Two short months ago, I had the honor to become your ILSPAN president, something I could not imagine when completing my willingness-to-serve form five years ago. It is a wonderful honor and I accept the challenge to continue moving ILSPAN forward.

Representative Assembly

One of my first roles as president was to attend the Representative Assembly at the 31st National Conference. I felt so proud to be both a voting member and a perianesthesia nurse. Besides voting for the 2012-2013 ASPAN Board, six proposals were on the agenda. These proposals presented by the authors were open for discussion from voting members and the gallery. The six proposals were:

- A Position Statement on Substance Abuse in Perianesthesia Practice
- Revisions on the 2012-14 Standards and Practice Recommendations
- Increase of Membership Fee from $75 to $80
- Joanna Briggs Institute (JBI) Membership Proposal—increase $3 to ASPAN membership
- Transparency in the ASPAN Election Process
- A Practice Recommendation Regarding Obstructive Sleep Apnea (OSA) in the Adult Patient

Unbelievably, this was not an easy process. The Position Statement on Substance abuse and the Revisions on the 2012-14 Standards and Practice Recommendations were both approved. Increasing the membership rates in two different categories was hard to get buy-in. Membership to JBI gave potential to make research more accessible for the bedside nurse and way too awesome to pass by. After discussion and compromising, the change in ASPAN dues will increase $5.00 and include JBI Membership. Transparency in the ASPAN Election Process was approved and allows for development of a strategic work team (SWT) to examine policies, procedures and processes related to ASPAN elections. Coming to conference, I thought there would be a lengthy discussion on the OSA proposal, which ended up having very little discussion because the authors had done the research and presented a well-written document. When the revised standards and practice recommendations are released at the end of the year, we will finally have an OSA practice recommendation. Yeah!

(Continued on page 3)
Treasurer's Report

Debra Walker BS RN CPAN

Report as of April 28, 2012
Certificate of Deposit $11,049.18  Checking $40,841.18

ILSPAN Board of Directors

Boni Hart BSN MA RN CAPA, ILSPAN Secretary, unable to complete her term, submitted her resignation. Boni was a valuable asset on the board and will be missed. President Beagley appointed Kim Kraft as interim secretary.

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Networking, News, and On the Horizon

Wednesday evening of conference, the ILSPAN Board hosted an ILSPAN Dessert and Beverage Evening. Forty members had an opportunity to network and discuss the challenges they are seeing in their practice. It was an wonderful evening with time to talk with many of you. At this event, the ABPANC Shining Star Award was displayed, along with the certificate given to ILSPAN by ASPAN recognizing ILSPAN’s 30th year as a duly-charter component. (See photo page 10.)

Exciting news for ILSPAN—our membership continues to grow because of YOU! In April membership reached 600+. Thank you everyone.

I would like to give a shout-out to Sylvia Baker for receiving ASPAN’s Above and Beyond award. As the title of the award implies Sylvia has gone out of her way for multiple years supporting ILSPAN. Sylvia has been my mentor for the last five years. Congratulations Sylvia.

On the horizon are some awesome events and opportunities. First, the research and humanitarian scholarship applications are due July 1, 2012. My own unit is in the beginning steps of research, though somewhat scary the challenges will be worth overcoming. Second, ILSPAN’s next conference will be in a new location, Belleville Illinois. Jan Friederich and her committee are planning a fantastic learning opportunity. The board has scheduled four ASPAN seminars, one in June, two in August, and one in November. See “Looking Ahead” on the last page of Peri-Scope. Third, Jane Reinschmidt, Judi Werkema and I are part of the 2013 National Conference Strategic Work Team (SWT). This 32nd conference is scheduled for our Windy City, Chicago, at the Hilton on Michigan Avenue, April 14-18, 2013. The SWT had the first planning meeting and are now making decisions on themes and conference content. While in Orlando, I had the opportunity to speak to many of you about topics you would like to see provided.

My summer challenge to all of you is network, education, and research. Reach out and network with fellow perianesthesia nurses, plan and attend an education seminar or get involved in a potential research question. Taking on challenges and opportunities makes us stronger and a little bit wiser.

Governmental Affairs

It is hard to believe that I have completed two years on the ILSPAN board of directors. Some of you may remember my previous Peri-Scope reports and know of my passion for education. I must admit that interest in governmental affairs has not taken a priority on my education journey. This will be a year of learning for me and I hope for you as well. Even without a strong interest in governmental affairs, it is impossible not to be aware of the impact of the current economy on healthcare and our perianesthesia practice.

Two hot topics right now in Illinois pertain to Medicaid spending and tax exempt status for nonprofit hospitals. According to my hospital’s (Northwest Community Hospital) electronic newsletter, a massive $2.7 billion cut in Medicaid spending is being call for by Governor Quinn. This would make it difficult for hospitals to serve patients, and communities. Unless a legislative solution is passed, nonprofit hospitals face the risk of losing their tax-exempt status.

The web site, www.ProtectIllinoisHealthCare.org sponsored by the Illinois Hospital Association (IHA) has two petitions, which will be sent to the Illinois General Assembly concerning this legislation. IHA is encouraging voters to sign these petitions. Be informed about this legislation. While you are on this website, take note of the “RESOURCES” link. This is where you can easily find contact information for your Illinois state representatives. This is the first time that I have taken action to contact my representatives and express my opinion. This may be the time for you to do the same.

