



1976-2011 35th Anniversary Year

PRESIDENT'S MESSAGE

JANE REINSCHMIDT, BS, RN, CAPA

How quickly fall has arrived this year. While summer can be a time with relaxed schedules, I enjoy the transition seasons. I cherish the crisp, sunny days; wanting them to last but knowing that change is in the air. While the season change to winter may not be welcome for many of us, we all know that it is coming. So, while part of this season is savoring the beautiful days, it also includes preparation for what lies ahead.



Parallels & Our Journey

I see a parallel between our perianesthesia nursing practice and seasonal changes. In all aspects of healthcare, change has become our norm. The best way I know to be prepared for change and to participate in the change process is through education and research. Fall classes are well underway. Have you enrolled in a degree program? Have you formed a study group to prepare for the CPAN or CAPA certification exam? Are you up to date on acceptable continual learning activities needed for your certification renewal? Are you participating in nursing research or an evidence-based project?

2012 will be the first time Illinois registered nurses will be required to have continuing education in order to renew their professional license. In the last *Peri-Scope*, ILSPAN Vice President Linda Beagley used the phrase, "...plan your education map." I like the idea of education as a journey enabling travel to a destination. Take time this fall to check your "education map" and do a route check. Are you on track?

On October 1, 2011, fifty-one nurses got on track to start or continue the education journey at

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Treasurer's Report

Wanda Ellenburg, MSN, RN, CPAN

9/28/2011 Checking account balance \$35,912.48 Certificate of Deposit \$10,851.57

The ILSPAN Audit was done Saturday, August 13, 2011, in the home of Treasurer Wanda Ellenburg. The audit period was July 1, 2010 to June 30, 2011. Auditors were Marigrace Clarke, Wanda Ellenburg, Boni Hart, Jane Reinschmidt, and Debbie Walker. For more information contact Treasurer Wanda Ellenburg. (Contact information below.)

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www.ilspan.org

Minutes from
ILSPAN Board
Meetings can
be found on the
web site.

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President's Message

(Continued from page 1)

the ILSPAN Fall Conference. District II Director, Debbie Walker, and her planning committee prepared a great ILSPAN Fall Conference in Rock Island. See Debbie's report on page five and photos on page six. I am pleased to say that we had one guest at our BOD meeting the evening before the conference. You are always welcome to attend those meetings and sit in on the planning for our organization. Immediately following the fall conference, I journeyed to Toronto for the first International Conference for Perianesthesia Nurses. Watch for more about that in the winter 2012 *Peri-Scope*.

Virtual Board Meeting & Scholarship Change

While summer has ended, it was a busy time for the ILSPAN Board of Directors. The second virtual board meeting was held in July. With virtual meetings, transportation costs to an out-of-town location can be returned to the members in the form of scholarships and future education offerings. A change was made to the Humanitarian Mission Scholarship in order to allow members to apply at two times during the year. We hope this will make it

Jane Reinschmidt, BS, RN, CAPA

easier to time the application process in relation to the mission trip. If you have a 2012 trip planned, apply for the scholarship by the January 1, 2012 deadline. Another important item from that meeting was the creation of a Director of Education position.

You may remember pictures of the devastation in Joplin Missouri following the tornado on May 22, 2011. Saint John's Regional Medical Center was destroyed. Plans for re-building are underway. I am proud to report that ILSPAN, with our sister organization Missouri-Kansas PeriAnesthesia Nurses Association (MO KAN PANA), made a combined donation of \$1000.00 to the St. John's Foundation to be used for support of perianesthesia nurses.

Yes, summer has ended and fall has arrived with the anticipation of winter knocking on the door. Despite these current transitions, ILSPAN is already planning for spring. District I Director, Alexis Nicpon is moving along with plans for 2012 Spring Conference. Find a way to get involved with ILSPAN colleagues on your professional journey. Together we are the future of perianesthesia nursing.

Governmental Affairs

Sylvia Baker, MSN, RN, CPAN Immediate Past President

Illinois HB 1684 Improves Safe Patient Handling

Two years after enacting the safe patient handling law, Illinois legislators amended the act to add lifting equipment standards aligned with federal requirements and mandates for trained safe lifting teams.

In 2009, prompted by the American Nurses Association's Handle with Care Campaign, Illinois enacted a safe patient handling act requiring hospitals and nursing homes to adopt and implement a safe patient handling policy. Illinois' 2009 act supports nurses and other healthcare workers by mandating the development and implementation of safe patient handling strategies to control risk of injury to patients, nurses and other healthcare workers associated with the lifting, transferring, repositioning, or movement of a patient.

The 2011 amendments require education and training of nurses and other direct patient care providers on safe lifting policies and techniques and current lifting equipment. Safe handling policies must foster and maintain patient safety, dignity, self-determination, and choice, along with a trained safe lifting team consisting of at least two individuals that must be available for patients.

Illinois HB 1684 passed both houses on May 17, 2011. The bill was sent to the Governor for signature on June 15, 2011. It was signed by Governor Quinn on July 14, 2011. The bill returned to the House on July 14, 2011 and is now Public Act 097-0122 with an effective date of 01-01-2012.

So what does this mean for the perianesthesia nurse? Be looking for *AND* expecting education on how you can better care for yourself and for the patient who needs to be lifted or moved.



