Dear OPANA members:

The 32nd ASPAN National Conference in Chicago lived up to the theme of “Towering Opportunities - Endless Possibilities”. President Sue Carter addressed this in her welcoming speech. We have opportunities to engage in research, provide or seek mentoring, and inspire others. We can be active on any level, join a Specialty Practice Group (SPG), or a Strategic Work Team (SWT). Scholarships are available. We were inspired to get involved. The candidates for positions on the ASPAN board inspired us with their visions.

Speakers such as Kim Noble, Daphne Stannard, Denise O’Brien and Matthew Byrne, to name a few, provided new information about research, informatics, quality indicators and evidence based practice. The keynote speaker, Jeanne Robertson (a former Miss North Carolina 1964), kept us laughing as she reminded us to have a sense of humor as an attitude and approach to people. The CPAN/CAPA luncheon celebrated those who have their certification. Dr Paul Friday spoke to us about “Friday’s Laws”. These “laws” keep us focused on normal, effective thinking. Maureen Iacono’s account of “The Perianesthesia Story - One Nurse at a Time” inspired us at the ASPAN Development Luncheon. These stories show how nurses make a difference. Donations to the scholarship fund were given at this time. Some donations were given in honor of a friend or parent. The Pat Hansen Memorial Scholarship Honoree was awarded to Debbie Wilson MSN, RN, CAPA. Debbie is from Toledo, Ohio and works as the staff educator for pre-op and PACU. Congratulations!!

It has been a privilege to be the OPANA President for the past two years. I welcome Rose Durning as the new President and Teri Siroki as the Vice President elect. There has been growth in many areas which will continue. Social media, computerized charting and electronic communication has seen the most advances. We are challenged to keep up!

In closing, I am reading the book “Lean In” by Sheryl Sandberg. She is the chief operating officer at Facebook. She challenges us with the statement “What would you do if you weren’t afraid?” We have “Towering Opportunities - Endless Possibilities”.

OPANA Board Members 2013

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The Snooze News

Volume 34  Issue 1

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Representative Assembly Report
Gayle Jordan MS, RN

As my term as Assembly Representative comes to an end, I want to again thank the OPANA board and the membership for having given me this great opportunity. To see how the governing board of ASPAN works and to meet our distinguished leaders up close and personal has been a wonderful experience. Below as some of the highlights from the 16th Representative Assembly:

♦ Membership continues to grow – 522 new members
♦ ASPAN had net revenue of $494,146.
♦ Two years ahead at reinvesting monies used to buy building housing ASPAN
♦ Strategic Work Teams (SWT) have been hard at work. Patient education has been revised to a 5th grade literacy level, an APP was created for the national conference, election process was review with a more formal “Meet the Candidates” being initiated this year.
♦ Joanna Briggs Institute – from June to February there were 2039 logins
♦ Competency Based Orientation will be updated and available in modules for purchase
♦ 2013 Gold Leaf application was updated – there were 16 applications submitted
♦ There are 7 new education modules that will be available after the national conference and 8 more slated in the future
♦ Clinical Practice – There were 1041 clinical practice questions submitted this past year, 59% from members
♦ 123 posters were submitted to the national conference, 10 selected for podium presentations

One resolution was presented and passed:

PERIANESTHESIA NURSES WILL REFRAIN FROM USING DIGITAL MEANS OF SOCIALIZING DURING PATIENT CARE AND WORK HOURS.

ASPN 2013-2014 Board of Directors:

President – Twilla Strout
VP/President-Elect – Jacque Crosson
Secretary – Joni Brady
Treasurer – Katrina Bickerstaff
Immediate Past President – Susan Carter
Region 1 Director – Deborah Bickford
Region 2 Director – Armi Holcomb
Region 3 Director – Tracy Underwood
Region 4 Director – Laura Kling
Region 5 Director – Sarah Cartwright
Director for Clinical Practice – Susan Russell
Director for Education – Nancy Strzyzewski
Director for Research – Kim Noble
ASPN Chief Executive Officer – Kevin Dill
ABPANC President – Deirdre Cronin
Nominating Committee – Shay Glevy, Donna Goyer, Carol Silsby, Raymond Young
The ASPAN National Conference Experience
By: Debbie Wilson, MSN, RN, CPAN

Commitment, passionate, patient focused, involved—these words are only a handful to describe the feelings experienced during the ASPAN national conference in Chicago. My trip to the national conference started and ended with “Endless Possibilities”. Starting with the opening speaker who taught me to never number my grocery list until the last day I was amazed to see the commitment and passion for perioperative nursing.

