Rocky Mountain spotted fever. *Journal of Pediatrics*, 166, 1246–51. doi: 10.1016/j.jpeds.2015.02.015 187
- Tucker, A., & Trethewy, C. (2010). Lack of effect on blood alcohol level of swabbing venepuncture sites with 70% isopropyl alcohol. *Emergency Medicine Australasia*, 22(1), 9-12.

- Volovitz, B., Shkap, R., Amir, J., Calderon, S., Varsano, I., & Nussinovitch, M. (2007). Absence of tooth staining with doxycycline treatment in young children. *Clinical Pediatrics (Phila)*, 46, 121–6. Doi: 10.1177/0009922806290026 188.
- Wandling, M. W., Nathens, A. B., Shapiro, M. B., & Haut, E. R. (2018). Association of prehospital mode of transport with mortality in penetrating trauma: a trauma system–level assessment of private vehicle transportation vs ground emergency medical services. *JAMA surgery*, 153(2), 107-113. doi:10.1001/jamasurg.2017.3601
- Wang, H.E., Schmicker, R.H., Daya, M.R., ...Nichol, G. (2018). Effect of a strategy of initial laryngeal tube insertion vs endotracheal intubation on 72-hour survival in adults with out-of-hospital cardiac arrest: a randomized clinical trial. *JAMA*, 320, 769–778. doi:10.1001/jama.2018.7044
- Yazer, M. H., Delaney, M., Doughty, H., Dunbar, N. M., Al-Riyami, A. Z., Triulzi, D. J., Watchko, J. F., Wood, E. M., Yahalom, V., & Emery, S. P. (2019). It is time to reconsider the risks of transfusing RhD negative females of childbearing potential with RhD positive red blood cells in bleeding emergencies. *Transfusion*, 59(12), 3794-3799. <https://doi.org/10.1111/trf.15569>