

## OPANA Fall BOARD MEETING-2019

Mt. Carmel East

Seigel Center

Columbus, Ohio

October 4, 2019

Beth Cooper: President

Sally Swartzlander: Immediate Past President/Facilitator/ Timekeeper

**Called to Order:** 8:03pm

**Attendance:** Beth Cooper (NEOPANA), Sally Swartzlander (NEOPANA), Iris Marcentile (COPANA), Alabelle Zghoul (COPANA), Sue Guertin (COPANA), Kim Place (COPANA), Jane Booth (CAPANA), Debby Niehaus (CAPANA), Sharon Gallagher (CAPANA), Amy Berardinelli (GCPANA), Bonita Woodin (DAPANA), Jean Kiminski (NEOPANA), Debbie Wolff (NEOPANA), Debbie Wilson (NOPANA), Cheryl Anorlas-Aliter (GCPANA). Guest: Teri Siroki (NEOPANA).

**Absent:** Nancy McGushin (COPANA), Toni Zito (GCPANA), Laurie Latz (COPANA), and Tina Harvey (DAPANA).

**Secretary Report:** (Iris Marcentile): Motion to approve minutes with correction on page 7, first paragraph under Education: should state “applying for 6.25 CE”. Motion made by **Debby Niehaus;** 2<sup>nd</sup> by **Jane Booth.** Motion carried.

**Treasurer Report:** (Bonita Woodin):

Beginning Balance: \$12, 715.43

Expenses: \$4, 506.12

Income: \$6, 300.50

Ending Balance: \$14, 509.12

Motion to approve Treasurer Report made by **Debby Niehaus;** 2<sup>nd</sup> by **Iris Marcentile.** Motion carried.

**Membership:** (Bonita Woodin): Total Membership: 453-State says we have 459

**District Member Numbers:**

**CAPANA:** 102

**GCPANA:** 122-inactive-70

**COPANA:** 99

**NEOPANA:** 45

**DAPANA:** 60

**NOPANA:** 36

**President Report:** (Beth Cooper): I have been preparing for this conference since last year. I am learning I am an awesome planner but not a good organizer or delegator. But I am learning and that is the key. Keep learning! Recognize your strengths and see what you can do to improve your weakness. I hope you are getting lessons in doing your role as well. I also have to remember that this is a volunteer organization and we all are doing the best we can. There are only 24 hours in a day.

I am going to address three different areas in this report:

1. Upcoming conference tomorrow

## 2. Highlights of CDI

### 3. Strategic Plan

1. Conference tomorrow. First off-thank you for what you volunteered to bring for the goody bags and raffles! This is a team effort. In a nut shell-we have an interesting array of topics for our attendees tomorrow. The Second Victim Syndrome is something that none of us want to experience. Our speaker for this topic was recommended by Sally Morgan (former OPANA and ONA President). He spoke at ONA convention and was well received.

We also will learn about ABPANC's first video in-service that will be trialed on October 15 exclusive to District 3. Teresa Salley has done a lot of work in this. If you can participate/enroll-please do.

Also we will see the ASPAN/Mosby Core series. I have seen the course and hope my hospital system will buy it. I believe it's an awesome resource.

We will hear about human trafficking firsthand from a survivor. We are helping break the cycle by having Freedom Ala cart as our caterer.

I want to thank Alabelle Zghoul for suggesting Freedom Ala Cart as our Service project. We were told to be prepared to cry when we hear the speaker from Freedom Ala cart. Alabelle also got us the speakers on Kidney Disease and Transplantation. She has put the folders together as well. Thank you Alabelle.

I'm bringing some information about Regenerative Medicine at Wake Forest. They are ready to start some Clinical trials. Regenerating organs may decrease the trafficking of people being attacked for their body organs. Also they are working to help our wounded warriors who have lost limbs.

We will be updated about the Opioid crisis in Ohio.

We will wrap up our 40 year anniversary. I have afternoon cookies and gifts for our past presidents. Sue Guertin-thank you for your coordination of the food ordering and all the things you do I take for granted.

- I didn't ask-but do you want to give a personal donation of \$100-250 to Freedom Ala cart? And in the past we have given a portion of raffle profits-say 25%?? Motion made by **Sally Swartzlander** to donate 25% of Auction and raffles to Freedom Ala Cart; 2<sup>nd</sup> by **Debby Niehaus**. Motion carried.

