Dear OPANA members,

It’s hard to believe my first year as your president has already passed! It has been a great year! I hope you all had an opportunity to celebrate PeriAnesthesia Nurse Week (PANAW) at your facilities this past February. Congratulations to all new CAPA and CPAN recipients!

In March, I attended Nurses Day at the State House (NDASH). ONA President Sally Morgan, former OPANA Board Member, led the event. Ohio Legislators discussed some of the current issues facing health care in Ohio. Lunch and a tour of the State House were included. It was an informative and fun day.

Just over a month ago, I attended the ASPAN National Conference in Philadelphia, PA. I served as a delegate to the Representative Assembly for the first time. It was quite an experience to see the National Board in action. They do a tremendous amount of work to protect patients, staff and visitors. This year, a proposal for a new standard was presented on waste anesthetic gases in the PACU. I consider it an honor to have cast a vote on this proposal which will appear in its final format in the 2017 Standards. I met many PACU nurses from across the country and attended many great presentations. OPANA won the Shining Star Award for the 4th time. Congratulations to all of you for making this possible!

Thanks to DAPANA for hosting the Spring Seminar in Dayton. In addition to the wonderful speakers and interesting presentations, special touches such as the honor guard, musicians, the Sweet Shoppe and the presentation on Fisher House made the conference one of the best ever. Not to forget the vendors and all the auction items and door prizes! Thank you to everyone who was involved in any way!

Plans are underway for the Fall Seminar, October 21-22 in Columbus. National Speaker Lois Schick will be the presenter for the day. Her topics will include information that will be beneficial for those planning to take the CPAN/CAPA exams. She will also be giving her presentation on Medical Marijuana, an issue that will soon be coming to Ohio. Please mark your calendars and plan to attend.

I have enjoyed representing you and look forward to another productive year as your president. Thanks for all that you do to support the specialty of PeriAnesthesia Nursing!
Several OPANA members attended ASPAN’s 35th National Conference “Renew Perianesthesia Passion Inspire Excellence” in Philadelphia, PA. Teri and I attended the Presidential Luncheon on Sunday with other Component leaders. The conference kicked off Sunday evening with Component Night. We dressed in patriotic attire. The OPANA table was decorated in a red, white, and blue/American Bandstand theme. We gave out buckeyes and had a 50/50 raffle. On Monday, the opening ceremonies keynote speaker, Rich Bluni RN, gave a heartfelt “Inspired Nurse” talk. We have several CPAN and CAPA certified OPANA members that attended the CPAN/CAPA Celebration Luncheon. We heard a great talk, “Who Hijacked My Fairytale – Hanging on to Humor When Life Doesn’t Go the Way you Planned.” OPANA won one of the ABPANC Shining Star Awards, which Beth Cooper RN accepted for us. Thanks Beth for all of your hard work with the Shining Star and Gold Leaf applications.

There were many great lectures to choose from on Tuesday and Wednesday. One of the lectures that a few of the OPANA members attended on Tuesday was “Update on Uses and Abuses of Medical Marijuana” by Lois Schick. On Tuesday evening, 10 OPANA members and friends went to dinner at McGillin’s Old Ale House (the oldest tavern in Philadelphia). We advertised this on the communication board at the conference for all OPANA members as a networking opportunity. Our OPANA members met before the President’s Reception this year for our annual group photo.

We met 3 new conference attendees from the Columbus area that stopped by for the picture and joined us at the President’s Reception. On Thursday, the conference closed with breakfast and an excellent session, “Celebrate Nursing: Human by Birth – Hero by Choice” by Renee Thompson RN. This year’s conference provided many great memories, inspiring/celebrating nursing, and excellent educational opportunities. When the conference was over there was also time to sightsee with fellow OPANA members while in Philadelphia.
## OPANA Board Members 2015-2016

