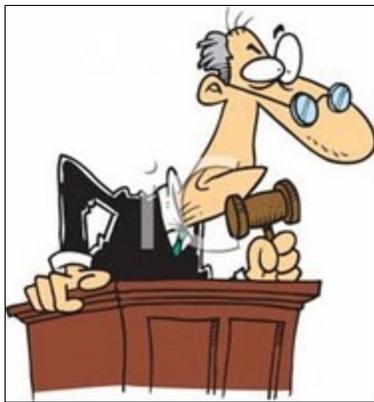




SNOOZE NEWS

Ohio Perianesthesia Nursing Association NEWSLETTER

President's Message



Greetings OPANA members! I hope this edition of the Snooze News finds everyone happily recovering from the holidays. I, personally, have much to be thankful for in the New Year. My son, a Marine Corporal, arrived safely home from Iraq. My daughter is happy in her culinary program (We get to sample her creations!). My husband and I are still relatively healthy, and I received

an "A" in my Advanced Pathophysiology class! What more could anyone ask?

We have a busy year ahead for our organization, our specialty, and nursing in general. As of this publication, ASPAN has a new, permanent home. We were able to purchase a building in Cherry Hill, New Jersey (same city as the old office). This office will give us space for all our present personnel, files, supplies, and equipment, plus room to grow! How appropriate that this year, our ASPAN President, Terry Clifford, has chosen the theme, Roots of Knowledge, Seeds of Transformation. The deep roots provided by a strong membership have made it possible to position ourselves for this important step in our organizational development.

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ASPAN 2nd Quarterly Report

Terry Clifford, MSN, RN, CPAN

ASPAN President 2009-2010

Goal A: ASPAN will be its members' indispensable resource for perianesthesia education and knowledge exchange worldwide.

- Since July 1st there have been 9 ASPAN seminars and 6 Hosted ASPAN seminars.
- Education Approver committee has already approved 28 applications with additional fall conference applications in the pipeline.
- ASPAN representation at the Irish Anesthetic Recovery Nurses Association (IARNA) in September 2009 (ASPAN Member J. Brady as the BARNA Board member representative and Immediate Past President L. Schick)
- Results of the International Conference SWT have been collated –
 - 88.3% of 733 respondents support the development of an International Federation for Perianesthesia/Recovery Nurses
 - More than 60% would like to see a Federation provide a conference every two years as well as a newsletter
- The work related to the development of a series of eight one-hour modules featuring core geriatric competency based learning continues. (J. Allen, M. Mamaril).
- Component Development Institute, —Leadership: The Key to Balance|| was held September 11 – 13 in coastal Portland, Maine with a total of 11 contact hours provided.
 - Over 100 attendees engaged in topics which included an overview of legal issues, recommendations for succession planning and membership recruitment, tips on how to create a budget, and hints for ANCC compliance for education designs, to name a few.
 - Friday evening's session ended with an elegant reception featuring famous Maine lobster, whoopee pies and lovely chamber music as supported by Eisai Pharmaceuticals.
- **Breathline** has had 4,779 site hits from March 24 – September 17th.
 - The average percentage of blast emails opened, in general, is around 25%.
 - The average percentage jumps to 36% when it's **Breathline**
- Attended ABPANC Orientation at PES headquarters in NYC July 24th (T. Clifford)
- National Conference Strategic Work Team continues its work to complete the educational sessions for the 29th National Conference in New Orleans, keynote and closing speakers chosen with opening session titled —BALANCING LIFE, WORK, FAMILY AND FRIENDS - YOU'VE GOT TO HAVE A SENSE OF HUMOR™|| and closing session —Shed or You're Dead® — How to Stay Alive & Thrive in the Midst of Healthcare Change!||

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The Benefits of Being an ASPAN Member **By Alabelle Zghoul, BSN, RN, CPAN, SN IV**

What is ASPAN? Why do I have to be a member? What do I get as a member? These are the questions I had been asked a lot when I try to recruit perianesthesia nurses.

