Dear OPANA Members,

As the new OPANA President for 2011-2013, I would like to take this opportunity to introduce myself. I have been a nurse for 37 years in addition to the years that as a child, I accompanied my mother who was a nurse and took care of family and neighbors. I graduated from The Toledo Hospital School of Nursing in 1974. I obtained my Bachelors degree in Education followed by a Masters degree in Science and Public Health. I also have a paralegal certificate and have worked part-time for a law firm up until this year, in addition to my job at the hospital.

My nursing career has covered the PACU, step-down coronary care, staff development, cardiac rehab and now pre-op testing. I am currently employed at The Toledo Hospital in the Advanced Admissions Department where the pre-op testing is completed. This department challenges me to use nursing knowledge and skills as we do the pre-operative risk assessment for a wide range of surgeries and patient populations. I am a member of the Research Committee at The Toledo Hospital, a Clinical Nurse III on the clinical ladder, and I am involved in the Lutheran Christian Relief Ministry at our church.

I became a member of OPANA in 1997 and became certified (CAPA) in 1998. I have been the NOPANA President and the NOPANA District Representative for many years. I feel strongly that the local districts need continuous education and support. We are working hard in the NW Ohio area to continue offering meetings and continuing education.

I mention all of the above but this would be incomplete without including my family. I have a husband of 37 years, Mike, and 3 sons. Two of my sons are Ophthalmologist working in Alaska and Montana and my youngest is attending law school in San Francisco. I have 3 daughter-in-laws and 5 grandchildren.

I am looking forward to serving this organization as President. We have seen growth and progress for both OPANA and ASPAN and ask that we continue the momentum. Please contact me if you have any questions.

Sincerely,
Jeanne Guess MSEd, RN, CAPA
OPANA Board Members 2011

Jeanne Guess  
( President )  
E-mail: Jeanne.Guess@sbcglobal.net

Rose Durning  
(President Elect)  
E-mail: rjdsuzie@aol.com

Nancy McGushin  
(Immediate Past President)  
E-mail: gushin@sbcglobal.net

Gayle Jordan  
Assembly Rep/ASPAN  
E-mail: GEJ@ME.com

Debbie Wolff  
(Historical)  
E-mail: debmwolff@sbcglobal.net

Iris Marcentile  
(Secretary)  
E-mail: imarcentile@sbcglobal.net

Sharon Gallagher  
(Treasurer)  
E-mail: sgalgher49@zoomtown.com

Pat Dempsey  
(Standard Operations)  
E-mail: pld5412@sbcglobal.net

Deb Niehaus  
(Web Master)  
E-mail: Debbyniehaus@zoomtown.com

Sally Morgan  
(Government Affairs/)  
E-mail: Sally.Morgan@osumc.edu

Nancy Post  
(Fund Raising)  
E-mail: npost@forumhealth.org

Teri Shine  
(Gold Leaf)  
E-mail: TShine2141@aol.com

Jane Booth  
(Scholarship/CAPANA)  
E-mail: janebooth@fuse.net

Sue Straits  
(Convention chair)  
E-mail: sestraits@yahoo.com

Alabelle Zghoul  
(Awards/COPANA)  
E-mail: alabelle.zghoul@osumc.edu

Renee Garbark  
(Snooze News Editor)  
E-mail: garbarks@sbcglobal.net

Deadlines for Publication-Snooze News

<table>
<thead>
<tr>
<th>Deadline</th>
<th>Publication Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 1st</td>
<td>January 2nd</td>
</tr>
<tr>
<td>March 1st</td>
<td>April 1st</td>
</tr>
<tr>
<td>June 1st</td>
<td>July 1st</td>
</tr>
<tr>
<td>September 1st</td>
<td>October 1st</td>
</tr>
</tbody>
</table>

Next Deadline
National Conference Memories

Group Photo—the OPANA Gang
Having fun at national conference
Memories Continued
ASPHAN National Conference

My name is Iris Marcentile and I have been nursing for 38 years. I started out as an LPN in the seventies and then obtained my RN in 1994. After much thought and encouragement from my husband I graduated from University of Phoenix in 2004 with my BSN. My nursing career has brought me many challenges and opportunities in different fields of practice. Some of the many areas I’ve worked include: working in a skilled nursing facility, doctor’s offices, hospital and home health. I have worked at Coshocton County Memorial Hospital for the past 20 years on different units, but mainly on the Med/Surg floor,. I also spent 8 years in PACU and now work on our Outpatient Surgery Unit as a staff nurse.