For Missouri members, find contact information for legislators at www.mo.gov. Look under the My Government tab/Elected Officials.

President’s Message

(Continued from page 1)

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For Missouri members, find contact information for legislators at www.mo.gov. Look under the My Government tab/Elected Officials.
Vice-President’s Report

National Conference was a fantastic experience. The educational sessions were stimulating and appropriate for the topics facing PACU nurses and our patients. There was opportunity for networking with perianesthesia nurses from Illinois and around the country. At the ILSPAN hosted dessert reception, I had the opportunity to network with individual members to encourage their involvement in ILSPAN and to promote the 2013 ASPAN Conference in Chicago.

The ILSPAN fall conference will be held in Belleville on September 29, 2012. This promises to be another excellent ILSPAN seminar. Watch for registration information in your email and at the website at www.ilspan.org.

Wanda Ellenburg MSN RN CPAN

Remember to check the ILSPAN website and the back page of the Periscope for the deadlines to submit applications for the various scholarships offered by ILSPAN. I have received scholarship applications for both the initial and the recertification CPAN/CAPA scholarships. ILSPAN has many unused scholarships each year. Applying for the various scholarships is easy. Look on the website under the Scholarship tab for information, download the application, and submit the completed paper work by the published deadline. Contact me with any questions. (Contact information on page 2.)

Thank You from Scholarship Winner Jane Reinschmidt

2012 was a bonus year for me. I applied for and received two ILSPAN Scholarships, the Humanitarian Mission Scholarship, and the ASPAN National Conference Scholarship.

Mission Trip

On January 27, 2012, I departed with a group from my church for an eight-day mission trip to the Dominican Republic. My church began mission trips to the D.R. in 1978; moving to the village of Gaspar Hernandez in 1999. We began to construct satellite churches for the main church in Gaspar Hernandez. At the same time, we began to work with local doctors to hold clinics for the poor using medical supplies we purchased from local suppliers. When U. S. nurses were available, we made house calls to do health assessments for indigents who were unable to attend the clinics.

In 2005, we installed our first reverse osmosis water filtration system at one of the satellite churches. We teach the importance of drinking clean water and personal hygiene during the clinics, and house calls. This part of the mission has expanded each year and has reduced the number of cholera deaths in the area.

My responsibility was making home visits for the purpose of health assessment, health education, and referral to the hospital if needed. Persons I visited ranged in age from six to 103. I was able to make a diagnosis of new onset diabetes in one person and hypertensive crisis in another. Both of these people were transported to the hospital (one on the back of a motorbike.) Other visits included burn care, diabetes and hypertension assessment, reinforcing safe water and hygiene education. I demonstrated care of diabetic ulcers and saw my first case of elephantiasis.

Thank you, ILSPAN for supporting the improvement of health care on a global basis.

Fast Forward to April 15, 2012

ASPAN Conference in Orlando was a great experience, contrasting time for learning and time for fun. Sunday began very early with an energizing Dream Walk. An exciting Representative Assembly followed, where I was able to witness the approval of the Obstructive Sleep Apnea (OSA) Practice Recommendation. Sunday evening ended with the fun of Component Night and renewing of friendships.

The week was busy with learning at sessions and talking with experts about the hot topic of OSA. I returned home from conference excited about new possibilities for my department at work and filled with pride in our state component.

Winning the ILSPAN National Conference Scholarship made this conference possible for me. I appreciate ILSPAN’s commitment to investing money in our membership. I encourage you to apply for a conference scholarship in the future. Thank you so much, ILSPAN!
District I Director

The ILSPAN Spring Conference had a record attendance of 220. Thanks for the vendor support from Gregory Ryan and Scott Briney of Cadence Pharmaceuticals, David Hambro of Solution Matrix Inc. Cold Therapy Solutions and for the donation from Arizant, Bair Paws System. Members filled a table with food plus $600.00 in donations for the Community and Economic Development Association (CEDA) Food Pantry in Mount Prospect IL. ILSPAN awarded three conference scholarships to members.

I would like to extend a thank you to the conference committee of Cathy Pierce, Anna Salbego, and Judith Werkama for their outstanding work. Extra thanks to the ILSPAN Board of Directors for notifying attendees of the last minute change of venue. Conference evaluations revealed positive reviews for Lois Schick and interesting topic suggestions for future conferences. See page six for photos.

I have sent Welcome e-mails to the new District I members. I would love to hear from you. (Contact information on page 2.)

District II Director

I am once again honored to be working with the ILSPAN Board of Directors. I look forward to meeting the members of District II and bringing you educational opportunities. The next ASPAN Seminar Surrounding Your Practice with Excellence: Legalities, Standards, and Advocacy will be at the Springfield Hilton Saturday, June 23, 2012. The ASPAN “Perianesthesia Certification Review” will be August 25, 2012 in Springfield.

Plans for the 2013 ILSPAN Fall Conference are in the beginning phases. At this time, the conference location is not determined. Watch for more information in future issues of Periscope and e-mail blasts.