The American Society of PeriAnesthesia Nurses (ASPAN) is a professional specialty nursing organization whose core purpose is to advance the unique specialty of Perianesthesia nursing. It represents the interests of more than 55, 000 nurses practicing in all phases of pre anesthesia and post anesthesia care, ambulatory surgery, and pain management. ASPAN is an international professional society that also comprises state and regional associations having component status in the organization. Presently, there are 40 chartered components. The Ohio PeriAnesthesia Nurses Association (OPANA) is one of ASPAN's components and has 7 districts, namely CAPANA (Cincinnati area), COPANA (Central Ohio), DAPANA (Dayton area), NOPANA (Northern Ohio), GCPANA (Greater Cleveland), NEOPANA (North Eastern Ohio), and WYPANA (Warren/ Youngstown).

Why do I have to be a member? Belonging to ASPAN not only developed me professionally but also personally. Networking with other perianesthesia nurses increased my knowledge on new trends in the care of pre and post operative/ anesthesia patients. Benchmarking also helps us see how the other hospitals' perianesthesia nurses care for their patients, thus, either adapting ways to improve our patient care or offer new ways to improve theirs.

What benefits do you get as a member? As an ASPAN member, not only do you belong to the national but also to the state and local district organization. Included in the membership fee is the bimonthly publication of the Journal of PeriAnesthesia Nursing and the Breathline newsletter, and also the on-line Research Primer.

Other benefits include discounts in all educational offerings and publications including the national conferences, seminars, CE articles in JOPAN and on-line, CE DVDs and a significant discount for CPAN and CAPA examinations. Also included are Scholarship Programs, Research Grants and Programs, Peer Recognition Award Programs, Legislative awareness, Career Center on Web site and access to Clinical Practice Consultation network via ASPAN's website.

Be an active member, attend all your district meetings and your component seminars and you'll even be able to apply for scholarship money that you can use toward your membership fee or your seminar registration fee.

So, what are you waiting for? Be a Member and Belong!!!!

**Who am I to Lobby Congress? You Are a Nurse!
Speak up!**

***David Kay, MSN, RN, CAPA – ASPAN Governmental
Affairs Committee Chair***

The ASPAN Governmental Affairs Committee's mission is to give ASPAN members the tools to advocate for nursing, patients, and other health-related issues for both local and national levels. As the largest group of health care providers in the nation, we need to speak up for our patients and profession. The Constitution grants you the right "to petition the government for a redress of grievances." If you don't speak up, then who will? Congress members are not health care professionals; you are the one they need for your expertise. Our profession is trusted and respected. If you speak up and identify yourself as a nurse, your opinion will carry some weight. Remember that Congress works for us.

How do I get involved?

Join the ASPAN Governmental Affairs Committee by filling out a "Willingness-to-Serve" form on the ASPAN website. The deadline for 2010 has passed, but you can plan to apply prior to October 31st for 2011. If you missed the deadline, don't let it stop you from getting involved as an individual citizen or joining your local perianesthesia component's governmental affairs committee if one exists.

Role of ASPAN Governmental Affairs Committee

- The Governmental Affairs Chair will electronically forward information to help you form opinions and share them with your elected officials.
- The Governmental Affairs Chair will pass along action requests by e-mail for you to contact your Congressmen about upcoming legislation.



Continued on Page 6)

**Continued from page 5,
Who am I to Lobby Congress?**

What is your role and how can I make a difference?

1. Speak up as a citizen of your country and a nurse advocate for your patients. Share your voice and opinions with your elected leaders on a personal basis.
2. You may be asked to represent your local perianesthesia component as the liaison to the ASPAN Governmental Affairs Committee.
 - a. Those who represent a local perianesthesia component will electronically forward information or requests to their state/component representatives as coordinated by the component president.
 - b. The goal is to inform as many nurses as possible to contact their legislators and ask them to vote for or against upcoming laws.
3. Read information passed along to you by e-mail from the ASPAN Governmental Affairs Chair, or do your own search for healthcare-related political issues through the web, newspapers, television, or radio.
4. If you find great information that may benefit the committee, send that information back to the Governmental Affairs Chair to forward to the committee.
5. Contact your elected leaders by e-mail, phone calls, fax, snail mail, or writing letters to the editor. The most effective method to contact them is electronically. If you don't know who your elected leaders are, you may identify them by using the following website: <http://www.congress.org>. Once you learn who your elected officials are, go to their web sites to learn about their opinions, their positions, their past voting record, and how to contact them.