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<th>Name</th>
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<tr>
<td>Teri Siroki</td>
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<td>Sharon Gallagher</td>
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<td>Nancy McGushin</td>
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<td>ElizaBeth Cooper</td>
<td>Gold Leaf Chair</td>
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<td>Sue Guertin</td>
<td>Convention Chair</td>
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The deadline to apply for ASPAN Scholarships is July 1, 2016

$1,500 for tuition towards nursing degree
$750 for ASPAN’s 2017 National Conference
$299 for your CPAN or CAPA certification exam fee
$1,000 for humanitarian mission
$2,000 for the Nurse in Washington Program (NIWI)

For specific scholarship requirements, application forms and instructions, go to ASPAN.org
Select the Members tab then Scholarship Program
On March 2, 2016, the Ohio Nurses Association (ONA) held its annual Nurse’s Day at the State House (NDASH). OPANA served as a sponsoring organization. Ten OPANA members joined 400 nurses from across the state to hear presentations by state legislators who help shape Ohio’s health related laws. The event started with a welcome by ONA President Sally Morgan, a former OPANA Board Member. ANA Senior Associate Director of State Government Affairs Janet Haebler was the keynote speaker. Legislators discussed various issues they are facing in their districts. A legislator panel answered questions by those attending regarding current health issues in Ohio. Lunch with local legislators was provided. Attendees had the opportunity to tour the beautiful and historic State House Building. For the first time a commemorative pin, dated with the year 2016, was given to each attendee.

Pictured above are OPANA members at the State House and the commemorative NDASH pin

Fall Conference

October 22, 2016
Mount Carmel East Seigel Center

Room reservations at Country Inn and Suites Hotel rooms are blocked off for attendees and are $92/night.
Cut off date to register is September 14th

More information can be found at Ohiopana.org

Www.123rf.com
Greater Cleveland District - GCPANA May Meeting and Lecture
Submitted by Patty Molder, BSN, RN

GCPANA held its May meeting and lecture on May 24th at Lake West Medical Center, Willoughby, Ohio. Twenty-five nurses were in attendance to hear the presentation by Evon Paratore RN. The lecture presented by Evie was, Perioperative Care of the ECT patient. Dr Bahman Sharif, Medical Director of the ECT program at Lake Health was also present. One CEU was obtained by attendees. Many toiletry and personal care items were collected and donated to Project Hope in Painesville, Ohio.

Jill Sharwark RN, President of GCPANA reminded all in attendance to go to the OPANA website for news on OPANA and district news. All interested members are invited to the next Board meeting to be held on May 24th. Please watch the website for the location of the meeting.

Dayton Ohio - DAPANA
Submitted by Brandy Mather, BSN, RN, CPAN, CAPA

DAPANA met on February 6, 2016 at the Maxon Parlor of Miami Valley Hospital. We enjoyed a continental breakfast, fellowship, and networking with our colleagues. We learned cutting edge technology in the field of interventional Pulmonology from Dr. Ehab Hussein, DO. We also had a great review of AV fistulas and grafts including the differences, creation, accessing, and care from Dr. Julie Gilkeson, MD. Several of our members shared process improvement poster presentations: One and Done-Improving IV Skills and Patient Satisfaction by Tina Harvey and Carolyn Charles. Anesthetic Reversal Agents by Gayle Martin and Fran Miller. Anesthesia for the Patient on Suboxone by Brandy Mather. We celebrated PAWNAW week and our president, Bonita Woodin gave each member a gift and recognized certified members with a special gift.

Tina Harvey and Brandy Mather enjoyed the opportunity to attend the 35th annual ASPAN National Convention in Philadelphia, Pennsylvania. We were able to attend interesting educational sessions, renew our passion for our profession, and become involved at a national level. We met new friends and were able to discuss our challenges and successes and found common themes throughout the nation. We are thankful for these new relationships that are sure to continue for years. We would like to express our appreciation to the members and the board of DAPANA for providing scholarship monies for airfare to Philadelphia.
NEOPANA had 6 members attend the ASPAN National Conference in Philadelphia, PA. It was a wonderful conference with inspiring speakers, lots of new information, and several networking opportunities.