2. CDI. Amy and I attended CDI in Cincinnati September 13-15 at the Westin Marriott. First off -I would stay at that hotel in a heartbeat again. Great location for walkers and the fountain is amazing to see along with the activities in the park. We learned a lot too! The session topics were formulated by the questions asked for the Gold Leaf. The speakers said they learned new things while researching to speak. It showed. Where to begin-well I came out thinking differently about fostering growth and utilizing people's strengths. Something to think about:
  - a. Utilizing CDI for region leaders/shining stars. I so wish we could have gotten more people from our home state to attend. North Carolina brought 10 people. CBSPAN brought 8.
  - b. Emerging Leader program. You can apply to be a mentor as well as mentee.
  - c. Benchmark behaviors that make a member want to be part of the leadership team. This needs to start at the region level. I want to get our system back working to welcome new members and following up with non-renewing members. There is a trend of joining ASPAN for the discount in exam and conference. District Reps-I want you to step up and oversee your new

members have a mentor of some sort. Ask for help-remember “see one-do one teach one” quote?

d. Gold Leaf Application. (GL)-I learned that ONLY the Gold Leaf reviewers read the application. It is considered property of the component. If you win-well it’s posted in the website for the year won. Meaning the Regional Director (RD) is not required to read his/her components’ work. I’m telling you this because I personally think it’s a shame the RD doesn’t naturally have access. So I propose when we submit our application-we send access to our RD to be able to read it. Why-because the RD has to write reports and asks questions that are already answered if a Gold Leaf Application has been sent. Keep in mind that 7 only 7, of 40 components submitted last year. So asking a RD at this point to read her components GL is not a stretch.

\* We won the Gold Leaf because YOU did the work needed to win. There needs to be an Editor/Moderator writing the data. I wrote what we did.

We won because high points are given in publication, sending a welcome card to new members, asking why someone isn’t renewing, EBP/CSI posters and presentations. (Did you know that only 10 people can be picked for presentation? That’s all the time they can give for sessions.)

\*\*The total points that can be earned are 210. This is adjusted now and I’m sure what the total was when we won. However our score was 155.8 and that’s what we want to improve.

You can review the Gold Leaf Application in the ASPAN site. (Members, Awards, Gold Leaf icons will get you there.)

There are now 37 questions. You will be needed to do your part in answering the ones related to your board role. I’m looking forward to Toni’s guidance in pulling this together.

-Also Deb Moengen our new RD did a great presentation! Our Region 3 meeting included discussion on having a closed (by Invitation) forum for District 3 to share ideas and also try to not have 3 component conferences on 1 day again if possible.

I’ll keep you posted.

### 3. Strategic Plan

I’m updating our strategic plan for 2019-2021. Ideally Amy will have her plan ready to go 2021-2023 more timely than I. This is what we do and some components review the Strategic Plan at each Board

meeting. So I will have the plan ready for viewing Friday night.

Thank you for allowing me to serve as President. I can’t tell you how much I’ve learned and am having a more rewarding life. I’ll write about that for the next NL!

Here’s to a great board meeting and conference!

**Vice President/President Elect Report:** (Amy Berardinelli): Thank you for all the preparation and teamwork for our Fall conference tomorrow

10/5/2019. Our speakers are prepared and excited to share their knowledge with our attendees.

We have plenty of fabulous items to create our goody bags, which we will complete tonight. Thank you for all the items donated by the board members and their district components. We also have donated items for our Chinese auction.

I am open to solidifying dates for our Fall conference in 2021 & 2022. The 3rd weekend in October has been mentioned for both years. The OSU football schedule is not out a year in advance, so we may have to wait to set these in stone. Along with setting the date, the venue and hotel rooms will also need to be reserved.

Our new Region 3 Director, Deb Moengen, is a breath of fresh air. She has several ideas and new ways of looking at things. I believe she will lead us to greatness. Feedback of all and any kind is welcomed, as Beth and I prepare for Representative Assembly at the National Conference. Attending LDI in Cincinnati was an extreme pleasure. I learned a great deal about the Gold Leaf application, as well as networked with ASPAN nurses from all over the country. We hope to start sharing our Gold Leaf applications and learning from one another.

“Alone we can do so little; together we can do so much”

— Helen Keller

**Past President/Nomination:** (Sally Swartzlander): In 2020, we will be electing Secretary-Iris Marcentile has agreed to continue on as secretary, if there are no other nominations. For 2021, we will have Treasurer and Vice President elections once again. Please encourage members of your local district to become involved with local leadership. There are so many great OPANA members out there that I hope we can get involved with the OPANA Board. Let me know if you have any questions or any nominations.