In the year 2002 while working in PACU I obtained my CPAN. Another Nurse and I went to Cincinnati to take the test and we thought it was the hardest test we had ever taken, even worse than State Broads. But I passed and I will never let that certification elapse. I am a BLS instructor, have been Secretary of our local bargaining unit since 1994. I am currently seeking orientation for our HOPE CLINIC and will be volunteering a couple nights a week at the clinic once orientation is completed.

I am married to my husband Jim of 26 years; live in Coshocton raised six wonderful kids-his, mine and ours. Have 5 beautiful grandchildren (4 girls and one boy), 2 dogs (Shotgun and Angel) and 2 cats (Colt and Remington). I have no real hobbies except for attending Seminars and Conferences to see what is new in nursing by the ways of laws and techniques.

I look forward to being your Secretary for OPANA, and getting to know all the regions and nurses associated with them.

New Secretary
Iris Marcentile, RN, BSN CPAN
Several bills have been introduced and reintroduced in the Ohio House of Representatives and Senate that affect nursing and healthcare. I have briefly summarized some of them.

**House Bill 62: Health Care Professionals Assault Bill** passed through the Ohio House of Representatives on 6/1/11 with strong bipartisan support. Originally named *Nurse Assault/Workplace Violence*, this bill would increase the penalty for assaulting a nurse from a first degree misdemeanor to a fourth degree felony. It has now been amended to cover all healthcare workers and is now headed to the Senate where it is being sponsored by Senator Oeslager. Bipartisan support is also expected in the Senate.

**House Bill 93: Prescription Drugs – Abuse of Medicaid Coverage of/Information Programs** is sponsored by Representative Burke. This bill aims to reduce prescription drug abuse by putting licensure restrictions in place regarding pain clinics, physician operations of such clinics, and violations resulting from these clinics, as well as a drug take back program for leftover medications, and modification of Ohio’s Automated RX Reporting System (OARRS). The bill has been introduced and is currently being heard in the Senate Health Committee.

**Senate Bill 5: Collective Bargaining Law-Revise** sponsored by Senator Jones passed both chambers and was signed by governor Kasich on 3/11/11. It will become effective on 7/1/11. There is much concern in the nursing community that this bill has the potential to remove the voice of registered nurses as patient advocates, threatens patient safety and care, and weakens the ability of nurses to address their working conditions. A coalition of labor organizations is seeking a referendum to get the issue on the November 2011 ballot and signatures are being collected to support a referendum.

**Senate Bill 83: Modify the Authority of Certain Advanced Practice Nurses (APNs) to Prescribe Schedule II Controlled Substances** is sponsored by Senator Oelslager. This bill would give APNs the authority to prescribe Schedule II controlled substances with key provisions. The bill is currently in the Senate Health, Human Services and Aging committee.

**Senate Bill 129: Qualified Immunity** is sponsored by Senator Bacon. This bill provides that registered nurses are not liable for damages to any person in a tort action, death or loss of a person or property by an...
The Use of Fascia Iliaca Blocks in Hip and Pelvic Fracture Patients

Gayle Jordan Ms, RN

As part of the initiative to achieve certification in prevention of chronic intractable pain at Miami Valley Hospital, various options were researched. In the patient population of hip and pelvic fractures, the use of anesthetic blocks was viewed as a way to prevent the most common complication of delirium. Because most hip fracture patients are elderly, the use of narcotics in this population may lead to confusion and delirium, thus slowing their progress toward healing. With the block, the patients are more comfortable and are able to get out of bed earlier, also decreasing the possibility of complications from immobility.

Fascia iliaca block was chosen for its ease of performing the block and low risk. The goal is to have the designated “block” anesthesiologist perform the fascia iliaca block as soon as possible following the injury, preferably in the emergency department. This way, the patient has good pain control and requires little to no narcotics. The fascia iliaca block is performed by inserting a catheter below the juncture of the lateral and medial two-thirds of a line that joins the pubic tubercle to the anterior superior iliac spine. This area is away from major nerves, veins, and arteries. Once the catheter has passed through the fascia lata and fascia iliaca, it is attached to an on-Q ball containing ropivacaine. When the patient arrives in the pre-op holding area, the anesthesiologist will bolus the catheter for increased pain control during surgery, and may also bolus the patient post-operatively as well. The pain ball is discontinued the first post-op day. It has been noted that pain relief continues even after the pain ball is removed because the nerves have been kept calm and have not had a chance to get “fired up”.