On Sunday I participated in the Item Writing Workshop presented by ABPANC. I learned about the process for test question development and actually create a question that will be reviewed for inclusion in the next test. I was amazed to learn that a new test is created each year. The dedication and focus of the review committee members showcases the quality of excellence in perianesthesia nursing.

Towering Opportunity—Endless possibilities—maybe this is my opportunity for growth—becoming an Item writer.

Component night was a swing, a hit and a home-run. Food, fun, raffles and dancing the night away were just part of the fun. Every component had a table with a raffle opportunity. OPANA (Ohio) representatives were present with the Ohio buckeyes (peanut butter centers covered in chocolate). Did you get your buckeye? Don’t forget to stop in next year.

The presentations I attended covered a wide variety of topics ranging from Post op nausea and vomiting, adult and peds pain management, capnography to the electronic health record. I learned that perianesthesia nurses across the country are dealing with the same issues/concerns that are presented in my work environment regarding the electronic medical record. The conference provides me with an opportunity to network and to share ideas, learn about educational trends and concerns, and creative solutions to perianesthesia issues.

I chose to attended CPAN/CPA luncheon and the Development luncheon—showing support for perianesthesia nursing and certification. I was honored to be recognized as the Patricia E. Hansen Scholarship Award winner. It is overwhelming to stop and look at what I have personally and professionally accomplished. I believe mentoring is the key—I had a great mentor and am now passing it forward by mentoring the next nursing generation.

Thank you ASPAN/OPANA for supporting my attendance at national conference. So what is next? Towering opportunities and endless possibilities.
“Hitting it out of the Park”
National Conference Photos
Photos submitted by Deb Wilson

Korean Delegation
Shows off Traditional Dress

Jeanne Guess (OPANA President) with Judy Evans, Anchorage AL

Component Night Overview
Presidents Reception

CPAN/CAPA Luncheon
Jeanne Guess and Debbie Wilson, MSN, RN, CPAN-ProMedica Toledo Ohio
OPANA Presidents
PAST & PRESENT

From Left:

Jeanne Guess (Current)
Deb Wolfe (Past)
Nancy McGushin (Immediate Past)

Perianesthesia Nurse Awareness Week
PANAW February 2013

Submitted by Heather Stofko
(Kettering Medical Center PACU)

For the kick-off of Perianesthesia Nurse Awareness Week at the February 2013 DAPANA seminar, Debbie Taylor BSN, RN & Heather Stofko, RN from Kettering Medical Center PACU gave a comprehensive review of pharmaceutical modalities used within the perioperative area.

Overview of common and uncommonly used pharmacological interventions provided a quick refresher course as well as an in depth assessment of advancing agents.

Whether preparing for the CPAN exam or working as a perianesthesia staff nurse—this review, accompanied by cumulative years of experience of many PACU and ASC nurses whom attended this DAPANA meeting, yielded a successful presentation.

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
Ohio Legislative Update
Sally Morgan, RN, APNP-BC

Since our last newsletter, I have had many opportunities to be involved in health advocacy. On December 20, 2012, I joined my colleagues from the Ohio Nurses Association and Ohio Emergency Nurses Association to witness Governor Kasich signing House Bill 62 – the Assault Against Healthcare Workers Bill. This bill increases the penalty for assault against nurses and other healthcare professionals to a fifth degree felony when the offender has previously been convicted of an assault against healthcare workers. This bill also authorizes a $5,000 fine for assault against healthcare workers and authorizes hospitals to post warning signs indicating that abuse or assault of hospital staff will not be tolerated and could result in a felony conviction. During the signing, Governor Kasich took the time to discuss why nurses were being assaulted and the importance of the bill.

