ASPN National Conference

ASPN's 38th National Conference was held May 5-9, 2019 in Nashville, Tennessee. There were over 2,000 attendees. It was a wonderful opportunity to network with other PeriAnesthesia nurses from across the country. Sally Swartzlander and Beth Cooper represented OPANA at the ASPAN Representative Assembly. This year, there were elections of multiple national board positions and several well qualified candidates! Beth and Sally were able to attend the Meet the Candidates as well as the President’s luncheon. They were able to meet with ASPAN leadership at the Region 3 meeting as well as the Membership and Marketing Meeting. There were wonderful keynote speakers at the opening and closing ceremonies as well as the CPAN/CAPA certification luncheon. OPANA received another Shining Star Award. Toni Zito (GCPANA Past President) achieved FASPAN and was recognized as an ASPAN 2019 Above & Beyond Award Winner. There were lots of interesting educational lectures to attend. There was great networking with OPANA members at the Component Night, First Timer’s Orientation, and President’s Reception. Thank you to all the OPANA attendees that joined us to sing the State of Ohio’s Rock Song (Hang on Sloopy) on Sunday evening and thank you to all who joined us for our yearly group photo on Wednesday evening. Many thanks to Beth Cooper for coordinating the OPANA gifts & our karaoke song for Component Night, and facilitating the email update that we sent out to the OPANA attendees prior to National Conference.

Deb Wolff, Component member from NEOPANA was recognized as one of five nominees for the National Clinical Excellence Award.
Thoughts, Meaning and Purpose - I am an ASPAN conference junkie! I come to the conference and feel re-charged with new information, emotional pep and synergy from reuniting with fellow nurses that are dealing with the same challenges in our health care. I am expected to write for the newsletters during my presidential term, I welcome this. I feel challenged by a comment Elizabeth Card made during her campaign for Vice President to Representative Assembly. She said that we need to think out of the box and give members reasons to stay in our association. I was not disappointed in ASPAN’S Nashville Conference. It was the highest attendance ever. 58 OPANA members attended! Toni Zito became our first FASPAN member from OPANA. Congratulations and thank you for your commitment to PeriAnesthesia Nursing. Toni! We had 10 speakers from OPANA! Very happy with the posters presented also. And we rocked the Karaoke competition with our version of “Hang on Sloopy”. We got a lot of applause! Two lectures that have affected me were the topics of Human Trafficking and the Second Victim in Healthcare errors. Combine this with another conference going on in Opryland and the business charity they are honoring is Love Heals from Thistle Farms in Nashville. I first saw these products in Yorktown, Virginia in an Episcopal Church gift shop. It is a business that helps victims of abuse by making skin care products. ASPAN Presidents put some thought in their theme selection. Last year, we lead with knowledge and served with heart. (Thanks Regina!) I also previously appreciated Katrina Bickerstaff focusing on the distinctive traits of our generational nurses. These are 2 themes that easily stood out for me and serve as an example. So, when our current President, Amy Dooley, said her theme was going to be centered on strengths, I wanted to check out what was out in the internet to find. Learning helps me be optimistic. I shared with you in the last Snooze Newsletter that my usual first go to search engine is “Pinterest”. So I looked up “strengths” and kept seeing quotes by Tom Rath. Here is one: “You cannot be anything you want to be, BUT you can be a lot more of who you already are.” I learned that Tom Rath is the researcher and author of this approach to living a meaningful life. He has written 6 books. He is an International best-selling author. The latest is “Are You Fully Charged?” It came out in 2016. You can join his newsletter list and read the first chapter. I did. I will enclose the web address. Rath writes there are three key themes to keep one energized in life and work. They are: 1. Meaning, 2. Interactions and 3. Energy. I am going to give a brief synopsis of these keys. The meaning key is to do something that benefits another person. He says “What will you do TODAY that makes a difference?” The interaction key involves creating more positive experiences than negative. Finally, the last key is energy. We need to make choices daily that improve our mental and physical health. I plan to read more Tom Roth this year. It is easy to see how the keys relate to our nursing profession. Daily, maybe hourly sometimes, we make a difference in someone’s life. In our world, it is a variety of actions. It may be adding a drug allergy not cited. Or noticing wheezes and getting a nebulizer treatment ordered. It may be a kind word or giving someone a tissue. A personal note, I like to offer Chap Stick to my pre-op pts having a time dealing with thirst. We all have different approaches to help our patients feel dignified. I highly encourage you to read more about Tom Rath. What an interesting man and inspiration. He has been fighting a rare form of cancer since he was 16. I found his website quite helpful in learning about him, his work, and approach to life. I read he is selective on where he speaks. Resource: www.tomrath.org I want to invite you to our fall conference on October 5, 2019. It will be at Mount Carmel East Hospital. We have rooms reserved at Holiday Inn Express. Our service project is “Freedom Ala Cart.” It is a catering business that helps victims of Human Trafficking. We are going to have multiple speakers. We will have more information after our August board meeting. We will conclude our 40 year OPANA Birthday. Who knows what you might come home with! Beth Cooper RN CPAN CAPA
OPANA KICKS OFF 40TH ANNIVERSARY CELEBRATION AT SPRING SEMINAR

