Happy Holidays! I'm sure everyone has been busy getting ready for the upcoming holidays and New Year. On October 18th we had another successful fall seminar at the Siegel Center 2014 Continued Growth through Sharing. We had 52 registered attendees with walk-ins making it a total of 60! A good day even on an OSU home football weekend. We were privileged to have our ASPAN President Jacque Crosson attend our Friday evening board meeting and the seminar on Saturday. She manned the ASPAN membership table encouraging those not members to join and be eligible for all the wonderful benefits available.

We had a variety of speakers. Dr. Bruce Kernor, MD, FACS, FACRS led an extensive discussion on Robotic vs. Open Colo-rectal surgery with robotic benefits of low blood loss, low rate of complication, and quicker return of bowel function. We all were tuned in when he emphasized the need to prevent colon cancer by screening colonoscopies, and daily use of a baby aspirin, multivitamins with selenium, and 1500mg of Calcium (equal to 3 Tums). Nurse Anesthetist, Madeline Hines gave a very thorough presentation on The Good, The Bad and The Ugly of Propofol (Diprovan.) I found it very interesting to know the agitation that some patients feel from receiving Propofol can be broken with giving Benadryl 12-25mg IV. Something to keep in mind for the future. (A Team Approach)

Perioperative Pain Management was provided through the joint efforts of June Litmer clinical nurse specialist, Manager-Acute & Perioperative Pain Program Kettering Medical Center, Teri Topp, Clinical Nurse Manager of Kettering PACU and CRNA Susan Reiswig-Haines also from Kettering. They did a fabulous job explaining how A and C pain fibers interact enabling a multimodal approach to treating pain proactively. This approach improves pain relief by targeting more than one pain pathway at reduced doses of medication thereby reducing adverse effects and facilitating recovery with decreased costs. The group found that the use of multimodal medications with block and infiltration techniques reduced the length of hospitalization.

Dr. Patricia O’Malley discussed the field of nursing research and presented findings that not all research is based on Evidence based Practice. She presented examples of several researchers who did not have clear scientific research to validate their findings! This makes you realize that you have to look critically at the methodology and the statistical/clinical significance of the findings. Cathleen Scheer, BSN discussed how waste anesthetic gases are dispersed in the PACU. Interesting for those of us who hover over our patients reminding them to take deep breaths and cough as they wake up! We also had several vendors with wonderful hands-on demonstrations available.

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### OPANA Board Members 2014

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<thead>
<tr>
<th>Name</th>
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District News

Cincinnati PeriAnesthesia Nurses Association
Submitted by Debby Niehaus

President: Sharon Gallagher   Vice Pres: Debby Niehaus

CAPANA has 113 members and we have 7 monthly meetings with speakers along with a ½ day workshop to be held in March. A combined meeting with AORN as the host held October 14th at Christ Hospital presented by Dr Stuart Donovan on the “Enhanced Recovery Protocol” What is it? Why Use It? This diet with the “impact” liquid supplements is used for patient undergoing major abdominal and gynecological surgeries. Using the ERP eliminate the need for a long NPO and bowel preps pre-op and has patient eating and back on solids much sooner post-op.

Our November meeting will be hosted by Bethesda North Hospital with Dr James Molnar presenting “Anesthesia: PeriAnesthesia Nurses Top Three Concerns”. Dr. James Molnar is an excellent anesthesiologist who makes education enjoyable and always entertaining to listen to. We will not meet in December and then in 2015 resume meetings with “Pseudocholineserase Reaction in OR/PACU”: A Case Study will be at Evendale Surgery Center with Dr. Lydia Chantilas who is a Pediatric Anesthesiologist as the speaker in January.

On June 14th, 2014 DAPANA had speaker Dr. Velasco speak about IVC Filters. He discussed why they were inserted, when they are placed, what can go wrong, and were they are placed. Saddle embolus is a huge embolus that plugs up both pulmonary valves and CPR has shown to help break them up into smaller particles. CT scan with contrast is the fastest way to diagnose. The meeting was free to all ASPAN members. It was voted for continued support for the wounded warrior project.