Please feel free to contact me (Contact information on page 2) with ideas for topics you would like to see offered as an ASPAN Seminar or at the 2013 Fall Conference. Your input is important because we are here for you and you are a vital part of this organization. I hope to see many of you at the June ASPAN seminar.

District III Director

Although I could not attend National Conference, the feedback I have received from those who attended tells me what a great success it was. Thanks to all who worked so hard on the conference. I am inspired by those who so willing share their passion for learning with others.

District III is hosting the ILSPAN Fall Conference at the National Shrine of Our Lady of the Snows, Belleville, IL on Saturday, September 29, 2012. Please mark your calendars and plan to attend if possible. A Save the Date flyer is available on the ILSPAN web site www.ilspan.org.

ILSPAN is very excited to be co-sponsoring a seminar with AORN of Southwest Illinois in spring 2013 at the St. Louis Zoo. The Zoo is located in Forest Park and entry to the zoo is free. It might be fun for your family to visit the zoo while you attend the seminar. Watch for more details as I work with AORN to plan this event.

Welcome new District III members! Please do not hesitate to contact me for any questions or concerns. (Contact information on page 2)

District III Director

Jan Friederich MSN RN CAPA

Alexis Nicpon BSN RN CPAN

Keith Schumacher BSN RN CPAN

Jan Friederich MSN RN CAPA
2012 ILSPAN Spring Conference

The New Venue

Food pantry donations filled a table

ILSPAN President Jane Reinschmidt (left) with Speaker Lois Schick

Non-member attendees were encouraged to join ASPAN. Members learned more about how to apply for scholarships.

Attendance Prize Winners (from left)
Ada Guerra, Mary Connolly, Mary Giese, Rajamma Rao, Joyce Brogan and Ann Marie Serpe

Scholarship Winners (from left)
Cheryl Ryan, Ann Marie Serpe, Wanda Ellenburg, ILSPAN Treasurer and Susan Ryan

Photos by M. Clarke
ABPANC℠ News

For the Fall 2012 Certification tests the test blueprints will change based on findings of the Role Delineation Study completed in 2010-2011. ABPANC has deleted the Advocacy Domain with the advocacy–related tasks and knowledge being reflected in the Safety Needs Domain.

ASPN 2010-2012 Perianesthesia Nursing Standards and Practice Recommendations will be the resource for the used for 2012 Fall Exams.

Keith Schumacher BSN RN CPAN promotes ABPANC℠ at Spring Conference.

ILSPAN CPAN® - CAPA® Scholarships

ILSPAN members who certified or recertified in 2011 are eligible for the 2012 ILSPAN Certification or Recertification Scholarship. Put your packet of information together now and submit it. If you have questions about the scholarship or point sheet contact ILSPAN Vice President Wanda Ellenburg.

ILSPAN Receives Shining Star Award

On Monday April 16, 2012 at the CPAN® CAPA® Luncheon ILSPAN received this award. It is given yearly to ASPAN components for supporting and encouraging certification within the component. ILSPAN recognizes certified nurses with scholarships, education for recertification and announcements in Peri-Scope along with ILSPAN Bucks for conferences. Over 25% of ILSPAN members are certified and members act as Certification Coaches.

ILSPAN Certification Coaches

Sylvia Baker  MSN RN CPAN rekab4@hotmail.com
Linda Beagley BSN MS RN CPAN beagley@ameritech.net
Maggie Calabuono RN CPAN CAPA mcbono2004@yahoo.com
Diane Kronberg BSN RN CPAN Diane.kronberg@alexian.net
Keith Schumacher BSN RN CPAN kesrcp10@yahoo.com
Kim Serrano MSN RN FNP-BC CPAN kserrano@macneal.com

These volunteers are interested in assisting you prepare for the CPAN® or CAPA® exam. Contact them by e-mail with questions.

IMPORTANT DATES FOR Fall CPAN® & CAPA® CERTIFICATION TESTS

Registration window is July 9, 2012 to September 10, 2012 at 11:59 PM Eastern Time.

Examination Administration Window is October 1, 2012 to November 10, 2012.

