Dear OPANA Members,

Welcome to the first edition of the new Snooze News! I am very grateful to Renee’ Garbark from DAPANA for volunteering to be our new editor, and for her hard work learning the publishing program and putting everything together. As you know, we have been without our regular newsletter for some time, so Renee’ is filling a much-needed position in our organization. Thanks also to Rose Durning for recruiting Renee’. I would also like to thank our immediate Past President, Deb Wolff, for her encouragement during my time as President Elect, and for being a great roommate at conferences! Thanks also to Debby Niehaus, our Website manager, for recruiting me while she was Nominating Chair and for all her advice and encouragement. Lastly, thanks to all the OPANA Board of Directors members for their hard work and contributions.

As your new OPANA President for 2009-2011, I would like to take this opportunity to tell you a little about myself. I have been a nurse for 33 years, graduating in 1976 from Indiana Central University (now University of Indianapolis) with my ADN. After working on a medical-surgical unit for 18 months, I transferred to the PACU (then the Recovery Room) and “came home” to perianesthesia nursing. Aside from brief stops in Neurosurgical Intensive Care and Education/Staff Development, most of my career since that time has been spent in direct care, education or management in our specialty. After raising my children, I returned to school and completed my BSN in 2006. I am currently enrolled in the Clinical Nurse Leader masters program at Otterbein College in Westerville, Ohio, and hope that, after graduation, I have the opportunity to introduce this vital nursing role to the perianesthesia environment. I am currently employed as the perioperative/perianesthesia educator at Fairfield Medical Center in Lancaster, Ohio.

I became a member of OPANA and the central Ohio district, COPANA, in 1986, and a member of ASPAN in 1994. I have served on the local level as Corresponding Secretary, OPANA District Representative, and President, and have also served on the OPANA Board of Directors as Chair of the Awards and Historical Committees.

“I want to encourage all of you to become involved in some way with your local, state, or national organization.”

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2009-2010

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Change Comes to Region 3
Martha Clarke RN, MS, CPAN

Sue Fossum, ASPAN President 2007-2008, approached me to place my name in nomination for the 2009-2010 ASPAN elections. It seems so long ago! After listing the pros and cons, I decided to become a Candidate for Regional Director, Region 3. The application was submitted to Sue in September of 2008, then many months passed and all of a sudden, I was writing a letter to ASPAN Leaders and members of the Representative Assembly (RA) the week before ASPAN’s 28th National Conference. The letter told a little bit about myself, ie, my education, professional memberships, and committee work. All candidates were given an opportunity to address members of the RA during the Sunday morning session and then elections were conducted at the afternoon session. Election results were announced by ASPAN President Lois Schick. When my name was announced by President Schick, I was humbled by this great honor. This report to Region 3 members will serve as an introduction to me, as well as to provide reflections of APAN’s 28th National Conference and a peek at ASPAN’s 29th National Conference.

I would first like to recognize my opponent, Stephanie Kassulke and thank her for stepping up to place her name before the RA. I have known Stephanie for many years and in fact have been her roommate at previous ASPAN Committee meetings. Stephanie has served as an ASPAN volunteer for many years, just recently as Coordinator of the Publications Specialty Practice Group. I also would like to recognize the previous Regional Director Region 3, Kim Kraft. She has been an awesome leader for this Region. During the same election, Kim sought and was elected to the office of Vice President/President-Elect. Kim leaves me with “Big Shoes” to be a volunteer since the early 1990’s.

Education:
• Master of Science with a Major of Nursing, Wright State University (1988)
• Bachelor of Science in nursing, Miami University of Ohio (1985)
• Associate Degree in Nursing, Miami University of Ohio (1975)

Organizational Affiliations:
• ASPAN, KSPAN, Beta Iota Chapter of Sigma Theta Tau

ASPN Committees: (Previous and Current)
• Education Approver
• Research
• Ethics
• Evidence-Based Practice
• Clinical Practice
• Standards and Guidelines

KSPAN Committees:
• Research
• Publications
• Current Editor of the Waking Crew News

And I pledge to you, members of Region 3, that I will do my best.

