Exciting things are happening in the SePA Chapter and what better way to kick off 2016 than with a beautiful new logo? Branding for an organization is extremely important and, with a well-designed logo, an organization’s identity, values, and principles are reflected. After many conversations and sharing ideas over the course of the past several months, members of the SePA Chapter were able to design a new logo and we are incredibly proud to unveil the final product. Our new logo builds on the foundation of the original logo, extending it into the shape of a key, and incorporates our mission statement in a circular fashion. When you search for the meaning and symbolism of a circle, words such as unity, wholeness, and nurturing can be found. What's even better is that when any symbol is shown with a circle around it, the symbol beckons the viewer to be drawn in and included in the experience and message. The importance of the key shape is two-fold: Pennsylvania’s nickname is The Keystone State and nurses are "the key" to the future of healthcare as described in our mission statement.

We hope that our SePA members are equally excited about this enhancement to our chapter and share the logo far and wide. This will also be a wonderful marketing tool for the future as we continue to grow and recruit new members. In conclusion, if you are not yet a SePA Chapter member or your membership has expired and you are looking to become re-engaged, there is no better time than now! Please visit our Nursing Network website to join (https://aacnsepa.nursingnetwork.com), follow us on Facebook for updates and announcements (https://www.facebook.com/SePA AACN), and as always, if you have any chapter questions, contact us at sepainfo@sepa-aacn.org.
As I write this message, it is a brisk February day. We have just come through a briskly cold weekend and a light snowfall. The weather will turn to rain shortly and temperatures are expected to rise to the 50’s tomorrow but spring and time changes are still a few weeks away. However, SePA Chapter members are already preparing for the Fall, 2016 TRENDS in Critical Care Nursing, again with volunteers.

In the fall, the chapter members presented a successful TRENDS conference at Valley Forge Casino Resort. In fact, the evaluations indicate that 96% percent of the participants rated the conference as excellent or good; 97% rated the speakers as excellent or good; and 78% stated they would apply the information they learned immediately in their practice area. Many participants indicate they will return! I want to thank the attendees who contributed to the success of the conference.

There are many who need to be thanked for all they did for TRENDS but if I try to name them all, I may miss someone; therefore, I will list them by committee. The Education Committee was responsible for the speakers, contact hours, and the schedule while working with the Venue Committee on room allocation. The Venue Committee also arranged the audio-visual equipment and food and helped at the registration desk. The Registration/Volunteers Committee coordinated the volunteer activity, received and processed payments with the treasurer, and worked at the registration desk. The Research Committee organized a SePA Star Search competition where novice nurses presented a topic to the attendees for the first time and the Communications Committee put the program book together. Thanks to our Exhibitor Committee, exhibitors were very happy with the event and the turnout. Last, but certainly not least, I want to thank Tracy Carlino, Chief Nursing Officer of Virtua, for her help and for the joint sponsorship of TRENDS.

I am very proud of the chapter for conducting TRENDS for the first time with volunteers only. TRENDS 2016 will be bigger and better thanks to all the dedicated members and volunteers.
What the TRENDS Venue Committee Does

Kathy Durning, RN, CCRN
Chair, TRENDS Venue Committee

Have you ever planned a major event or a wedding? Then you understand the amount of work that goes in to putting such a celebration together.

Planning for the annual TRENDS conference starts months before it begins. AACN may be the largest professional nursing organization, but it is only one of many annual conferences held in the fall for the education and sharing of information to the interested nursing professionals who attend. We at SePA are cognizant of that fact and plan TRENDS around offerings to maximize potential attendance.

The calendar is important as we seek the required space. The meeting space requires accommodations for up to 300 attendees at general sessions, 50 to 100 for breakout sessions, hotel accommodations for those traveling a distance, and, of course, food! Think of it as planning the wedding that continues over 4 days!

The Venue Committee coordinates with each of the remaining TRENDS planning committees to help ensure a seamless conference that meets SePA’s mission to support, educate, promote and advance critical care nurses.
SePA Chapter - AACN SACOR Courses
Donna Barto, DNP, RN
SACOR Course Coordinator

The acronym SACOR stands for *SePA Chapter of AACN Certification Courses On the Road*. This concept of education was developed by Barbara Pope, MSN, RN as a means to continue the chapter’s mission to support, educate, promote and advance the critical care nurses in our area. Barbara recognized the importance of critical care certification (CCRN and PCCN) for practicing nurses as well as the difficulty many of them had with finding and attending outside certification review courses. Barbara decided to take “the show on the road” and offer the courses to hospitals, or other critical care chapters at the location and the time of their choice. Barbara initially taught the entire course, but then expanded to include other speakers whom she mentored. The speaker bank currently consists of approximately 12 members.

