In this Issue:

• TRENDS in Trauma and Critical Care 1
• Letter from the President 2
• New Chapter Website 3
• Call for Research Abstracts 3
• Research Committee Highlights 4
• Local Chapter Member Wins Circle of Excellence Award 5
• Local Unit Achieves Beacon Award 6
• Upcoming PCCN/CCRN Review Course 7
• 2013 Rose Bowl Parade Nurse Float 7
• Crozer Half-Day Program 7
• Save the Date: Fall TRENDS 8
• Calendar of Events 8

Southeastern Pennsylvania Chapter of AACN / 610-383-4406
sepaaacn@verizon.net / P.O. Box 72186, Thorndale, PA 19372

2013 Spring SePANotes

TRENDS
In Trauma and Critical Care Nursing
April 17-19, 2013
Crowne Plaza Hotel
Cherry Hill, NJ

New Venue for Spring TRENDS

This year, Spring TRENDS will be held at the Crowne Plaza Hotel in Cherry Hill, NJ. Although the venue changed, the program will be excellent, like past TRENDS programs. The Crowne Plaza Hotel is located five miles from Center City Philadelphia.

Please Join us for TRENDS in Trauma and Critical Care Nursing and TRENDS in High Acuity Med-Surg Nursing

SePA Chapter and Virtua welcome you to Spring TRENDS. Please join us for a fabulous conference where you will hear national and local speakers on trauma and critical care topics. The conference speakers will offer up-to-date information in caring for patients experiencing life-threatening acute and critical care illness or traumatic injury. You will meet nurses from all over the region and the country who share your dedication and commitment to excellent patient care. Please visit our website to download a brochure or to register for the conference at www.aacn.org/sepa. You will learn so much!
A Letter from the President
By Pat Flynn, SePA Chapter President, 2012-2013

Welcome to 2013! Like spring, we’re starting anew. The SePA Chapter office in Rosemont closed as of the end of 2012 and committee meetings are being held at hospitals and homes throughout our demographic area but also electronically. I would like to thank Katie Detrick for hosting the board meetings at Abington Hospital for the past three months.

An anonymous person said, “Life is a story about accepting challenges and taking responsibilities.” This could not be more true for the SePA Chapter and for our Education committee as we are now deeply entrenched in the Spring TRENDS at the Crowne Plaza in Cherry Hill, NJ April 17th – 19th. Our committee members are quickly learning the registration system to facilitate registrations and to send confirmation e-mails out. It is an exciting time for the chapter as we assume control of this big event.

There are many opportunities for members to get involved in these events as well as other exciting events on a smaller scale. We conduct half-day and evening programs at hospitals in the area which give the membership a chance to meet each other and learn something new at the same time. Our research dinner meeting, a great evening with great speakers, poster presentations, and a chance to meet the nominees for next year’s board, is coming up at the Airport Hilton on April 25th.

I encourage you to select a committee and join in the meeting, either live, in person, or via the call-in or internet access. Every opinion counts and every idea is welcomed. To make the chapter one that continues to meet your needs and expectations, we need your voice. Take advantage of the many ways to be an active member of SePA Chapter.
SePA Chapter Announces a New Chapter Website

By: Laurie Dougherty

In November 2012, SePA partnered with Nursing Network to provide a new website for the chapter. The board believes that our affiliation with Nursing Network will allow us to better reach out to you, our membership by posting relevant announcements about chapter programs, volunteer opportunities and even job opportunities. Here is the link to our new site:

http://aacnsepa.nursingnetwork.com/

To take advantage of all that our new site has to offer, we ask that you sign up as a member of Nursing Network—it is FREE. Additionally, you will have control over what messages you want to receive from the site—Nursing Network will not spam you or sell your email address! Here is a link to their privacy policy:

http://www.nursingnetwork.com/privacy-policy

SePA chapter will continue to maintain the previous site for several months but eventually you will be directed to the new site only. We hope you like it as much as we do!