Vice-President's Report

The days of summer are gone and autumn is here. During the summer, I have acclimated to my new role on the ILSPAN board and as coordinator of the ASPAN Safety Strategic Work Team.

One of the responsibilities of the Vice-President is to find the very best perianesthesia nurses to run for the ILSPAN board in March 2012. I need your assistance in my search. Open positions for 2012 are Vice-President/President-Elect, Treasurer and Director for District II. Are you worried that you do not have the experience to be a board member? Do not be afraid! The current board will mentor, give you the guidance and tools to overcome your fears and become an active board member. Contact me to discuss the job responsibilities for any of these positions. (Contact information on page 2.)

What safety concerns do you have on your unit? Storage of opioids at the bedside, timely moving patients out of the PACU, two nurses present while on-call, and health literacy are just a few of the topics I keep hearing about from nurses. Throw in

Linda Beagley, MS, RN, CPAN

concerns of Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) scores, fulfilling SCIP measures and value based purchasing, patient care has become daunting. With what safety issue is your unit struggling. I would like to hear from you so that ILSPAN can address your concerns through education articles in the *PeriScope* or at future conferences.

Become the voice on your unit. Speak up when you have concerns about issues that ultimately could jeopardize the safety of the patient. Strategize with other nurses on the unit to find a solution. Reach out to your ILSPAN /ASPAN perianesthesia teammates to see what other units are doing or possibly to find a solution.

I hope to hear from you soon with safety concerns or an interest in becoming more involved and ready to take the plunge as an ILSPAN board member. Trust me, you will not regret it!

ILSPAN Scholarships and Awards

ASPAN National Conference Scholarships are awarded to ILSPAN members by a point system and provide money to help with costs to attend the conference in Orlando, Florida in April 2012. Points are accumulated from January 2011 to November 2011 for the 2012 Scholarship. Contact ILSPAN Vice President Linda Beagley for the scholarship policy. (Contact information on page 2.) The point sheet can be downloaded from the ILSPAN web site at www.ilspan.org. Postmark deadline for this scholarship is December 31, 2011.

Jan Ridder Excellence in Clinical Practice Award is named for former ILSPAN President Jan Ridder and honors the perianesthesia nurse who exemplifies excellence in clinical practice. The application packet can be downloaded from the ILSPAN web site at www.ilspan.org. Deadline for application is November 15, 2011. Mail the application to:

ILSPAN Vice President Linda Beagley,
204 Freeport Drive
Bloomington IL 60108

Call for Nominations 2010 Spring Elections

ILSPAN is now accepting nominations for the 2012 ballot. Board positions to be elected in 2012 include:

- ◆ Vice President-President Elect
- ◆ Treasurer
- ◆ District II Director

Contact ILSPAN Vice President Linda Beagley or any ILSPAN Board member to inquire and discuss these positions. Being a member of the ILSPAN Board is a wonderful way to enhance your professional career and gain multiple rewards. All contact information can be found on page 2 of *Peri-Scope*. ILSPAN Board members can also be contacted through the web site at www.ilspan.org by going to the Board of Directors page. Another easy way to contact ILSPAN is through e-mail at info@ilspan.org.

District I Director

Spring conference plans for March 2012 in the Chicagoland area are in the development stages. The planning committee is reviewing the membership survey and input from the 2011 conference for possible topics. Watch for more information later this year.

Contacting new members by e-mail is something I try to do each month. If you have not heard from me please let me know by e-mail. (Contact information on page 2.)

District II Director

Our local ILSPAN chapter continues to meet with AORN. On September 8, 2011, we had a great lecture by Dr. Jason Clark on "Orthopaedic Trauma, Show and Tell". Zimmer sponsored the food. There were 80 attendees with one contact hour awarded.

The ILSPAN Fall Conference was held October 1, 2011 with fifty-three attendees, which included two student nurses. Seven contact hours were awarded. Congratulations to Barb Phelps from Saint Louis who won the scholarship. The planning committee and I thank everyone for attending. The donations for the Christian Family Care Center Rescue Mission

District III Director

A big thank you to Marigrace Clarke for her patience and the time she has given me as a mentor to the District Director position. We attended the ASPAN Component Development Institute in Philadelphia together. It was a wonderful experience. It is very inspiring to meet so many energetic, passionate, intelligent nurses. I learned a lot about ASPAN and strategic plans. Thank you ILSPAN for the support.

Collaboration with other professional organizations is part of ILSPAN's strategic plan. On September 7, 2011, several members from ILSPAN District III attended the Southwest Illinois AORN Chapter meeting in O'Fallon, IL where free contact hours were awarded. One goal I have is to start a local chapter in District III. If you have experience with this and are willing to share

Alexis Nicpon, BSN, RN, CPAN

An ASPAN Seminar, "Perianesthesia Certification Review" was held at the Doubletree Hotel Chicago/Schaumburg on October 8, 2011. Seventy three nurses attended the lectures by Nancy Strzyzewski, MSN, RN, CPAN, CAPA

I will be transitioning into a Professional Development role at my job as I enjoy mentoring other nurses and starting the journey to MSN at Walden University.

Debbie Walker, BS, RN, CPAN

were greatly appreciated. Special thanks to the two vendors Jim Torvik from Cadence Pharmaceuticals and Heather Gosma from Longaberger. Thanks to Keith Schumacher, BSN, RN, CPAN for representing ABPANC at the conference

My term as District II Director will end in March. If anyone is interested in becoming the Director, please let me know. The two terms I have served have been a very rewarding experience. (Contact Information on page 2.)