All registration is online. Information is on the ABPANC web site at www.cpancapa.org.
1. The ILSPAN general membership meeting was convened by Jane Reinschmidt at 12:40 p.m.
2. Jane welcomed all in attendance and thanked Alexis and her planning committee. Alexis then recognized her committee members and thanked them for all their hard work.
3. Jane extended a special welcome to all non-members and invited them to join ILSPAN and become ASPAN members. She thanked all those members who brought a non-member to the conference.
4. Jane recognized CPAN, CAPA and Dual Certified attendees, announced Certification Day is observed on March 19, 2012, and encouraged noncertified attendees to become certified.
5. Jane announced a record 230 registrants for this conference. She conducted an informal poll (to be written on the evaluation form) and asked those in attendance to say which of the following reasons attracted them to this conference: 1) speaker 2) topics 3) location 4) cost 5) re-licensure 6) need for continuing education hours. This information will be used to help future planning.
6. Jane reported that minutes from the general membership meeting in October were published in the Fall Peri-Scope. She asked if there were any questions regarding those minutes. Hearing none, the minutes were approved by acclamation.
7. Two “virtual” board meetings were held during the past year. This fulfilled ILSPAN’s “Green” Initiative and saved expenses directed to general membership benefits.
8. Jane encouraged all present to check out the Component Strategic Plan on the ILSPAN website in order to see ILSPAN’s goals and plans to achieve them.
9. She announced that ILSPAN has many different scholarships for costs of conference attendance, for research, humanitarian missions, and certification. Information is available on the website, from ILSPAN board members and in Peri-Scope.
10. Wanda Ellenburg, ILSPAN treasurer reported that a financial audit of the books found no deficiencies. As of March 2, 2012, financial assets are $55,976.68.
11. Jane introduced the 2011-2012 Board Members and highlights of their year. She introduced the new ILSPAN membership / marketing chairperson, Fe Castro, BSN, RN, CPAN, CAPA.
12. Linda Beagley presented the slate of candidates for open 2012-2013 board positions: Keith Schumacher, BSN, RN, CPAN – District II Director, Debbie Walker, BS, RN, CPAN – Treasurer, and Wanda Ellenburg, MSN, RN, CPAN – Vice President / President Elect. Calls for nomination from the floor were solicited. Hearing none, the slate of candidates was elected by acclamation.
13. Announcements: 1. It is not too late to register for National Conference in Orlando, Florida April 15-19, 2012 at the Hilton, Orlando. Go to the ASPAN.org website for details. 2. If attending the National Conference, join ILSPAN colleagues at the Dream Walk on Sunday morning, at Component night Sunday and the ILSPAN gathering on Wednesday. 3. ILSPAN Fall Conference will be at Our Lady of the Snows September 29, 2012. 4. National Conference, April 14-18, 2013 in Chicago, Illinois
14. Jane presented Kathy Harris with an ASPAN Hail Honor & Salute for her years of service as the ILSPAN Membership and Marketing Chair
15. Jane presented the gavel to Linda Beagley as 2012-2013 President.
16. Linda presented Jan Friederich with the Jan Ritter Award for Clinical Excellence 2012. She announced Jane Reinschmidt as the recipient of the Humanitarian Scholarship and the 2012 ASPAN National Conference Scholarship.
17. Having completed all business, the meeting adjourned at 1:00 pm.

Respectfully Submitted by
Bonita Hart BSN RN MA CAPA
ILSPAN Secretary
Clinical Practice Corner by Sylvia Baker MSN RN CPAN

So... you have new staff coming into your PACU. What are the competencies that you should ensure your new staff members have firmly achieved?

To answer your question, I refer you to PeriAnesthesia Nursing Standards and Practice Recommendations: 2010-2012. Practice Recommendation 4 lists Phase I Postanesthesia competencies as: BLS, ACLS, PALS (required based on population served), Airway management, Anesthetic agents and adjuncts, ECG interpretation, Malignant Hyperthermia, Sedation/Analgesia: assessment and monitoring, Pain and comfort management in the PACU, PONV/PDNV management, Thermoregulation, Physiological systems review and assessment, Hemodynamic monitoring and interpretation, Neurological assessment, Peri-anesthesia fluid management and resuscitation, Acid-Base balance evaluation, Respiratory and ventilatory management, Pharmacology, Elective cardioversions, Surgery specific postoperative care, to include assessments and potential complications, Age specific care, Safety and infection control measures, Cultural sensitivity, and Critical thinking analysis. This Practice Recommendation also states that this list of competencies may not be all-inclusive and... “Competencies also may be optional dependent upon the institution and/or practice setting.”

The Competency Based Orientation Manual (CBO) is very helpful in presenting and validating PACU staff competencies in the perianesthesia setting. This resource offers an orientation model neatly packaged, either in hard copy or on a jump drive. The CBO is available for purchase for $160.00 on the ASPAN website, www.aspan.org. Look under the Resources tab for CBO.

In the PeriAnesthesia Nursing Core Curriculum: PreProcedure, Phase I and Phase II PACU Nursing, 2nd Ed. Barbara Godden notes that the Competency-Based Practice may be used to orient the new perianesthesia nurse as well as used for annual skills renewal and annual updates. This resource not only discusses and presents virtually all surgical procedures; it also gives an extremely in-depth review and presentation of anesthetics and adjuncts, as well as a comprehensive presentation of perianesthesia care.

These resources will aid you in presenting and providing a well-rounded competency-based orientation program for your new employee as well as validations for your experienced staff members.

References:
ASPAN Resource Development Strategic Work Team (SWT)

This ASPAN SWT works to provide ASPAN members with scholarships for BSN, MSN, or Doctorate in Nursing, CPAN® or CAPA® certification or recertification, ASPAN National Conference, for humanitarian missions and for the Nurse in Washington Internship Program. The application deadline is July 1, 2012. All information and applications are on the “HOME” page of the ASPAN web site under ASPAN Highlights -Scholarship information www.aspan.org.
Spotlight on ILSPAN Members

Rose Ziffra BSN RN
CPAN CAPA is the nurse manager of Day Surgery, PAT, Rapid In & Out “interventional procedures and PACU at Hinsdale Hospital in Hinsdale, IL. She graduated from Saint Paul College of Manila in the Philippines. Rose enjoys the challenging aspects of being a manager. She encourages staff to rise to their potential and achieve more than bedside nursing. Rose states, “I understand the value of education and support further education of my staff” Her hope one day is to have 100% of the staff certified in perianesthesia nursing.