Attention All OPANA MEMBERS

Fan Anderson, **Mary Kay Independent Consultant**

Will Donate 15 % back to OPANA for the scholarship fund
If people place orders on the website

www.MARYKAY.COMFANDERSON2008

ASPAN Quarterly Report Continued From Page 3

Goal B: ASPAN will be the influential force for perianesthesia patient safety, public policy and practice standards.

- Clinical Practice Committee has responded to a total of 675 questions from May 1- September 18, 2009
 - This is a 9% (62 questions) increase from this time last year.
 - 342 (51%) are from members.
 - 333 (49%) are from non-members.
 - International questions have come from Canada (3), United Arab Emirates / Saudi Arabia (5), Germany (1), Bermuda (1), Spain (1), and Britain (1).
- Clinical Practice committee beginning work with members of Development to make personal contact with non-members who submit questions.
- Education Provider Committee met July 24 – 26 in Michigan
- Participated in ongoing Council on Surgical and Perioperative Safety (CSPS) teleconferences related to —Safe Surgery Principles|| during the summer. (P. Windle)
- Redi-Ref revisions have begun (J. Lopez and L. Beagley co-editors).
- ASPAN Stars program clarified by Membership and Marketing team.
- PANAW logos and themes chosen – first —*Transforming Care through Knowledge*|| and second —*Essential Partners in Care.*||
- Ongoing participation in the Technical Expert Panel (TEP) teleconferences for the Surgical Care Improvement Project (SCIP) – new measures being introduced that present the opportunity for improvement and will affect both inpatient and outpatient populations.
- Standards and Guidelines (S&G) Committee assembled for the first time into 10 teams with 2-3 team members
 - Up and Comers|| included as both team leaders and team members
- S&G collaborated with EBP committee to review 4 Clinical Practice hot topics:
 - What is the advantage of using supplemental oxygen in Phase I via nasal cannula versus face tent mask?
 - What scoring tool are most Phase I/Phase II PACUs using to determine discharge readiness?
 - How often should vital signs be taken?
 - Is there an acuity tool that is designed to measure patient care and required nursing time that can be used in the perianesthesia setting?
- S&G exploring potential for position statement on Obstructive Sleep Apnea (OSA) based on guidelines from the ASA
- S&G face to face meeting scheduled for October 22-25 at Hill-Rom. 16 anticipated attendees:
 - 10 S&G Team Leaders, including President-Elect, Kim Kraft
 - 3 EBP members, including the Committee Chair, Kim Noble
 - President, Terry Clifford
 - Director of Clinical Practice, Barb Godden
 - Committee Chair, S&G, Maureen McLaughlin
- Governmental Affairs Committee continues involvement with the American Nurses Shortage Relief Alliance (ANSR) (G. Near)

(Continued on Page 9)

Presidents Message Continued

Finding a permanent home for our National offices will help us sow the seeds of transformation that will guide our future. The new address for the ASPAN National Office is **90 Frontage Road, Cherry Hill, NJ 08034-1424.**

Our specialty and nursing in general will face many transformative changes in the near future. ASPAN members have deep roots in the knowledge of caring for patients in all phases of perianesthesia care. We must, however, sow the seeds of transformation if we are to grow and develop that knowledge to continue to provide the best possible care for our patients and their families. In the world of health care, change is inevitable and we cannot continue to do things "the way we have always done them." We must search for evidence to validate our practices and provide the best possible care for our patients and our organization. My hope is that future editions of the *Snooze News* will contain information on research and practice changes that are impacting care in the perianesthesia setting. If you are involved in current research or are implementing practice changes based on recent findings, please consider submitting an article to share your experiences with OPANA members.

Many nurses are wary of research and find it difficult to interpret. Did you know that ASPAN's Evidenced-Based Practice (EBP) Committee has an Online Journal Club to help ASPAN members understand and evaluate research? To access the Journal Club, go to the ASPAN website (www.aspan.org). The menu at the bottom of the page lists topics of interest. Find the Research section and click on "Evidence-Based Practice." The Journal Club allows participants to discuss multiple research and EBP topics.

2010 (Is it "twenty-ten" or "two thousand-ten?") looks to be an interesting year in healthcare and society in general.

Here's wishing your year is safe, happy, and healthy!