I realize that I have not worked on committees or become acquainted with most of you all, so I thought I would briefly state my past associations/committees with ASPAN and ABPANC, as well as academic credentials. I will end this report with information about an organization that I have been proud to
Interplast Committee:
- Nursing Committee
- Credentialing Coordinator for PACU Nurses

One of the organizations that may not be familiar to you is Interplast, an organization based in Mt. View, CA, and originally founded over forty years ago by Dr. Donald Loeb, anesthesiologist at Stanford University. This organization provides free reconstructive to children and adults in third world countries. Surgical repairs consist mainly of cleft lips and palates, release of burn contractures, and skin grafts. I have participated on eleven trips including the following countries: Ecuador, Bolivia, Brazil, Honduras, Peru, and Vietnam. Each trip has been different and unique for me, never the same. However, I can tell you that I consider PACU nursing to be the “Glamour Job” on every trip because PACU nurses have the privilege of placing a “repaired” child in the arms of the parents. The response is overwhelming! I am including a photo with this report which was taken this past January during an Interplast trip to Quang Ngai, Vietnam.

My sister, Jeannie, calls me a “Volunteer Over-achiever.” Perhaps after reading my organizational/committee commitments, you can understand the reason behind that designation. I have enjoyed every minute of each volunteer endeavor and encourage each Region 3 member to take the first step toward a new adventure. Please consider completion of The Willingness to Serve Form within your component, or become an ASPAN Committee member. I further encourage each member to plan on being in New Orleans April 18-22, 2010 as ASPAN celebrates its 29th National Conference in New Orleans, Louisiana!!!
The 1st meeting Sept 16th, on **Q Pain Pump in the 21st Century** at 6:30pm at Christ Hospital. 2nd meeting will be Oct 13th at Bethesda North, *Malignant Hyperthermia, A Case Study* by Dr. James Weller. This will be a joined meeting with AORN.

The 1st Board meeting was Aug 24th. Potentially selling breast cancer awareness t-shirts. Once approved, if anyone would like to purchase, please contact Shirley.Raymond@TheChristhospital.com

Sept 3rd: Members of CAPANA/Christ Hospital PACU/SDS will be supplying dinner for the homeless at City Gospel Mission in over the Rhine.

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**District News Continued**

**CAPANA-Shirley Raymond**

**DAPANA—Gayle Jordan**

**Dates for the coming year's DAPANA meetings and speakers.**

1. **September 26** - Dr. Hartel on Evaluation and Management of the Patient with Proptosis
2. **November 7** - Debbie Deisher RN on her mission trip to Monrovia
3. **February 6** - Dr. Rank on endovascular surgery

2010 OPANA spring conference discussions continue. The **Spring Conference** will be held at the Hope Hotel in Fairborn, OH. Rose Durning has secured **May 15, 2010**. Rooms will be available for $79.00 for those who wish to stay overnight. There is also a Holiday Inn within 1 mile if registrants prefer to stay there. We will again use a buffet style lunch as that seemed to work well at the previous conference.

We are working to get 6-7 speakers. Topics discussed were lipid rescue, sleep apnea in the surgical arena, nursing research, interventional radiology, infection control, and discharge instructions (admission/discharge issues).

Discussion also included plans for the board meeting on May 14th and various vendors and door prizes that we may be able to secure.

The next planning meeting will be held August 1, 2009 at 9:00 AM at Panera Bread.
COPANA—Mary Beth Ryan

Alabelle reported the spring seminar was a success. August 16th was a Precepting class. Meetings will be quarterly with Oct 3rd being the next meeting where they hope to finish revising the bylaws. They have started having Saturday breakfast meetings that have brought in 20 attendees.

NEOPANA—Sue Pardee

Slate of officers: President-Debbie Wolff; President elect-Linda Drake; Secretary-Marilyn Lowe; Treasurer- Carol Prazer; District Re.- Teri Siroki; By-laws-Fran Wilson; Nominating/Historical-Joyce Dufford; Cont. E.- Martha Steele; Scholarship-Elaine Matz; Fundraising-Linda Drake & Marilyn Lowe; Board Members-Geneie Chafe, Bonnie Brinkley & Mary Eader.