This year she attended the ASPAN National Conference. Rose presented two Celebrate Successful Practice (CSP) posters: Optimizing Patient Flow in the PACU and Family Visitation in the PACU. These were based on process improvement changes initiated at her hospital that increased patient satisfaction and productivity in the PACU. Rose met the members of the ILSPAN Board at conference noting that, “They were very friendly.” She appreciates all the work involved on the educational seminars and newsletters.

Rose hopes to return to school for an MSN/MBA and become an APN. She feels, “Advancing professionally and personally is the greatest gift you can give to yourself and your patients.”

Rose is married to Jeff and they have three sons, Jeff, Robert, and Christopher. Her son, Jeff, recently married Kelly and he is in the medical residency program at Christ Hospital. Her other two sons are pursuing medical professions too.

Lindsay Blackburn BSN RN is currently a Clinician III nurse in Pre-op and Outpatient Phase II Recovery at Lutheran General Hospital in Park Ridge, IL. She graduated from the Bradley University in Peoria. She enjoys the diverse scope of patients and procedures in her practice. Working in pre-surgery for the past six years she likes starting IV’s. She says, “I can make a very anxiety provoking task painless and easy for my patients... even the hard sticks.” Mastering this technique gives her professional satisfaction.

Lindsay was a co-investigator on a double-blinded, randomized research study, Bacteriostatic Normal Saline Compared To Buffered Lidocaine When Injected Intradermally As A Local Anesthetic To Reduce Pain During Intravenous Line Insertion. As a new ILSPAN member and first time ASPAN conference attendee, Lindsay presented with the other investigators this research poster at the 2012 National Conference. The study is currently under review for JoPAN publication. Her ILSPAN membership is her connection for knowledge which impacts her practice.

Lindsay is hoping to achieve CAPA certification this fall. She is currently acting as a certification champion for 10 other colleagues on their quest toward certification.

She enjoys spending time with her husband, Daniel, and seven month old daughter, Adelyn, along with cooking, bicycling riding, roller blading, and photography.

Barbara Cleveland BSN RN CAPA is a staff nurse in the Outpatient Surgery Unit (OPS) at St. Elizabeth’s Hospital in Belleville IL. She graduated from Southern Illinois University of Edwardsville. Barb says, “Outpatient Surgery has it all. It allows me to be a patient advocate from the beginning to the follow-up phone call. I guide, educate, and protect patients and families through prep clinic, morning of surgery, post-op, and discharge. With the advances in surgical procedures, I am challenged to stay informed.”

In 2008, Barb joined ILSPAN. Membership keeps her updated and links her to the perianesthesia world outside her institution. Barbara has attended the last three ASPAN National Conferences. She feels that each year they get better. The volume of knowledge gained, the interacting with colleagues, and the visit to Disney World this year made it a perfect trip. She returned home, Dupo IL, energized and ready to focus on the future. She will encourage her co-workers to become certified.

In addition to a wonderful conference, Barbara won the ILSPAN raffle during Component Night 2012 at ASPAN’S National Conference. The winnings will aid the cost of the 2013 ASPAN National Conference in Chicago. Barbara plans on attending with her husband, I.D. Barbara and I.D. have been married twenty-eight years and have two grown children, Brian and Michelle.
Congratulations to Terri Pas-sig and the National Conference Strategic Work Team for the completion of an excellent conference. I never thought that I would walk in to a hotel and not leave for first 2+ days, but that is exactly what happened. The Orlando Hilton was an excellent choice for our 31st National Conference! The staff was attentive to attendees every need and indeed exemplified the commitment to customer service as defined by Disney World/Epcot.

ASPAN’s governing body, the Representative Assembly (RA), met all day Sunday to conduct ASPAN’s business. Many members do not realize the part played by this important body. The Assembly governs ASPAN’s decisions and ultimately votes on a course of action. This year six proposals were brought forth for discussion. ILSPAN President Linda Beagley wrote a synopsis of the proceeding in her message on page one.

The 2012-2013 ASPAN elections were held at the RA. The 2012-2013 ASPAN Board of Directors are:

- President
  Susan Carter BSN RN CPAN CAPA
- Vice President
  Twilla Shrout BSN MBA RN CPAN CAPA
- Secretary
  Joni Brady MSN RN CAPA CLC
- Treasurer
  Katrina Bickerstaff BSN RN CPAN CAPA
- Immediate Past President
  Chris Price MSN RN CPAN CAPA
- Regional Director Region One
  Deborah Bickford BSN RN CPAN
- Regional Director Region Two
  Armi Holcomb BSN RN CPAN
- Regional Director Region Three
  Martha Clark MSN RN CPAN
- Regional Director Region Four
  Laura Kling MSN RN CNS CPAN CAPA
- Regional Director Region Five
  Tanya Spiering MSN TN ACNS-BC CPAN
- Director for Clinical Practice
  Susan Russell BSN RN JD CPAN CAPA
- Director for Education
  Nancy Strzyzewski MSN RN CPAN CAPA
- Director for Research
  Kim Noble PhD RN CPAN

Components partied Sunday by following Alice, “Through the Looking Glass”, to the UNbirthday party. Monday morning saw the conference open with presentation of the colors and one of the best versions of the National Anthem in recent memory. President Chris Price’s eight-year-old granddaughter sang the National Anthem. President Price’s year-long theme, “Beacon’s of Change: Focusing on the Future” flowed through the following days. If you have never attended a national conference, the opening ceremonies are inspiring and not to be missed.

