



CAPANA

FALL 2018



LETTER FROM THE PRESIDENT

Welcome to another exciting year of CAPANA. I am honored to be serving a second year as your president. As professionals, we are so fortunate to be a part of such a great organization. This year will bring us to our 40th anniversary of CAPANA in 2019. I personally want to thank all of the amazing nurses who have played active roles in ensuring that CAPANA remains strong and growing. Many of you reading this have served in some capacity over the years; Thank you for your dedication to professional peri-anesthesia nursing and to CAPANA. We would not be where we are today without you.

CAPANA will only continue to remain strong as YOU, our current members get involved. Your CAPANA officers listed in this newsletter want to encourage you to use your talents in our organization. We are all committed to be mentors for you whether you want to become a committee member, committee chair or officer. As fall approaches, take time to turn over a new leaf and reflect on how you can step forward. You are not alone in this endeavor. We will guide you every step of the way.

We have an incredible program lined up this year. Our first meeting in September was excellent. We had over 45 nurses attend and the information on Medical Marijuana was cutting edge and informative. Our next meeting is our joint meeting with AORN. Please note the date and time change. AORN is hosting this year and the meeting is Tuesday, October 9 at The Christ Hospital Auditorium. Networking and registration is at 6pm and the program will start promptly at 6:30. I hope to see you all there to hear Dr. Natalie Singer speak on "Prostate Cancer and Treatment Modalities". Also, note the date change for our November meeting. We voted to move to the second Wednesday of the month, November 14, due to the Thanksgiving Holiday.

I hope you enjoy this Fall Newsletter. It is packed with information regarding important dates, scholarships, ASPAN, OPANA and CAPANA educational offerings and more. Please feel free to contact me or any board member with questions or suggestions you may have for the upcoming year. Looking forward to another great year!

Diane Thompson BSN, RN, CAPA
CAPANA President / diane_thompson@trihealth.com

ASPAN NEWS

ASPAN's 38th annual conference "Leading with Knowledge, Serving with Heart" will take place May 5-9th, 2019 in Nashville, TN. More information to follow.

OPANA NEWS

Fall seminar is October 6th, 2018 8:00AM-4:15PM at the Siegel Center, Mt. Carmel East Hospital in Columbus. We will be collecting restaurant/gas gift-cards and monetary donations for the non-profit Hope Hollow, which provides resources and support to cancer patients.

MEMBERSHIP BENEFITS

- Discounts on CAPA/CPAN certification exam and educational programs offered by ASPAN, OPANA and CAPANA.
- Scholarship money, based on participation in CAPANA and OPANA, for approved CE activities and certification literature.
- Publications: CAPANA and OPANA newsletters, ASPAN Journal of PeriAnesthesia Nursing, and BREATHLINE.
- Opportunity to meet, network and socialize with your fellow perianesthesia nurses.
- Enhance your professional growth through district, state and national committee involvement and educational opportunities.

2018-2019 CAPANA PROGRAMS

Meetings are the 3rd Wednesday of each month unless otherwise specified*
Networking and Refreshments are at 6:00PM and Educational Program at 6:30PM.

September 19, 2018	"Medical Marijuana, the Healthcare Perspective." - Cathy Rosenbaum PhD	Bethesda North Hospital Golder Room 1
October 9, 2018* 2nd Tuesday (joint meeting with AORN)	"Prostate Cancer and Treatment Modalities" - Natalie Singer, MD	The Christ Hospital Auditorium
November 14, 2018* 2nd Wednesday	"Sweet Feet- Caring for the Diabetic Foot" - Scott Andrews, MD	Bethesda North Hospital Golder Room 1
December 2018	No meeting	Happy Holidays!
January 2019	No meeting	Happy Holidays!
February 20, 2019	Ultrasound Guided Peripheral IV insertion - David Kubicki, CRNA	Mercy East Hospital
March 16, 2019	CAPANA Spring Workshop "Celebrating 40 Years"	Bethesda North Hospital Golder Room 1&2
April 17, 2019	TBA	Mercy West Hospital
May 5-9, 2019	2019 ASPAN National Conference	Nashville, Tennessee
May 15, 2019	Dinner Meeting, Installation of Officers, Awards Presentation	TBA



TOP 10 REASONS TO JOIN CAPANA

10. Free money! Scholarships available for approved activities based upon participation
9. Discounts on educational offerings
8. Access to OPANA and CAPANA newsletter
7. Free JOPANA subscription
6. Opportunity for professional growth through committee involvement
5. \$100 off exam fees.
4. Free access to BREATHLINE
3. Free access to Joanna Briggs Medical Database
2. Discounts on travel, prescriptions, etc.
1. We have fun!

Visit www.aspan.org for online application and www.ohiopana.org for CAPANA and OPANA information.

2018-2019 CAPANA BOARD MEMBERS

OFFICE	NAME	CONTACT INFORMATION
President	Diane Thompson Bethesda North Hospital	diane_thompson@trihealth.com 513 470 8968 (c) 513 865 1411 (w)
Past President	Sharon Gallagher Bethesda North Hospital	shern49@yahoo.com 513 720 0046 (c) 513 865 1171 (w)
Secretary	Stefanie Long Bethesda North Hospital	stefanie_long@trihealth.com 513 346 6933 (c)
Treasurer	Debby Niehaus Retired TriHealth	debbyniehaus@zoomtown.com 513 641 6849 (c)
Flyer/Newsletter	Sheila Hoff Bethesda North Hospital	sheila_hoff@trihealth.com 513 470 8490 (c) 513 865 4381 (w)
Scholarship	Melissa Dennis Bethesda North Hospital	melissa_dennis@trihealth.com 513 487 9838 (c) 513 865 1171 (w)
Membership/ Awards/ Recognition	MaryLou Rigdon The Christ Hospital	mary.rigdon@thechristhospital.com 513 315 6672 (c) 513 585 0007 (w)

SCHOLARSHIP A portion of the dues paid to ASPAN are divided between our state (OPANA) and local (CAPANA) associations. This money and proceeds from workshops provide the ability to grant scholarship money to members. At each CAPANA meeting there will be scholarship books for CAPANA and OPANA available for marking activities. Each member has a page in each book with activities listed and the accompanied point allotments. It is the member's responsibility to mark the correct number of points in each book at each meeting. You may have credit for each certification that you hold. Scholarship points will accumulate for a 2 year period. At the end of the 3rd year, the points accumulated from year 1 will drop off. The calendar year will be Jan 1 - Dec 1. It is the responsibility of the member to keep their point record current. Please assign a number of points in the correct box. Record annual points once a year in the January column only (board members, certifications, etc.) Points will be totaled prior to the beginning of the new accumulation year (Jan 1.) All individual points must be entered on your individual record by Dec 1 to be eligible for scholarship use. Each point has a monetary value of \$1. Max amount awarded will be \$75/year. Request for funds is limited to twice yearly. Scholarship funds may be used only for CAPANA, OPANA, or ASPAN sponsored seminars or for certification literature. Requests for funds should be submitted prior to the need or no later than 6 weeks after. All requests for funds must be accompanied by a scholarship application form (located in the back of the scholarship books.) Applications will be approved by the scholarship chair, president, and treasurer prior to issuance of the check.