OPANA members…this Fall/Winter edition of the Snooze News will bring in the New Year! This also brings an end to my time as President and Rose Durning will be taking over in May.

On October 12th and 13th we had our board meeting and fall conference “Continued Growth through Sharing.” A big THANK YOU to Rose Durning for the great speakers we had the privilege to hear. A big round of applause to all who contributed to the success of the conference. We had 50 attendees both members and non-members. The evaluations were great!

Steve Borghese presented the interesting history of emergency treatment and flight nursing. He has extensive experience as an ER, cath lab and flight nurse. Debby Terry explained surgical treatments and outcomes for epilepsy. Surgical treatment has been found to improve the quality of life. Barb Berling and Janet Fricker gave an overview of TAP and para vertebral nerve blocks. The post op pain management outcomes were impressive. Dr Alan Kover presented a very thorough overview of medication categories and pre-operative medication instruction. Many attendees stated in the evaluation that they will bring the information back to share with other co-workers and physicians. Dr Jamison Elder presented “Electrifying Pain Management” to control pain as well as using acupuncture and herbal products. Dr Elder spoke to us for a second hour about his experience as a physician in Haiti “Post Earthquake Management.” This presentation was emotionally charged as we could all feel his depth of caring for these people. It was this emotional connection that brought evaluation statements of “Awesome” and a “Rock Star.” We appreciate the opportunity to hear all of the speakers and the level of information was Fabulous! Many evaluations stated that more people should have attended and that they would bring the information back to share. I encourage all of you to attend the conferences offered. This conference was definitely a “had to be there” moment! Thank you to those who brought in posters.

The OPANA members meeting took place at the conference. Members were encouraged to mentor, get involved and recruit other members. Recruiting other members gives you an opportunity to expand your professional network. Board members were introduced and gave a short presentation of their responsibilities. Participants were encouraged to speak to the board members if they were interested in getting involved. Jane Booth was honored with the 2012 Outstanding Achievement Award. Congratulations Jane!

Thanks you to all who made this conference a success!
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Deadlines for Publication-Snooze News

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The Snooze News  
Volume 33, Issue 2
District Reports

NOPANA
Northwest Ohio PeriAnesthesia Nurses Association
Submitted by: Jeanne Guess MSEd, RN, CAPA

This year we have had 4 meetings. “Meetings” sound like dull events. You have to take time, drive and sit for an hour or 2. We should rename the meeting to be an “event”. At this “event” we share information, learn something new and yes, talk about business using the tools put forth by “Roberts Rules”. We also enjoy food and coffee from Panera’s. NOPANA meets at the Danberry Real Estate office on Briarfield Blvd in Maumee. We usually meet on the first Saturday of the month at 10 AM starting with our featured topic/speaker, followed by a business meeting.

The February “event” was complicated by the weather and our speaker could not make it. This did not deter us from celebrating PANAW week. We had a journal club style of discussion and used a recent article from JOPAN which featured IV Acetaminophen. All participated in the discussion about the positive and negative points of use. We also enjoyed a catered breakfast.

Jennie Forster MSN RN was the speaker for May. She presented “Informatics”. We all had computerized charting on our minds as we were in various stages of this health care initiative. Thank you Jennie!

In September, Chris Rakesmith MSN RN CNP presented “Perioperative Management of the Patient with Diabetes Mellitus”. This helped to clarify the new insulin therapies and glucose monitoring needed pre and post op. Thank you Chris!

Barb Tassell MSN RN presented “Nursing Law and Social Media” at the November NOPANA event. We were reminded of our professional image and the problems that can occur with the social media. Problems with cell phone use, Facebook and pictures were highlighted. Thank you Barb!

The next “event” will be February 2013. Watch for the flyer in your email! You can also check for meetings using the Ohio web site ohiopana.org.

We look forward to seeing you!

NEOPANA
North East Ohio PeriAnesthesia Nurses association
Submitted by Teri Siroki, RN, BSN

Our year is off to a good start! We have had 3 monthly meetings. At the November meeting, we welcomed 7 new members from 3 different hospitals to their first meeting.

These were our first members from Aultman Hospital in Canton and Akron Children’s Hospital. We were very excited to have them participate.

In October, we held our Annual Reverse Raffle. We had a very nice turnout and sold all 100 tickets. In November, we made a donation to a local battered women's shelter. Plans are well under way for this year's Spring Seminar in May. We have a meeting planned in January to finalize the details.