DAPANA is planning for their Fall meeting on Saturday November 1st. There will be one speaker, Julie Neff who is a customer service in healthcare. We will also be collecting nonperishable food for local shelters. On February 1st we will have our half-day seminar and expect to have three to four speakers. We have finally received our nonprofit status from the Federal Government. DAPANA had two members that attended the National Conference: Bonita Woodin and Rose Durning.

North Eastern Ohio PeriAnesthesia Nurses Association
Submitted by Jean Kaminski

NEOPANA meets the second Tuesday of the month, alternating meetings between Akron and Canton. We had a business meeting September 9, and unfortunately our speaker cancelled at the last minute. We did have a business meeting and speaker On October 14. The topic was “Preop Considerations for Jehovah Witness Surgical Patients.” We also will be holding our Annual Reverse Raffle on Monday, October 27. This is a great fun and social event. We are donating $250 to Lady Liberty, a home for female Veterans in Portage County. Some of our members also spent the day September 9 at the Akron Stand Down for veterans. From 7a to 3p, we assisted in serving over 400 veterans in obtaining medical help, clothing, food, haircuts and whatever assistance they needed. This is a one on one program. We were called “shepards” and walked each veteran to the different stations and got to know them and talk with them for 45-60 minutes. Then we would help another veteran through the whole process. It was a very rewarding experience.

Northern Ohio PeriAnesthesia Nurses Association
Submitted by Carol Zacharias

NOPANA has four meetings a year and the final meeting will be on Saturday November 8th. It is at 10am at Flower Hospital in one of their conference rooms. A continental breakfast will be provided along with 1 CEU. No topic for this meeting has been decided on at this time.

Dayton Area PeriAnesthesia Nurses Association
Submitted by Teri Topp

On June 14th, 2014 DAPANA had speaker Dr. Velasco speak about IVC Filters. He discussed why they were inserted, when they are placed, what can go wrong, and were they are placed. Saddle embolus is a huge embolus that plugs up both pulmonary valves and CPR has shown to help break them up into smaller particles. CT scan with contrast is the fastest way to diagnose. The meeting was free to all ASPAN members. It was voted for continued support for the wounded warrior project.

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Columbus Ohio PeriAnesthesia Nurses Association
Submitted by Alabelle Zghoul

COPANA continues to host meetings quarterly. Our summer meeting was cancelled by the hosting hospital for lack of registration. They assumed responsibility for hosting the fall meeting on September 13th. The speaker was Dr. Yakov, pediatric gastroenterologist. Our next meeting will be the annual joint seminar with Central Ohio AORN and the Ohio State University Wexner Medical Center in January. Planning is under way. Topics so far include: Food allergies and Celiac Disease, MDRO, Understanding CMS and TJC Standards, and Nursing Law (Category A requirement). This year will be a shorter day per request of many of last year’s attendees- 0800-1400. Continental breakfast and lunch will still be provided.

The COPANA Board of Directors are planning a meeting soon to discuss next year’s agenda and review options for replacing vacant board positions.

Continued on page 4
The board meeting for GCPANA was held August 20, 2014. Topics for the fall district meeting were discussed. Next district meeting will be November 11, 2014. The meeting host is Euclid Hospital. The speaker and topic to be confirmed. Next Board meeting, October 22, 2014.

The Historical Chair position is open.

Great News!

OPANA is a sponsor of the 2015 Nurses Day at the Statehouse

Join hundreds of nurses from across the state on February 18, 2015 for Nurses Day at the Statehouse.

Be a part of the action and unlock your potential to be an influential part of Ohio’s political process.

At NDASH15, you will:

- Hear experts share timely legislative news and information.
- Learn to communicate effectively with those in power.
- Hear success stories of nurses in action.
- See a behind-the-scenes look at the Ohio Statehouse and its history.
- Watch legislative committees and hearings.

Have the opportunity to educate your individual legislators about health care issues closest to you and your daily life!

As an affiliate organization, OPANA members can attend for $45 but registration is based on a first come, first serve basis. Plan to register in the next 2 weeks to ensure that you have a seat for this great event.

To register: Go to ohiondash.com, click on registration. OPANA is a sponsoring organization so click on $45 registration. When completing the registration, type in Ohio PeriAnesthesia Nurses Association instead of OPANA.