Membership: NEOPANA has 69 members representing 6 hospitals including Summa, Akron General, Mercy, Affinity, Robinson and Wooster. District Activities: NEOPANA holds monthly meetings with guest speakers and CE’s. We will again be hosting our annual Reverse Raffle in October. We award NEOPANA bucks for PANAW week, which can be used toward any educational expense. We make an annual donation to a battered women’s shelter each December. 7 meetings are planned for this year. Board meeting 8/18. First meeting Sept 18th.

NOPANA—Jeanne Guess

We will meet 4 times a year for a business meeting and education. Saturday morning breakfast meetings have been successful. The next meeting is Sept 19th at Toledo Hospital from 10 AM until 12. Carol Zacharias RN, CPAN will present "Hypothermia". Call Jeanne Guess at 419-460-8050 for more information and directions. Our second meeting will be November14th also at Toledo Hospital. Information about meetings and educational offerings are now being e-mailed. Welcome to the new members!

WYAPANA—Nancy Post

11 members...meet 2-3 times/year....We paid for our Members 2010 dues...Have one new member we are anxious to meet!
I am a certified postanesthesia nurse (CPAN), and a Certification Coach for ABPANC. I also currently serve on the ASPAN Education Approver Committee.

The OPANA Board of Directors met on August 22, 2009, at Brio’s Restaurant-Polaris in Columbus. We discussed current projects and plans for the future of our organization, many of which I will be sharing with you in future newsletters. The first item I want to discuss is our 2009 Fall Seminar, to be held Saturday, October 24th, at the Siegel Center at Mt. Carmel East Hospital in Columbus. We have an exciting list of speakers and I encourage each of you to attend. Please refer to the flyer published in this newsletter and on our website for more details and registration information. We will have a membership meeting during the lunch break. Please attend and join in making the decisions that will affect and direct the future of OPANA!

In conclusion, I want to encourage all of you to become involved in some way with your local, state, or national organization. Even the smallest of contributions is important to the continued health and well-being of our organization and our specialty. Please consider completing a willingness to serve form today!

Sincerely, Nancy McGushin, BSN, RN, CPAN
OPANA President 2009-2011

Certification Exam News

Now is the time to start planning to take the CPAN or CAPA Certification Exam in the Spring of 2010. The registration window is open from January 25, 2010 to March 8, 2010. Before you register online, you must read the CPAN & CAPA Certification Candidate Handbook for 2009 and 2010 thoroughly. In addition, when applying online you will need to have the following information available: (1) your ASPAN membership number if you wish to receive the ASPAN member fee discount; (2) your RN license number and expiration date; and (3) the name, credential(s), title, name of unit, name of institution, street address, city, state, zip code, day time phone number and email for two individuals who can verify your eligibility requirements. Exams will not be given at the ASPAN National Conference any longer. All exams will be administered at Prometric testing centers located around the country. More information can be found on the ABPANC website: www.cpancapa.org
Board Reports

Treasurer (Sharon Gallagher)
Sharon Gallaher reported the ending balance as of Aug 2009 is $12,781.94. The only activity from May has been the received ASPAN dues, two outstanding checks are out at present. Sharon will send the 'Distribution List' of OPANA members to Renee' and Rose to distribute the Snooze News. It was discussed that $250 be donated to the ASPAN Dev. Salute Campaign in honor & celebration of OPANAs' 30th Anniversary. $750.00 has been given out for scholarships. Rada Knives brought in $276.75 from Cash & Carry at the spring meeting.