NEOPANA would like to thank Fran Wilson for her many years of service as our NEOPANA Treasurer. Congratulations to Jean Kaminski, Raechel Gill, and Lindsay Grace who recently obtained their CPAN certification. Congrats to Jamie Carbone BSN, RN who is now the Director over SDS, PAT, PACU, Gastroenterology, and Wound Care at Mercy Medical Center in Canton, Ohio. She is currently enrolled in a MSN Program with specialization in leadership and management.
Governmental Affairs Update

Submitted by
Jean Kaminiski RN

HB 188-Nurse License Renewal. Renewal deadlines will be moved to November 2016 instead of August due to updating of the system that is used and it will not be ready in June to process the renewals.

HB 216-APRN Modernization. Would allow APRN’s to practice to the full extent of their education, training and certification. A variation of the bill is being sponsored by Rep. Pelanda.

HB 377-Right to Work. This bill would prohibit employees of private employers to join unions, pay fees or union dues. Many are protesting this bill.

HB 170-Mandatory Flu Vaccination. The bill would prohibit employers from forcing flu vaccination on healthcare professionals as part of employment

Energizing Generations: The Race to Distinction

September 16-18, 2016

Held at the Cincinnati Marriott at RiverCenter
Covington, Kentucky

Visit ASPAN.org then select events.

Here you can get details on registration, agenda and hotel information!
On January 23, 2016 COPANA in collaboration with COAORN presented their Winter Conference in the Wasserstrom Auditorium at James Cancer & Solove Research Institute in Columbus Ohio. The 2016 Perioperative Patient Safety and Comfort: A Collaborative Endeavor conference was well attended by 82 nurses who gave up their Saturday to hear some wonderful speakers. The morning was started with a continental breakfast provided by BistrOH catering. Seven medical vendors and five non-medical vendors participated and were available throughout the morning so nurses could mingle and see products provided.

William Streetman, RNY patient started off the morning by giving a wonderful lecture on “Weight Loss, Simple but Not Easy.” He told of his experience with obesity, decision to have Bariatric Surgery, and how it changed his life and health.

Timothy Custer, MD from Fairfield Medical Center in Lancaster, Ohio, gave a lecture on “Safe Care of the Bariatric Surgery Patient, which was followed by a question and answer session that was very informative, especially if anyone has considered having bariatric surgery. Risks, and complications after this surgery and how they determine if a person is suitable to have this surgery done were discussed. Dr. Custer also explained the different types of bariatric surgery and how each one is performed with along with its advantages and disadvantages.

Maristella Evangelista, MD spoke on “Body Contouring after Bariatric Surgery”. Before and after pictures of patients who had reconstructive surgery were compared showing how cosmetic surgery was used to tighten their skin. The areas most focused on were upper arms, thighs, buttocks, back, and breast.

After listening to this lecture we broke and enjoyed a wonderful lunch provided by one of our medical vendors, Lou Beck. His wife furnished chicken pasta with marina sauce, a large salad with several different types of dressings to chose from, and homemade bread with Amish butter. Vegetarian pasta bakes was also provided by Linda Carifa from CO_AORN. For dessert there were delicious cookies provided by Nancy McGushin, COPANA. Drinks were provided by board members and planning committee members of COPANA and COAORN. Once again during this time the nurses were able to meet and talk with the vendors. Also during lunch raffle tickets for vendor prizes, and a 50/50 raffle were sold. This was handled by Billie Tender who is a founding member of COPANA member and who has held many offices during her time with COPANA. $123 in donations for the Mid Ohio Food Bank were also collected as part of COPANA’s service project.

