As I sit and ponder what readers will want to hear from me when my President’s Message is published nearly 3 months after I write it, I hope that the words that I write today will resonate with emergency nurses. That hope is what sparked my message for this issue of the journal. This year, a true pinnacle of my career, has been moving at lightning speed. At the end of 2021, I was unsure of how I would perform in the role of Emergency Nurses Association (ENA) President and, honestly, felt a bit like an imposter. I considered the previous ENA Presidents, appreciating all of their expertise and their accomplishments. They are truly an amazing group of professionals that I have looked up to throughout my career, and now I was heading into the lead role with the association that has been my professional home for years. I was full of excited energy and maybe bit fearful of the unknown. Needless to stay, the first half of this year as President has been one of the most rewarding experiences of my life. I also hit my 20th year in nursing this year. Twenty years! Time truly does fly. My role as ENA President is the best honor I could have asked for as an emergency nurse and as a leader. My love and passion for nursing has always lived in emergency nursing, no matter what role I’ve had.

You may be wondering why I am opting to share my thoughts on this role with all of you. My perspective after being in the role, doing the job, and being able to be a courageous leader is vastly different from how it was when I took on this role. Yes, I was apprehensive about my first interview on live television and jittery about speaking in front of a live audience for the first time in 2 years, but I did it, and the feeling afterward was better than I could have imagined. I would encourage each of you to try and face the challenges in front of you; start small if you would like, and the payoff could be big. It could change your life and open new doors for you that you couldn’t ever have imagined.

This year we have focused on how nurses can recharge, taking care of ourselves so that we can better take care of others. Part of my own recharging is to stay present, to stay in the moment, and take it in. So now, rather than focusing on the worry or the things I don’t feel confident in, I am trying to slow down and take in each moment for what it is.

ENA has also focused on finding ways to support emergency nurses and the care they provide. The association has made great strides in developing new programs and offering continuing education and, most recently, the launch of the Emergency Nurse Residency Program. In September, we will participate in our first in person annual conference since 2019. This will be a great way for emergency nurses to connect and recharge through networking with peers and attending the learning events. The conference will consider all important safety measures.

I am incredibly grateful for the experiences, friendships, and professional connections I have made through this association. These will last a lifetime, even as my role changes. I am excited for the rest of the year ahead and looking forward to connecting with you all in my last two President’s Messages.

Author Disclosures

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