Nurses Day at the Statehouse took place in February with Ohio nurses representing more than 16 organizations met to share and discuss health advocacy issues. We met with our legislators and senators over lunch and had a surprise visit from governor Kasich.

I am very thankful and honored to receive a scholarship from ASPAN to attend the 2013 Nurse in Washington Internship (NIWI) Program. During my three day stay in Washington D.C., I met nurses from around the country who were eager to gain knowledge about legislative process and health advocacy. I was very excited to learn about the Nursing Community which is a forum for national professional nursing associations to provide one voice for one issue. Comprised of 57 organizations (including ASPAN), the Nursing Community builds consensus and advocates on a wide spectrum of healthcare and nursing issues including practice, education, and research and is committed to improving the health and health care of our nation by collaborating to support RNs. Their legislative platform supports 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.

The Nursing Community has identified 3 “asks” that support nursing. On our visit to Capitol Hill, all NIWI attendees presented the message supported by the Nursing Community and asked our legislators to:

Support $251 million for the Nursing workforce Development Programs (Title VIII administered by HRSA) - Due to the aging workforce, aging populations and increased demand for health services, the demand for RNs and APRNs continues to grow. Currently, Title VIII is the largest dedicated funding that supports all aspects of the nursing workforce including retention, recruitment and nursing education from entry level preparation through graduate study, as well as institutions that educate nurses for practice on rural and underserved communities.

Continued on Page 7
In light of the current budget demands, the Nursing Community is asking for the same amount as received last year.

Support $150 million in funding for the National Institute of Nursing Research (NINR) - A continually changing healthcare system demands innovation and evidence in quality patient care. The NINR is one of the 27 Institutes and Centers at the National Institutes of Health (NIH) and funds research that lays the groundwork for evidence-based nursing practice. Compared to medical research which focuses on curing disease, nursing research is conducted to prevent disease. Nurse-scientists funded by NINR examine ways to improve care models to deliver safe, high-quality, and cost-effective health services to the nation. Nurse-scientists, often in collaboration with physicians and other researchers are vital in setting the national research agenda. The budget for NINR in FY2012 was $144.579 million which is 0.4% of the overall $30.7 billion NIH budget.

Support $20 Million for Nurse-Managed Health Clinics (NMHCs) – Access to health services, in particular, primary care and health promotion are in demand. NMHCs are health delivery sites managed by advanced registered nurses (APRNs) and staffed by an interdisciplinary team that may include physicians, physician assistants, pharmacists, and social workers to provide primary care, health promotion, and disease prevention to individuals with limited access regardless of their ability to pay. NMHCs serve as critical access points to keep patients out of the emergency room, saving the healthcare system millions of dollars annually.

Time was provided throughout the 3 day program to network with other NIWI attendees and I was grouped with Ohio attendees for our Capitol Hill visit. Together, we met with staff in our senators’ offices and each had the opportunity to meet with our representative. Staffers were pleased that nurses were presenting the same message and commented that they were visited by a nursing group the day before with the same requests.

I learned a great deal during this program and look forward to following up with my legislators on these issues. I was privileged to be a part of NIWI and very proud of ASPAN for being a participating member of the Nursing Organizations Alliance and the Nursing Community. There are over 3 million RNs in the United States and we can positively impact healthcare by having the power of unified advocacy.

From left: Rose Horton, MSM RNC, Coordinating team member, The Nursing Organizations Alliance, Twilla Shrout BSN, MBA, RN, CAPAN/CAPA, ASPAN President, Sally Morgan, APRN, Rebecca Patton, MSN, RN, C NCNOR, FAAN Past President ANA

Sally Morgan, APRN
Ohio PeriAnesthesia Nurses Association

Deadlines for Publication-Snooze News

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Thanks to NEOPANA
For the Entertaining Spring Conference

From: Renee Garbark BSN, RN
Snooze News Editor
A Successful OPANA Spring Conference is Provided by Northeastern Ohio PeriAnesthesia Nurses Association and Mercy Medical Center
Rosemary Durning MSH, BSN, RN, CAPA
President-OPANA

Thank you NOPANA District, for the wonderful presenters on May 18, 2013 in celebration of our Spring OPANA Conference. The beautiful hand decorated spring folders, goody bags, entertaining speakers, wonderful food and successful raffles were enjoyed by all. Each of the speakers provided a wealth of information.