ASPAN Quarterly Report Continued from page 7

Goal C: *ASPAN will be the recognized voice and source of perianesthesia information to the public.*

- Liaison appointments under evaluation.
- Appointed Susan Goodwin as the ASPAN liaison to the National Association of Clinical Nurse Specialists (NACNS) effective August 1, 2009.
- Preparing for participation on ASA panel, "A Global approach to patient care: increasing the effectiveness of the perioperative team" at the ASA Annual Meeting in New Orleans this October. (T. Clifford)

Goal D: *The art and science of perianesthesia nursing will be advanced through ASPAN's evidence-based practice and research activities.*

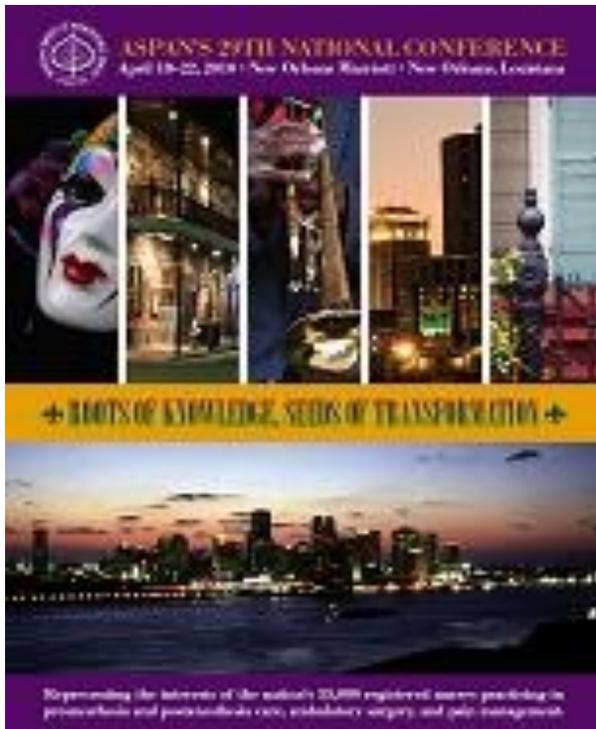
- Pain and Comfort Guideline revision in progress (L. Wilson)
- Analysis of data from the recent *Understanding the Work Environment of Perianesthesia Nurses* study is ongoing. (J. Ross)
- Content Review for the fatigue study involving perianesthesia nurses which will investigate errors and near-misses is completed.
- 5 Research Grant requests are currently under peer review.

Goal E: *Infrastructure and Customer Service*

- Total ASPAN membership as of July 2009 is 13,240.
- ASPAN Annual Budget meeting took place in San Diego, CA on August 8th. (K. Dill, S. Carter, K. Kraft, T. Clifford)
- Attended the annual AANA meeting in San Diego, CA from August 8th – 12th. (K. Dill, K. Kraft, T. Clifford)
- Attended the Nursing Alliance Leadership Academy (NALA) in Louisville, KY from August 21 – 23. (K. Dill, K. Kraft, T. Clifford)
- Represented ASPAN at the VT/NH APAN fall meeting in Burlington VT on September 19th. (T. Clifford)
- Represented ASPAN at the RMPANA fall meeting in Estes Park, Colorado on October 3-5. (T. Clifford)
- Up and Comer assignments due for release soon.
- Up and Comer online Resource Manual being promoted.
- During a —Special Call|| Board meeting at the Component Development Institute in Portland Maine the board voted to purchase a building in Cherry Hill New Jersey for the purpose of an ASPAN National Office. Site currently undergoing mandatory inspections with a conditional contract.



Traveled to Cherry Hill to visit potential new site on July 17th (T. Clifford).



**The 2010 ASPAN' National Conference is here!
Coming to you
April 18th-22nd
at the New Orleans Marriott**

Canal Street, New Orleans

So come to the ASPAN National Conference to enrich your profession and your sense of adventure. All attending will have memories that last a life time and the chance to bring cutting edge knowledge to your clinical practice.

New Orleans has many outdoor attractions. It boasts one of the largest levee systems in the world which protects the water front. Visitors can take advantage of the river landscape by biking or walking along the levee bike path. And for the golfers in your group there are beautiful and challenging links to be discovered. The wetlands of the Mississippi also provide great fishing and boating opportunities.