Jan Friederich, MSN, RN, CAPA

advice, I would appreciate it.

Fall Conference in Rock Island, IL, was a great place to meet more members of our organization and share our best practices. Again a big thank you to everyone for being so welcoming and helpful to me as I assume the District III Director position. I look forward to working with my colleagues in ILSPAN.

District III is planning to hold an ASPAN Seminar in February 2012. Please watch for more information. ILSPAN Fall Conference 2012 is in the beginning stages of planning. If you are interested in helping, please contact me. (Contact information on page 2.)

ILSPAN Fall Conference 2011 Trinity Medical Center Rock Island, IL

Scholarship Winner



Barb Phelps (left) accepts a check from Treasurer Wanda Ellenburg.

Membership Table



Linda Beagley (left) and Jane Reinschmidt promoting ASPAN/ILSPAN membership

Student Attendees



Lanissa Savage (left) and Sarah Beauchamp are students in the nursing program at Spoon River College in Macomb, IL

Drawing Winners



Winners of the Door Prize Drawings are (from left)

Barb Phelps, Suzie Wright, LeAnn Edelen, Linda Beagley, Joy Lindahl, and Sarah Beauchamp

ISPAN Members

Members from the Iowa Society of PeriAnesthesia Nurses (ISPAN) who came to ILSPAN's Conference are Helen Riedesel (left), Cheryl Miller, Daine Gehrke, Peg Wiebler, and Diane Lange.

Thanks ISPAN for your support.



Donation



Gloves, scarves, hats and socks were collected along with \$188.00 for donation to the Christian Family Care Center, a Rock Island Rescue Mission.

CPAN® and CAPA® News Nursing Passion in Action™**Congratulations to the ILSPAN Members
who certified in Spring 2011****CPAN®**

Mary Bortscheller
Fe Castro
Shari Curtiss
Sandra Filla
Lizabeth Hoffman
Jacqueline Murauski
Nancy Oliver
Dorothy Simpson
Elaine Tiscareno

CAPA®

Robin Balmes
Jenna Eubanks
Donna Miller
Lisa Ricklefs
Cindy Wilken

Editor note: If you live outside of Illinois or Missouri and certified this spring, please notified me at: mcnrcapa@aol.com.

Scholarship Opportunity

ILSPAN members who certified or re-certified in 2011 will be eligible in 2012 to apply for the ILSPAN Certification or Recertification Scholarship. Put your packet of information together now for this scholarship so you will be ready to apply in 2012. If you have questions about the scholarship or point sheet contact ILSPAN Vice President Linda Beagley. (Contact Info on page 2) Scholarship information and point sheet can be found on the ILSPAN website, www.ilspan.org.

2011 Scholarship Winner

Congratulations to

Jane Reinschmidt, BS, RN, CAPA

winner of the CAPA® Recertification Scholarship

IMPORTANT DATES FOR Spring CPAN® & CAPA® CERTIFICATION TESTS

Registration window is January 10, 2012 to March 7, 2012 at 11:59 PM Eastern Time.

Examination Administration Window is April 4, 2012 to May 14, 2012.

All registration is online. Information is on the ABPANC web site at www.cpancapa.org.

There is no test given at the ASPAN National Conference.

ABPANCSM News

Did you know that ABPANCSM, CPAN® and CAPA®, and the wording Nursing Passion in Action™ are registered with the United States Patent and Trademark Office? These words and symbols should not be used for t-shirts, pins or other logo items. Let ABPANCSM know if you have any questions about this by calling the office at 1-800-6ABPANC or e-mail at abpanc@proexam.org.

Starting with the Fall 2011 CPAN® & CAPA® exams, the ASPAN Perianesthesia Nursing Standards and Practice Recommendations, 2010-2012, will be the reference guide for ASPAN related questions.

Nursing Research by Wanda Ellenburg, MSN, RN, CPAN

The thought of using nursing research in the PACU environment may cause some nurses to think research is not for them, that research is something they cannot do or understand, that research is for someone else. Nursing research is something perianesthesia nurses use daily while providing care to perianesthesia patients. Nursing research provides the foundation for evidence based nursing practice in order to achieve optimal outcomes for perianesthesia patients.

ASPAN' Standards and Practice Recommendations 2010-2012, Standard V states: "Perianesthesia nurses participate in research by reviewing literature, designing studies, conducting studies, analyzing results, compiling and ranking evidence, and/or incorporating findings into practice."¹ For many years, we have heard the terms quality improvement or process improvement and may have been involved in various projects to improve a process or achieve an outcome for our patients. House and Bokovoy state: "Nursing research and quality improvement projects both are systemic, rigorous processes based on disciplined inquiry."² Thus in many ways we are already involved in using the nursing research process in the daily care of patients.

As perianesthesia nurses, research is all around us, in one form or another. Research can mean we are actively involved in a perianesthesia nursing research project, reading a professional journal, reviewing articles published, or attending educational seminars to improve knowledge and nursing practice. Yes, these can all be ways of using nursing research in our daily practice.