During conference the Gold Leaf Award was presented to the Kentucky Society of Perianesthesia Nurses (KSPAN). Above and Beyond awards were given to ten members including ILSPAN’s own Sylvia Baker. The Above and Beyond Award recognizes individuals who have gone the extra mile for ASPAN or their components. Please take note of those members, who work so hard for your component, nominate someone by completing the application on the ASPAN web site, www.aspan.org by December 31, 2012.

Monday to Thursday saw four days of networking, education, and laughter. It was then time to close the conference. President Price formally turned the presidential gavel over to Susan Carter. President Carter revealed her theme, “Foundations of Excellence: Building on Possibilities”, in her closing address. At the official close of ASPAN’s 31st conference, Linda Ziolkowski, National Conference SWT Chair, gave a preview of the Windy City of Chicago where the 32nd ASPAN National Conference will be held April 14-18 2013. Hope to see you there.

Component Development Institute (CDI)
September 7-9, 2012
Crown Plaza Hotel
Clayton (St. Louis) MO
Look for updates at www.aspan.org
or Contact ILSPAN Board (info on page 2)
Evidence-based research confirms the value of instituting the stir-up regime in PACU patients. It suggests that patients receive teaching preoperatively to actively participate in their recovery process. This article will focus on the “Stir-Up” regime as described in Perianesthesia Nursing: A Critical Care Approach.1 The purpose of the stir-up regime is to prevent or minimize complications that are associated with atelectasis and venous stasis. The five major activities in the regime include: deep breathing exercises, cascade coughing, repositioning, mobilization, and pain management.

Deep Breathing Exercises

The “dysfunction in lung volumes and capacities that occurs in the patient after surgery is the compelling reason for instituting the stir-up regime in the PACU”.1 Drain and Odem-Forren detail the effects of anesthesia on lung volumes and lung dynamics; stressing the importance of instituting simple maneuvers in the perioperative setting that will promote a return to a patient’s preanesthesia level of pulmonary function.

The perianesthesia nurse instructs the patient, pre and postop, on the deep breathing technique that simulates taking a “sigh” breath. Have the patient take in a deep breath, holding it for a count of three to five, then exhale. The “sigh” breath technique known as a simulated maximal inspiratory (SMI) maneuver enhances a return to normal (or baseline) lung volumes after surgery.2

Pre-op, teach the patient to take three or four deep SMI breaths, every 5-10 minutes. In Phase I PACU, do this maneuver every 5 minutes during the first 15 minutes after arrival and then minimally, every 15 minutes. When a patient is desaturating, coach the patient through the stir-up regime. Evaluate and document the patient’s physiological response to this maneuver. Anesthetic gases are eliminated through ventilation and SMI breathing. SMI breathing will promote faster emergence and shorten the patient’s physiologic recovery time.

Cascade Coughing

Drain and Odem-Forren provide information on how to coach the patient through the effective coughing maneuver of the “cascade cough”. Purposeful cough is the best maneuver for clearing secretions from the airways and that “cough effectiveness is dependent on the inspired tidal volume and the velocity of expired air flow”.2 The cascade cough performed by having the patient take in a rapid deep breath (which increases the lung volume and dilates air passages allowing air to pass beyond retained secretions) and then exhale with multiple stacked coughs. This stacking of coughs is the cascade cough. With each stacked cough during exhalation, “the length of the airways that undergo dynamic compression increases and cough effectiveness is enhanced.”2

Positioning

Positioning is an important element and unless contraindicated the patient should be in a high-Fowlers position with the head of the bed up at least 90 degrees and the knees flexed or in a side-lying position with the hips and knees flexed. Remember to instruct the patient how to splint their incision. Positioning the patient with the knees flexed allows for “maximal movement of the diaphragm, thereby improving the effectiveness of the cough.”2 An important note on patient positioning is that whenever possible, patients in the Phase I PACU should be maintained in a semiprone or side-lying position because these positions optimize ventilation of the lung bases and that repositioning the patient at least every hour “is essential for the prevention of atelectasis and peripheral stasis.”2

Mobilization

The stir-up regime continues with having the patient move their arms and legs rhythmically, by flexing and extending their extremities (when not contraindicated). Physiologically, mobilization and flexion of the muscles promotes venous return, results in automatic deep breathing, and also improves cardiac function.2

Pain Management

Perianesthesia nurses appreciate that unless the patient has received adequate pain management they will be unable to engage in optimal effort in the SMI breathing, cascade coughing, positioning and mobilization. Without optimal patient participation, respiratory or embolic complications can occur.

Contraindications to using the Stir-Up Regime

Should an aggressive stir-up regime be avoided? The regime is eliminated in patients who have received ketamine because of emergence excitement. Ketamine patients need to wake up in a calm quiet environment to avoid emergence delirium agitation.