The day began with Katie Simmons RN, presenting on “Bloodless Surgery.” She discussed Mercy Medical Center’s unique blood transfusion and blood conservation program with its importance to especially the area’s large population of Jehovah Witness. The emphasis was on minimal blood draws using pediatric tubes and increasing Iron replacement with multivitamins or prenatal vitamins. Dr. Kirby Sweitzer, Trauma Director Surgeon for Mercy Hospital, reviewed traumatic brain injuries and Glasgow Coma Scale. He was quite entertaining, engaging the participants to utilize the “Turning Point Technologies” device for case presentations and feedback. In summary, the two most common causes of death in trauma come from hemorrhagic shock and traumatic brain injury.

There were three other speakers for the day; Dr. M. Jeffrey Zackary gave a very thorough review of anesthesia complications. Dr. Michael J. Cullado discussed communications in the trauma bay, dramatizing certain personalities; super heroes, the galley slaves and the prima donnas “have no place in the trauma team.” He demonstrated this by his role playing of Batman the Super Hero, to the Prima Donna’s wearing their sunglasses and finally the Galley Slave from “Ben Hur” creative rendition of “Old Man River.” For a non-singer he did quite well. His term of “Team Euphoria” is what he believed brings in best trauma care in building a culture of mutual respect. He made his presentation very entertaining.

Dr. Sarel (Charl) J. Vorster, the neurosurgeon for Akron General Hospital discussed the involvement of planning new innovations in neurosurgery. This was a several year project that provided intraoperative MRI and CT scans for the Akron facility. Some of the benefits of the Intra-operative MRI were as follows; improving extent of resection, elimination of postoperative scans, transphenoidal procedures, brain biopsies and placement of deep brain stimulation electrodes to name a few. He then discussed interoperative CT scan benefits for image guided shunt placement, intracranial hematomas, CT based navigation for screws, and verifying removal of osteophytes/bone fragments as some of the useful benefits.

Several evidence based posters and research based practice were available for review. They were very nicely done. Thank you to all who put the time and work into these projects. OPANA Vice-President/President Elect, Secretary and ASPAN Representative were nominated during this busy spring conference. The initiations of board members were accomplished by President Jeanne Guess. The new Board members are President; Rose Durning, Vice-President/President Elect; Teri Sirko, Secretary; Iris Marcentile, Treasurer; Sharon Gallagher, and ASPAN Representative; Debbie Wolff. Jeanne presented each officer with a colored rose symbolizing characteristics of their position. I would like to thank Jeanne Guess for serving the past 2 years as President of OPANA and enabling a smooth transition.
OPANA Board Officers for 2013-2015
Announced at Spring conference 2013

From Left: Rose Durning (President), Teri Siroki (President Elect), Iris Marcentile (Secretary), Sharon Gallagher (Treasurer), Debbie Wolff (ASPAN Representative)

2013 Officer Profiles
Submitted by Nancy McGushin (past president)

President-Rosemary J. Durning, MSH, BSN, RN, CAPA
Dayton Area Perianesthesia Nurses Association (DAPANA)

Rose currently serves as a Resource Nurse Kettering Health Network, and Main Hospital, Kettering, Ohio. She is also part of the Disaster medical Assistance Team OH5. Rose has been certified in Ambulatory Perianesthesia Nursing (CAPA) for 15 years, and has been a member of OPANA and ASPAN since 1997, serving as the OPANA Secretary from 2002-2011.

Rose has a total of 26 years’ experience in Perianesthesia Nursing in Preadmission, PACU, Special Procedures, and Ambulatory Surgery. Rose served as both active duty and reservist in the United States Air Force, and retired with the rank of Colonel.