The facility where I work is in the infant stages of a translational nursing research project on family visits in the adult PACU. We are currently reviewing the literature on PACU visitation. The literature review will allow us to determine how valid the studies are and if our population is similar to the population in the studies. We may need to search for additional studies that have been published using ICU and ER patients and families. We will then determine what type of research study to do with our patients and families. Ultimately, we will make process changes in our daily work by using the research study results. Once the study is complete, the final step will be to prepare a manuscript for publication. It is vital that nursing research be published, to share with peers the knowledge gained.

It is important to have a nurse researcher involved early in a project while discussing the topics for a proposed study. There is a nursing research department at my facility. It is also important to choose a research topic that is a priority for your organization. Family visits in the PACU are a priority for my organization.

Become involved in a research project, attend seminars that include nursing research topics, and continue to read nursing research studies in professional publications. Reading the statistics is the important part. Statistics can be overwhelming talking about p values, t-tests, and the like. Statistics will tell you how reliable a study is, an important part of the research process. The intent of this article is not to discuss statistics. Try to seek out a nurse manager or nurse researcher at your facility to learn more about statistics and what the numbers indicate. Then, think of a process at your facility that may need change and make it into a research project.

References:

1. American Society of PeriAnesthesia Nurses. *Perianesthesia Nursing Standards and Practice Recommendations* 2010-2012. Cherry Hill, NJ: ASPAN; 2010 p 19
2. Houser, J., & Bokovoy, J. *Clinical Research in Practice*. Sudbury, MA: Jones and Bartlett; 2006 p 9

Clinical Practice Corner by Sylvia Baker, MSN, RN, CPAN**The Question of Airway**

Clinical practitioners often ask the question of nurse-patient ratio for a patient with an artificial airway. An endotracheal tube is a protected airway. Anesthesia sometimes uses an oral airway with the endotracheal tube to prevent the patient from biting on the endotracheal tube. An oral airway is considered an “unstable airway” because the patient can easily aspirate with such an airway in place. If the patient is unconscious with an oral airway in place, the nurse-patient ratio is 1:1. Other examples of an unstable airway with a recommended nurse-patient ratio of 1:1 as listed in the ASPAN Perianesthesia Standards and Practice Recommendations 2010-2012 include¹:

- ◇ “Requiring active interventions to maintain patency such as manual jaw lift or chin lift or oral airway”
- ◇ “Evidence of obstruction, active or probable such as gasping, choking, crowing, wheezing, etc”
- ◇ “Symptoms of respiratory distress including dyspnea, tachypnea, panic, agitation, cyanosis, etc”

Remember that a stable/secure airway is one of the *Critical elements*² of Phase I PACU care that should be met before a patient moves to a nurse-patient ratio of 1:2.

References:

1. American Society of PeriAnesthesia Nursing Standards and Practice Recommendations 2010-2012. Cherry Hill, NJ: ASPAN; 2010, 69
2. American Society of PeriAnesthesia Nursing Standards and Practice Recommendations 2010-2012. Cherry Hill, NJ: ASPAN; 2010, 69

Can Duct Tape Save Time and Costs? by Debbie Walker, BS, RN, CPAN

Trinity Medical Center in Rock Island, IL, where I work, studied ways to safely reduce time and cost of communication between health-care providers and patients in isolation. Since no documented risk exists to communicate with patients at the door's entrance, the study was designed to look at whether a safe zone could be created to communicate with patients without putting on personal protective equipment (PPE). The solution was a simple roll of red duct tape, creating a three-foot square known as the “Red Box”. The “Red Box” was the safe zone inside the door from where health-care providers could talk to the patient.



The Infection Prevention Team realized that Trinity could save up to 2,700 hours and \$110,000 each year by not requiring the use of PPE each time they entered the room. The time study discovered that at Trinity, approximately 30 percent of interactions with patients in isolation were performed in the “Red Box”, showing that staff could safely enter the area without PPE for quick communication and assessment. The “Box” also reminds health-care workers they are entering an isolation room, which is usually only indicated by a sign outside the patient's room. On average, it takes 70 seconds to put on and take off PPE. The time saved in using this method is greater than the cost of a full-time-equivalency staff member. The money saved was a plus but it also increased the quality and frequency of interaction with patients, which made both staff and patients happier as well.

A Medscape article about this project can be found on the Medscape web site at this link <http://www.medscape.com/viewarticle/745502?src=top10>. If you would like more information, contact me, Debbie Walker, District II Director. (Contact information on page 2.)

Spotlight on ILSPAN Members

District I



Linnea Johnson, RN, BA, MSN, CPAN, CAPA is currently a staff nurse in the PACU at Swedish Covenant Hospital. She graduated from North Park University Chicago with a BA in Swedish and received her Master's in Adult Nursing with a minor in Education from Marquette University. Her

initial nursing experiences were in Surgical ICU unit for 8 years, and then float pool for 1 year. She is currently a CPR, ACLS and PALS instructor. She is an active member of the Ethics, Policy and Procedure Committee and the Unit Council Chair for Surgical Services. Linnea serves as adjunct faculty at North Park University Chicago where she enjoys teaching the senior clinical in the CCU.