Perioperative Patient Safety: A Collaborative Endeavor
January 12, 2013

COPANA and COAORN are hosting a joint conference on Perioperative Patient Safety. A past ASPAN president, Jan Odom-Forren and a past president of AORN, Kay Ball, will be among the distinguished speaker list. Topics include Collaboration and Teamwork, Perioperative Analgesia, SCIP measures and many more. Recruit your colleagues to attend this one day conference hosted by The Ohio State University Wexner Medical Center in Columbus.

SPRING SEMINAR-SAVE THE DATE!
NEOPANA will be hosting the 2013 Spring Seminar on Saturday May 18
at Mercy Medical Center in Canton.
Details will be available in January.

Hope to see you there!
OPANA Members Attend ASPAN CDI
Submitted by Teri Siroki

OPANA Board Members Rose Durning, Sally Morgan and Teri Siroki attended the ASPAN CDI in St. Louis, Missouri on September 7-9. ASPAN members from across the country, came together to hear new ideas on improving a variety of component aspects this past September. Among the topics discussed were constructing educational programs, evidence based practice, leadership, strategic planning, and legal issues. Much emphasis was placed on using electronic media and social networking to engage the next generation. A mock Representative Assembly was held followed by regional meetings.

The CDI provided a great deal of information to be incorporated into the future practice of all components. Networking with other components provided opportunities to learn what has worked for them.

Additionally, Rose, Sally and Teri made some new connections with neighboring states and are planning to invite them to our upcoming seminars and they are planning to do the same. Overall, it was a very informative and motivational experience.

Thank you to the OPANA board for sending Teri Siroki (NEOPANA), Sally Morgan (COPANA) and Rose Durning (DAPANA) to the September 2012 CDI program. The purpose of the CDI is to provide component leaders with the tools needed for professional development and successful component leadership. The attendees earned a maximum of 5.0 contact hours. The majority of states were represented by 2-3 members, a total of about 100 attendees. Participants heard speakers discuss budget planning, strategic methods and planning to create a stronger component; and standards, guidelines, and evidence based practices, the building blocks for practice excellence.

Some of the items discussed opened our eyes to certain issues that Teri, Sally and I weren’t sure our component was following. One of the main issues of concern was our tax-exempt status and the proper procedures to file our districts/state forms yearly. We soon found out that each district needed to file an EZ 999 form (though not so EASY), or Sharon our Treasurer would have to file one complete form to represent all districts. ASPAN doesn’t legally recognize individual districts only the state association if there should ever be any kind of financial issue. We then brought this information back to the board during our October Fall meeting. This was certainly a helpful issue.

Also suggestions on incorporating our Strategic Plan into each board meeting were shared. Some components place each agenda item for discussion under a strategic plan site. Wow, a great idea to keep our Strategic Plan in clear and open review. This also allows the component to think about where you want your group to move toward the future. What is the organization’s overriding goal?

Twillia Shrout, ASPAN’s Vice President/President Elect did a nice job on discussing important leadership development skills. The need to identify and groom potential leaders through enriched experience was shared. I thought her point “as component leaders, YOU have a responsibility of SEEKING members to be part of the TEAM.

Continued on Page 8

From Left: Rose Durning, Susan Carter, President ASPAN, Teri Siroki and Sally Morgan
## Registration Information

**Perioperative Patient Safety: A Collaborative Endeavor**

Accommodations available at:
Holiday Inn Express and Suites OSU
3045 Olentangy River Rd
Columbus, OH 43202

Free continental breakfast and transportation to and from Martha Morehouse
For reservation, call 614-447-1212 before **December 21, 2012**, under Perioperative Patient Safety, **$105.99+ tax,**
Cancellation deadline without penalty-January 7, 2013

### Registration Form - 2013 COPANA/CO-AORN Seminar

**Perioperative Patient Safety: A Collaborative Endeavor**

| Name: ________________________________ | Cost: ASPAN /AORN member/OSUWMC Staff $40.00 |
| Address: ______________________________ | ASPAN Member # ____________________________ |
| City: ________________________________ | AORN Member # ____________________________ |
| State: ________________ Zip: __________ | Non-member $50.00 | Undergraduate Nursing Student $20.00 |
| Phone: H________________________ W________________________ | School________________________ |
| Email: ______________________________ | Registration deadline January 7, 2013 |
| Facility: ____________________________ | Make checks payable to COPANA and mail to: |
| | Alabelle Zghoul |
| | 4808 Bourke Rd |
| | Columbus, Ohio 43229 |
| | For more Information contact: |
| | Alabelle Zghoul |
| | Alabelle.Zghoul@osumc.edu |
| | (614) 846-9537 |
| | Sue Burke |
| | Sue.Burke@osumc.edu |
| | (614) 539-1671 |

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### Submitted by: Jane Booth RN, CPAN

**Thanks and OPANA Scholarship**

**1st:** I would like to thank OPANA the honor of receiving the outstanding Achievement Award. Thank you to Anita Oblinger for nominating me and to the awards committee for my selection. It's been my privilege to serve in my local CAPANA District, at the State level for OPANA & serving on various committees on the National level ASPAN. I would like to join with OPANA's Awards Committee and urge each of you to nominated a co-worker.