Register now and reserve your seat for the 2015 Nurses Day at the Statehouse.

Did you know…. In 1873- The Women’s Education Association (Boston) proposed a nurses’ training school.

In 1874- Linda Richards became the night superintendent at Bellevue and started the practice of keeping records and writing orders.


In 1900- AJN was first published.

In 1904- “The Nightingale” (nursing journal) was published.

In 1904- The Ohio Nurses Association was founded.

In the early 1900’s nurse registration laws were passed in many states.

In 1920- The 19th Amendment granted women the right to vote.

What are your contributions today?

Jeanne Guess
MSEd,RN,CAPA

Facts obtained from The American Association for the History of Nursing website.

Poster display at Magnet Conference
The following were the posters displayed at the Fall Seminar; Stress Management for Healthier You, Benefits of Professional Nursing Organization: Pre-op Education…Starring Aspirin, Percutaneous Nephrostomy Tube: What is it etc, Procedure Discharge Instructions and An Innovative Approach to Engage Nurses In the Development of a Research Agenda at Akron General. Thank you for those who provided these posters and the hard work that went into them.

A few items were brought up at the board meeting. It has been decided that the Immediate Past President will now act as timekeeper and facilitator for our meetings. This will help to keep our meetings to a minimum length and more task focused. Also this is the year OPANA can increase membership fees for the upcoming years, July 1, 2015-June 30, 2017. It was decided unanimously by the board to keep our fees at $30 as we continue to receive good attendance at our fall seminars and continue to use the RADA Knives sale as our fund raiser.

Finally, I would like to challenge all of you to encourage your peers to join our professional organization! We all make a difference in our actions, learning from each other and bringing this learning to the bedside. I wish everyone a safe, healthy holiday with your friends and family.

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.
Governmental Affairs Update
Sally W. Morgan

Regardless of political party affiliations, nurses and professional organizations are reaping the benefits of collaborating to achieve common healthcare goals. At the national level, ASPAN is an active member of the Nursing Community. “ASPN is one of 61 organizations in the Nursing Community that collectively represent nearly one million registered nurses, advanced practice registered nurses, nurse executives, nursing students, and nursing faculty. These organizations are committed to improving the health and health care of our nation by collaborating to support Registered Nurses (RNs). Advocacy issues addressed by the Nursing Community include: healthcare reform to improve quality, reduce cost, and increase access; federal funding for nursing education, practice, and retention; and federal legislation that improves and advances nursing practice, education, and research. ASPAN is represented through the Government Affairs SWT.

In Ohio, OPANA is connecting and collaborating with other Ohio professional nursing organizations to strengthen our voice in healthcare advocacy. I recently had the privilege of representing OPANA at the Nursing Summit sponsored by the Ohio Nurses Association (ONA).

Ohio Nursing Summit

Nursing organizations including ONA, the Ohio Board of Nursing, the Ohio League of Nurses, the Central Ohio Oncology Nurses Association, the Ohio Association of Advanced Practice Nurses, The Ohio Society of Nurse Anesthetists, and the Ohio Association of Occupational Health Nurses met for a legislative update and to roundtable on issues.

I am very excited to announce that OPANA is a co-sponsor of the 2015 Nurses Day at the Statehouse slated for February 18, 2015 at the Ohio Statehouse in Columbus Ohio. OPANA nurses have the opportunity to join hundreds of nurses from across the state for Nurses Day at the Statehouse 2015 at the member price of $45. In addition to a continental breakfast and box lunch, you will:

- Hear experts share timely legislative news and information.
- Learn to communicate effectively with those in power.
- Hear success stories of nurses in action.
- See a behind-the-scenes look at the Ohio Statehouse and its history.
- Watch legislative committees and hearings.

Have the opportunity to educate your individual legislators about health care issues closest to you and your daily life!

Last year, Governor Kasich made a surprise visit to meet with Ohio nurses.

Registration begins November 18 and fills up very quickly. If you have an interest in attending, please register early. We will send out a reminder email.

