

## **2026 Setting the Pace**

### **Speaker Information Form**



**Kathy Robinson RN, FAEN**

**FAAN**



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

#### **Speaker Biographies:**

Kathy has more than 40 years of experience in emergency and trauma care as a clinician and health care policy consultant. Her professional experiences in EMS and emergency care serve as the foundation for a portfolio of accomplishments. Most recently, she served as the Project Manager for the National Highway Traffic Safety Administration's Office of Behavioral Safety Research on "Evidence Based Guidelines for Fatigue Risk Management in Emergency Medical Services" from 2015 to 2022, which culminated in a large body of research aimed at improving health and safety for emergency care workers. Robinson served as ENA's National President in 2003. Now semi-retired, Kathy provides association management support to the American Trauma Society in the area of legislative and policy issues.

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**

## Rest Assured: Tackling Nurse Fatigue to Improve Safety and Wellness

### Summary

Sleep health is not a luxury! Understanding the basics of human fatigue will help learners understand the factors that contribute to excessive fatigue, such as the role of shift patterns and duration, work load, overtime, lifestyle choices, social activities, and family commitments as well as providing risk mitigation strategies for nurses and managers that are expanded in the current literature. The presenters will also review the recently revised ENA Position Statement on shift work.

### Learning Objectives.

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

1. Describe risks associated with nurses working when fatigued.
2. Identify common fatigue mitigation strategies.
3. Identify free resources available to emergency nurses geared at improving overall sleep health.

### References.

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(This is a "legacy" reference)