**Government Affairs:** (Jean Kaminski): **SB 131**(Nurse Vet Bill)

This bill wants to change the title Veterinary Technician to Veterinary Nurse. ONA opposes the term nurse, as it is legally defined as caring for humans, and that no other person or profession may insinuate they practice as a nurse.

Testimony was heard recently for and against the bill.

Senate President Pro Tempore shared that the Senate leadership has no interest in moving this bill forward. The ONA hopes they have enough votes on their side to kill the bill.

**House Bill 144** (Prohibit Nurse Mandatory overtime)

Introduced on March 19, 2019, aims to make Ohio the 19th state to prohibit nurse mandatory overtime – a dangerous practice occurring across Ohio that can threaten safe patient care.

Mandatory overtime is a staffing practice regularly used by healthcare facilities across Ohio and can lead to nurse fatigue and burnout. Medical errors are the third leading cause of preventable deaths in the United States and there is correlation between fatigued nurses, extended shifts and an increased chance of medical errors.

The Joint Commission issued an alert that called for hospitals to intensify their efforts to monitor and address health care workers' risk for fatigue caused by extended shifts.

Research also demonstrates that fatigue causes a decline in memory, reduced ability to learn, and impaired mood and communication skills.

House Bill 144 aims to protect patient safety by allowing nurses the right to refuse overtime if they feel too fatigued to continue to provide safe patient care without fear of termination or licensure sanctions.

Federal laws prohibit the amount of hours worked by pilots, train engineers and truck drivers because of the dangerous consequences of fatigue. Because there is not a federal law protecting patients and nurses to this degree, 18 other states have passed

laws prohibiting nurse mandatory overtime. Those states include Alaska, California, Connecticut, Illinois, Maine, Maryland, Massachusetts, Minnesota, Missouri, New Hampshire, New Jersey, Oregon, Pennsylvania, Rhode Island, Texas, Washington and West Virginia.

House Bill 144 is a continuation of previous efforts in the general assembly, with the last nurse mandatory overtime bill passed by the House of Representatives in 2018.

### **E-cigarettes and Vaping**

U.S. senators in September urged federal regulators to immediately remove all pod and cartridge-based e-cigarettes from the market until it can be proven the products are safe. Recent reports of more than 800 cases of vaping-related lung disease, as well as 13 deaths, are reasons for the ban?

Cartridge or pod-based systems account for more than 70% of the overall e-cigarette market, and are favored by youth.

The FDA is urged not to make an exemption for mint and menthol flavors in their pending guidelines that are expected to ban e-cigarette flavors but lobby groups are fighting to keep mint and menthol.

Health experts who say flavors like mint from popular e-cigarette companies like Juul Labs have caused the surge in youth vaping.

President Donald Trump's supports the ban, and would encourage a ban on all e-cigarette flavors other than tobacco in an effort to curb the use of e-cigarettes by youth.

### **Medicare Part D**

A report released Sept. 23 by the House Ways & Means Committee shows that Americans pay on average nearly four times more for prescription drugs than 11 economically similar countries.

The report, titled "A Painful Pill to Swallow: U.S. vs. International Prescription Drug Prices," compared drug prices in the U.S. to drug prices in the United Kingdom, Japan, Ontario, Australia, Portugal, France, the Netherlands, Germany, Denmark, Sweden and Switzerland.

It concluded that Americans pay significantly more than the other countries even when accounting for rebates, and that the U.S. could save \$49 billion annually on Medicare Part D alone by pricing drugs similarly to the other countries studied. Most countries had average prices around 24 to 30 percent lower than those in the U.S.

The report illustrates why pharmaceutical companies are against this US House plan, which would allow the U.S. to negotiate drug prices by comparing them to other countries; prices.

### **Medicaid Spending needs to be curbed**

As Medicaid spending continues to increase, the CMS hopes focusing on flexibility, accountability and the integrity of managed care plans will help slow that growth, an agency official said Wednesday.

CMS' acting deputy administrator and acting director Calder Lynch said the spending increases are "unsustainable," as it's slated to hit \$1 trillion per year by 2026. That encourages the CMS to continue its push to curb growing healthcare spending by giving state Medicaid programs more flexibility and help with value-based payment experiments. The agency will also continue its efforts to reduce unnecessary regulatory

burdens for states, plans and providers, he said during remarks at America's Health Insurance Plans' 2019 national conference on Medicaid.

Better administrative and quality accountability measures such as a new Medicaid and Children's Health Insurance Program scorecard would improve the ability of states and the CMS to advance multi-payer alignment through streamlined payment policies, quality measurements, administrative practices and sharing data.