**2nd:** A reminder to members. Please remember to apply for OPANA Scholarship funds. This is one of the great benefits of your membership. Look at the form, which you can download from our website, and see how easy it is to accumulate points. You earn one dollar for each point and points are accrued for 2 years. Scholarship funds are distributed according to total points up to $75.00 per year for attending OPANA’s fall or Spring conference.

Sincerely,
Jane Booth RN, CPAN
Scholarship Chair
After many painful political advertisements and candidate visits to Ohio, the 2012 election is finally over. So what does this mean? President Obama was reelected and the 2013 U.S Senate will remain under Democrat majority with 55 Democratic seats and 45 Republican seats. The 2013 U.S. House of Representatives will remain under Republican majority with 242 Republican seats and 193 Democratic seats. An issue requiring immediate attention is the looming fiscal cliff which was put into place in 2011 to address the U.S. debt ceiling. The current structure will trigger significant tax increases and spending cuts beginning in January 2013. The hope is that President Obama and Congress will develop a replacement agreement prior to 2013 to prevent this from occurring.

In Ohio, the Board of Nursing has completed the rule making process for Senate Bill 83- Prescriptive Authority. APNs that prescribe Schedule II's must complete additional continuing education by August 2013.

House Bill 284- This bill would provide physician assistants the same abilities to prescribe drugs as APNs.

House Bill 259- Alternative Health Therapies. This bill would allow complementary or alternative health care practitioners to provide certain health therapies without violating professional licensure laws. The bill does not include any requirements for minimum education, training, competency testing, or standards of practice for those who practice alternative therapies.

House Bill 303 – The Nurse Practice Act would permit LPNs to utilize central lines to initiate or maintain an IV infusion containing an antibiotic additive. This is an expansion over the current law. HB303 would also permit LPNS working in a dialysis setting to administer medications and load and activate an infusion pump on pediatric patients. HB 303 eliminates the prohibition in current law for an LPN to change tubing on a central venous line. Further, the bill does not include or create educational requirements for this expansion of scope. Many Ohio nursing organizations including the Ohio Nurses Association are contesting these changes based on their belief that the proposed expansion of LPN authority relative to central lines exceeds their educational preparation and is outside their basic scope of practice; LPNs should be not allowed to perform in the expanded role until successfully completing specified additional education; and Senate Bill 83 which grants enhanced prescriptive authority to advanced practice nurses requires them to obtain additional education. This cautious approach should be replicated in HB 303 in order to better protect the public from unsafe practice. LPNs who are already authorized to perform IV therapy must be required to successfully complete additional coursework before being allowed to renew a license to practice that includes IV therapy approval.

What are your views on these healthcare policies? Your senators and representatives would love to hear from you.

You can contact your representative at http://www.house.state.oh.us and your senator at http://
We have all heard of Florence Nightingale, but have you heard of Dorthea Dix? Dorthea Dix, is another social activist, who is better known as an advocate for prisoners and the mentally ill. Dorthea Dix was 59 when she was appointed superintendent of Union Army Nurses during the Civil War.

In an article by Cathryn Domrose (2011), “The Civil War and Nursing”, the Civil War actually launched the profession of nursing in the United States. I read this article in the May/June 2011 edition of NurseWeek and would like to share the highlights. Historically, nursing care was provided at home and it was the women’s job. It was thought that by providing nursing care to those outside the home it put women in contact with strange men. This was not acceptable in Victorian times. The work of the Civil War nurses proved that women could provide care for men they were not related to without damaging their reputation.

During the war men and women cared for the sick and wounded. Walt Whitman, Louisa May Alcott and Clara Barton are a few of the famous people who took care of these soldiers. It was nearly eight years after the Civil War that the first American nursing schools opened and accepted only women. These schools were modeled after Florence Nightingale’s schools in England.

Dorthea Dix considered nursing serious business. Nursing, according to Dorthea, was not for the young or weak. She also did not want “flighty women” looking for husbands. She insisted that all recruits be between the ages of 35 and 50, in good physical shape and committed to work for at least three months.