Membership (Sharon Gallagher)
Total Members: 754 as of July 31, 2009.
CAPANA: 113  COPANA: 88  DAPANA: 87
GCPANA: 323  NEOPANA: 69  NOPANA: 64
WYPANA: 10

Gold Leaf (Teri Shine unavailable)
Pennsylvania won the Gold Leaf award this year. They had over 190 points but had been working diligently on this for 2 years to obtain the points. OPANA had 135 points. Now that the Snooze News has been reinstated, that will bring us more points. We will also need to have:
1. the 'Bylaws' placed on line,
2. support the ASPAN Development Committee by giving items for the Silent Auction at the National Conference,
3. have members on the ASPAN Committees
4. "Wining to Serve" for ASPAN must be filled out by October 1, 2009.
5. note any activity that your hospital may do to celebrate PANAW in February
6. Note if student nurses come to the meeting

Need to note any community service performed by districts, ie: Fun Runs, mission trips, talking to Nursing Students.
Board Reports Continued

Historical/Awards (Alabelle Zghoul)
Alabelle Zghoul reported there were no awards for this fall. A reminder that the forms are on the web site and encourage districts to nominate someone. She is collecting any pictures from the Spring meeting and will place the May meeting pictures and display appropriately. Anyone that passes certification, let Alabelle know and she will give them a little gift from OPANA as a congratulatory recognition.

Fund Raising (Nancy Post)
We will be selling RADA knives soon for Fall/X-mas....I will get the books out by Sept 1st so the Districts have time to get the books to the hospitals...for a Nov. 9th sale end-date.

Scholarships (Jane Booth)
$730.00 given in scholarship, 10 total given out. $75.00 is the maximum amount a member can receive to use for either the Fall or Spring seminar at an OPANA meeting per year. Jane explained that 2 pages of the application needs to be filled out and signed by the treasurer or the district rep. Jane also explained what the scholarship is & how to utilize it to our new members on the board.

Conventions (Sue Guertin)
The fall OPANA meeting will be October 24th at the Siegel Center Auditorium at Mt Carmel Hospital. Rooms will be saved at the Country Inn & Suites. The Board meeting will again be on Friday 23 October, 2009 at the Country Inn & Suites at 8pm. Discussion of the menu was decided to be the same as last year since that was a hit. We are still looking for vendors to display items. Vendors can either pay 10% of their profits towards OPANA or donate a door prize.

Government Affairs (Jackie Ross)
Debbie Beresforth from Ohio sends governmental policies via email. If anyone is not receiving them, please contact Debbie at: Mynika2@yahoo.com

Webmaster (Debby Niehaus)
Please send any updated information to Debby to post on the website. CAPANA & GCPANA are districts presently on site. It was discussed to place award applications and convention information on the web site, check the website. Ohio website is : OhioPANA.org Check it out!!
Welcome back to the Snooze News. I wanted to start this 1st letter by telling you all how I became the Snooze News Editor. I recently became a member of ASPAN and was able to attend the National Conference in Washington DC. This past April. It was an awesome experience. I was able to network with other perianesthesia nurses and learned so much from those who have gone before us and who are doing research in the area. We also had a lot of fun on the side. I encourage all of you to go if you can swing it. Put it on your calendar, tell your family and colleagues. Make the commitment today.

So there I was at the conference listening to one of the speakers give out awards for the component newsletters, and of course I had to ask if we had a newsletter. Nancy, Gail, Deb and Rose both said that we had one in the past and they would certainly like to bring it back. Rose Durning, a coworker, asked me if I would be willing to help with this project. And since I did want to get involved I said “sure I will help with that, but I’m not the best computer person”. Rose and Nancy said “Don’t worry we will help you out along the way.” I was thrilled to be getting involved until Rose leaned over and said “great Renee’ you are in charge of this project.” This is how I became the editor.

It has been a long process getting this together especially, since I am not the best computer person. Everyone on the board has been very supportive and patient as I have taken a long time to get this together. I want to encourage everyone to give feedback so we can make this a newsletter that is helpful for you, our members. We are in search of articles to share with each other. If you would like to write an article or if you know someone who has written articles they would like to share, please email them to me at: garbarks@sbcglobal.net.

We are also interested in pictures and activities from your district. I think it would be great to have a research corner, where we can talk about some of the research that is being conducted at your hospital/s. Email your ideas and any suggestions you may have. We are using Microsoft Publisher to create this newsletter so if you have any tips after looking at this please let me know.

Welcome back Snooze News, the OPANA official newsletter!