

Nominations: Janet Fricker



Hello, my name is Janet Fricker

I am currently an Acute Pain Management RN @ The Christ Hospital. This encompasses helping anesthesia with nerve blocks, doing post-op pain rounds, tracking the patients we block and doing performance improvement audits for best patient outcomes and best practice protocols. I in-service patients/families and staff on pain management protocols and procedures. I have two certifications CPAN and Board certified in Pain Management by ANCC. I'm an active member of CAPANA. Looking for nominations for our next President –Elect, Treasurer, Scholarship and Newsletter/flyer people!!! I'm an Indiana Hoosier, living with my husband and 11 year old daughter in the beautiful country. I've newly re-embraced cycling and have done my own heart stress test during that process so I'm good to go thru this next CAPANA year.

Workshop Chairperson: Debby Niehaus



Hello, My name is Debby Niehaus.

I work at Bethesda North Ambulatory Surgery Center in Pre-op--- and PACU as a staff RN Clinical Nurse III. I am a charter member of CAPANA, OPANA, and ASPAN and have served many positions as Board member and have been President of all three organizations. I look forward as the Chairperson in working with a great group of nurses on the committee in assembling the program for the OPANA State Conference the CAPANA will host at Bethesda North on May 7, 2011

Awards/Recognition: Sharon Hay

Hello, my name is Sharon Hay

I graduated from The Christ Hospital School of Nursing in 1978 and have been here for 33 years, 32 years as a RN. I have worked in SDS for 12 years. I am presently in the RN to BSN program at UC. I have maintained a 4.0 GPA and been on the Dean's List since I started in January 2010. I will graduate in 2012. I sit on many hospital-wide councils and unit councils and have always been involved in unit and hospital-wide governance. I have attended ASPAN National Conference and presented a Poster Presentation. I have been on the CAPANA board for the past 2 years as the Awards/Recognition person. I have achieved Clinical Ladder Level 3. I love working at TCH because of all the wonderful people I work with

2010-2011 CAPANA BOARD MEMBERS

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| Flyer/Newsletter | Chris Stone Bethesda North PACU | 513-932-7374 chris_stone@trihealth.com | 513-865-1193 | |
| Scholarship | Marianne Zinnecker Bethesda NASC | 513-831-1065 mz@cinci.rr.com | 513-865-4602 | 513-865-4601 |
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| Nominations | Janet Fricker Christ Hospital SDS | 513-708-7357 janet.fricker@thechristhospital.com | 513-585-4293 | 513-585-1273 |
| Workshop Chair | Debby Niehaus Bethesda NASC | 513-474-0960 debbyniehaus@zoomtown.com | 513-865-4602 | 513-865-4601 |
| Awards/Recognition | Sharon Hay Christ Hospital SDS | | 513-585-2575 Sharon.hay@thechristhospital.com | 513-585-1273 |

2010-2011 CAPANA PROGRAMS

- September 15, 2010 “Why does my patient look like this?”
Dr. Nancy Simon MD- Bethesda North Hospital, Golder Room
- October 12, 2010 “Ve nous Closure”
Tuesday Dr. Zenni MD – - Co-meeting with AORN,
The Christ Hospital, A-level Classroom 3
- November 17, 2010 “Vascular Surgery”
Dr. Hardin MD – The Christ Hospital A-level auditorium
- December 2010 NO MEETING: Happy Holidays
- January 19, 2011 “Tap to a New Beat – Transverses Abdominis Plane Block”
Dr. Doug Stewart MD – Evendale surgery center
- February 16, 2011 “Music as a therapy- a research presentation”
Brenda Johnson RN,CPAN, Judith Goss, RN, BSN –
Mercy Hospital Anderson
- March 2011 No meeting
- April 3-7, 2011 **ASPAN 30TH National Conference – Seattle, Washington**
“Reinvest in your Potential”
- April 20, 2011 “Holep, A TURP for 21st Century”
Dr. Dusing MD – St. Elizabeth Medical Center
- May 7, 2011 **CAPANA/OPANA SPRING WORKSHOP**
Bethesda North Hospital, Golder Rooms A & B
- May 18, 2011 Dinner and Business meeting *6:30P.M.*
Election & installation of 2011-2012 Officers – Double Tree In

REMINDERS:

CAPANA Meetings

Third Wed. of the month

6:30 – 7 PM

Social time

7:00 – 8:00 PM

Educational program

Free to members

Non-members WELCOME - \$5.00 for Educational program

IMPORTANT DATES AND REMINDERS:

October 16 Fall seminar in Columbus at the Segal Center at Country Inn Suites
Cost of seminar is \$50.00 - 6.5 CEU's, deadline for room reservation is October

April 3-7, 2011 National ASPAN convention: Seattle, Washington

May 7. OPANA/CAPANA Spring Workshop to be held on at Bethesda North.

Snooze News is looking for articles on process improvement &/or research projects. Suggestions given were on Ketamine, TAP blocks and Noise Reduction Survey.

Nominations for vice -president and treasurer are needed.

OPANA's outstanding achievement award is given at the Fall seminar. Submit to Alabelle Zghoul, OPANA. Looking for someone who contributes to local and state organization.



REPORTS

OPANA Report: Shirley Raymond

CAPANA will hold the OPANA spring seminar in 2011. This will be an all day workshop. There will be a board meeting the evening before.

Flyer/Newsletter: Chris Stone

All you budding journalists out there: Consider writing an article for the CAPANA newsletter. The newsletter comes out 3 times a year. So you have 2 more chances to get an article published.

Also, we would love to hear from all area hospitals on your best practices, changes and challenges. This is a good opportunity to share your stories. Send to Chris Stone at Stone721@earthlink.net.

Membership: Teri Schulte

Current membership is 109

Scholarship: Marianne Zinnecker

Marianne said \$660.00 was spent in scholarships for 2009 -2010. 4 people applied for OPANA scholarships.

Nominations: Janet Fricker

Wanted:

Nominations for the following positions for the 2011-2012 year

- **President – Elect**
- **Treasurer**
- **Flyer/Newsletter**

Spring Workshop: Debby Niehaus

Workshop: CAPANA is hosting the Spring State Meeting. "Save the date" for the OPANA State Workshop and Meeting to be held on [May 7, 2011](#) at Bethesda North Hospital - Golder Room. Program topics, speakers, and more details will be given out later in the Fall.

Also needed: Vendors , such as Mary Kay, jewelry vendors and others that have a product to sell. If you know of anyone who would like to set up a table - let Debby Niehaus know

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***What lies behind us and what lies before us are small matters
compared to what lies within us
— Ralph Waldo Emerson***