New Orleans also offers unique cuisine from Creole to coffee. The shopping is plentiful. There are many boutiques, antique shops, plantation furniture from the 19th century, art, jewelry and much more. The shopping and dining experience is spread throughout several distinct areas: The French Quarter, the 5 mile long magazine street, the arts and warehouse district and the Bywater/Marigny area. And some of the best Jazz and music clubs around. If music is what you love, you are in the right place.

Above information taken from New Orleans Metropolitan convention



Region 3 Report Martha Clarke RN, MS, CPAN

1. The Region 3 Component Survey:

Continues to be open, but looking at the numbers I do not feel anyone else will be completing the survey. I think an excellent response rate of 12 out of 15 invited component leaders as of early this week. This survey takes the place of the Component Report card which I believe has been completed by each Component President.

2. Analysis of Data from the Component Survey.

I will compile the data and send reports to ASPAN and all Region 3 Components.

3. National Conference:

Terry wants the Component President's Lunch to be a meet, greet, and have fun lunch. She feels you all need to network and interact with each other.

4. Region 3 meeting at National Conference:

I just received a letter from Terry a few minutes ago listing all of the meetings. It will be an action packed week and I have no idea at this time when the Region 3 meeting will take place. I requested Courtney to budget and schedule a room/date/time for the meeting.

5. ASPAN Strategic Plan committee is meeting Feb 25th and 26th at the new office. Open hours for the new office is Feb. 26th. All are welcome!

6. Many Changes were made in ASPAN's Organizational Chart as well as by-laws. I don't know if these changes need to go to RA. David Wharton has agreed to review all Component Bylaws, but would like for each component to see the ASPAN changes first, as each component may want to change their By-laws to reflect ASPAN's.

7. CDI will be conducted Sept. 10th and 11th at a location yet to be determined. There was such a positive response from the last CDI that I believe Kim will keep the same structure/topics.

8. Regional Conferences:

Terry has appointed a SWT to look at the pros/cons for a Regional Conference. I am interested in the thoughts of OPANA Board members. You will be seeing this again in the Region 3 newsletter.

9. Electronic Component:

Jane Lind has lead this team for a couple of years. I presented it at the mid

(Continued on page 12)

year Board Meeting to ask for direction. The Board referred to back to the SWT. So I am presenting it again, only as a recommendation to move forward, to the Board.

10. Generic Periaesthesia MSN Graduate Degree:
Chris Price continues to work with Wilmington University to develop this program.

11. ASPAN Candidates for 2010-11
Vice President-President Elect: Twilla Shroust and Chris Price
Secretary: Jacquie Crossen
Clinical Practice: Barb Gooden
Development: Candace Taylor (This position has been suggested to be dissolved.)
Region2: I can't remember the names.
Region 4: Katrina Bickerstaff (incumbent)
Nominating: Multiple names Raymond Young of KSPAN is a candidate.
All candidates will be in the Feb. Issue of Breathline. Please encourage members to access Breathline online. It is being under utilized.

12. I recently visited the Regional reports for Region 3 members and found that OPANA had the most members of Region 3/630 members... Whoopee! I have been recruiting for you all.

13. ABPANC's incoming President, I think his name is Patrick Jones, has resigned. ABPANC is looking to replace him as he also was the community representative on their board. Don't forget nominations for the ABPANC Advocacy Award are due Feb 1st. I know from personal experience that nominations are few. I encourage all OPANA members to write an exemplar and nominate a fellow certified nurse for this prestigious award.

I encourage you all to visit the ASPAN website. It is awesome!

Attention OPANA Members:

Don't forget to check out Breathline on the ASPAN website



Letter From the Editor: Renee Garbark

As the editor of the Snooze News I am very reliant on all of you for information and articles for the newsletter. Please let all of your colleagues know that we would like to print/publish articles that talk about any subject related to perianesthesia. We will also accept articles from physicians and CRNA's.

We would also like to have pictures and information about what you are doing in your district. The news letter is the place for all of us to share what we are doing so that we can help each other give the best care possible to our patients.

I would also like to publish your pictures from the National Conference in the newsletter. Pictures of component night and anything else that you enjoy while you are there. Email them to me at: garbarks@sbcglobal.net

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