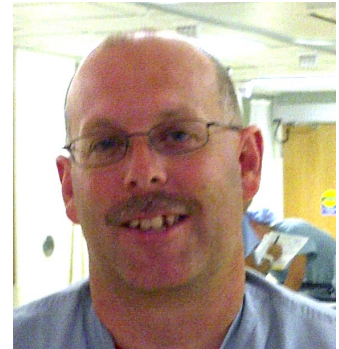
A member of Sigma Theta Tau, ASPAN/ILSPAN, AORN, and AACN, Linnea became CPAN® and CAPA® certified in 2008. One of her professional goals is start an ILSPAN Chicago Chapter and volunteer on an emergency disaster team, but before she can start new projects, she has to end some old projects.

For fun, she coordinates the first aide stations for the annual AHEPA bone marrow drive. AHEPA is the American Hellenic Educational Progressive Association, the largest Greek-American Association in the world. At this event, there is a five day, five-site basketball tournament running 6-12 hours a day. At the five sites, she is in charge of providing volunteers to attend to injured. Linnea is involved with Cub Scouts by teaching CPR and First Aide for the "Readyman" badge. She is also involved with the PTA.

Linnea really enjoys spending time with her husband, Paul, and children, Bjorn, Birgitta, and Kjell along with her two cats.



District II



Mike White, RN, BSN, CPAN, is currently the PACU Educator in the main PACU at Memorial Medical Center in Springfield, Illinois. He has been in this position since 2006. In this role, Mike is responsible for the orientation of new employees to the PACU, the annual unit skills days, and education on new procedures and technology. His role has expanded to include educational support for Same Day Surgery PACU and Cardiac Surgery PACU. Mike is the PACU representative on the Critical Care Collaborative workgroup. Mike has achieved Clinical II nurse on the clinical ladder program. He is a graduate of St. John's School of Nursing in Springfield.

Mike was a member of the team that designed the PACU flow sheets for the implementation of electronic documentation in the perioperative areas. He consulted with the staff in the various PACUs for input and feedback during the design phase. Mike did countless hours of testing of the documentation and provided support to all staff in the various units when the project went live. He continues to be involved in testing as upgrades are made to the electronic documentation software. Currently Mike is preparing to be an ACLS instructor for the hospital.

Mike said he sees ILSPAN and ASPAN as a source of education on perianesthesia topics. He uses the ASPAN standards as a guideline and a resource tool in his work.

Mike lives in Athens with his wife Angie and daughter Nicole. He enjoys landscaping projects and motorcycle riding.



Spotlight on ILSPAN Members

District III



Sheri Tadlock, BSN, RN, CAPA graduated with an Associate Degree from Southwestern Illinois Community College, formerly Belleville Area College, 33 years ago. After raising her two children, she returned to school and graduated August 2011 with a BSN from

McKendree University, Lebanon, Illinois. She has worked at Memorial Hospital in Belleville, Illinois for 32 years, twenty years as a newborn nursery nurse, and eleven years in the Outpatient Surgery Department. Sheri currently works as an admission-testing nurse, completing preoperative assessments and preparing patients for their upcoming surgeries.

Joining ASPAN/ILSPAN in 2008, she became CAPA certified in 2009 and attended the 2009 ASPAN National Conference in New Orleans gaining much knowledge and insight in the field of perianesthesia nursing.

While studying for certification, she and a co-worker, Rhonda Mense, RN, CAPA, realized they were not providing optimum care in the prevention of postoperative nausea. Armed with ASPAN guidelines and algorithms, Sheri and Rhonda were able to implement a change of practice and successfully reduce the incidence of postoperative nausea and post discharge nausea at Memorial. In 2010, Sheri and Rhonda presented poster presentations about the change in practice at two conferences: "Building a Culture of Quality, Safety, and Nursing Professionalism; Fourth Evidence Based Practice on the Frontline", at University of Missouri, Columbia, and the "Annual Gateway Martha Welch Nursing Research Conference", at Southern Illinois University, Edwardsville.

Sheri, a member of the Memorial Quality Council, is currently chair and focused on improving patient care and reducing adverse outcomes. She has witnessed many changes in the field of nursing during her career, the most important being in her words... "the increased autonomy in our profession. As nurses, we no longer accept change; we bring change to the table to improve our practice as well as patient outcomes based on knowledge, research, and evidence based practice."

New Member

Connie Gebke, BSN, RN, CDE graduated with an Associate Degree in Applied Science directed toward nursing in 1981 from Kaskaskia College, Centralia, Illinois, and a BSN from Southern Illinois University, Edwardsville, Illinois in 1998. She is a nationally certified as a Diabetes Educator. Connie has worked her entire career at St. Joseph's Hospital in Breese Illinois, a small but growing community hospital. She has worked in many of the departments at St. Joseph's including med-surg, ER, OR/PACU enjoying the versatility of working in three specialty areas. Three years ago, she became Director of Out Patient Surgery and finds many challenges daily as nursing/medicine is continually evolving. Connie does work part-time also with the diabetic patients. She serves on the Hazardous Materials Committee and LEAN projects.



Connie says, "I joined ASPAN to gain more information for use in practice. I also need up to date info to stay current and informed with new government regulations around the corner for reimbursement, EMR etc. I would like ILSPAN to help with the above and perhaps offer educational activities closer to home. Thank you so much and keep up the great work!"

Connie has been married to her husband, Dennis, for thirty-one years. They have two children, Travis and Brooke. Travis is a history teacher and Brooke is a staff RN in the OR at Memorial Hospital in Belleville, Illinois. Brooke just received her Master's in Nursing Administration. The light of Connie's life is her new grandchild, Quinn, who was born to daughter Brooke and husband Joe on July 28, 2011. Her hobbies are golf and scrapbooking.



