Presidents Message
Kyra Hiatt RN, CPAN

We just finished the March Board meeting and decided since Component Night’s theme is the “Emerald City/Wizard of Oz” we will be dressing as the Lollipop Guild. Basically we are getting plaid shirts, cutting off some shorts and sporting some cool striped socks. If you do not feel creative, see about getting a lollipop tee shirt and be more relaxed. Component Night is Sunday, April 3rd, 2011 from 7:00 to 8:00pm in room 6ABC and is generally a big fun party where everyone gets a chance to relax and visit with other components. We will have suckers to give to everyone. INSPAN will be raffling some Mary Kay Satin Hands and a collector’s edition of some of the Wizard of Oz characters. Make sure you get a chance to stop by and enjoy the fun. For those who have the privilege to attend conference this year, may you be able to network and fill your days with knowledge and evenings with fun. For those who can’t make it this year, we will be trying to take some pictures for your amusement!

Thanks and have a great Conference!

INSPAN MISSION STATEMENT

The Indiana Society of PeriAnesthesia Nurses exists to promote quality and cost effective care for patients, their families, and the community, through public and professional education, research, and standards of practice.
INSPAN Board of Directors

2010—2011

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Vital Volumes Deadlines

April 15th
July 15th
October 15th

Please submit all articles by e-mail to Charlotte West at crwest@stvincent.org or dwills@tds.net

Letter to the Editor

INSPAN loves to hear from YOU! Please submit news from your district, hospital, research projects and recognition of fellow associates to Charlotte West at crwest@stvincent.org or dwills@tds.net
Editors Comments
Charlotte West BSN, RN, CPAN

Thank you to Karen Garten RN, CAPA for her work as Editor of Vital Sign the past few years. She is concentrating her energies on fulfilling her duties as Vice President/President Elect plus returning to school to advance her degree. Good luck to Karen and we appreciate her work on the newsletter.

As you can see this is my first attempt at publication and I am calling on all members to help make this a successful newsletter for INSPAN. Please send in letters, reports, and news from your area of work. It is interesting to read about research project happening at various hospitals; units that have received awards; new initiatives in your district; mission activities local or distant; and picture of celebration i.e. new Magnet status, national recognition, story of a fellow associate. Please submit all for publication.

The newsletter would like to have a research section, medication review, and book or journal review/summary. This is your newsletter and information to pass on to fellow associates. You too can be published. Please submit.

Gold leaf application
INSPAN applied for the Gold Leaf Award for 2010. This is an ASPAN Award recognizing a component for excellence in leadership, member development, communication, education services, and community relations. INSPAN has room to grow but is hoping to improve over the next few years to be recognized at the ASPAN National Conference.

Help Wanted
I would like to invite 2 people to assist in the proofreading of this newsletter. This would increase the quality of this newsletter and decrease simple mistakes. All that would be required would be Microsoft Publisher 7 and you can read it from home. Yes, you will be part of the Publication committee. We will publish 3 to 4 newsletters per year. I hope you will consider assisting me in this new and exciting endeavor. Please contact me at crwest@stvincent.org or 317-582-7335 between the hours of 8 to 5.

Recognition News
St. Mary’s Medical Center in Evansville newest member to reach Magnet Status.

Evansville, IN) – St. Mary’s Medical Center is extremely proud to announce we have been named a Magnet® designated facility by the American Nurses Credentialing Center (ANCC). The official announcement was made via a conference call with the ANCC at 11:00 a.m. on Wednesday, January 19th, 2011 in the St. Mary’s Manor Auditorium.

Developed by the American Nurses Credentialing Center, the Magnet Recognition Program® honors healthcare organizations that provide nursing excellence. Magnet® designation is the gold standard for nursing care.

As a Magnet® designated facility, St. Mary’s is among a very elite group. Approximately 7% of all registered hospitals in the United States have achieved ANCC Magnet Recognition® status. It is a clear testament to hospital and our community that St. Mary’s places the care of our patients at the center of what we do by creating an environment where our staff are empowered to provide the highest quality care.

According to the ANCC, “Recognizing quality patient care, nursing excellence and innovations in professional nursing practice, the Magnet Recognition Program® provides consumers with the ultimate benchmark to measure the quality care that they can expect to receive.”