The review is a two-day course, and can be worked out in a time that works best for participants. Most facilities prefer the course in a two-day format, but it can be designed to be carried out in four-hour increments, on weekends, in the evenings, back-to-back days, or single days. The course not only offers the learners an excellent test review for the CCRN or PCCN certification examination, but also provides 14 contact hours provided from the Pennsylvania State Nurses Association (PSNA). The SACOR group recently revised its educational program to reflect the new CCRN test plan and was again awarded contact hours from PSNA.

Last year the course was presented at Temple University, Atlanticare Health System, and the Inspira Health System encompassing a total of 100 learners. The SACOR speaking group also conducts a well-attended review course at TRENDS in Critical Care Nursing in the fall.

If you are interested in becoming a member of the speaker bank, or coordinating the course starting in the fall of 2016, please let Donna Barto know at dmbarto@gmail.com. Participation in SACOR allows you to educate and inspire others, as well as maintain currency in the critical care world, earn extra income, build your resume, and connect with many interesting nurses.

TRENDS Cardiopulmonary Resuscitation Challenge
Leslie Foran-Lee, MSN, RN, PCCN

For years, the TRENDS in Critical Care Nursing Conference has provided speakers that embark on the latest technology and evidenced based practice in the care of acute and critical care patients. This year's conference, held in October, provided the participants with a hands-on learning experience, which involved doing CPR with the technology of feedback to correct and cue the participants' chest compressions because studies have shown that effective chest compressions improve patient outcomes in a cardiac arrest. Having technology at one's fingertips is one way that helps to document the effectiveness of chest compressions.

This session was called the *CPR Challenge* and was provided by one of the vendors, Zoll Medical, during the Expo session in the Exhibitor Hall. During the challenge, participants performed CPR as they normally would, and the defibrillator provided feedback to participants to compress faster and/or deeper with their compressions. Following two minutes of CPR, a debrief occurred; the participants received results indicating how well they did during the challenge. At this point, the participant could repeat CPR to incorporate the feedback. The winner for “Best CPR Without Feedback” was Vicki Brzoza RN of Thomas Edison State College and a member of the SePA Chapter Research Committee. The winner for “Most Improved” was LeeAnn Sperling.
Most nurses are not born with expert public speaking and presentation skills. Regardless of age and years of experience, these talents often need to be developed through guidance, mentoring, and, perhaps most importantly, opportunity. At some point nurses who aspire to acquire these professional skills have to take the plunge and be courageous by stepping up when an opportunity presents itself. At our TRENDS 2015 conference the members of SePA Chapter of AACN created such an opportunity for six novice nurse speakers through the SePA Star Search competition. A call for abstracts for this unique experience was sent out and the six individuals selected were invited to present on the topic of their choice for 10 minutes. Members of the SePA Board and TRENDS Planning Committee evaluated the presentations and planned to choose the top two or three participants with the highest scores as the winners. The ultimate prize was a guaranteed 60-minute concurrent session at the TRENDS 2016 conference, complimentary registration fee, lunch for their presentation day, and one-on-one mentoring from an experienced SePA presenter to prepare them for their début next year. This lunchtime session at TRENDS drew an audience of approximately 100 attendees and the judges were overwhelmingly impressed with every participant that they were all deemed winners! Each has been matched with a SePA mentor and are in the midst of preparing their abstracts for TRENDS 2016. We are looking forward to hearing them speak again and are honored to fulfill our mission as a chapter which is to Support, Educate, Promote, and Advance Nurses…the Key to the Future of Healthcare!