Go for the GOLD

Regional Director Martha Clark, MS, RN, CPAN

For many years, I have admired ASPAN Components who have achieved the Gold Leaf Award. The achievement of the award is an ongoing process of component improvement and involves a periodic review of the strategic plan, which may include addition of awards/scholarships or recognition of members' achievements.

To appreciate the significance of the Gold Leaf Award here is a little background about this prestigious award. The Gold Leaf was first awarded in 1996 to the Florida Society of Perianesthesia Nurses (FLASPAN). Since that time, sixteen Components have earned the award. ASPAN recognizes the "Gold Leaf Component of the Year" during opening ceremonies at National Conference. Once the award is announced, all members of that Component are allowed to wear the ribbon proclaiming their membership in "The Gold Leaf Component".

One person does not achieve the Gold Leaf Award. Instead, the Gold Leaf Award requires the efforts of many, many people. You are probably asking, "How can I help my component achieve Gold Leaf status?" Actually, there are several ways to pitch in, strengthen your component, and reward yourself at the same time.

One of the easiest ways to assist your component is through the Member-Get-A-Member Campaign. Simply invite a peer to join you at a Component meeting or the ASPAN National Conference. I have heard many times, "There is nothing like attendance at National Conference to get perianesthesia nurses inspired". When encouraging peers to join, hand them an application form or show them how to join on line. Give them your ASPAN member number to enter on the application so that you can get credit toward the individual "Recruiter of the Year Award". Individual recruiters contribute toward their component earning points for the Gold Leaf award and the Component with the highest percentage of recruiting participants receive two free ASPAN National Conference registrations.

Another way to support your component is to identify a Strategic Work Team (SWT), a committee or committees that peaks your interest. Complete the Willingness-To- Participate Form (WTP) found on the ASPAN website, and enjoy working with other ASPAN members. Committee descriptions are found on the ASPAN website. ASPAN is an organization supported by an office staff and a multitude of volunteers. Please consider becoming a volunteer. WTP Forms are due to the ASPAN National Office by October 31, 2011.

If you are involved in research, written an article for a professional journal, presented a poster at ASPAN National Conference 2011 or any other activities in which you participate in ILSPAN's name, please let your component leaders know so that they can credit the activities toward winning the "Gold Leaf Component of the Year". (ILSPAN Board information is found on page 2.)

Best wishes to ILSPAN on the journey to becoming the Gold Leaf Component of the Year 2011.

NOTE: My deepest apologies to Kim Kraft, ASPAN Immediate Past President for omission of her name in my last article. ASPAN is blest to have Kim serve in multiple roles with the latest being Immediate Past President and Chair of the Nominating Committee. Thank you Kim for your service!



Kim Kraft, BSN, RN, CPAN, ASPAN Immediate Past President, at the ASPAN Component Development Institute in Philadelphia, PA, September 9-11, 2011. Kim lectured on Succession Planning, Leadership Development: Focus on Future Changes in Practice and along with ASPAN Secretary Jacque Crossen, MSN, RN, CPAN on Charting Your Course-Having the RA Work for You and Your Members. ILSPAN is proud to have Kim as a member of our component.



ASPAN News and Notes

ASPAN's 31ST National Conference

"Beacons of Change Focusing on the Future"

April 15-19, 2012 at The Hilton Orlando

Orlando, Florida

Watch for the Conference Brochure in December

ILSPAN has Scholarship monies available for members to attend ASPAN National Conference.

The Jan Ridder Excellence in Clinical Practice Award provides monies toward ASPAN National Conference Registration.

See page 4 for information and application deadlines for these scholarships and award.

ASPAN 2012 PANAW Week

"PeriAnesthesia Nurses: A Vital Role in Patient Care"



PeriAnesthesia Nurse Awareness Week (PANAW) is February 6-12, 2012.

What will your hospital or unit do to celebrate this week?

The ILSPAN PANAW Award will be presented at the Spring Conference 2012.

Criteria for the award includes Education, Professionalism of the Perianesthesia Unit and Team Spirit. Make your plans now. Some ideas are: advertise your unit to the other areas of your hospital, give a tour of your unit, play a game of name that drug, have a special breakfast, luncheon or dinner, ask your local government official for a proclamation for the week, make posters with members of your unit highlighted, tell people about ILSPAN and ASPAN, do something special with the secretaries and unit aides. These are just a few of the ideas from previous winners. Send the itinerary, photos and descriptions of event by the deadline published in the Winter 2012 issue of *Peri-Scope*.

Celebrate to demonstrate what a "vital role" you play in patient care.