The Perioperative Pain Program Clinical Nurse Specialist Cathy Trame MS, RN, CNS, BC, has been tracking the patients with the fascia iliaca blocks and comparing them with those patients prior to initiation of this block program. It has been found that the median length of stay (LOS) for patients with the fascia iliaca block is 4 days, whereas without the block the LOS is 5.1 days. Mean pain score on the day of surgery is 1.7 when the patient received the fascia iliaca block, but the pain scores range from 3.3-5.1 without the block.

As institutions look for better ways to improve patient outcomes and decrease costs, the use of fascia iliaca blocks in hip and pelvic fractures may be one way to accomplish this mission.
Seattle, WA served as the host city for ASPAN’s 30th National Conference where President Kim Kraft’s theme, “Reinvest in Your Potential”, was realized by over 2100 perianesthesia nurses. Despite the rain, cold winds, and thunder snow during the week the conference was filled with multiple fun events, networking opportunities, and excellent educational presentations. A special Thank You goes out to Sheri Bowell, Conference Chair, the National Conference Strategic Work Team, and the ASPAN National Office Staff for the hard work in making ASPAN’s 30th National Conference a grand success!

ASPAN’s Representative Assembly (RA) met on Sunday to conduct the business of ASPAN. The RA is composed of the ASPAN Board, Committee Chairs and two representatives from each component. It is central to ASPAN’s Organizational Structure.

Items on the RA Agenda were review of the ASPAN year, examination of the fiscal statements, presentation of the new Organizational Structure and the 2011 elections.

The ASPAN Board for 2011-2012 is led by President Chris Price, MSN, RN, CPAN, CAPA.

Other members of the ASPAN Board are:

- Susan Carter BSN, RN, CPAN, CAPA, Vice President/President-Elect
- Jacque Crossen, MSN, RN, CPAN, Secretary
- Katrina Bickerstaff BSN, RN, CPAN, CAPA, Treasurer
- Deborah Bickford BSN, RN, CPAN, Region 1 Director
- Armi Holcomb, BSN, RN, CPAN, Region 2 Director
- Martha Clark, MSN, RN, CPAN, Region 3 Director
- Laura Kling, MSN, RN, CNS, CPAN, CAPA, Region 4 Director
- Tanya Spiering MSN, RN, CPAN, Region 5 Director
- Barbara Godden, MHS, RN, APAN, CAPA, Director for Clinical Practice
- Nancy Strzyewski MSN, RN, CPAN, CAPA, Director for Education
- Kim Noble PhD, RN, CPAN, Director for Research

Continued on Page ...8

**Region 3 Update**

**By Martha Clark, RN, CPAN, Region 3 Director**

According to abpanc’s web, site it’s now possible to purchase practice exams for $35.00 and get a second practice exam for free. These practice exams contain 50 questions that have been randomly selected from a practice exam bank. What a great opportunity to decrease anxiety and prepare for the certification exam. For more information go to abpanc’s website at: [www.cpancapa.org](http://www.cpancapa.org)
The ASPAN Above and Beyond Award was presented to ten members during the RA. Four Region 3 members received the awards. They are Marigrace Clarke and Wanda Ellenburg from ILSPAN and Raquel Evans and Susan Hardaway from WVSPAN. To nominate a colleague you feel has gone, Above and Beyond, please go to the ASPAN website www.aspan.org for more information and download a nomination form. Sunday ended with Component Night with the Emerald City being represented by many of the characters from the Wizard of Oz.

The remaining days of conference were filled with many activities from the opening ceremonies on Monday to the closing breakfast and installation of officers on Thursday. With the educational presentations, participants had the opportunity of earning over 30 contact hours during the conference.

The ABPANC CPAN/CAPA luncheon celebrated all the certified nurses. Region 3 components KSPAN and OPANA were presented with the ABPANC Shining Star Award.

I want to thank all the component leaders who attended the Region 3 meeting on Monday evening to share stories and achievements during the past year. Many thanks to everyone involved in creating an awesome conference.

It is now time to plan for the 31st ASPAN National Conference in Orlando, Florida, April 15-19, 2012, as President Chris Price’s theme encourages, “Beacons of Change, Focus on our Future”!