**Medical Price Transparency Needed**

Rules on medical price transparency are difficult but needed. Every state is required to have a written Medicaid quality strategy and related performance assessments, but Lynch said that they often fail to inform a comprehensive strategy to improve state Medicaid programs.

**Too often they become a check-the-box exercise; he said.**

The agency will focus on improved data collection and sharing over the next year, and now collecting transformed Medicaid statistical information system data from all states, which includes comprehensive claims and beneficiary information. "It's a critical element for us to get a full picture of the quality of services that are being delivered," Lynch said. But the data has its problems and "patience for complete and accurate Medicaid data is running out."

**Focusing on Medicaid** integrity will also help improve the accuracy of medical-loss ratios, Lynch said, noting that managed care plans had artificially inflated their MLRs through improper reporting to increase their earnings.

This is going to be a trust, but verify kind of activity, he said.

The agency is also working to make sure that states and managed care plans aren't enrolling ineligible people in Medicaid, citing recent reports that states often place people who are ineligible on the Medicaid rolls. Lynch said it's especially true for states where the federal government is paying for most of the Medicaid costs.

There's little incentive for states to make sure they're guarding against **inappropriate enrollments**" he said.

**Historical:** (Deb Wolff): See new website addition

**Standard Operations:** (Nancy McGushin): (Absent): report sent via email

I. There are no changes pending to the OPANA Bylaws or Policy & Procedure Manual at this time.

II. The next review of the Bylaws and Policy & Procedure Manual will be in the Fall of 2020.

**Fundraising:** (Sharon Gallagher): No activity.

RADA KNIVES Book Sale in progress until October 31 st. NOPANA, NEOPANA, DAPANA, COPANA, CAPANA participating.

Sale Orders and \$\$\$ can be given to Sharon at the October meeting if more convenient for representatives.

Hope to have a great sale!

There will be cash & carry RADA, nail files, OPANA pins, pens, and magnets at the conference.

**Scholarship:** (Jane Booth): We had 12 scholarships awarded for \$900.00 for spring conference. I had a duplicate name and took it off.

**Convention:** (Sue Guertin): Sue gave dates available for next fall conference at the Seigel Center. Dates available are September 5, 12, 26; October 3 and 24<sup>th</sup>. Motion made by **Iris Marcentile** to have conference on October 3, 2020; 2<sup>nd</sup> by **Debby Niehaus.** Motion carried.

Vendor David Shelby wants to pay \$500.00 donation towards catering bill.

**Awards:** (Deb Wilson): Award changes effective: Board meeting May 2018-Awards changed to certificates, pins, and monetary award for first place.

Spring Award: Recruiter of the year. Award is based on ASPAN membership recruiting members for the Jan. to Dec of the preceding year. Presented at the Spring Conference in May. Award presented at Spring 2019. Award winner: Diane Thompson, BSN, RN, CAPA

Recruiter of year standings for 2019: 2 people have added 3 new members Rose Durning and Marsha Artis-Smith and 5 people have recruited 2 new members each as of October.

Fall ward: Excellence in Clinical Practice Award. Requirement- Nominee must be currently involved in direct patient care role. Application form is available on the web.

Award presented at the fall 2019 conference. Currently have 2 nominations for the 2019 award. Award winner for 2018 was Debra Wolff, BSN, RN, CPAN. The nomination was forwarded to ASPAN for the 2019 Clinical Excellence Award.

**Education:** (Alabelle Zghoul): Was approved for 6.25 CE for conference tomorrow. We have 59 registrants. Alabelle has 60 folders put together with evaluation forms, agenda and disclosure. No handouts were made available to put in the folders.

Dr. Michael Sourial will be gone for 2 weeks and unavailable to speak. Dr. Mauriello Garcia will speak in his place.

**Gold Leaf/Shining Star:** (Toni Zito): (Absent): Sent via email. We are eligible to apply for Bold Leaf for 2021 Award in Orlando. That means we start collecting data January 1, 2020. I got the feeling at CDI that we will be considered a component to beat.

**Webmaster:** (Debby Niehaus): OPANA Officers and Board Members. The time to make your updates to the web is now.

Posting on your district pages keep your members up to date and is also a way to share ideas with other districts for educational programs. We keep track of activities throughout the year with the webpage info showing if we are on track with our current strategic plan.