Go to [http://ohiondash.com](http://ohiondash.com) to register after November 18.
Kettering Medical Center honors Perianesthesia Nurse with the Cameos of Caring Award

The Cameos of Caring Program was designed to reward and recognize those "unsung heroes on the front lines of health care" by their peers. Kettering Health Network uses this program to recognize those outstanding direct patient caregivers who are a Registered Nurse, a high performer, works on the current unit a minimum of six months, provides direct patient care at least 50% of the time on duty, nominated by peer and Nurse Manager recommendation. "Rosemary Durning provides emotional support for family members when patients have been in the PACU for a lengthy period of time...flexible in hours and helps during staffing issues...collaborative, supportive of others..."

Honorary Member Receives Award

This year at the OPANA fall conference, President Rose Durning presented awards to Honorary Past Presidents. Billie Tender RN, CPAN who was at the conference was recognized. Billie is responsible for designing our OPANA state pins. Also receiving this award but not present are Jane Lind BS, RN who is currently living in North Carolina and Pat Dempsey RN, BSN who was in Florida. All three of these nurses are well deserving of this honor from OPANA!

Outstanding Achievement Award-It could be you!

The OPANA Outstanding Achievement Award is presented by the state organization at the yearly fall conference. Each district has the opportunity to nominate a member. The award honors PeriAnesthesia nurses who are actively involved in the organization and promotion of PeriAnesthesia nursing. Points are awarded for being active in the district or state organization; holding an office or chair of a committee at local, state or national level; community service; present an in-service; poster presentations; precepting students or new unit staff and/or sharing your knowledge. The honoree’s nomination is forwarded to ASPAN for consideration of the Clinical Nurse Excellence Award presented at the ASPAN National Conference.

This year I was honored to be chosen as the award winner. I work at a large nonprofit Adult Level 1 and Pediatric Level 2 Trauma center in surgical services. I currently have the title of Perioperative Educator/Patient Care Supervisor. I am responsible for orientation, education and competencies for all staff in the PAT department, Preop Holding and PACU. I am the only perioperative educator in an 11 hospital system so I share educational programs with other facilities, consult on system wide issues such as deep and moderate sedation policy development and mentor new educators. I am the nursing expert for a PACU Online Journal Club with contact hours offered for participation. I developed and taught total joint replacement patients what to expect before and after surgery system wide program titled Preoperative Orthopedic University for over 2 years. I promote the profession of nursing by mentoring BSN and MSN students: promoting certification and recently became a certification coach.

I have supported the local chapter of OPANA-NOPANA for a long time. I have held officer positions and current am President. I have presented at the local meetings, arranged for speakers and educational contact hours applications. Just recently I have become more active in the OPANA chapter by attending board meetings and writing the contact hour application for a few of the fall conferences.

It is hard to list everything I have done to promote nursing and more specifically PeriAnesthesia nursing. I have like others gone to school while working full time and managing family life yet still managed to be involved in OPANA and NOPANA. Is not hard to get involved at the local level organizational level—just say yes next time you are asked. Thank you OPANA for the honor of being recognized. Share your knowledge—Just do it; It could be you next.

Debbie Wilson, MSN, RN, CPAN

Recruiter of The Year Award

Sharon Gallagher was awarded the Recruiter of the year award. Sharon is responsible for recruiting 6 people to join ASPAN this year. For this, Sharon has received a plaque and monetary award. Congratulations!

Remember anyone can nominate as well as nominating yourself.
Signed bills in the past year:

**H.B. 314 - Minor Prescriptions**  
Sponsored by Representative Nan Baker (R-Westlake)  
Requires a prescriber (physicians, PAs, APRNs, optometrists, dentists and podiatrists) to obtain written informed consent from a minor's parent, guardian, or other person responsible for the minor before issuing a controlled substance prescription to the minor and establishes sanctions for a prescriber's failure to comply with this requirement.  
Signed by Governor on June 17, 2014; effective in 90 days  
**Please note, this includes minors receiving opioids postoperatively**

**H.B. 139 - Hospital Admissions**  
Sponsored by Representative Anne Gonzales (R-Westerville)  
Permits certain advanced practice registered nurses and physician assistants to admit patients to hospitals.  
Signed by Governor on February 18, 2014; effective in 90 days