Nurse volunteers were ordered to dress in plain colors: black, brown or gray. They were forbidden to wear “ornaments of any sort”. Hoop skirts were also banned by Miss Dix. They caught on dressings and pulled them off the wounded men. Dix’s edict was one of the first examples of “evidence-based medicine” in nursing.

If you are interested in the early nursing leaders, I would encourage you to read the entire article in the NurseWeek Journal, May/June 2011, by Cathryn Domrose who is a staff writer.


A Special Thank You to OPANA Board
Submitted by Rose Durning, MS, BSN, CAPA

I would like to thank the OPANA board for allowing me to attend the CDI conference this year in Clayton, MO. It was a fabulous three days of networking, learning new aspects in how to become a leader/mentor and the latest on Legal issues to avoid. It was wonderful to have both Sally and Teri there to share ideas and enjoy the enthusiasm of the group. I saw some familiar faces from the Region 3 group buy many new ones. It was encouraging to see many young new nurses attending our ASPAN leadership meeting. They are the future.

I sent out an email to the attendees from Region 3 to invite them to attend our Fall October Seminar. May plan is to keep in touch with those that attended the CDI and continue to share information about our upcoming seminars. Hopefully we can join some of theirs. Region 3 has 10 states that Martha Clark, our Regional Director keeps up to date, not an easy task.

I did discuss the concerns our group had about the National Conference in Chicago 2013; i.e. cost of hotels and restaurants in the area. Martha and our President, Susan Carter, were not consulted about this process. Apparently, a few hotels are chosen by the finance committee and decision was made several years ago. I gave a copy of the letter Jeanne Guess, our President composed for me to share with Martha and Susan. They will address our concerns at the November board meeting.

Again, thank you for allowing me to attend.

Sincerely,

Rose Durning, MS, BSN, CAPA
Create Building Blocks for the Future
Continued from Page 4

Ask them to help on committees or at just one meeting” was especially pertinent. Our OPANA CDI team brought this concept back to the board meeting also this fall. We decided there was a need to set up a few committees to review the Strategic Plan/Bylaws and had each board member give a short statement on what their duties entail during our luncheon meeting. We are constantly brainstorming how we can bring new members onto the board.

A new change as of mid-October will be the process of the Gold Leaf Award. It was exciting to see that our OPANA application was one of three used as a benchmark to review. A big thank you to all the districts for making this happen. We are once again going to be working on the Gold Leaf application for year 2013. Alabelle Zoughoul will be sending information out to district reps and board members to pass on to the members.

Discussion ensued concerning having each region work more closely together sharing ideas and coming together for conferences. After receiving the list from Martha Clark, our Regional 3 Director, Rose sent out to our Region 3 attendees an email that was received with much enthusiasm. Wouldn’t it be fun to take a road trip to Michigan, Indiana, Illinois or Kentucky? We all discussed the use of using Facebook as a way of keeping in touch. The process is still in the works. Yes we even had a discussion at our board meeting in October to bring OPANA on line with Facebook or Linked-In. Creation of a committee to work on this is also in the works. I do hope there may be some way that we can keep in touch and share ideas. The support and sharing among these other leaders was immense.

Members were also reminded that the “Joanna Briggs Institute” is on the website for research opportunities. This is Kim Noble’s, PhD, RN, CPAN’s area of expertise. Sally, Teri and I attempted to review some information on the website.

A Mock RA was performed with much success. The CDI leadership did a wonderful job in demonstrating how the whole process occurs for the Representative Assembly. We had a lot of laughs along with learning a lot for those that have not been involved with the process.

Wanted:
Articles for the Snooze News
Research
Process Improvement
Humor
Patient/Nurse Stories
If you have a knack for
Writing
WE NEED YOU!
Send to: garbarks@sbcglobal.net
Are you buried under an avalanche of emails, IMs, tweets from our computers, smart phones, pads and various devices? There seems to be a mountain of information that employers and others feel that they need to send to their employees. However that does not mean that we as employees are well informed about the issues that affect our lives. In fact one of the bigger frustrations in working for a large organization is the lack of communication with staff.

Everyone has the responsibility to read their own mail. As the unit based educator of a lively Post Anesthesia Care Unit, I have chosen to write a weekly newsletter to the staff. I supplement the information that is sent to all employees. I read all of the emails and then include items of necessity and interest to the staff in a newsletter form. I also include items that my manager, team leader and peers request. This may be an urgent message from Infection Control, a competency requirement or an invitation to a Halloween Party.