**ILSPAN General Membership Meeting Minutes
October 1, 2011 Rock Island, IL**

- I. President Jane Reinschmidt called the meeting to order at 12:48 p.m.
- II. Jane welcomed everyone, recognized the first time attendees, and invited non-members to join ILSPAN. She encouraged members to be sure to take advantage of all the benefits of ILSPAN membership. She urged those who are not certified to consider CAPA or CPAN certification.
- III. The members of the ILSPAN Board were introduced.
- IV. Jane announced the appointment of Sylvia Baker as Education Chairperson effective March 2012 and briefly described Sylvia's role in helping to facilitate conference planning.
- V. Jane asked if there were any questions or corrections to the Spring General Meeting Minutes as published in the Spring/Summer *Peri-Scope*. Hearing none, she proceeded with the business portion of the meeting.
- VI. Vice President Linda Beagley reported that no applications have been received for the Jan Ridder Excellence in Clinical Practice Award. The award deadline is November 15, 2011. Linda encouraged members to continue to recruit new members as the Recruiter of the Year Award ends December 31, 2011. The Humanitarian Mission Scholarship deadline is January 1, 2012. The Research Grant deadline is July 1, 2012. Members were encouraged to download applications from the component website for the scholarships.
- VII. Wanda Ellenburg, Treasurer reported that an audit was completed on August 13, 2011 and no financial deficiencies were found. Current assets total \$46,764.05 as of September 28, 2011.
- VIII. Jane reported that PeriAnesthesia Nurse Awareness Week (PANAW) is February 6 – 12, 2012. She encouraged attendees to plan celebrations at their facilities and enter the ILSPAN PANAW Award contest. A sample PANAW Proclamation is available on the ASPAN website that can be use to obtain a proclamation in your community. The PANAW theme will be announced soon.
- IX. Jane announced that District I Director Alexis Nicpon is working on the ILSPAN Spring Conference. The conference will be held at Northwest Community Hospital in Arlington Heights, IL on March 3, 2012.
- X. Jane reminded the membership that National Conference is being held in Orlando, FL, April 15 – 19, 2012. She encouraged all to attend for both the professional development and opportunities to make new friends.
- XI. Jane thanked Debbie Walker and fall conference committee for all the hard work on a successful conference.
- XII. Having completed the business, the meeting adjourned at 1:05 p.m.

Respectfully submitted by Bonita P. Hart, BSN, RN, MA, CAPA, ILSPAN Secretary

ASPAN Resource Development Strategic Work Team (SWT)

ASPAN Development is now named the Resource Development Strategic Work Team (SWT). This SWT works with Doug Hanish, the ASPAN Marketing and Communications Manager to encourage giving from individuals and organizations to support perianesthesia nursing. These monies are used for a scholarship program for BSN, MSN and Doctoral Nursing. National Conference Scholarships, CPAN and CAPA Certification fees, the Nurse in Washington Internship (NIWI) program and a Humanitarian Mission scholarship are also available. The 2012 Scholarship Brochure/Application will be available on the ASPAN website in February 2012.

The Hail, Honor, Salute program and the Dream Walk at National Conference are also part of this SWT. For more information or how to contribute look under "About Us" Development on the ASPAN website, www.aspan.org.

Editorial Comment

ASPAN Component Development Institute (CDI)



Each year on the second weekend of September, ASPAN hosts a weekend seminar for component leaders or ASPAN members who are interested in becoming leaders. ASPAN waives the registration fee for two component members. Other component members can attend at a reasonable registration

fee. ASPAN awards contact hours for attendance at the CDI. This year the theme was "Beacons to Our Future: Providing Safe Harbor". From the opening discussions by the five ASPAN Regional Directors to the closing lecture on Sunday morning by Kim Kraft, the weekend was filled with interesting topics, and breakout sessions. Sessions also included "How to Apply for Contact Hours with Ease", "Budget Development Workshop", and Providing Safe Harbor: Standards, Guidelines, and EBP". The registration included continental breakfast on Saturday and Sunday morning and lunch on Saturday.

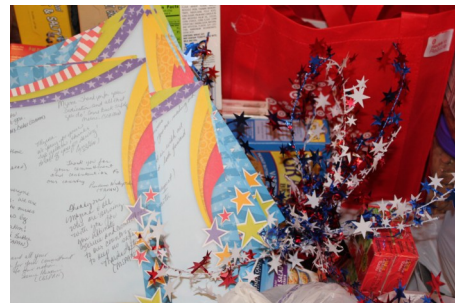
This year attendees brought supplies for American troops serving in Afghanistan. Myrna Mamaril, MS, RN, CPAN CAPA, FAAN, ASPAN President 1999-2000 is currently serving with her unit in a NATO run hospital in Kandahar Providence. An e-mail from Myrna was read at the CDI and letters were written to Myrna and her unit to be sent with the supplies. In an e-mail to Terry Clifford, MSN, RN, CPAN, ASPAN President 2009-2010, Myrna wrote, "We have seen horrific injuries – Sometime beyond

Marigrace Clarke, RN, CAPA

the human mind to comprehend.However, I am truly loving the ICU/PACU NATO nursing here. The time passes so quickly the hours fly by....." There was much more written in the e-mail which was read to the attendees at CDI. It was a very moving experience. Myrna also mentioned in the e-mail that in this NATO hospital there is a shortage of sheets, patient gowns both adult and pediatric. Supplies come in from all different countries. If might be an ILSPAN project to donate sheets or gowns to this hospital. If you are interested heading up a project like this let me know at mcrncapa@aol.com.