**H.B. 315 - Hospital Reporting**  
Sponsored by Representative Lynn Wachtman (R-Napoleon)  
Requires hospital reporting of neonatal abstinence syndrome.  
Signed by Governor on April 10, 2014; effective in 90 days

HB 341 Schedule II drugs/opioids-no prescription- unless review of patient information
- [http://www.legislature.state.oh.us/bills.cfm?ID=130_HB_341](http://www.legislature.state.oh.us/bills.cfm?ID=130_HB_341)
- ALL PRESCRIBERS of Opioids and Benzodiazepines must check OAARS before prescribing with limited exceptions  
Governor signed on 6/16/14; effective 9/16/14

**H.B. 366 - Controlled Substances**  
Sponsored by Representative Robert Sprague (R-Findlay)  
- Requires a licensed hospice care program that provides hospice care and services in a patient's home to establish a written policy and adopt certain practices for preventing the diversion of controlled substances containing opioids  
- Governor signed 6/17/14; effective 9/17/14

**H.B. 301 - Drug Administration**  
Sponsored by Representative Dorothy Pelanda (R-Marysville)  
Authorizes a person not otherwise authorized to do so to administer certain drugs pursuant to delegation by an advanced practice registered nurse who holds a certificate to prescribe.  
Chronology  
October 16, 2013 Introduced in the House  
October 16, 2013 Referred to Health & Aging Committee  
May 21, 2014 Reported out of committee

**H.B. 412 - Physician Assistants**  
Sponsored by Representative Anne Gonzales (R-Westerville)  
Revises the law governing the practice of physician assistants.  
Chronology  
January 21, 2014 Introduced in the House  
January 28, 2014 Referred to Health & Aging Committee  
April 2, 2014 Reported out of committee  
May 14, 2014 Passed in House 87-1  
May 21, 2014 Moved to Senate and referred to Medicaid, Health & Human Services Committee

**H.B. 378 - Opioid Addiction Treatments**  
Sponsored by Representative Ryan Smith (R-Bidwell)  
Prohibits a physician from prescribing or personally furnishing certain drugs to treat opioid dependence or addiction unless the patient is receiving appropriate behavioral counseling or treatment.  
Chronology  
December 5, 2013 Introduced in the House  
December 7, 2013 Referred to Health & Aging Committee

Continued on page 9
The informed consent requirement has three components: assessing the minor's mental health and substance abuse history; discussing with the minor and the minor's parent, guardian, or another authorized adult certain risks and dangers associated with taking controlled substances containing opioids; and obtaining the signature of the parent, guardian, or authorized adult on a consent form. Additionally, the new law limits to not more than a 72-hour supply the quantity of a controlled substance containing an opioid that a prescriber may prescribe to a minor when another adult authorized by the minor's parent or guardian gives the required consent.

**H.B. 588 - Life Sustaining Treatment**
Sponsored by Representative Matt Huffman (R-Lima)

Establishes procedures for the use of medical orders for life-sustaining treatment and makes changes to the laws governing DNR identification and orders.

**Chronology**
June 17, 2014 Introduced in the House

**SB 99**
- [http://www.legislature.state.oh.us/bills.cfm?ID=130_SB_99](http://www.legislature.state.oh.us/bills.cfm?ID=130_SB_99)
- Prohibits health insurance provided by certain insurers from providing less favorable coverage for orally administered cancer medication than for intravenously administered or injected cancer medications.
- Governor signed 6/17/14; effective 9/17/14

**S.B. 347 - Life Sustaining Treatment**
Sponsored by Senator Peggy Lehner (R-Kettering)

Establishes procedures for the use of medical orders for life-sustaining treatment and makes changes to the laws governing DNR identification and orders.

**Chronology**
June 19, 2014 Introduced in the Senate

The Nursing, Medical, and Pharmacy Boards originally issued a joint policy regulatory statement in April 2013 endorsing the prescription of naloxone (Narcan™) to those individuals at high-risk for opioid drug overdose. The purpose of the statement is to promote wider utilization of naloxone for high-risk individuals by educating prescribers on the proper use of naloxone.