Below are examples of the feedback we received from two of the speakers:

“Thank you so much for allowing me to participate in the SePA Star Search. Although it was really nerve-wracking, I really enjoyed having the opportunity to speak at TRENDS this year. Because I am so passionate about neuro-nursing, I am really looking forward to having the occasion to speak in more depth about aphasia, and promoting better communication between nurses and our patients. Thank you again for this amazing opportunity” -- Kimberly Jablonski, ICU Staff Nurse at Doylestown Hospital

“It was an absolutely rewarding experience. Thank you personally for creating a very positive welcoming atmosphere that all of us appreciated. It is a big honor to work with Barbara Chamberlain. I am looking forward to growing as a presenter.” -- Yana Dilman, IMCU Staff Nurse at Harrisburg Hospital
Research Committee Highlights
Rose Shaffer, RN, MSN, ACNP-BC, CCRN
Co-Chair, Research Committee

It has been a busy year for the SePA Chapter Research Committee. The committee members held their first meeting in September at Jefferson Hospital in Philadelphia where they finalized their plans for the year. The second Research Committee meeting, the November Research Roundtable was also held at Jefferson Hospital with 15 people in attendance. Carey Heck presented her research on moral distress in novice and experienced critical care nurses, which created a lively discussion among the participants.

In February we held our annual journal club meeting at the Virtua Center for Learning in Mount Laurel. Janet Riggs presented an article titled *Usefulness of Cognitive Dysfunction in Heart Failure to Predict Cardiovascular Risk at 180 Days*. In preparation for the journal club, one of the research committee members chooses a research article, distributes it to the group, presents the article, and engages the group in a discussion about the pros and cons of the research. A research background is not required to participate.

In March, Linda Bucher presented how to create a journal article from an evidence-based research project. It was held at the Virtua Center. Twenty people attended the event entitled “Evidence-Based Projects: Roadmap to Dissemination.”

April is the Research Committee’s biggest event, the Research Dinner Program held at the DoubleTree by Hilton at the Philadelphia Airport. Our speaker will be Rebecca Trotter, the Director of Nursing Research and Science at the Hospital of the University of Pennsylvania. In this role, she supports nurses in conducting original research and implementing research evidence into practice. The title of the program is *Improving Communication with Non-Vocal Critical Care Patients*. Dr. Trotta works closely with Mary Beth Happ, PhD, RN, FGSA, FAAN, who developed the SPEACS-2 protocol, an evidence-based communication program. Dr. Trotta partnered with clinical nurse specialists and nurse champions to pilot this protocol in 5 critical care units and she will present the findings of this research.

The program will be preceded by a cocktail hour, which includes poster presentations from acute care nurse practitioner students from the University of Pennsylvania School of Nursing. The committee members would enjoy having you join us for this major event. Please check the SePA Chapter website for more information and to register for the event. ([https://aacnsepa.nursingnetwork.com/nursing-events/32951-2016-annual-research-dinner-program#registration](https://aacnsepa.nursingnetwork.com/nursing-events/32951-2016-annual-research-dinner-program#registration)).

June 16th will be the last meeting of the year. It will be held at the Restaurant School on Walnut Street in Philadelphia with the focus on planning activities for next year. The parking is free so join us for a wonderful dinner and a fun time planning for the future of SePA’s Research Committee.
Engagement is the key to success in all groups and organizations. Doing what you love so you don’t feel you need to work a day in your life is also a valuable lesson for success. Both of these ingredients can create a recipe for happiness for a healthy work environment. The mission of SePA is to support, educate, promote and advance nurses. Why not have a chapter song that represents what we want nurses to feel when aiming towards our professional goals?

The song, *I Got You, I Feel Good*, was chosen by the chapter as its song for a few reasons. One, the beat of the music is dynamic and gets everyone up and moving! Second, who doesn’t love a little James Brown? Lastly, the song is personally meaningful to one of our members.

This song was performed by Anthony Riley on Season 8 of the National Broadcasting Company’s (NBC) *The Voice*. Anthony was a close friend to one of our SePA members and brought the house down during his performance, which had all 4 judges turning their chairs around within seconds. He was no doubt headed for stardom, but, unfortunately, had to handle some personal situations first and had to leave the show. Later that year, Anthony Riley suddenly passed away.

Our member’s family is trying to keep Anthony’s memory alive and it is with the support of the SePA chapter that we will do just this! Remember Anthony as he was: full of talent, charisma, and energy! At an interview session, Anthony stated, “The purpose of life is to find your gift and the meaning of life is to give it away. That is why you should do what you do every day.”