Rose’s educational background includes a BSN and a Masters in Health Science with Major in Emergency Disaster Management. Rose has also maintained her Trauma Nurse Certification since 1999. She trained as a Decon Training Leader for Greene Memorial Hospital, Xenia, OH, and was part of the Hospital Emergency Incident Command System (HEICS), Basic Disaster Life Support (BDLS), and the Federal Emergency Management Agency (FEMA). She was an Advance Cardiac Life Support Instructor (ACLS) from 2003-2010.

Rose was the 2011 Recipient of a $500.00 Scholarship from ASPAN for National Conference attendance, the 1998 Medical IMA of the Year/Air Reserve Personnel Center, and the 1997 Brigadier General Beverly Lindsey Administrative Excellence Award.

An active member of DAPANA, Rose served as their Program Development chair and as President. She has also served as OPANA Secretary for 9 years and is currently President Elect of OPANA. She will be instated as President at the May OPANA meeting.

President Elect-Teri Siroki, BSN, RN
Northeastern Ohio Perianesthesia Nurses Association (NEOPANA)

Teri currently works as a staff nurse in the PACU at Akron General Medical Center in Akron, Ohio. She has been a Program Planner for the Annual Post Grad Day Conference since 2005 and has served as an ACLS Instructor since 2005 as well. Teri completed Psychological First Aid training in 2011.

Teri has been a member of the American Nurses Association since 1985, and the American Society of PeriAnesthesia Nurses (ASPAN) since 2003. She has served her local district as NEOPANA Secretary from 2005-2009, NEOPANA District Representative to OPANA since 2009, and NEOPANA Vice President in 2012.

Continues on Page 13
2013 Officer Profiles
Continued from page 12

Teri has served her community as a member of the Medical Reserve Corps of Summit County from 2008-Present and maintains competency to act within the public health system. She has been a member of the Community Emergency Response Team (CERT) of Summit County since 2012.

Secretary-Iris Marcentile, BSN, RN, CPAN
Central Ohio Perianesthesia Nurses Association (COPANA)

Iris has been a Nurse for 39 years, and has been a member of ASPAN, OPANA and COPANA since 1994. She is employed as a staff nurse at Coshocton County Memorial Hospital on the Outpatient Surgery Unit, and also works in PACU and the Prep Hold area.

Iris is past Secretary of her Local RNA and has served as the interim secretary for OPANA for 2 years. She is seeking re-election for secretary this year.

Until February of this year Iris volunteered at our Hope Clinic. She lives in Coshocton, Ohio, with her husband of 27 years, Jim, son CJ, 2 dogs, a “grand dog” and two cats. She has 3 daughters, 2 older sons and 6 grandchildren.

ASPAN Representative-Debra Wolff, BSN, RN, CPAN
Northeastern Ohio Perianesthesia Nurses Association (NEOPANA)

Debbie graduated from Kent State University School of Nursing. She has worked in the postanesthesia setting for 32 years. She is currently employed as a staff nurse in the PACU at Robinson Memorial Hospital in Ravenna, Ohio, where she serves as a unit preceptor and student mentor. Debbie is also a BLS and ACLS instructor. Debbie also works at Affinity Medical Center in Massillon, Ohio, in the PACU.

Debbie has been an active member of ASPAN, OPANA and NEOPANA for many years. She currently serves NEOPANA as their President and has served as the District Representative to OPANA. Debbie served as OPANA President from 2007-2009. Debbie was the recipient of the Sigma Theta Tau preceptorship award from Kent State.

Recommendations from a discussion between Dr. Sally Wilson, Anesthesiologist and Dr. Besson, Ophthalmologist. Information reviewed with Dr. Colavincenzo, Bonita Woodin BSN, RN, CPAN, Team Leader PACU, Kettering Medical Center Health Network. Permission obtained from Teri Topp BSN, RN, CAPA, Clinical Nurse Manager of PACU.

Dr. Besson is a corneal specialist and he gives the following recommendation for postoperative corneal abrasions.

The anesthesia department can generally treat suspected corneal abrasions the day of surgery. If the pain persists to the following day, then an ophthalmologist should be consulted.

Recommended treatment to be initiated by the anesthesiologist.