The Boards updated their joint policy statement in September 2014 to reflect changes in House Bill 170, effective March 11, 2014. Ohio law now permits authorized prescribers, including APRN prescribers, to “personally furnish” or issue a prescription for naloxone to a friend, family member, or other individual in a position to provide assistance to an individual at risk of experiencing an opioid-related overdose. In addition, the law grants a health care professional who in good faith personally furnishes or issues a prescription for naloxone, immunity from criminal or civil liability or professional disciplinary action for the actions or omissions of the individual to whom the drug is furnished or prescription is issued. To learn more about the benefits of naloxone and its proper use, the statement has been attached and can also be downloaded from the Board's website [http://www.nursing.ohio.gov/](http://www.nursing.ohio.gov/).

**OBN E*News 08/01/2014 - Tramadol and Products Containing Tramadol Classified as Schedule IV Controlled Substance Effective August 18, 2014**

Effective August 18, 2014, tramadol and products containing tramadol will be classified as Schedule IV controlled substances in the state of Ohio pursuant to a rule adopted by the United States Drug Enforcement Agency (DEA).

APRNs with prescriptive authority (CTP holders) will continue to be able to prescribe tramadol and products containing tramadol, in accordance with the Formulary. However, APRNs with prescriptive authority need to be aware of the requirements specified in the Ohio State Board of Pharmacy’s guidance document in preparation for the change in the drug classification. For example, because tramadol and products containing tramadol will be classified as controlled substances, APRNs prescribing these products will need to obtain a DEA number, if they do not have one already.

This is an important year for Ohio voters. In addition to the gubernatorial and state races, voters will be electing house members in All 99 Ohio districts. Seventeen seats will be determined in the Ohio Senate.
SCHOLARSHIPS AWARDED

The Snooze News                                       Volume 35, Issue 2

AMERICAN SOCIETY OF PERIANESTHESIA NURSES
MEMBERSHIP Information; Benefits
Submitted by Rose Durning MS, BSN, CAPA

Steps to Join;
www.aspan.org
Members tab
List on right, select members
Select application
Steps to View OPANA web page;
www.ohiopana.org
Scholarship information
Certification information
Region 3 members and our partners

Reasons to Join
Registration fee covers membership to ASPAN
as well as OPANA and local district
Scholarship money available from state and dis-
trict
Seminar information and discounted rate to at-
tend
Subscription to JOPAN journal
Breathline newsletter available on-line; AS-
PAN’s newsletter
Peers recognition and awards programs
Specialty Practice Groups, Clinical Practice
Groups
Research Grant Programs; Joanna Briggs Insti-
tute for articles
Opportunity to host an ASPAN Seminar
Network with State and local organizations
On-line forums
Governmental affairs, Professional Partner-
ships, Committee and strategic work
Free Contact hours at district meetings

SPRING 2014

May 16 2014
Debbie Niehaus  $75.00
Gayle Jordan  $75.00
Sally Swartzlander  $75.00
Jean Kaninski  $75.00
Teri Siroki  $75.00
Deb Wolf  $75.00

May 22 2014
Diane Smith  $75.00

July 11 2014
Pat Dempsey  $75.00
Alabelle Zghoul  $75.00
Patricia Molder  $75.00

Recent
CAPA/CPAN
Certifications in Ohio

CAPA  20
CPAN  20
TOTAL  40
Essentials_of_correctional_nursing.com

Snooze News
Publication Deadlines

Deadline                  Publication Date
April 15, 2015            June 1, 2015
*Next Deadline
October 15, 2015           December 1, 2015

Web Master Corner
Debby Niehaus
I’d like to hear from all members who wish to submit pictures from meetings, conferences or ASPAN meeting as well as district and state updates for the ohiopana.org website. Please email any information you wish posted or contact your district representative to have it put on the website.

