

San Antonio Emergency Nurses Association “Concepts of Emergency and Critical Care Nursing - 2026”

Speaker Identification and Presentation Descriptions

0745 – 0845 2026 Stroke Guidelines: Frontiers and Paradigm Shifts



Dr. Rachel Mehendale, MD

Dr. Mehendale currently serves as an Assistant Professor of Neurology; Telestroke and Teleneurohospitalist Medical Director at the University of Chicago. A MD graduate of the University of Texas Health Science Center at San Antonio, 2014, she completed her residency in Neurology at the Neurological Institute of New York at Columbia University. After graduation she worked as faculty at Columbia University until 2019 and then moved back to Texas to work as a Neurohospitalist for Baylor Scott & White Health (BSWH) in Temple. While at BSWH, she was instrumental in the creation and development of the Teleneurohospitalist program and the healthcare system’s Brain Death Protocol. Dr. Mehendale continued her commitment to medical education, winning a Medical Education Research, Innovation, Teaching, and Scholarship (MERITS) Fellowship in Medical Education at the University of Chicago, 2025-2026. She is currently developing multiple curricula in Health Equity and Communication, Telestroke, and Women’s Neurology.

Learner Objectives: Learner will have increased understanding of the revisions to the stroke guidelines based on an analysis/comparison of the 2026 guidelines including the maternal stroke guidelines vs. 2019 guidelines, identification of potential changes to clinical practice, pitfalls to implementation in a limited resource setting and implementation of advanced imaging protocols.

0850 – 0950 Recognition of and Prompt Stabilization of Pediatric Sickle Cell Crises in the Emergency Room



Dr. Patricia A. Clark, DNP, APRN, CPNP-PC, CPHON

Dr. Clarke is a Pediatric Nurse Practitioner and Assistant Professor at the Ila Faye Miller School of Nursing and Health Professions, University of the Incarnate Word San Antonio, Texas. She earned her MSN, Pediatric Nurse Practitioner from the UT Health Science Center, San Antonio, Texas in 2005 and her Doctor of Nursing Practice from the University of Texas Medical Branch School of Nursing, Galveston, Texas in 2020. Dr. Clarke also serves on the Medical Advisory Board and the Board of Directors of the Louise H. Batz Patient Safety Foundation and received the

“Healthcare Hero” award from the Foundation in October 2025. Working in pediatric nursing for over 28 years, she is a published author and well-known nursing lecturer, focusing on pediatric nursing and the management of Pediatric Sickle Cell patients.

Learner Objectives: Participants will have greater knowledge regarding patients presenting with a variety of Sickle Cell crises based on understanding the pathophysiology as evidenced by signs and symptoms; in addition, the nurse will be able to assess, manage, and stabilize the patient according to evidence based treatments and medications.

1005 – 1105 *Caring for the Psychotic Suicidal Patient: Emergency Nursing Strategies That Save Lives*



Dr. Daniel Lovasz, DHA, MSN, RN, CNE, PMH-BC

Dr. Lovasz is an Assistant Clinical Professor, University of the Incarnate Word in San Antonio, Texas. He received his BSN from the University of Maryland and his Doctor of Healthcare Administration from the University of Phoenix. Dr. Lovasz is a Board-Certified Psychiatric Mental Health Nurse (PMH-BC) and Certified Nurse Educator (CNE), with expertise in inpatient mental health, including psychosis, suicide risk management, and crisis stabilization, as well as critical care and case management. He is currently pursuing a Psychiatric Mental Health Nurse Practitioner degree at Texas State University with expected graduation in May 2027.

Learner Objectives: Learners will have the knowledge to rapidly assess and prioritize safety for psychotic patients with suicidal ideation or behavior, perform standardized suicide and violence risk screening, apply therapeutic communication and de-escalation techniques, initiate suicide precautions, safely administer indicated medications, recognize impaired decision-making capacity requiring involuntary hold, implement least restrictive, policy-aligned interventions, and document care to support safe disposition and continuity.