Drain and Odem-Forren add; “cough must be eliminated after eye surgery and other delicate plastics procedures”; “stimulation of the patient with increased or potentially increased intracranial pressure must be carefully employed to avoid dangerous
Many PACUs search to identify best practice in providing safe care for Obstructive Sleep Apnea (OSA) patients and suspected OSA patients. This is evident in the number of clinical practice questions submitted to ASPAN. During the 2012 Representative Assembly, a Practice Recommendation (PR) on OSA in the adult patient was unanimously approved. The development of the OSA PR proposed challenges. There is a lack of empirical evidence to guide portions of the PR. Another challenge is the strength of the document. A PR is defined as a "statement which best describes the desirable and achievable level of performance expected of perianesthesia nurses." Though not as strong as a guideline or a standard, the OSA PR offers hospitals and ambulatory centers a place to start in developing their own policy and procedure on how to care for OSA patients. This practice recommendation (PR) will be added to the Standards and Practice Recommendation 2012-2014, to be published later this year.

**What does this mean for perianesthesia nurses? (A brief summary)**

The ultimate goal of this PR is to promote perianesthesia patient safety in the care of the adult with known or suspected OSA who has received anesthesia, sedation, and/or opioids. An important element is prescreening patients, prior to the procedure, for potential co-morbidities associated with OSA. For patients without an OSA diagnosis, assessing and screening for signs and symptoms of OSA is necessary. Utilizing an assessment tool such as STOP-BANG or the ASA OSA checklist will provide consistency.

Recommended management of the patient includes routine monitoring with capnography, positioning, and individual pain management with a multi-modal approach. Nurses need to advocate for regional anesthesia for pain control. Prior to discharge from the PACU the patient should not display signs of desaturation when left undisturbed.

In Phase II, the patient’s room air saturation should return baseline, with no evidence of hypoxia or obstruction when the patient is undisturbed for 30 minutes. Observe the patient while asleep and un-stimulated to confirm their room air SPO₂ remains at baseline. Anticipated minimum observation time is 2 to 6 hours before discharge home. If a hypoxic and/or obstructive event occurs, monitoring should continue for 7 hours after the last episode.

Provide education to patients with suspected or diagnosed OSA. These patients are at risk for respiratory compromise for one week postoperatively. Patients with CPAP therapy should be reminded that the use of CPAP is crucial the first week post-op. Instruction on pain medication with prevention of over medicating is needed. Patients should be encouraged to sleep on their sides, prone or sitting.

FYI ILSPAN’s Fall Conference will include a presentation on OSA and capnography.

Reference:

(Continued from page 13)

and potentially life threatening pressure changes”; and “If any doubt exists regarding purposeful coughing after a procedure, check with the surgeon for specific instruction.”

**Summary**

When the nurse incorporates the stir-up regime into practice, the care of the post-op patient will be enhanced. There is no reason not to provide this evidence-based nursing care. This best practice initiative promotes positive patient outcomes, when added to the care regime of all applicable patients.

References:

One year has passed since the inception of the PACU Family Visitation Research Project at Memorial Medical Center in Springfield IL. The research team consists of several PACU staff nurses and the PACU nurse manager. A staff nurse is the principal investigator (PI) mentored by an experienced nurse researcher. This article states some of the steps accomplished since the summer of 2011.

First Steps

Research projects need Institutional Review Board (IRB) approval to protect human subjects. IRB approval has to be obtained prior to conducting any research. A budget is created to cover expenses of supplies, data collector’s time, and the statistician. Research grants are written and submitted. A research grant application includes the information in this article.

Problem, Theory, Hypothesis

A problem statement was developed to state the issue and what is known about it, the purpose of the study and the reason it is being conducted. A theoretical framework was chosen to describe the relationship among the study variables. Nursing students from the local nursing school conducted the initial review of the literature as part of their research class. The literature review identified what was known about the problem, gaps in knowledge, and supported the need for the research project. A research hypothesis was created to state the relationship among the study variables and to predict the expected findings. Independent and dependent variables were identified. An independent variable is an intervention by the researcher, such as a family visit. A dependent variable is the effect of manipulating the independent variable. A dependent variable would be patient/family satisfaction after a visit.

Design

A power analysis was conducted by the statistician to determine if a randomized study was feasible. The power analysis indicated a 176 patient/family triads would be needed. A randomized study was not feasible due to the number of subjects needed based on this power analysis. A quasi-experimental mixed method research design was chosen, because the study needs to be completed within a specific time frame. Quantitative data will be collected from both patients and families rating their anxiety using the Spielberger State Anxiety Inventory (STAI) and satisfaction with a PACU visit. Qualitative data will be collected at least 24 hours after the PACU visit. A subject population of 60 patient/family triads will be used for the project.

Protocol

A research protocol was developed to include a specific patient population, recruitment of patients/families, obtaining consent, and how data collection will be accomplished. Validity and reliability of the study tool is crucial. The STAI tool has been used for many years to determine anxiety and takes only minutes to complete. Once the quantitative data is collected, it will be analyzed into meaningful data by the group and sent to the statistician to develop the tables and graphs. Notes from the qualitative data collection will be transcribed and reduced into a description of the patient/family experience.