12 other hospitals have achieved this recognition.
1. Bloomington Hospital—Bloomington, 2010
2. Clarian Health Methodist—Indianapolis, 2004
3. Clarian Health IU—Indianapolis, 2004
4. Clarian Health Riley—Indianapolis, 2004
5. Columbus Regional Hosp—Columbus, 2003
7. Hendricks Regional—Danville, 2010
8. IU Health Goshen Hosp—Goshen, 2004
9. LaPorte Regional Health—LaPorte, 2004
10. Lutheran Hospital—Fort Wayne, 2005
11. Marion General Hosp—Marion, 2008
12. Schneck Medical Center—Seymour, 2006

Congratulations to all!
Giving and Receiving: ASPAN’s Up and Comer’s Initiative

By Martha L. Clark MSN RN CPAN, ASPAN Region 3 Director

It wasn’t until I became ASPAN Regional Director that I understood ASPAN’s Up and Comer’s Initiative. At last year’s CDI in Portland, Maine, I was asked to lead a table discussion on “The Benefits of Membership in a Professional Organization.” During the preparations for CDI, I realized the impact of the Up and Comer’s Initiative on ASPAN’s strategic plan to identify and coach potential any ASPAN member who wants to learn about the organization, both local and national. As professional organizations’ leaders retire, it is imperative that knowledge and expertise be shared with a new generation of leaders. The best way to do this is through a Mentor/Mentee program like ASPAN’s Up and Comer’s Initiative.

Several years ago (approximately 30), I became interested in mentoring relationships in nursing and that lead to my thesis topic, “Mentoring Relationships in Nursing: A Descriptive Study.” During my literature review on mentoring in nursing, I found an extremely interesting piece of research. The title alone caught my eye; “Assessments related to cardiogenic shock: Discovery of nursing gestalt.” The study’s aim was to determine what variables influence decision-making skills of critical care nurses. Specifically, it examined cognitive processes used by veteran critical care nurses and how those processes were passed on to neophyte critical care nurses. The cognitive process used by veteran nurses was named the; “Gray Gorilla Syndrome;” and the veteran nurses were termed the “Gray Gorillas.” Investigators found that the Gray Gorillas used a teaching/learning process involving previous knowledge, past experiences, gut feelings, and patient related cues to transform their novice critical care nurses into the experts they had become. In the wild, Gray Gorillas are silverback gorillas who lead, guide, teach, protect, and serve as role models for the group just as these nursing experts were for their protégés.

ASPAN is fortunate to have many, many “Gray Gorillas” waiting for the opportunity to lead, guide, and mentor any member who desires to learn more about our professional organization.

Finally, I would like to share a poem with you by Thomas Gaines. The poem is on the back page of Jay Rifenbary’s, “No Excuses! Incorporating Core Values, Accountability, and Balance into Your Life and Career.”

Giving and Receiving

“I launched a smile: far out it sailed on life’s wide, troubled sea.
And many more than I could count came sailing back at me.
I clasped a hand while whispering, “The clouds will melt away”
I felt my life was very blessed all through the hours that day.
I sent a thought of happiness where it was needed sore,
and very soon thereafter, found joy added to my store.
I wisely shared my slender hoard, toil earned coins of gold;
but presently it flowed right back, increased a hundred fold,
I helped another climb a hill, a little thing to do;
and yet it brought a rich reward, a friendship that was new.
I think each morning when I rise, of how I may achieve,
I know by serving, I advance, by giving, I receive.”

I hope this article serves as a call for each of you to join ASPAN’s Up and Comer’s Initiative as either a mentor or a mentee…there is much to be shared and much to be gained!

References:
**CONGRATULATIONS**  
*New CAPA/CPAN Nurses in Indiana*  
**Fall 2010**

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<tr>
<th>DUAL</th>
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| ★ Carolyn Judge Krombach BSN BS CAPA CPAN  
Helen A. Tilford RN CAPA CPAN | ★ Brenda Joyce Ballard BS RN CPAN  
Anne Beckort RN CPAN  
Stacey Bickett RN CPAN |
| ★ Kari L. Ellisen RN CAPA  
★ Elizabeth Deann Gully BSN RN CAPA  
★ Lisa Marie Kinder RN CAPA  
★ Olya Pyrih RN CAPA | ★ Barbara Bryan RN CPAN  
Bethany S. Buckman RN CPAN  
★ Kathy Jo Carter RN CPAN  
★ Debra Kunkle BSN RN CPAN  
★ Gregory N. McCart BSN RN CPAN  
★ Nancy Lea Plante RN CPAN  
Linda Jean Richmer RN CPAN  
★ Sandra Roberts RN CPAN  
★ Nancy Lynn Russel RN CPAN  
★ Mary Stuckwisch BN CPAN |

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**Examination Registration & Administration—Dates & Deadlines**