Please do not hesitate to contact Laurie Dougherty (mailto:ldougherty@sepa-aacn.org) if you have any questions or concerns regarding the new website.

CALL for GRANTS in SUPPORT of CLINICAL PROJECTS and RESEARCH

Grants in Support of Clinical Projects, Critical Care Research Grants and Evidence-Based Clinical Practice Grants are available to SePA members conducting research or working on evidence-based projects (up to $2000) or have an idea for a clinical project to benefit patients and families (up to $500). Please visit the SePA chapter website to download an application (on the documents/resources page).

GRANT APPLICATIONS ARE DUE NOVEMBER 1, 2013
Research Committee Highlights

By Rose Shaffer

The SePA Chapter Research Committee has been busy again this year. In November, Elly Fitzpatrick presented an informal research roundtable entitled “Progressive Mobility in the ICU.” SePA Chapter awarded Elly funds for her research project at Jefferson Hospital, and, as required, she updated us on the project and provided some preliminary data.

In February, the Research Committee held a meeting and journal club at Rose Shaffer’s home. Everyone brought something for a potluck dinner. The article reviewed was entitled “Quasi-Experimental Study to Improve Nurses’ QT-Interval Monitoring: Results of QTIP Study.” Rose chose the article, sent it everyone in advance, and led the review. Committee members provided valuable input about the pros and cons of the research. It is a very good way for anyone to learn how to critique a research article.

The annual Research Dinner meeting will be held on April 25th at the Philadelphia Airport Hilton. This is a SePA Chapter tradition. A poster session and cocktail hour precede the dinner. Our speaker this year will be Matt McHugh, PhD, JD, MPH, RN. Dr. McHugh is an Assistant Professor of Nursing at the University of Pennsylvania. He studies the effects of policy and organizational factors on nursing practice and health outcomes. Dr. McHugh will review the state of nursing outcomes research for the acute and critical care setting. He is a core faculty member at Penn’s Center for Health Outcomes and Healthy Policy Research and Senior Fellow at the Leonard Davis Institute of Health Economics. Please join us for this exciting event! You will also meet the candidates for next year’s board of directors.

The last research committee meeting of the year will be held on June 13th; the venue has yet to be determined. We will discuss ideas for the next year. If you are interested in joining our committee, you may call the SePA office or e-mail the office to find out where the meeting will take place. We are always looking for new members. We have a lot of fun at our meetings! Check us out!

SAVE THE DATE!
Research Dinner Meeting
Date: Thursday April 25th
Time: 5:30 pm
Place: Philadelphia Airport Hilton
Eleanor Fitzpatrick was selected to receive a 2013 AACN Circle of Excellence Award, which recognizes and showcases the excellent outcomes of individuals in caring for high acuity and critically ill patients and their families. Nominations are evaluated by a panel of volunteer reviewers and rated on the basis of how well the nominees achieved the following criteria:

- Relentlessly promotes patient-driven excellence
- Models skilled communication, true collaboration, effective decision-making and meaningful recognition
- Transforms thinking, structures and processes to address challenges and remove barriers to advance patient-driven excellence
- Furthers AACN’s mission and key initiatives at influential forums
- Enriches own and other organizations by influencing and mentoring others in achieving excellence
- Achieves visible results that validate impact of individual leadership contribution to organizational excellence

With this award, Elly becomes a member of the AACN Circle of Excellence Society. When you see Elly, please congratulate her on this amazing achievement.
Penn Presbyterian Medical Center SICU Granted AACN Beacon Award
By: Joe DiMartino, Nurse Manager, Penn Presbyterian SICU

The SICU at Penn Presbyterian Medical Center was recently granted the BEACON Award (Silver Status). This particular unit has had many great achievements in the past year. A major accomplishment is the Fast Track Extubation guidelines for post-operative patients where the unit staff, in conjunction with their multidisciplinary unit based clinical leadership group, worked on together. The success of the program guideline use has been presented nationally at Institute for Healthcare Improvement and locally, at the Pennsylvania Organization of Nurse Leaders (the local chapter of the American Organization of Nurse Executives [AONE]). The Fast Track Extubation guideline is currently being written as an article for submission in a peer review nursing journal. The SICU staff also was recognized internally by the PENN Medicine Health System with the Patient Safety and Quality Award for the same outstanding project.