1150 – 1250 *Care of the patient with Left Ventricular Assist Devices*

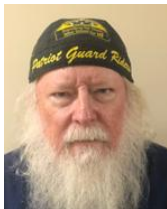


Lt. Colonel Serafim Perdikis, MD, FACC, USAF

Lt. Col. Perdikis is a staff Cardiologist and the Chief of the Heart Failure at Brooke Army Medical Center, Ft Sam Houston, TX. He serves as an Associate Professor of Medicine of the Uniformed Services University of the Health Sciences, and the primary cardiology consultant to their ECMO service. He is a graduate of New York Medical College in Valhalla and completed his fellowship in Cardiology at Naval Medical Center San Diego, and sub specialty training in Advanced Heart Failure and Transplant Cardiology at the University of California San Diego. His previous research includes medical optimization of heart failure via tele-health, and cardiac transplantation in amyloid cardiomyopathy.

Learner Objectives: Learners will increase their understanding of the basics of the Left Ventricular Assist Devices (LVAD), how patients are selected for durable mechanical support, evaluation of such patients, common device complications, common system alerts/alarms, and common case scenarios seen in LVAD patients.

1255 – 1355 Disaster Preparedness & Active Shooter (title pending)



Bruce Parkes, RN, BSN

Mr. Parkes is currently contracted with Methodist Health Systems to provide monthly Trauma Nurse Core Courses (TNCC), facility decontamination courses and participates as an instructor in Emergency Nurse Pediatric Course (ENPC). He received his BSN from Wright State University in 1979. Mr. Parkes served for 20 years in the U.S. Air Force as a tactical flight nurse and Combat Casualty Care Instructor. He worked as an ED staff nurse/manage in the Methodist Health System for over 26 years and served on the Methodist Health System's Emergency Management Committee and was the Chair of the South Texas Regional Advisory Council's (STRAC) Decon committee as well as the STRAC's lead decon instructor. During Mr. Parkes' over 45 years as a nurse he has participated in numerous disasters and has taught disaster management courses to both civilian and military audiences.

Learner Objectives: Participants will have increased knowledge regarding the problems of Active Shooter(s) in a health care setting, how to plan for an Active Shooter Drill including education prior to the drill, conducting the drill and evaluation of the components of the drill.

1400 – 1500 Leading Multigenerational Team: How to Survive and Thrive



Christine Chizek, MEd, BSN, RN, NPD-BC, CCRN, CEN, TCRN, CPEN

Ms. Chizek is currently the Market Director of Clinical Professional Development, AHA Training Center Coordinator for the HCA South Texas Market. She manages and mentors a team of nursing clinical educators for Valley Regional Medical Center and Rio Grande Regional Medical Center and serves as the chairperson of the Nursing Peer Review Committee. She graduated from the University of Pittsburgh School of Nursing in 1991 with a BSN and Pennsylvania State University in 1994 with a Master of Education in Health Education. Ms. Chizek, dedicated to enhancing nurses' knowledge for 35 years, has been instrumental in developing nursing education programs and has presented numerous lectures. Ms. Chizek is a two-time recipient of the Texas ENA Nurse Educator Award (2015 & 2018), and the Texas ENA's and national ENA's Team Awards (2024-2025) for her work developing the Texas ENA's 2023 conference Breaking Waves: Pediatric Emergency Mental Health.

Learner Objectives: The learners will have increased knowledge regarding key characteristics and communication differences across five generations of nurse, how unconscious bias and generational stereotypes influence teamwork

and workplace culture, recognition of shared needs and motivators that contribute to effective multigenerational collaboration, and application of practical leadership and communication strategies to build stronger relationships and narrow generational gaps.

1505 – 1605 Traumatic Circulatory Arrest



Dr. Stephen Harper, MD, MPH

Dr. Harper is a graduate of the Uniformed Services University of the Health Sciences in Bethesda, Maryland. He then completed his emergency medicine residency at Brooke Army Medical Center in San Antonio and worked for several years as an operational and emergency medicine physician in the Army. He completed an EMS Fellowship in 2016 at the Military EMS and Disaster Medicine Fellowship in San Antonio. After leaving Active Duty, he became a Deputy Medical Director for the San Antonio Fire Department in 2021 and EMS Medical Director for the Kerrville Fire Department in 2022. He is board-certified in both Emergency Medicine and Emergency Medical Services. Dr. Harper was awarded the EMS Leader of the Year in 2024 by Texas Department of State Health Services.

Learner Objectives: Participants will have increased knowledge regarding epidemiology of traumatic injuries, definitions of post traumatic cardiac arrest versus post traumatic circulatory arrest, pathologic processes by which traumatic patients can expire and the principles of trauma resuscitation for the traumatic arrest patient.

Speakers, Lectures and Times Are Subject to Change

Revised May 25, 2026