Debby Niehaus, Charter Member and Past OPANA President, shared some history of our Component from formation in 1979 to 2019. Beth and Sally with OPANA display of awards and accomplishments from the past two years. A display was put together, by Debby Niehaus, of 40 years of OPANA and ASPAN history as well as history of PeriAnesthesia Nursing in story and pictures. Special cookies, created by NEOPANA member Karen Schlechter, were provided by NEOPANA, the host of the OPANA spring seminar, in honor of the 40th Anniversary Celebration.

Past OPANA Presidents who were present at the OPANA 40th Celebration (Spring Seminar) were recognized by years served and presented flowers. Pictured L to R: Penny Risher, Jane Booth, Debby Niehaus, Deb Wolff, Teri Siroki and Sally Swartzlander.
OPANA SPRING SEMINAR HIGHLIGHTS

The OPANA Spring Seminar, State Meeting, and Installation of officers took place May 18, 2019 at Cleveland Clinic Akron General in Akron, Ohio. The Officers serving OPANA 2019-2021 pictured from left to right are: Sally Swartzlander, Immediate Past President; Beth Cooper, President; Amy Berardinelli, Vice Pres./Pres. Elect; Iris Marcentile, Secretary; and Teri Siroki who stood in for Treasurer Bonita Woodin.

National speaker, Nancy Strzyzewski MSN, RN, CPAN, CAPA provided knowledge on a variety of PeriAnesthesia topics including: Current Issues with Neuromuscular Blockade Reversal; What’s New in the World of Pediatrics?; Antidepressants, Antipsychotics and Anesthesia; PeriAnesthesia Care for the Parkinson’s disease Patient; and Ketamine: Past, Present and Future.

GCPANA members Amy Berardinelli and Toni Zito were presented with OPANA’s 2019 Shining Star Award in recognition of GCPANA’s outstanding participation in the 2019 ASPAN Conference including multiple speakers, "Research/Successful Practice" posters, and Toni becoming the 1st FASPAN from Ohio.

Diane Thompson of CAPANA received the OPANA Recruiter of the Year Award.
What is a FASPAN?

FASPAN is a special credential for PeriAnesthesia nurses, Fellow of the American Society of PeriAnesthesia Nurses. According to the ASPAN website, “FASPAN is one of the highest distinction the Society confers”. I was honored to receive this professional recognition at the ASPAN National Meeting in Nashville this year. I have been a PeriAnesthesia nurse for the majority of my professional nursing career. Fellowship requires contributions in education, clinical practice, research, and leadership/advocacy. Demonstration of continuing education, training, and experience in the PeriAnesthesia field is also required. Regular attendance at ASPAN seminars, meetings, and service to the organization is also a requirement. Those requirements have been met by presentations both locally and nationally. I have been a member of ASPAN, Clinical Practice Committee, Standards Workgroup and Orientation Guidelines. I was a past member of the Nominating Committee for ASPAN as well as the GCPANA President. Currently, I am the liaison to the Anesthesia Patient Safety Foundation, as ASPAN representation.

Did I do this all in one day, month, or year? No, it has been over a decade of service to our profession of PeriAnesthesia nursing. I am proud of this distinction and look forward to continued opportunities in our field of practice.