SePA hopes that when nurses hear this song, they will think of all they have to offer their patients and co-workers every single day. Reflecting on your career and what you provide to others should make you feel good! Working days and nights can be difficult, but remember why you do what you do! We have unique gifts and we must continue to use them to live and support each other on our journey to excellence!
Engagement Committee
Deborah Paschal, CRNP
Chair, Engagement Committee

The SePA Chapter of AACN is one of the largest among 240 national chapters. AACN, initially established as the American Association of Cardiovascular Nursing, is the world's largest specialty nursing organization, with more than 100,000 members. Its growth has directly paralleled the increasing importance of the specialty of critical care nursing. On behalf of the Engagement Committee of the SePA Chapter, I welcome all members who have recently joined our organization in strengthening the growth of AACN.

The SePA Chapter, first chartered in 1972 (and now has over 230 members), is dedicated to AACN's vision of creating a healthcare system driven by the needs of patients in which critical care nurses make their optimal contribution.

The chapter has been organized to promote the highest standards of critical care nursing practice through education, mentorship and research. Our members set the very foundation by which this goal can be reached and they encourage you to become actively involved. You will soon feel the sense of pride members share in belonging to this growing chapter.

Take advantage of the membership benefits that are available through the SePA chapter, including the exchange of innovative ideas and a resource for current developments in nursing.

SePA Chapter-AACN Membership Benefits Include:

- Opportunities to network with peers and share important information and ideas pertinent to the organization and the critical care nursing profession
- Access to the members-only dinner meetings and networking events
- Conference and continuing education discounts
- Access to the members-only sections of our website
- Strength in numbers – membership gives us a powerful collective voice!
- Legislative and regulatory updates that will keep you current on issues that may affect your practice.

Take an active role in AACN’s programs at both the national and chapter level. Contact the SePA chapter president and become involved!

Should you have any questions or comments, please do not hesitate to contact the chapter!

Please visit our website at http://aacnsepa.nursingnetwork.com/ for information on chapter events and meetings.

Email Address: SepaInfo@sepa-aacn.org
Call for TRENDS Poster Abstracts

The SePA Chapter-AACN is pleased to announce a call for Abstracts for Poster Session presentation at Trends in Critical Care Nursing on September 27-30, 2016. Abstracts may focus on any area of original research, evidence-based practice, or research synthesis, which is relevant to critical care nursing or progressive care nursing. The first author must be a nurse. Look for more information on our Nursing Network Website.

CALL for GRANTS in SUPPORT of CLINICAL PROJECTS, RESEARCH, and EVIDENCE-BASED PRACTICE Due Nov. 1st, 2016

Grants in Support of Original Critical Care Research, Evidence-Based Projects or Clinical Projects are available to SePA Chapter 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.

TRENDS Novice Critical Care Nurse and Generic Nursing Student Scholarships due AUGUST 1st, 2016

*Alice Stein Novice Critical Care Nurse Trends Scholarship:*
**Purpose:** One day scholarship to TRENDS conference as means to promote SePA-AACN Chapter to new critical/acute care nurses.

*Anne Braun Generic Nursing Students Trends Scholarship:*
**Purpose:** One day scholarship to TRENDS conference as means to promote SePA-AACN Chapter to student nurses.
Call for SePA Chapter EXCELLENCE Awards!

Do you know a SePA member who deserves to be recognized for the work they do? Why not nominate a colleague for one of the SePA Excellence Awards? Nominations are due May 1st, 2016. See below for a description of the awards. All awards require an application, a nomination essay and a letter of endorsement. Awards will be announced at the June celebration.

SePA Eileen Kelly Excellence in Critical Care Education Award
**Purpose:** Recognizes a critical care nurse educator who facilitates the acquisition and advancement of the knowledge and skills required for competent practice and positive patient outcomes.

SePA Excellence in Critical Care Management Award
**Purpose:** Recognizes a critical care manager who demonstrates excellence in the coordination of available resources to efficiently and effectively care for critically ill patients.

SePA Excellence in Critical Care Practice Award
**Purpose:** Recognizes a critical care nurse who embodies and exemplifies the principles of critical care nursing practice.

SePA Excellence in Critical Care Advanced Nursing Practice Award
**Purpose:** To recognize a critical care advanced practice nurse including nurse practitioners and clinical nurse specialists who demonstrates excellence in the key functions of advanced practice nursing including leadership, advanced clinical skills, research application, evidence-based practice, cost containment, mentoring and communication with patients, families, staff and systems.

To obtain an application, e-mail sepaawards@sepa-aacn.org