Email: debbyniehaus@zoomtown.com

The Snooze News

President’s Message: Igniting Awareness: Motivating Our Peers

Rosemary Durning, MS, BSN, CAPA, TNCC

I want to thank the OPANA board for sending me to the Leadership Development Institute in Nashville, TN September 5-7, 2014. Two other OPANA members joined me on this exciting weekend of talks and networking; Debby Niehaus, a longtime member of OPANA and webmaster and Jean Kaminski, NEOPANA Vice-President and board representative. The meeting began with an ice breaker - “Mastering Team Building”. We were placed in random groups, each tasked to create the bedpan of the future from colored construction paper, straws, scissors, paper clips and tape! It was amazing to interact and work together within a limited amount of time to engineer this device. Each group had to communicate what outcome was desired before setting out on the project. The simulation was meant to be similar to board meetings; the need to set clear expectations, to have members

The following day began early with breakout sessions on budget planning which included “Going for the Gold” concerning the Gold Leaf Award and the little things that make a difference in attaining the award. Other sessions were “Professional Development”, “Planning Dynamic Programs”, and “Effective Board Meetings.” I find it amazing that each time I attend one of these leadership meetings there is always great information that I can utilize in our own component to make it more effective and meaningful to our members. I was proud to share in our Region 3 meeting that we have started a “timekeeper” during our meetings. This raised much interest and discussion. Terri Passig, ASPAN’s Secretary, encouraged the use of a strategic planning grid and timekeeper during her presentation on “Effective Board Meeting/Strategic Planning” much like our own board member Sally Morgan, from COPANA has shared. I hope to initiate some of these new strategies in our future board meetings

Many of the sessions centered on the theme of leadership; identifying the qualities of influential leaders, and the importance of mentoring both in the workplace and in our professional organization. Other sessions centered on the importance of evidence based practice. The enthusiasm that was felt by, and conveyed from these leaders sparked my own enthusiasm. I want to continue to encourage our peers to come forth to lead, both in our professional organization OPANA and in their Districts mentoring new members so they may visualize and understand the importance of getting involved. Our ASPAN President, Jacque Crosson, MSN, RN, ended Sunday with “Passing the Torch: Igniting the Spark in Others.” She shared many strategies for success and challenges we each have today in our workplace and organization. And concluded with this Chinese Proverb; Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime. I Something we all must think about.

Don’t think that we didn’t have some fun in between these meetings! Tracy Underwood, our Regional 3 Director, got a large group together for dinner at “Monell’s” a great southern family style restaurant. The food and atmosphere was awesome. If you walked away hungry it was your own fault. They kept bringing out platters of ribs, fried chicken, green beans, potatoes, homemade biscuits and jam and much more. Our group of 25 all left with aching stomachs. Downtown Nashville is the County Music Mecca city. There were open café’s with musicians trying to get their names known successfully encouraging everyone to sing and dance. Oh yes, if you want to get western boots, Nashville is definitely the place to be. We saw all types of boots with every design you can image. We also noted that it was a very clean and safe city for walking and sightseeing.

I encourage more OPANA members to attend the next Leadership Development Institute in September 2015 (location to be announced in April). It has been an eye opening experience each time I attend and one I would like others to experience. ASPAN has scholarship money that we will apply for to assist our component. So, anyone interested, please come talk to me. I am here to assist you in making our organization GREAT.

Respectfully you’re OPANA President.

1 http://mentorsandmasters.com/quotes.html

Continued on page 13
Meet Your District Representative
In order for our readers to get to know their District Reps better, we are spotlighting two districts this issue.

DAPANA

My name is Teri Topp and I am the current district representative for DAPANA. I have been a nurse for 33 years. I spent the first 20 years as an SICU nurse and the last 10 years in PACU where I found my passion. I have been the CNM of PACU at Kettering Hospital for the last two and a half years. I completed my BSN at OU in 2012. I became certified as CAPAN as of 2012. I am currently in school at OU with plans to complete curriculum required for my MSN in nursing administration in December and I will begin my FNP program in January. On a personal note, I have been married to my biggest supporter for 25 years and have 4 grown children. I am truly enjoying being the district representative for DAPANA and being more involved in our professional organization. I would encourage everyone to take a more active role in our profession which will immensely contribute to their professional growth.