Submitted by Antoinette Zito MSN RN CPAN FASPAN

Certified Nurses Recognized at the OPANA Spring Seminar
Giddy-Up from Region 3 Director

National conference is over, and Nashville treated us well. It was a record setting year with attendance at 2100 and approximately 200 first timers. Now it is time for me to put my boots on, pull up my suspenders, put on my cowboy hat, and saddle up my horse as your new regional director! My name is Deb Moengen and I am honored to serve as your representative on the Aspan board of directors. I have been a part of Aspan for the past 15 years. My home component is MNDAKSPAN where I have served on the board for 9 years. Serving as your regional director fits me well, just like a well-worn cowboy boot. On a personal note, my cowboy hat is hung in Central Minnesota, where I live in a town called South Haven. My husband and I own a century old 50-acre farm where we have a large garden and raise grass fed beef and chickens. Our 4 children are all grown and flown the coop, but we enjoy their visits to the farm especially when they bring along the grandchildren of which there are 9. Sitting deep in my saddle, I enjoy many hobbies and have taken up a new one recently called mounted shooting. I have pulled up my suspenders and have been thinking about our goals as a region. I think that structuring them around the Gold leaf will make us stronger. As stated in ASPAN strategic plan “Aspan’s core purpose is to advance and promote the unique specialty of PeriAnesthesia nursing.” My vision for our region is to focus on strengthening our specialty of PeriAnesthesia nursing through growth of our membership and developing leaders. Are you ready to go on a ride? I am looking forward to riding along with you in the saddle and work towards this goal. The board is currently working on our presentations for the ASPAN’s Component Development Institute which will be held September 13 – 15, 2019 in Cincinnati, OH. The theme is “Going for Gold” where we will explore important portions of the Gold Leaf program and their relevance to components. I hope that many of you can attend since it is right in your home state! The weekend provides many networking opportunities and the excitement and energy that is generated and is worth the trip. I am looking forward to getting to know more of you and visit your component soon. In the meantime, please give me a holler if there is anything you need.

Deb Moengen BSN RN CPAN
dmoengen@aspan.com
Aspan Region 3 Director 2019-2021

Meet the OPANA Vice President

Dr. Amy Berardinelli has been a registered nurse for over 15 years, most of those years being in the perioperative specialty. Twelve years of her career was devoted to the Cleveland Clinic. Along with her managerial responsibilities at the Cleveland Clinic, Dr. Berardinelli was the team lead for the New Knowledge and Innovations section of the hospital’s Magnet® submissions. In 2018, she was awarded the Cleveland Clinic research nurse of the year award for her ongoing dedication to nursing research and innovation. Dr. Berardinelli and her fellow researchers were recently published in JONA, *Staff Perceptions of Decision-Making in a Shared Governance Culture*. Dr. Berardinelli has recently shifted gears. She is now the nurse manager of perioperative services at University Hospitals in Cleveland, Ohio, a 1032-bed, tertiary medical center and an affiliate of Case Western Reserve University. She is also an active member at the local and national level for ASPAN. Locally, she is the President of GCPANA (Greater Cleveland PeriAnesthesia Nurses Association). At the state level, she is the Vice President of OPANA (Ohio PeriAnesthesia Nurses Association). Nationally, she is a member of the ASPAN Clinical Practice Committee, which answers practice questions from nurses throughout the nation, as well as the Standards and Guidelines strategic work team. As a member of ASPAN, Dr. Berardinelli has presented nationally, as well as at the Ohio state conferences. In 2018, she was an elected member of the ASPAN nominating committee, as well as received the ASPAN NIWI (Nurse in Washington Internship) scholarship.

Dr. Berardinelli received her initial nursing degree in 2004 from Niagara County Community College in Sanborn, NY, then in 2013, obtained her MSN from Walden University in Leadership and Administration. Her DNP was achieved in 2016 from Chamberlain College of Nursing. Dr. Berardinelli is a board-certified nurse executive (NE-BC) and certified post-anesthesia nurse (CPAN). She greatly enjoys lecturing at the local, state, and national level involving evidence-based practice and nursing research. Dr. Berardinelli’s latest research involves capnography in the post-anesthesia setting, as well as proper opioid disposal. In her leisure, she enjoys traveling to see her son play hockey and participating in powerlifting competitions with her husband.

SAVE THE DATE

OPANA Fall Seminar 2019 Continued Growth through Sharing

Saturday, October 5, 2019, 0800-1615

Siegel Center, Mt. Carmel East Hospital, Columbus, Ohio

For More Information, Call Alabelle Zghoul : 614-561-3941

Accommodations available at: Holiday Inn Express, 6305 East Broad St., Columbus, OH 43213

Call (614)322-8000 or (800)456-4000 to make reservations.