We started our afternoon lectures with Vimal Narula, MD on “Anatomical Changes Following GI Surgery.” Dr. Narula gave a Historical Background on this type of surgery. He talked about the gastric anatomy, gastric arterial supply, and partial gastrectomy w/BI vs. BII reconstruction, subtotal gastrectomy w/BII reconstruction and with Roux-en-Y reconstruction. He also explained the total gastrectomy with esophageo-jejunostomy, whipple-pancreaticoduodenectomy and who invented the Whipple procedure. He explained how the Whipple procedure was done and risk of procedure. Dr. Narula spoke on esophageal cancer-stating that esophageal adenocarcinoma has risen over the years. It is more prevalent in white men and African American men than women. Dr. Narula ended his lecture with different types of bariatric surgeries performed today and Samer Eldika, MD, presented a wonderful lecture on “Extreme Endoscopy.”

The last speaker of the day was Karen Hughes, PhD, RN, CNE, and CNL. Hughes gave a lecture on “Incivility: Life and Nursing.” She asked the audience “what do you think Incivility is” and many of the audience responded with several different answers such as being cruel, mean, shouting, yelling, and being bullied from co-workers, employers, employees, patients and families. Hughes said the literature says Incivility is lack of courtesy or politeness (Webster’s New College Dictionary, 2008). She also gave the history of incivility in society, nursing and how that can affect people. Hughes said the results of incivility can result in stress, eroded self-esteem and many more personal downfalls. She gave some suggestions of what we could do as nurses and human-beings to promote civility. Hughes gave us the definition of civility as being respectful, considerate, and compassionate behavior that enables us to live and work together…Embracing our shared humanity and interpersonal connectedness (Hacala, 2011).

Before ending the conference Nancy McGushin announced the winner of the 50/50 raffle, which came to $156 and gave away vendor prizes. She also announced that Alabelle Zghoul would be collecting the evaluations and giving out the certificates. 5.75 contact hours were given for this conference. All speakers were provided continental breakfast, lunch and at end of their lecture were given a bottle of wine as thanks for providing their expertise in making this conference a success.
SCHOLARSHIPS

8 Scholarships for a total of $600 were Awarded!

OPANA's Mission and Vision

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.

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 discounted rate to attend
Subscription to JOPAN journal
Breathline newsletter available on-line; 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

Recent CAPA/CPAN Certifications in Ohio

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<td>CPAN</td>
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Snooze News Publication Deadlines

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*Next Deadline

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

Recent CAPA/CPAN Certifications in Ohio

DUAL 15
CAPA 148
CPAN 243
TOTAL 406

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.

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Certification information
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So how does meeting a dead lion help me learn time management?

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Lake Health Medical Center West Celebrates PeriAnesthesia Nurse Awareness Week

Lake Health Medical Center West began PANAW by honoring their nurses with a breakfast provided by ASPAN members Carla Bumgarner RN, CPAN, Patty Molder BSN, RN, and Kathy Piet RN, CPAN. The week included a luncheon with food provided by the management of the Same Day Surgery, PACU, and OR Departments. Badges were provided for the nurses to wear, recognizing their practice with excellence. Packets were available to all nurses that contained information on ASPAN, the benefits of joining, and how to join. Information was also available on certification for CAPA and/or CPAN.

All nurses were invited to attend a dinner and lecture provided by the Greater Cleveland PeriAnesthesia Nurses Association on February 3rd where there were 32 in attendance. Ambulatory, PACU, OR, Pain Management, GI, and Med-Surg nurses along with ancillary staff shared in the celebration. Four $25.00 gift cards were raffled to luck winners who had pre-registered for the event.

The topic “Blurred Lines: Nursing and Social Media,” was presented by Carol J. Moskowitz RN, JD, CPHRM. The evening included a district meeting and was open to all nurses free of charge.

The goal of this week at Lake Health was not only to honor our nurses, but to stimulate interest in a professional organization that promotes their profession. The nurses were encouraged to share ideas with management and to foster comradery amongst co-workers.
Bonita Woodin, President of DAPANA, welcomed 25 attendees to the Saturday February 6th Seminar at Miami Valley Hospital in Dayton. She offered a warm welcome to all by acknowledging those from different hospitals in the area, two newly certified nurses; Brandy Mather, BSN, RN, CAPA, CPAN and Tina Harvey, BSN, RN, CPAN with a special gift, a new attendee Carrie Hutsell, BSN, RN and an OPANA member from the Cleveland area (GCPANA).