Attending CDI is a fantastic way to learn about ASPAN and leadership. Networking with other component leaders provides new and innovative ideas. I encourage all of you to seriously think about attending the ASPAN CDI in 2012. Get involved with ASPAN and ILSPAN. ILSPAN is a strong component with leaders who are committed to the membership. We need you to think about taking the step to become a future leader for ILSPAN. Aristotle said, "Happiness is a state of activity". Don't you want to be happy? Send in the "Willingness to Serve" form on page 17 or log into the ILSPAN web site, www.ilspan.org to fill out the form. Think about it. Mary Ann Brussat said, "Nature often holds up a mirror so we can see more clearly the ongoing process of growth, renewal, and transformation in our lives and our profession." During this time of change of season, look in your mirror and see if ILSPAN could assist you with growth, renewal, and transformation. I know ILSPAN has done that for me.

Photo to the right shows only a small portion of the supplies that were collected. The far right photo shows supplies and some of the letters that were written.



In the photo on the left are Kim Kraft, ASPAN Immediate Past President, (top) Chris Price, ASPAN President and Susan Carter, ASPAN Vice President/President Elect

In the photo on the right are Jan Friederich (left), Kim Kraft, and Marigrace Clarke



Welcome New ILSPAN Members who joined May to August 2011

District I

Irene Agloco
Stephanie Doggett
Joyce Flores
Tricia Gallet
Agnes Melad-Juat
Karen Meunier
Kevin Mooth
Maryann O'Connor
Gerald Rebustes
Mary Sheehy
Debra Sitter
Debra Wade

District II

Marjolein Anderson
Danielle Black
Sherry Graves
Kimberly Miller
Michelle Salvatera Prosser

District III

Tosha Blakenship
Connie Gebke
Jane Lind
Debra Mevert

ILSPAN Recruiter of the Year Award

The ILSPAN Award is payment of your ILSPAN and ASPAN dues for one year. You must recruit at least four members to be eligible for the award. Be sure to recruit and have your name listed as the recruiter on the application form under *General Information*.

As a recruiter you are entered into the ASPAN Member-Get-A-Member Recruiter Awards. Award timeframe is January 1 to December 31, 2011.

The ILSPAN Award will be presented at the Spring Conference 2012.

ILSPAN Scholarship and Award Deadlines



Jan Ridder Excellence in Clinical Practice Award Deadline November 15, 2011

ASPAN National Conference Scholarship Deadline December 31, 2011

Recruiter of the Year Award ends December 31, 2011

Humanitarian Mission Scholarship Deadline January 1, 2011

PANAW Award Deadline to be announced in Winter *Peri-Scope*

Research Grant Application Deadline, July 1, 2012

**Contact Vice-President Linda Beagley (Contact Info on page 2)
for more information and questions.**

Join an ASPAN Committee or Strategic Work Team for 2012-2013

How to find the Willingness-To-Participate Form on the ASPAN web site

Log in to the ASPAN web site, www.aspan.org and sign in with your member name and password.

Using the ABOUT US tab drop down menu, find Organization and move over to Willingness-To-Participate. On this page you will find links to the ASPAN Committees and Strategic Work Teams. The form can be filled out and submitted on-line or you can print the WTP Form and Biographical Data Form to fill out and submit by mail, fax or e-mail.

Deadline to submit is October 31, 2011. Appointments are for the 2012-2013 year.

ILSPAN

Willingness to Serve Form

Name _____

Address _____

City, State, Zip _____

Home Phone _____

E:mail _____

ASPAN Membership # _____

Place of Employment _____

Please circle position of interest:

- BOD position _____
- Editor/publication committee
- PR/Marketing
- Computer networking

Previous experience that will help me:

My goals for this position:

Questions I have:

Submit form on line at www.ilspan.org or mail to:

Linda Beagley, MS, RN, CPAN

204 Freeport Drive

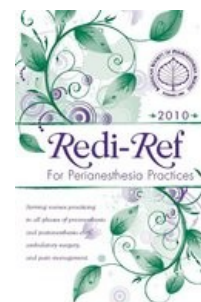
Bloomington, IL 60108

E-mail: beagley@ameritech.net

ASPAN Publications

The 2010-2012 *Perianesthesia Nursing Standards and Practice Recommendations* and the *Redi-Ref for Perianesthesia Practices, 4th Edition* are available on the ASPAN web site, www.aspan.org.

The *Redi-Ref* is available in a print or flash drive version. These items are available to ASPAN members at a discounted price.



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ILSPAN Core Purpose

The Illinois Society of Perianesthesia Nurses
advances nursing practice through education,
research, and standards of practice.

The Society exists to serve needs of member-
ship at the component level.



ILSPAN Website

www.ilspan.org

Web Editor: Kim Kraft, BSN, RN, CPAN

E-mail: kmkcpa@swbell.net

Looking Ahead.....

ASPAN Willingness-To-Participate Forms Online Deadline.....October 31, 2011

ASPAN & ILSPAN Recruiter of the Year Award Deadline.....December 31, 2011

Humanitarian Mission Scholarship Application Deadline.....January 1, 2012

ILSPAN Winter Board Meeting (Virtual Meeting).....January 14, 2012

PeriAnesthesia Nurse Awareness Week.....February 6-12, 2012

ILSPAN Spring Board Meeting, Arlington Heights, IL.....March 2, 2012

ILSPAN Spring General Membership Meeting, Elections, & Conference,

Arlington Heights, IL.....March 3, 2012

ASPAN 31ST National Conference, The Hilton Orlando, Orlando FL.....April 15-19, 2012

ILSPAN Research Grant Application Deadline.....July 1, 2012



Check the ILSPAN and ASPAN websites for additional details

www.ilspan.org or www.aspan.org

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