

# CAPANA Cincinnati Area PeriAnesthesia Nurses

## Membership Benefits:

- 1) Discounts on educational programs and seminars.
- 2) Scholarship money based on participation.
- 3) Access to journals and papers.
- 4) Opportunity to meet and socialize with peri-anesthesia nurses.
- 5) Enhance professional growth.

Fall 2015

## Top 10 reasons to join CAPANA:

10. Free money! Scholarships available for approved activities based upon participation.
9. Discounts on educational offerings!
8. Access to OPANA and CAPANA newsletter.
7. Free JOPANA subscription!
6. Opportunity for professional growth through committee involvement!
5. \$100 off exam fees.
4. Free access to BREATHLINE.
3. Free online access to Joanna Briggs Medical Database.
2. Discounts on travel, prescriptions, etc.
1. We have fun!!

Don't forget! Each CAPANA meeting has:  
- Split the Pot  
- Free ASPAN membership drawing  
- Scholarship points for attendance

**OPANA News:**  
Ohio PeriAnesthesia Nurses Association  
- OPANA Fall State meeting is 10/24/15 from 8-1430, Siegel Center at Mt. Carmel East Hospital, Columbus OH. See [ohiopana.org](http://ohiopana.org) for registration  
- Rada Knives fundraiser! Catalogs available 9/16 at meeting. Orders must be submitted to Sharon Gallagher by 10/31. For more info contact Sharon at 865-1171 or 720-0046.

## AWARDS:

It's not too early to think about nominating a fellow nurse for the Legacy Award. The Legacy Award is an award that CAPANA presents to a peri-anesthesia nurse who exemplifies excellence in nursing based on the following components:

- How does this nurse promote him/herself to be the best nurse for their patients?
- How does this nurse advance him/herself professionally?
- How is this nurse an "Ambassador for Nursing?"
- Does this nurse participate in nursing programs, committees, or projects resulting in contributions to peri-anesthesia nursing?
- Is he/she a practitioner whose practice exemplifies a high level of compassion and specialty expertise documented by peers/patient/families?

## ASPAN News:

Save the date!! April 10-14, 2016 for ASPAN's 35<sup>th</sup> National Conference in Philadelphia, PA : "Renew PeriAnesthesia Passion: Inspire Excellence"

More details to follow.

# Letter from the President:

Welcome to another exciting year 2015-2016 of Cincinnati Area Peri-Anesthesia Nurses Association. As your president I both represent you, as well as, stand beside you in this great organization and I commend each of you for stepping forward and being a member of your professional organization. I salute members who have taken the challenge to be CPAN and CAPA certified and hope others accept this challenge and become certified during the coming year. I want to thank many members for assisting in putting together the programs for this year, as well as, hosting a program at your facility. We will be traveling to some new facilities this year.

Please note our meeting time has changed and we will have social time 6:00-6:30 PM and start programs at 6:30 PM this year. In addition some program will be 1.5 CEs to maximize the credit for your time at meetings and provide more CEs through year. We will not have meetings in December and January and have added a program in May; again hearing you that you wish for more CEs this year.

Our first meeting in September 16 - 6:30 PM at Christ Hospital with a 1 ½ hour presentation on Mindfulness: The Forgotten Tool in the "War on Obesity" in America," and will be presented by Judi Godsey PhD, RN. I hope you will come, bring a friend/co-worker and maybe you can ride together.

Please consider volunteering to be on a CAPANA committee and especially we want many members to assist with the workshop that will take place in March 2016. It is not too early to think of speakers and topics for this workshop or volunteer to be a committee member. In looking ahead the ASPAN National Conference in April 2016 will be held in beautiful Philadelphia, Pennsylvania home of much American history and we hope many of you will start planning now to attend. Remember you can use scholarship money from your state and local organization to attend so start accumulating your points by attending our monthly CAPANA meetings.

Your CAPANA officers and Committee Chairs are listed in this newsletter and I share that we want you to be more active in your organization. You are not alone in this endeavor. We are all very committed to be mentors for you whether you want to become a committee member, committee chair or officer to continue the great traditions of CAPANA. Please step forward and we will help.

Looking forward to a REALLY Great Year!!