Legislative Update
Continued from Page 5

act or omission when providing care or medical treatment as a result of a disaster so long as the act was not intentional or with reckless disregard for the safety of others. It does not offer protection when practicing outside of one’s scope of practice. The second part of the bill addresses immunity for physicians, physician assistants, dentists and optometrists.

Thank you, Sally Morgan

References:


I attended my first ASPAN Representative Assembly at the national conference in Seattle, Washington. It was a privilege to be a part of this important aspect of ASPAN. A lot of information was presented about the organization and the candidates running for national office were introduced. OPANA president Nancy McGushin and I each cast a vote for each office, with input from OPANA members. I want to thank the OPANA board and membership for giving me this wonderful opportunity.

Below are some of the highlights from the ASPAN Representative Assembly held April 3, 2011 in Seattle, Washington:

- ASPAN Membership: 14,217
- National office is totally self-contained
- 17 scholarships were provided this year, including monies for formal education and attendance to the national conference
- 49 Educational offerings were reviewed
- This was ASPAN’s 30th National Conference-2100 perianesthesia and healthcare professionals attended
- Strategic plan update: decreased the overall number of committees and added more work teams and strategic liaisons
- Standards and Guidelines Committee is reviewing sleep apnea
- Council on Surgical and Perioperative Safety is reviewing sharps safety and transfer of care
- 1st International conference ever held will be October 2-5, 2011 in Toronto. It is a collaborative project between ASPAN, British, Irish, and Canadian nurses and will explore global trends and collaboration, and gain information on new healthcare products and services. For more information, go to www.icpan.info

The 2011-2012 ASPAN Board of Directors:

Susan Carter-VP/President-elect
Martha Clark-Region 3 Director
Katrina Bickerstaff-Treasurer
Jacque Crosson-Secretary
Kim Noble-Director of Research
Nancy Strzyzewski-Director of Education
District News

DAPANA
Gayle Jordon District Rep
April 16th

Dr. Jonathan Velasco spoke on endovascular repair of an abdominal aortic aneurysm. The lecture was very informative and the slides were excellent. A question and answer session followed. Educational contact hours of 1.16 were provided to the 21 attendees.

Elections for the position of Vice President and Secretary were held with Bonita Woodin accepting the position of VP and Gayle Jordan continuing as secretary. Helen Morrow was introduced as the new president, beginning her two-year term in September.

DAPANA is continuing to support the Wounded Warrior Project and will donate $500.00 to the program.

DAPANA will have a table at the OPANA state spring conference to sell homemade candy as our fundraising event of the year.

Debby Niehaus (also our web designer) receiving an award for recruiting the most new members from:
Alabelle Zghoul (Awards)

Scholarships

Scholarships are available for use at the spring and fall seminar up to $75.00. The forms to apply are on the Opana web site (www.Ohiopana.org). The scholarships are based on your involvement in the organization. So get involved today to enhance your profession and earn credit toward a scholarship. Forms are to be given to your district scholarship chairperson. See web site or contact your district as needed.
Letter From the Editor
Renee Garbark BSN, RN CAPA

Award Winning News Letter

I wanted to take this time to thank everyone for all your support and contributions to the Snooze News.

For those of you who don’t know, the Snooze News took 1st place in the Component Newsletter contest for newsletters that are 10-13 pages in length. This is a great accomplishment for the Snooze News. It is only been in recirculation since 2009. I’ve learned a lot and we have many more contributors and folks getting involved by writing articles for the newsletter.

We did receive feedback from each judge, so I wanted to list some areas of improvement we can strive for:

- Editors page needs to support the Component’s mission by reflecting on an issue; encourages content-focused communication.
- ASPAN news: reports items of national or regional interest.
- Original article: not published in another source.
- Clearly written: author expresses purpose and includes major concepts of topic without redundancy.
- Content correctly quoted or paraphrased; permission to reprint photograph, diagram, graph clearly granted.
- Timely: advertises future component/district events, education.
- More than 5 contributors.
- Visual appeal; inviting layout, attracts reader to features (layout has been changed since submission to the contest.)

- Reprinted article: from another source, used with permission.
- Content is factually accurate without error or omission.

The following are some of the comments received from the judges:

- To enhance issue, add content.
- I gave points for the Hx of nursing – compares past and present-interesting.
- Over all very impressive - just a few missing items.

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

Copyright© 2011 Snooze News- All rights reserved
Reproduction by any means without expressed permission from OPANA is prohibited