We all enjoyed the speakers Dr. Julie Gilkeson, MD; Fun with Fistulas, Dr. Ehab Hussein DO, PharmD-Interventional Pulmonology and nurses Gail Martin, BSN, RN, CPAN, Fran Miller, BSN, RN, CCRN; Neuromuscular Relaxation and Reversal in Post-Operative Patients. The breakfast was wonderful. All left with a special bag they could choose and a Rose in celebration of PANAW. Bonita was presented a beautiful bouquet of flowers for all the work she has done in providing the contact hours. Our community service project to the Good Neighbor House to support and meet the needs of the under-served in the Dayton Community was also provided.
In preparation for returning to Mexico, we have purchased nearly $1,700 worth of difficult to obtain medications. Key among those is methergine, to deal with severe postpartum hemorrhage, which we sometimes encounter from patients who actually delivered in villages but then came in (sometimes hiking for hours), because the bleeding didn’t stop. Other medications include nubain for acute pain (narcotics are very difficult to obtain), and various ICU drugs to be used in our intensive care. Of the amount spent, $1,018 was donated by OPANA. Thank you!!

Eric Kramer CRNA

Eric and Sheena Kramer

Eric works as a CRNA at Affinity Medical Center in Massillon, OH from October-December each year. From January through September, he is a medical missionary to the Tarahumara Indians in Mexico. He works with a group called Mexico Medical Missions. They have a very small hospital in the Sierra Madre Mountains. Their website is www.mexicomедical.org

Eric grew up on the mission field with his missionary parents, Andy and Debbie. He eventually attended nursing school and then pursued training to become a nurse anesthetist. He and his wife Sheena joined us full time in 2014. Eric provides anesthesia services to Hospital Misión Tarahumara for our growing surgery program. The Kramers have two children, Lilli and Greyson.
Continued from page 12

Submitted by Sally Swartzlander BSN, RN, CAPA

This year in honor of PANAW, I posted celebration signs around the PACU, SDS, and PAT departments at my hospital (Affinity Medical Center in Massillon, Ohio). We celebrated with a 1/2 sheet cake on Tuesday. On Thursday, we passed out treat bags with a Happy PANAW card, granola bar, pen, and lifesavers.

See more PANAW celebration photos at www.Ohiopana.org

2016 Shining Star Award

ElizaBeth Cooper accepting the OPANA Shining Star Award

OPANA members with our Shining Star
OPANA Spring Conference 2016 “A Salute to Hard-Working Nurses Making a Difference” was sponsored by DAPANA and held at the Hope Hotel and Conference Center at the Wright-Patterson Air Force Base (WPAFB) in Fairborn, Ohio on Saturday May 14, 2016. There were about 50 attendees including a nursing student, an active duty nurse from the base hospital and many other peri-anesthesia nurses from Indiana and Ohio. The program started off with a Welcome by Bonita Woodin RN, BSN, CPAN, DAPANA President followed by an Opening Ceremony that recognized the patriotic theme and military presence of the Hope Hotel.

The Farmersville Boy Scout Troup # 127 Honor Guard presented the Colors including the flag for each branch of the military along with the National Flag. As the group stood, the Honor Guard led in the Pledge of Allegiance and remained at attention while the National Anthem was sang by Bonnie Smith who was accompanied on the piano by Gary Appleton. Everyone was filled with pride and joy as they were reminded through word and song of the great country we live in. The Honor Guard was dismissed and Dan Kirkpatrick MSN, RN, NE-BC, Mayor of Fairborn welcomed the group and honored us by declaring May 14, 2016 as Peri-anesthesia Nurse’s Day in Fairborn, Ohio. The Opening Ceremony was concluded with a heartfelt rendition of “I’m Proud to be an American” sang by Bonnie Smith and Gary Appleton. There were many in the room who did not realize that the tissues in the goody bags were going to be use so early in the day as the song brought tears to many eyes. Wow! What a start to a great day.