Debby Niehaus, BSNMS, RN, CPAN  
CAPANA President  
debbyniehaus@zoomtown.com

## Scholarship:

A portion of dues paid to ASPAN are divided between our state (OPANA) and our local (CAPANA) associations.

- This money and proceeds from workshops provide both OPANA and CAPANA the ability to grant scholarship money to members.
- At each CAPANA meeting there will be scholarship books for CAPANA and OPANA available for marking activities.
- Each member has a page in each book with activities listed and the accompanied point allotments.
- It is the member's responsibility to mark the correct number of points in each book at each meeting.
- You may have credit for each certification that you hold; please circle which ones you have.
- Scholarship points will accumulate for a 2 yr period. At the end of the third year, the points accumulated from year one will drop off
- The calendar year will be: January 1-December 1.
- It is the responsibility of the member to keep their point record current.
- Please assign a number of points in the correct box not a checkmark

- Record annual points once a year in the January column only (board members, certifications)
- Points will be totaled prior to the beginning of the new accumulation year (January 1-). All individual points must be entered on your individual record by December 1- to be eligible for scholarship use.
- Each point has a monetary value of \$1.00
- Maximum amount awarded will be \$100.00 per year.
- Request for funds is limited to twice yearly
- Scholarship funds may be used only for CAPANA, OPANA or ASPAN sponsored seminars or for certification literature.
- Requests for funds should be submitted prior to the function/need or no later than 6 weeks after.
- All requests for funds must be accompanied by a scholarship application form (located in the back of the scholarship books)
- Applications will be approved by the scholarship chair, president and treasurer prior to issuance of the check.
- Chairperson will notify the member within 4-6 weeks regarding acceptance/denial of request.

# CINCINNATI AREA PERIANESTHESIA NURSES ASSOCIATION

Networking and Refreshments are at 6:00pm - Educational Program at 6:30pm

## 2015 - 2016 PROGRAMS

September 16, 2015	Mindfulness: The Forgotten Tool in the "War on Obesity in America:" Judi Godsey, PhD, RN	Christ Hospital Auditorium
October 21, 2015	Update of Surgical Management of Breast Cancer and Intraoperative Radiation: Ching Ho, MD, PhD, FACS	Bethesda North Hospital Golder Room
November 18, 2015	Depression and the Multidisciplines Associated with Today's Treatments	Good Samaritan Hospital
December 2015	NO MEETING: Happy Holidays!	
January 2016	NO MEETING	
February 17, 2016	Woman's Heart Health: Dr. Kathryn O'Keefe	Bethesda North Hospital
March 12, 2016	Spring Workshop: Multiple topics/speakers	Lincoln Financial Building
April 10-14, 2016	ASPAN National Convention	Philadelphia, PA
April 20, 2016	Drugs, Common and Uncommon in Anesthesia: Dr. William Beckmeyer	Mercy West Hospital
May 18, 2016	Turning Lemons into Lemonade: Lea Peacock, Patient Representative	Bethesda North Hospital
June 15, 2016	Dinner Meeting, Installation of Officers and Awards	Place TBD

Come and be a part of CAPANA! Not only do we learn from each other, but also we have a lot of fun!!

## Board Members

President: Debby Niehaus - [debbyniehaus@zoomtown.com](mailto:debbyniehaus@zoomtown.com) - Bethesda North: 641-6849, 865-5170  
Vice President: Sharon Gallagher - [shern49@yahoo.com](mailto:shern49@yahoo.com) - Bethesda North: 720-0046, 865-1171  
Secretary: Nila Siebert - [nila\\_sibert@trihealth.com](mailto:nila_sibert@trihealth.com) - Good Samaritan Hospital  
Treasurer: Sue Tiemeier - [smtiemeier@aol.com](mailto:smtiemeier@aol.com) - Jewish Hospital: 515-3539, 686-3245  
Newsletter: Sheila Hoff - [sdhoff@cinci.rr.com](mailto:sdhoff@cinci.rr.com) - Bethesda North: 865-4381  
Scholarship: Chris Stone - [stone721@earthlink.net](mailto:stone721@earthlink.net) - Bethesda North: 607-7341, 865-4383  
Membership/Awards/Recognition - Diane Smith - [diane\\_smith2@trihealth.com](mailto:diane_smith2@trihealth.com) - Bethesda North: 865-1411