Teri Topp RN, BSN, CAPAN

NEOPANA

I am the NEOPANA rep to the Board and have been for the last 2 years. I have been involved with NEOPANA for about the last 6 years and have enjoyed getting to know the members at the local and state level. I have worked in the PACU at Akron General Medical Center for the last 25 years. Time does seem to fly by. I attended my first national conference in Las Vegas last spring and really enjoyed being with and learning from other peri-anesthesia nurses. I am already looking forward to San Antonio, Texas next April. I enjoy attending the OPA NA seminars and great speakers that we have had. I feel fortunate to be part of an excellent group of nurses and the opportunities we have for helping the profession.

Jean Kaminski, RN

Look for your District Rep next issue!

PeriAnesthesia Nurse Awareness Week (PANAW) provides an ideal opportunity to celebrate and promote our practice throughout the nation! The 2015 celebration will be held from February 2-8, 2015, and this year’s theme is, PeriAnesthesia Nurses: Dedicated Professionals, Passionate Care

Plan to celebrate and call attention to PANAW at your hospital or place of work!
LDS Experience in Nashville
by Jean Kaminski, RN

This was my first experience at LDI and we started out with an ice breaker and divided into work groups. We were to use construction paper, straws, rubber bands and Scotch tape to build a bedpan. Each team worked together and gave their team clever names such as Code Brown, some even had songs when they presented their work of art. It was fun and entertaining.

A regional meeting was held. We are part of region 3 and Tracy Underwood is our representative to National. Concerns can be brought to her attention. Most areas are dealing with getting and keeping membership and getting members more involved.

A large group of us met and went out to dinner at a local restaurant, Monell’s and enjoyed the family style serving and home cooked food. I also attended a talk on Going for the Gold. They explained how important it is to document all that we do to get credit for Goldleaf.

Navigating the ASPAN website provided more information than I realized was there. It takes time to go through all the areas and find what is there. Be sure to check out the website. You can ask professional clinical questions and get answers. If you need help in research there is a JBI link that is free for ASPAN members. As a component or member we need to call or email if we need help from those at ASPAN, they are there for us.

Susan Russell spoke on the new Professional Practice Standards for 2015-2017. These are being printed and should be available in December 2014. Prevention of unwanted sedation in the adult patient is included.

I truly enjoyed the opportunity to attend LDI, the wonderful hospitality in Nashville and meeting other ASPAN member from across the country.

Leadership Development
Continued from page 11

Kim Noble helps us find the evidence...LDI

Vice President Elect Armi Holcomb

We’re here for a reason. I believe a bit of the reason is to Throw little torches out to lead people through the dark.

-Whoopi Goldberg

Make a Difference!

The 2015 Nurses Day at the Statehouse
February 18, 2015

To Register: Go to ohiodash.com
April 26–30, 2015

ASPN’s 34th National Conference

San Antonio, Texas
“Igniting Professionalism: Excellence in Practice, Leadership and Collaboration”

Hotel Reservations
Grand Hyatt San Antonio
600 East Market Street
San Antonio, TX 78205, US

Go to ASPAN.org for more information and to register today!

The River Walk meanders through the Downtown area and is the city’s second most visited

The Alamo Café, Tex Mex at its Best

The Fairmount Hotel, San Antonio’s second oldest hotel, is in the Guinness World Records as one of the heaviest buildings ever moved intact.

Check out visitsanantonio.com for more things to see and do in San Antonio!
I hope this letter finds you well as we have just have celebrated Thanksgiving and are now closing in on Christmas! In reflecting on this past year, like always, I’m amazed how fast the time goes by. In this edition of Snooze News there is a section that shares with you many of the awards that nurses have earned. They include Cameo of Caring, Outstanding Achievement, Recruiter of the Year and Honorary Members. As you read about these amazing nurses you become aware of the dedication each one has given to their profession and how they truly are deserving of these awards. It is always important to hear about the positive impact and leadership nurses are having and to celebrate this with one another. I believe it gives us all a sense of pride for what we do.

I do want to encourage readers to share their stories, whether it be research that has been written about, a recent award that has been received or a legislative issue that affects our everyday work. Snooze News wants to showcase what nurses work so hard at everyday! So please consider submitting these stories for our next publication. Don’t let your hard work go unnoticed.

Merry Christmas to you and your families!