The conference has six great topics and speakers covering a variety of topics:
First was “Structural Heart: Nursing Consideration in the New Age of Interventional Cardiology presented by Nathaniel Wynn RN, BSN and Barbara Haney MSN, AGPCNP, RN. This was followed by Dr. Hick DO, retired Air Force, presenting great pictures and explanation of Penile Implant Surgery and Medical Care in Combat. Dr. Porcelli spoke on Spinal Health in the Medical Profession and Nathan Bruch CRNA gave a great review of “Common Anesthesia Drugs. Dr. Regan from Good Samaritan Hospital, Dayton Ohio spoke on “Repairs and Reconstruction of Foot/Ankle” with the use of Embryonic and Stem cells. The amount of healing and limb salvage with this treatment is amazing. The final speaker was Katha Kizirins who spoke on using the Urban Zen Integrative Techniques to “Treat the Patient and Not Just the Disease.” She had everyone so relaxed at the end of the demonstration that some were almost asleep.

DAPANA wanted to show their support of WPAFB and decided to raise money to be donated to the Fisher-Nightingale House at WPAFB. The Fisher House program builds comfort homes for families of hospitalized military personnel, similar to the Ronald McDonald houses at many Children’s Hospitals around the country. Chris Stanley, Executive Director of the Fisher House at WPAFB came to the conference and spoke on the mission and future of the Fisher House Program at WPAFB. DAPANA was able to raise about $1000.00 through individual donations and DAPANA donated another $500.00 bringing the total donated close to $2000.00!

DAPANA also supports a local food pantry that provides clothing, household item and Healthcare to the working poor and underserved of Dayton, Ohio. The collection of non-perishable food items from the conference for the food pantry was delivered to the Good Neighbor House by DAPANA President, Bonita Woodin.

Extra activities included the chance to win a door prize for attending the conference, shopping with a wonderful variety of vendors ranging from candles, jewelry, skin care products and tote bags. The Silent Auction provided delightful baskets of donated items from the local PACU units and from the vendors allowing for some fun bidding and winning of the beautiful baskets. The day ended well with everyone learning something new, meeting new and old friends, enjoying great food, raising money for a good cause while being able to spend a little money, eat some homemade candy and go home with a smile.
Spring Conference Photos

Rose Durning with Mayor of Fairborn Dan Kirkpatrick

Singer Bonnie Smith and pianist Gary Appleton

Farmersville Boy Scout Troop #127 flag ceremony

Delicious lunch buffet

Conference attendees with goodie bags

Silent Auction Table

DAPANA Candy Table
Letter From the Editor

Tina Harvey, BSN, RN, CAPA

The ASPAN National Conference in Philadelphia proved to do everything it had set out to. From speakers, networking with fellow pacu nurses and visiting with vendors, all played the part of a well planned event. This will be my second year attending an ASPAN conference. I would highly encourage you to go if you can. The speakers amount of experience alongside with their humor and warm personalities had me walking away nourished and energized. One may consider the conference scholarships ASPAN has to offer in order to attend the 2017 Indianapolis conference. Check out the ASPAN website for all the info, but hurry deadline for applying is July 1st, 2016.

I wanted to remind members that one of the goals stated in OPANA’s vision and mission statement is to provide and promote PeriAnesthesia education and nursing practice. I encourage you to send in articles of research and education that may help fulfill our mission. Feel free to ask a CRNA in your department or a fellow employee that may be working on a performance improvement project! Any length article is acceptable and appreciated.

Remember to Save the Date on a few of the educational opportunities mentioned in this issue which are coming up this fall, such as the leadership development institute and fall conference.