A block of rooms will be held until September 13, 2019 for OPANA Rate- $ 92.00 plus tax.

For directions to the Siegel Center at Mt Carmel East Hospital, visit www. mchs.com
Evidence-Based Practice by Kate Horner BSN, RN, CPAN

So you have a burning question or a clinical problem that you are trying to solve. What do you do? Evidence-Based Practice is the answer. It is not as difficult as you may think as long as you follow a few well-outlined steps.

Step 1: Narrow the question or define the problem. Our professional organization, ASPAN has used EBP to apply the American Geriatric Society Clinical Practice Guidelines for Postoperative Delirium in Older Adults (Hebert, 2016). ASPAN has also used EBP to Promote Perioperative Normothermia (Hooper, et al 2009)

Consider the following;
- What is the practice issue?
- What is the current practice?
- What is the scope of the problem?

Step 2: Review the data / evidence. What does the literature say? Are there research studies that apply to your question? How strong is the research/evidence? A high quality study has a large sample size with adequate controls that reaches definitive conclusions. The recommendations should be based on extensive literature reviews or scientific evidence. The study should be reproducible.

Step 3: Design a plan. All of the affected stakeholders should be involved. Depending on question/problem you wish to solve you may need to involve patients, peer nurses and clinical experts. The staff will need to be educated on the evidence and why a change is necessary. Without group buy into the process, change will not occur.

Step 4: Implement the plan. Patience will be required when implementing the plan. Re-education may be necessary. Monitoring throughout the process will be necessary. Lastly, you will need to evaluate the outcomes with the change in practice.

Many resources are available to help you with this process. The Johns Hopkins University School of Nursing has several tools to help you narrow your question and evaluate the strength of the evidence. Our patients depend upon us to make the best decisions in their interests. Our decisions need to be made upon the best practice information available to us.

Resources:
- U.S. Department of Health and Human Services- https://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/
- The Johns Hopkins University School of Nursing Evidence Based Practice Rating Scale 2005.

OPANA Mission and Vision

Our core purpose is to advance the unique specialty of PeriAnesthesia nursing. Our vision is to be Ohio's recognized nursing association for providing and promoting PeriAnesthesia education, nursing practice, ASPAN standards and research.
The Workplace Violence Prevention for Health Care and Social Service Workers Act (H.R. 1309), introduced by Rep. Joe Courtney (D-Conn.), would make nurses and healthcare workers safer in the workplace. The bill requires the Occupational Safety and Health Administration to develop protection measures and enforceable safety standards for people who work in front-line healthcare jobs, who are five times more likely to be assaulted at work than the rest of the labor force. According to the New England Journal of Medicine, 80 percent of emergency medical workers experience violence during their careers, some reporting verbal assault and some reporting physical abuse. And the rates are rising. Between 2007 and 2017, rates of violence in hospitals grew by 123 percent. Nurses and health industry workers care every day for the sick, the elderly and the mentally ill. Sixty-nine percent of cases reported to OSHA occur in healthcare settings. The bill provides protections and specific and enforceable safety standards for those who work in healthcare. This information came from ONA sources.

HIV/AIDS Prevention: The current Trump Administration has ramped up HIV prevention efforts, announcing plans to reduce HIV/AIDS by 90 percent in the next decade. HHS will need nurses, including APRNs, to reach that target and improve the lives of people who are now living with HIV/AIDS. The highest rate is in southern states. ANA sources

Forty Senators signed onto a Senate Letter circulated by Senate Nursing Caucus Co-Chair, Senator Jeff Merkley (D-OR) requesting $266 million for Title VIII Nursing Workforce Development Programs in FY 2020. Fifty-eight organizations signed on to written testimony submitted to the House Appropriations Subcommittee on Labor, Health and Human Services, and Education. The testimony also encouraged the coalition's funding requests of $266 million for the Title VIII Nursing Workforce Development Programs and $173 million for the National Institute for Nursing Research for Fiscal Year 2020. Nursing Community Coalition sources.

United States Cadet Nurse Corps Service Recognition Act H.R. 2056/S.997, recently introduced in both houses of Congress. The U.S. Cadet Nurse Corps served in World War II and are the only uniformed corps members from that war who haven’t been recognized as veterans. The United States Cadet Nurse Corps Service Recognition Act would correct this and ensure that these nurses’ service to their country is never forgotten.