Publication

As data is reviewed, the implications for nursing practice will develop. The importance of sharing nursing research is to apply the study results to nursing practice and possibly identify future nursing research projects. Publication of research in nursing journals and presentation of research posters at conferences is necessary to change nursing practice.
New ILSPAN Members who joined January to April 2012

**District I**
- Molly Willy Abraham
- Karin Barth
- Sue Bellone
- Lindsay Blackburn
- Elena Capota
- Sherry Lenise Chillis
- Bok Hee Chung
- Olga Clark
- Renita Rochelle Clark
- Barbara Clement
- John Coates
- Kathleen Ellen Dahm
- Marie S Dorsey
- Melinda B Ficarra
- Ada Guerra
- Lynn M Hollins
- Gina Jablenski
- Christine Marie Lange
- Errol Lardizabal
- Cheryl Mauro
- Marivic Miara
- Deborah Llyn Miroslaw
- Dania Gysela Munoz
- Susan E Newberry
- Mary G Pulaski
- Irene Rafa-Petzelt
- Angelica Ruiz
- Barbara Ann Rutkowski
- Holly Stalter
- Jeanette Sterling
- Ashly Marie Sullivan
- JeanAnn Barrows Turner

**District II**
- Brenda June Bleyle
- Rita L Gill
- Paula E Mailloux
- Julie M Moore
- Elizabeth Marie White

**District III**
- Teresa Joann Baer
- Cheryl Ann Fields
- Mary Beth Gouge
- Karen W Kirkwood
- Particia L Lindauer
- Janice Lee Marquis
- Coleen A Miller
- Vickie Mueller
- Melody Lynn Wilson

A Note from Fe Castro ILSPAN Membership Chair
ILSPAN welcomes you and encourages you to take advantage of all we have to offer in the way of education and scholarship. Be sure to keep your ASPAN profile up-to-date so that ILSPAN receives correct information. Be sure your e-mail address is correct to receive news and updates. Any new members who do not see their name on the above list please contact me or any of the Board listed on page 2. You can also contact us at [www.ilspan.org](http://www.ilspan.org) and click on "Contact Us" in the upper right hand corner of the home page.

Thanks Kathy

At the 2012 Spring Conference, Kathy Harris (left) was given an ASPAN “Hail, Honor, Salute” for her years of service as ILSPAN Membership & Marketing Chair by ILSPAN President Jane Reinshcmidt.

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, 2012. Recruit for the 2012 Award all year.
ILSPAN
Willingness to Participate 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:
Wanda Ellenburg MSN RN CPAN
1812 Post Oak Court
Springfield IL 62704
msncpan@comcast.net

Illinois PACU Visitation Policy

Need Help????

Visitation in Phase I PACU is now a reality in Illinois. Does your facility have a policy? Is it up to date? Do you need help in writing the policy? ILSPAN can help you. Contact a Board Member for help with this or with any policy with which you are struggling. (Contact information on page 2.)

Editorial Comment
Marigrace Clarke, RN, CAPA

ILSPAN’s Core Purpose statement says, “advances nursing practice through education, research, and standards of practice.” Twice a year conferences are held offering education through contact hours. Several times a year an ILSPAN member hosts an ASPAN seminar. A research grant is available to members and each issue of Peri-Scope has a clinical practice article with focus on standards of care. ILSPAN is interested in developing future leaders in perianesthesia nursing to continue this purpose. An opportunity to learn about ASPAN Components and leadership will be in ILSPAN’s neighborhood this September. The ASPAN Component Development Institute (CDI) will be held in Clayton (St. Louis) MO September 7-9, 2012. ILSPAN Board members attend CDI but this year would be a good chance for members to learn about the workings of ASPAN and components. The cost of CDI is reasonable with several meals included. As many of you know, I live in St. Louis and would love to see you in my hometown. Please consider attending this event. If interested or even just thinking about it call or e-mail me. (Contact information on page 18.)

Attendance at the CDI is a way to expand your knowledge about ASPAN and ILSPAN. Hope to see you in September.

I want to recognize the following nurses who gave me editorial help with this issue of Peri-Scope, Jane Reinschmidt, Ernestine Nunes, Val-lire Hooper and Jane Certo. Thanks to ILSPAN President Linda Beagley for her final review and insightful suggestions.

Thank you so much!!
Looking Ahead

ILSPAN Research Grant Application Deadline.........................................................July 1, 2012
Humanitarian Mission Scholarship Application Deadline.............................................July 1, 2012
ILSPAN Summer Board Meeting, Springfield, IL......................................................July 7, 2012
ASPN Seminar “Pathophysiology & Assessment”, St. Louis MO...............................August 11, 2012
2012 CPAN®/CAPA® Certification & Recertification Scholarship Deadline...........September 15, 2012
ILSPAN Fall Board Meeting, Belleville, IL.............................................................September 28, 2012
ILSPAN Fall Conference/General Membership Meeting, Belleville IL..................September 29, 2012
ASPN Seminar “Perianesthesia Certification Review”..............................................October 27, 2012
ASPN Seminar “Pathophysiology & Assessment”, Oak Brook IL.........................November 3, 2012

Check the ILSPAN and ASPAN websites for additional details

www.ilspan.org or www.aspan.org