**\*\*** We will be reviewing this fall for revisions and or additions to our strategic plan 2019-2021.

1. Please email or text me information including: meeting notices, district minutes, community activity participation, scholarship forms, and/or flyers. Send me your current officers, pictures, and other recently completed event information. If you have had a meeting in

the past two-three months or are planning a workshop or meeting with presentations then send me a flyer, note, and/or meeting minutes to have district information current.

**EVERYONE PLEASE REVIEW THE WEBSITE.**

2. Send meeting pictures because members enjoy seeing your activities throughout the state.

Photos show OPANA is active. Pictures to share (Please send me an accompanying email) and that you have permission from the people in the picture that we can publish on website. This is needed. (Include preferred names of individuals, if you want these listed along with the picture).

3. If you have suggestion for new pages for the web, please share? We have added pages when suggested and I can always add additional pages.

Representatives, please review your district pages: If you are orienting a new DISTRICT REP. please share their website responsibility for updates and sharing of news and meetings!!

**\*\*We cannot apply for Gold Leaf Award this year, but we still need to keep our pages up to date. As a past Gold Leaf winner, other components will be looking at our site as they do their application for Gold Leaf in 2020, so we need to look good and be current. Beth has shared that much of our information used for our Gold Leaf packet was found on our webpages. Please either call or text to 513-641-6849 and you can email to: debbyniah@zoomtown.com your pictures and or articles. Thank you all for your contributions to our site.**

**Snooze News:** (Sally Swartzlander): Next deadline-October 31, 2019.

**District Reports:**

**CAPANA:** (Sharon Gallagher): CAPANA had our 1st meeting September 18th; Dr Avner Dagan spoke on Pain Management of the Chronic Pain Patient. It was very well attended.

We presented CAPA pins to 4 members who had received their certification in the last year and celebrated with a cake: Shirley Raymond, Kimberly Reynolds, Sharon Hay, and Laura Jean Marshall.

Our next meeting is October 16th , Dr. Kathryn O’Keefe will be speaking on TVAR procedure. It is our joint meeting with AORN.

RADA sale is in progress.

**COPANA:** (Kim Place): COPANA is touring the Ronald McDonald House on October 19, 2019 and we will have our fall meeting at that time as well. We will finalize our COPANA/AORN conference on February 22<sup>nd</sup>. This conference between COPANA/AORN will be at the OSU Medical Center at the James Cancer Wasserman Auditorium.

**DAPANA:** (Tina Harvey): DAPANA is looking forward to our fall meeting on November 16th where we will hear from Dr. Randall Klotz speaking on “Anesthesia Potpourri: Opioid Free Pain Control”.

This will be for 1.5 CE. Our planning meeting will be held afterwards to discuss upcoming community service projects and speakers for our April meeting.

**GCPANA:** (?) No report made available for meeting or minutes.

**NEOPANA:** (Debbie Wolff): We opened our September meeting with a contact hour provided by a noted physician of Mercy Medical Center. We discussed our upcoming fundraiser- our Annual Reverse Raffle as well as our Service project in November at the Akron Food Bank.

**NOPANA:** (Debbie Wilson): NOPANA September 14, 2019 meeting was held at ProMedica Flower Hospital, Sylvania, Ohio. The speaker was Regina Torti, MSN, RN CPAN, Staff nurse at University of Michigan Hospital. The topic was Parkinson's Disease which she presented at the 2019 ASPAN National Conference. Business meeting followed the presentation. Discussion centered on the spring conference to be held by NOPANA in the Toledo Area. Location at current time is ProMedica Flower Hospital with other locations still be considered. Member asked to gather info on potential speakers for the conference. Continental Breakfast was provided by NOPANA. Next meeting will be early November 2019. Currently looking for a speaker.

**Old Business:** Portsmouth: 2 members are our quests tomorrow at fall conference.

**New Business:**

1. Approval of Strategic Plan 2019-2021-motion made by **Jean Kaminski** to approve Strategic Plan; 2<sup>nd</sup> by **Debby Niehaus**. Motion carried
2. Set date for January conference call-It was decided to have the conference call on January 11, 2020 at 10am. Beth will send call in information at later date.
3. Save the dates:
  - October 15 poster deadline for ASPAN Convention Denver
  - October 30: Willingness to Serve Form
  - PANAW February 3-9, 2020
  - NOPANA hosting spring 2020 conference
4. Teri Siroki has agreed to take over Standards Operations from Nancy McGushin. Teri will be working with Nancy while transitioning into this position.

Motion to adjourn meeting was made by **Iris Marcentile**; 2<sup>nd</sup> by **Debby Niehaus**. Meeting adjourned at 9:14pm.

Respectfully submitted:  
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