The Nurse Corps revolutionized the nursing profession for decades. By ensuring that there were trained healthcare professionals at home and abroad during World War II, the Cadet Nurse Corps paved the way for how nursing and nurse training evolved in the US by professionalizing the practice and teaching methods that would serve as the backbone of our nation’s recovery for generations. As a result of federal funding for the program, nursing schools across the country were able to upgrade their facilities and equipment, ensuring better care for all patients, not just those serving in the military. ANA sources

Please visit the OPANA website for all the most current information: www.ohiopana.org
ABPANC Introduces New Test Assured Program
ABPANC is now offering a new Test Assured program. The Test Assured program allows CPAN or CAPA candidates to take the exam twice in a 12-month period if the first attempt is unsuccessful. Now, you have the ability to take the exam a second time—if your first attempt is not successful—for a nominal fee of an additional $50 at time of registration. Now you can rest assured with Test Assured!

Fall Registration Dates & Deadlines

| Registration Window — Online* | July 1 – September 15 |

Fall Administration Dates & Deadlines

| Examination Administration Window | September 15 – November 15 |

OPANA Newly Certified Nurses from Spring 2019
Will be recognized in the next edition of Snooze News

ASPN News

- Visit [www.aspan.org](http://www.aspan.org) for the most current information
- Check out the July/August Issue of Breathline
- Component Development Institute will be held September 13-15, 2019 in Cincinnati, Ohio
- Deadline to submit nominations for the 2020-2021 ASPAN Board of Directors is October 1, 2019
- Submit ASPAN Willingness to Participate Forms by October 31, 2019
- Deadline for the Excellence in Clinical Practice Award & Award for Outstanding Achievement is November 30, 2019
**OPANA Officers**

President: Elizabeth Cooper RN, CPAN, CAPA  
Vice President/President Elect: Amy Berardinelli, DNP, RN, CPAN, NE-BC  
Secretary: Iris Marcentile BSN, RN, CPAN  
Treasurer/Membership Chair: Bonita Woodin RN, MSN, CPAN  
Immediate Past President/Nominations Chair: Sally Swartzlander BSN, RN, CAPA

**OPANA Board & Committee Chairs**

- OPANA Webmaster: Debby Niehaus BSN, RN, CPAN  
- OPANA Snooze News Editor: Sally Swartzlander BSN, RN, CAPA  
- OPANA Convention Chair: Sue Guertin BSN, RN  
- OPANA Program Committee Chair: Alabelle Zghoul BSN, RN, CPAN  
- OPANA Scholarship Chair: Jane Booth RN, CPAN  
- OPANA Governmental Affairs Chair: Jean Kaminski BSN, RN, CPAN  
- OPANA Standard Operations Chair: Nancy McGushin BSN, MSN, CNL, CPAN  
- OPANA Fundraising Chair as well as CAPANA District Rep: Sharon Gallagher RN, CAPA  
- OPANA Historical Chair as well as NEOPANA District Rep: Debbie Wolff BSN, RN, CPAN  
- OPANA Awards Chair as well as NOPANA District Rep: Debbie Wilson MSN, RN, CPAN  
- GCPANA District Rep: Cheryl Andreas-Altier RN, BSN, ACN, CAPA  
- DAPANA District Rep: Tina Harvey BSN, RN, CAPA, CPAN  
- COPANA District Rep: Kimberly Place BSN, RN, CAPA  
- Gold Leaf/Shining Star Chair: Toni Zito MSN, RN, CPAN, FASPAN

**OPANA Fall Seminar** – October 5, 2019 at Siegel Center, Mount Carmel East Hospital in Columbus

**PANAW** - February 3-9, 2020

**ASPAN National Conference Dates** - April 26 – 30, 2020 in Denver, Colorado

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**Snooze News Editor — Sally Swartzlander BSN, RN, CAPA**  
SLS2005RN@GMAIL.COM

Thank you to everyone that contributed to this issue of Snooze News. Thank you to Tina Harvey for dedicating her last 5 years to being our Snooze News Editor and for helping me transition into becoming the next Snooze News Editor. Please submit any new district info, EBP, or research info to be included in the next edition by 10/31/19.