I try to organize the information in an interesting way and highlight many of the bits of information with pictures and caricatures. I start each newsletter with the theme for the day. I include a saying or other word of wisdom relating to that theme. For instance April 20 was Look Alike Day. I challenged the reader with this thought. “If we wanted to recreate ourselves, what changes would we make. When we are no longer able to change a situation, we are challenged to change ourselves.” The thoughts and sayings are as varied as the challenges that we all face. I have been given the freedom to include items as I see fit.

The staff seems to enjoy the newsletters which I send to everyone by email. I also print a few to place in the unit and copies are placed in a notebook for future reference. Our resource staff often thank me for the information I share. I try to keep the information pertinent and brief. After seven years of writing these newsletters I still enjoy the challenge of keeping the staff informed.

Excerpts taken from The Sleepy Times-October 2012 (used with permission)

Happy Halloween
---
I bet living in a nudist colony takes all the fun out of Halloween

Candy Corn Day
---
To live is to choose. But to choose well, you must know who you are and what you stand for, where you want to go and why you want to get there.

Healthstream Competency Assignment is due on Wednesday, October 31, 2012. The subject matter of Malignant Hyperthermia is not as difficult as working through the new way of doing things. Just follow it step by step and I’ll help you the best I can.

The KMC website has been redesigned and will hopefully be more user friendly. This should not impact the Intranet site.

Propofol has been in short supply. We are going to reserve the remaining 20ml and 50ml vial sizes for Anesthesia and provide the 100ml vials to those areas using a continuous drip therapy while supplies last. Pharmacy will begin instituting a process where pharmacy will draw up sterile 10ml syringes of Propofol on Monday 10/22/2012 at KH and SH until the 20ml vials size returns to market. Pharmacy is asking that physicians consider other alternatives for ICU and the application of minimal ICU sedation practices to conservatively utilize available product.

We have updated the contents of the trauma cart. Look it over and let me know of items that we may have missed.
Plan Now to Attend

ASPA

Snooz" News                                      Volume 33,  Issue 2  10

ASPA’s 32nd National Conference

Towering Opportunities

Endless Possibilities

Coming to the Hilton Chicago

720 South Michigan Ave

Chicago, IL 60605

April 14-18, 2013

Registration Will be Available soon!

VISIT: Aspan.org for more information

ASPA

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 district
• Seminar information and discount-
ed rate to attend
• Subscription to JOPAN journal
• Breathline newsletter available online; ASPAN’s newsletter
• Peers recognition and awards programs
• Specialty Practice Groups, Clinical Practice Groups
• Research Grant Programs; Joanna Briggs Institute for articles
• Opportunity to host an ASPAN Seminar
• Network with State and local organizations
• On-line forums
• Governmental affairs, Professional Partnerships, Committee and strategic work
• Free Contact hours at district meetings
Thankfulness and Gratitude

As the Christmas Season approaches I can’t help but reflect on the values we share at this time of year. Thankfulness and the spirit of showing our gratitude through gifts and kind deeds. Of course, if you’re feeling like your kids or family members should be on the naughty list, you might not be feeling so grateful. Or if it’s just been a really tough year as it has been for so many.

So what can we do to get in that spirit of giving thanks and being grateful? I decided to go to Google to find out how we can enhance our gratefulness. I found a website called Life Optimizer: personal growth and effectiveness at:

When I read these 10 tips I decided to read them and make a connection to my work place. We all work in health care which is supposed to be the “Caring Business”, but many times it doesn’t feel that way. So according to this site we should do some of the following:

Realize what a healthy and prosperous life we have. The life expectancy for humans has increased to 67 yrs of age. This is up from 20-35 yrs of age a century ago. According to life optimizer its very possible that we are the healthiest and most prosperous people ever born.

Realize what a blessing it is to live in peace. Let’s live in peace at work and foster a peaceful workplace which will benefit our patients. This will also benefit ourselves by keeping incivility and disruptive behaviors at bay.

Open our eyes to see the good things in our life.

We’ve all heard this one before, maybe many times, but have you taken the time to think about the good things your job and profession bring to you. Perhaps this might help you to have a better attitude at work or to see things in a different light.

Have a Special Session of Gratitude. The sight refers to setting aside 5-10 min a day to think about those good things that have occurred during your day. I’m challenging all of us to have a session of gratitude regarding our work life.

Decide to be a grateful person. Inevitably, it’s up to us to decide if we’ll be grateful for the jobs we have and our co-workers.

To see the full list of 10 to become a grateful person visit the Lifeoptimizer site listed above.

I’m grateful for my perianesthesia family that have helped me to grow professionally and personally. I’ve met so many mentors who’ve helped me grow and spread my wings. I’d like to especially thank the board members of OPANA for encouraging me along the way in being your editor.