OPANA Presidents Report

Our annual Fall Conference was held October 5 at the Seigel Center at Mt. Carmel East Hospital. Thanks to the 61 people got up bright and early Saturday morning and attended! I am going to note some of the highlights of this conference.

Our keynote speaker spoke on the Second Victim Syndrome. He told us of his experience as a physician making an error and how it affected his practice and life. He is sharing his experience to help others. I honestly hadn’t thought about how a physician’s experience would be.

We had decided early on that Freedom ala cart would be our community service to sponsor. We learned about how Freedom ala Cart came into existence. Columbus is fortunate to have this community service and business to help victims become able to have a different life. A brave survivor shared her story of human trafficking and how she has regained her life back. The program has a positive success rate for people willing to make changes.

Debby Niehaus, our only past ASPAN president and so much more, shared our 40-year history. We have much to be proud of! I was at my local NEOPANA meeting after the conference and heard someone explain what she heard. (I am paraphrasing what she said because I can’t recall it word for word.) “A nurse from Ohio started the spark to assemble a local nursing group dedicated to recovery nursing. This turned into a state group and further turned into ASPAN.” Debby has saved many memoirs from these years. Sometimes we forget how far we have come. Debby also serves as our Webmaster. Check out the 40-year history please.

We then learned about kidney disease from a doctor who was kind enough to step in for Dr. Soural. It was a good refresher. We had box lunches prepared by Freedom and listened to a video by our ABPANC Rep Teresa Salley asking us to attend their first trial air cast on class October 15. His trial was only offered to ASPAN Region 3. David Shelby from Elsevier Books showed us the new Mosby orientation series. We also had an OPANA staff meeting. We had twelve past presidents in attendance! They were acknowledged and given a small gift.

The afternoon lectures continued to be interesting. We learned about transplants and the Opioid Crisis. Toni Zito, our first FASPAN member from Ohio spoke on the OPIOD crisis. It is interesting to think of all the theories and approaches to pain relief I have learned since 1984. I bet I am not alone–right?

And we had a 50/50 raffle and gift raffle to boot! ABPANC sent an amethyst bracelet to be won by a certified nurse. Your feedback this year was positive! You asked for multiple speakers. You asked for some variety. We listened and will continue too. So, what would like for topics next year? Our next fall conference will be October 3, 2020.

I welcome your suggestions and input for topics for our 2020 conference. Here’s my email: ecooper622@yahoo.com.

What comes next?

- We are eligible to apply for the Gold Leaf Award that will be awarded in 2021. That means we start collecting our Data in 2020.
In the meantime, until our next fall conference-OPANA’s districts have some awesome learning opportunities. Check them out on the website. And who knows-you may see me and/or Vice President Amy visit.

I again thank you for allowing me to serve as OPANA President. I am out of my comfort zone and challenged in a positive way! I am learning to make the most of my strengths and ask others for input and help. And I have received input and help! And I have made some special friends in my district, state/component and nationally.

If you are organized-these roles in your district and component are very do-able. And If you are not organized-these roles will make you learn new skills that you can use to do the role and use in other areas of your life. The first step is the hardest- that is Step up-but so worth it.

Thanks!

ElizaBeth Cooper RN, CPAN, CAPA