Congratulations to the SICU team at Penn Presbyterian Medical Center
Crozer Chester Half-Day Program
By: Pat Flynn

Members who attended the SePA Chapter Half-Day program at Crozer Chester Medical Center were delighted with the speakers and the program. The biggest obstacle that morning was the traffic. There were three major accidents that tied up traffic along all the southbound lanes of Route 95 including exit 6, which is the exit one takes to Crozer if coming south on 95. Fortunately everyone made it to the program safely. The hospital provided a sumptuous continental breakfast and a beautiful auditorium. I would like to thank Dave Bullen who coordinated the event and our three speakers: Lorraine Micheletti, Linda Bucher, and Cindy Blank-Reid. Lorraine discussed metabolic syndrome and explained how a two pound box of chocolate from the holidays becomes a five pound weight gain for the long term. Linda’s explanation of 12 lead ECG waveform patterns really helped the audience identify the changes associated with myocardial ischemia and infarction. Cindy showed us how careful one must be in using today’s social media outlets when commenting on work and our personal lives. The group feedback was fabulous. I again thank the speakers, Dave and the participants for making this a terrific event.

2013 Tournament of Roses Parade

The President of the Tournament of Roses Parade on January 1, 2013 was registered nurse, Sally Bixby. Her presidency gave the entire nursing profession the opportunity to honor and recognize the contributions nurses make to the lives of their patients by building a Nurses Float. SePA Chapter donated money to support the Nurses Float pictured to the left.

WHERE: Paoli Hospital
WHEN: June 3rd and June 14th
TIME: To be announced
For more information, call or e-mail the chapter office (see top of first page for contact information)
## Save the Date!

**TRENDS in Critical Care Nursing**  
October 1\(^{st}\) to October 4\(^{th}\), 2013  
King of Prussia, PA

### Calendar of Events

<table>
<thead>
<tr>
<th>Date / Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday April 9(^{th})</td>
<td>Education Committee</td>
<td>Doylestown, PA</td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday April 16(^{th})</td>
<td>TRENDS in Trauma and Critical Care</td>
<td>Crowne Plaza Hotel Cherry Hill, NJ</td>
</tr>
<tr>
<td>– Friday April 19(^{th})</td>
<td></td>
<td></td>
</tr>
<tr>
<td>April</td>
<td>General Membership and Board Meeting</td>
<td>Date and Time to be announced</td>
</tr>
<tr>
<td>Thursday April 25(^{th})</td>
<td>Research Dinner Meeting and Meet the Candidates Night</td>
<td>Philadelphia Airport Hilton</td>
</tr>
<tr>
<td>5:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday May 7(^{th})</td>
<td>Education Committee</td>
<td>Doylestown, PA</td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday May 16(^{th})</td>
<td>General Membership and Board Meeting</td>
<td>Abington, PA</td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday May 18(^{th})</td>
<td>NTI</td>
<td>Boston, MA</td>
</tr>
<tr>
<td>– Thursday May 23(^{rd})</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday June 13(^{th})</td>
<td>Research Committee Planning Meeting</td>
<td>TBA</td>
</tr>
<tr>
<td>6:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday June 20(^{th})</td>
<td>General Membership and Board Meeting</td>
<td>TBA</td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday June 3(^{rd}) and</td>
<td>CCRN /PCCN Review Course</td>
<td>Paoli Hospital</td>
</tr>
<tr>
<td>Friday June 14(^{th})</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>