- Lubricating ointment as often as the patient needs
- Plus a fluoroquinolone antibiotic eye drops QID

Care of Post-op Corneal Abrasions
Provided by Rosemary Durning RN, NSH, BSN, CAPA

The eye then needs to be covered with an eye patch for 24 hours except when medication is being administered.

- There is a proper technique for taping an eye patch over an eye to provide gentle pressure to help keep the eye closed while under the patch.
- If the eye opens under the patch another abrasion may occur.

Corneal “abrasions” may present postoperatively, not as any specific physical injury, but as a small erosions from anterior basement dystrophy—usually the patient will give a history of waking up in the morning with discomfort that persists for a few hours.

Recommended treatment to be initiated by the anesthesiologist.

- The eye drops can be any of the fluoroquinolone
- Ex. Zymar, Vigamox, Ocuflox or Ciprofloxacin (the latter ones are older and should be less expensive than the Zymar or Vigamox.

The eye drops can be any of the fluoroquinolone
- Ex. Zymar, Vigamox, Ocuflox or Ciprofloxacin (the latter ones are older and should be less expensive than the Zymar or Vigamox.
Reducing Hospital Acquired Infections
A Process Improvement Project at a local Dayton Hospital
Starts May 1, 2013 for 3 months
“The Sleepy Times” The PACU newsletter of Kettering Health Network provided by Rosemary Durning RN, MSH, BSN, CAPA

Clorhexidine Gluconate (CHG) is a powerful anti-microbial agent being used on patients with high risk of hospital acquired infections. Surgeries that are considered high risk are; fusions, laminectomy, colon, and CABG. This is being accomplished in the Ambulatory Surgery Area or the Pre-op holding area at Kettering Medical Center, Dayton, Ohio.

CHG is a disposable cloth that the patient or nurse can wipe the area of surgery for 20 seconds prior to surgery. This is being accomplished in the Ambulatory Surgery Area or the Pre-op holding area. These cloths are disposable but not flushable.

The CHG cloths will be placed in a special SAGE warmer, needing 2 hours for warming before being used. They may not be placed in a microwave for warming. The SAGE warmer will indicate with a light when they are “ready” for use and do EXPIRE in 84 hours (4 days).

The staff is to use 1 wipe per surgical site and is not to rinse or towel dry. It is important to inform the patient that the skin will feel tacky until it dries in 1-2 minutes and it will stain clothes. This item can only be used below the jaw line of surgery.

Education of the families and patients are being done during this time also by informing them “CHG (or medicated antiseptic) cloths are used to help reduce the risk of infection.” I hope to have some results in the following SNOOZE News on this project.

Journal References (partial list) for above Process Improvement Project
Provided by Sage Medical Products
Email Snooze News editor for a complete list


Email editor of snooze news for a complete list-garbarks@sbcglobal.net or renee.garbark@wpafb.af.mil
Letter From the Editor
Renee Garbark BSN, RN CAPA

New Editor? Guest Editors?

In this issue we’ve read about some impactful ASPAN/OPANA events that help us to grow as professionals. Including the annual conference by ASPAN and our Spring OPANA conference. As I attended the OPANA spring conference I realized we seem to have the same folks at these events.

That’s why I was thrilled to be sitting at a table with a new nurse to our profession. It’s refreshing to see hospitals hiring new nurses to PACU and same day surgery. He was so excited to be at this event and shared with us how much he learned. We talked about him joining ASPAN and continuing to develop by getting involved in the organization.

Speaking with him reminded me how important it is to mentor the next generation of PACU/Same day surgery nurses. Not only can they learn from us, but we can learn from them as well. They have so much technical savvy they can pass on to us. We can all learn from each other.

If you’d like to be a part of mentoring the next generation please consider contributing to this newsletter by sharing a case study, process improvement project, research initiative or anything else relevant to our professional organization.

We are currently looking for guest editors or any of you that may want to become the editor in the future. Our leadership at OPANA has asked us to be mentoring our replacements so we can get more members involved at the board level. If your interested in this opportunity please contact me @ renee.garbark@wpafb.af.mil or garbarks@sbcglobal.net

The only thing you’ll need is access to Microsoft publisher software. I taught myself how to use the program and I can guide you through it.

Looking forward to working with you in the future.