**Fall 2011**

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<tr>
<th>Event</th>
<th>Dates &amp; Deadlines</th>
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<tr>
<td>Registration Window – Online</td>
<td>July 11 – September 5</td>
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<td>Registration Deadline – Online</td>
<td>September 5 by 11:59 p.m. ET</td>
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<td>Time Period for Scheduling Examination Appt. with Prometric</td>
<td>Upon receipt of your ATT letter through November 10</td>
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<td>Examination Administration Window</td>
<td>October 3 - November 12</td>
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<td>Deadline for Cancelling Appt</td>
<td>3 business days before scheduled test date</td>
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<td>Postmark deadline for requesting Withdrawal, refund, rollover from PES</td>
<td>On or before last day of examination administration window</td>
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CPAN/CAPA Review

Kyra Hiatt RN, CPAN

I am writing this memo in my car on my way back to Evansville, IN from Indianapolis, IN. We had the great opportunity to not only visit my son, but we spent the past 2 days at one of the best informational Perianesthesia Certification Review for CPAN/CAPA, presented by the IU Health North Hospital’s Shelly Suarez, MSN, RN, CNOR, Ruth Boberg, RN, CPAN and Dr. Beth Ann Traylor! This is the 2nd time Shelly and her team has offered this review course and they are planning to represent in the fall of this year. Their 1st class had a 100% success rate for passing in the fall! I wanted to take this time to not only thank them for such an awesome review, but also to congratulate them on such an excellent record. Here are just a few highlights of this weekend and a list of all the attendees.

Attendees: Shelly Suarez, Sandra Evanoff, Dr. Beth Ann Traylor, Gerry Mannion, Mindy Murry, Kim Hamon, Pam Barre, Cheryl Wenzel, Jill Bowers, Nicki Atkinson, Theresa Coleman, Lesley Howell, Chasity Jarrell, Cherrie Caughran, Mary Lou Garcia, Barbara Bartley, Dee Dee Street, Kathy Lowe, Judy Martin, Meghan Morse, Daniel Noel, Megan Abel, JC Callahan, Laura Riehle, Rachel Jones, Paula Randall, Diane Sirk, Nancy Fults, Juliet Grimes, Cindy Cody, Kelly Russell-Decker, Cynthia Gilmour, Melinda S. Michel, Mary F. Conn, Kelly Lester, Kyra Hiatt, Carolyn Gough, Natalie Winegardner, Joan Hosteter, Diane Davis, and Linda Hoffman

They presented from a 191 page binder that was included in the cost for this 2 day seminar, including tables and review questions and references:

- American Heath Association, ACLS, PALS, and BLS guidelines, 2006
- ASPAN standards of Perianesthesia Nursing Practice, ASPAN 2010-2012
- Huether, S. and McCance, K; Understanding pathophysiology, Mosby, 2004
- Putrycus, B. Ross, J.; Certifications Review for Perianesthesia Nursing, second edition, Saunders, 2008
- Schick, L. Windle, P.; Perianesthesia Nursing Core curriculum, Saunders, 2010

- CPANS in USA are 5,648; CAPA’s are 3,519 for a total of 9176 Certified Perianesthesia Nurses with 336 being dually certified.
- CPANs in IN are 93; CAPA’s 69 for a total of 173 with 11 being dually certified.
- Practice exams are $35.00 each, but starting January 3rd 2011 to December 31st, 2011 you can buy one and get one free! Contact hours are available as well
- March 19 is Certified Nurses day
- For more information about certification contact ABPANC via their website at [www.cpancapa.org](http://www.cpancapa.org) or 800-6ABPANC; [www.Prometric.com/abpanc](http://www.Prometric.com/abpanc) or [abpanc@proexam.org](mailto:abpanc@proexam.org) is the contact for most updated certification exam locations
- Recertification is completed on line
Naloxone Study

Abstract of Evidence Based Practice study conducted at St. Mary’s Medical Center in Evansville, IN for the assessment of new monitoring procedures after naloxone administration in the adult post-operative patient. Presented by Kyra Hiatt, RN, CPAN, Kimberly Darr, RN, BSN, CPAN, Paula Buedel, RN, CPAN, Rachel Duncan, RN, BSN

Background:
Opiates are used immediately post operative for control of acute surgical pain. Due to respiratory depression, often a reversal agent may be necessary to counteract the opiate intoxication. Monitoring patients after receiving the opiate reversal agent naloxone is important as once the drug wears off, respiratory depression can reoccur. When evaluating the appropriate monitoring post naloxone, it was found that there were no consistent recommendations.

Clinical Questions:
What are the monitoring requirements for the adult post-operative/post-procedural patient in the recovery room who has received naloxone following opiate administration?

Literature Search:
A search of Medline and CINAHL using the keywords alone and in combination were naloxone, opioid intoxication, opiates, morphine sulfate, fentanyl, meperidine, hydromorphone, practice guidelines, monitoring sedation, sedation, and post operative respiratory depression. Limiters were adult and last 5 years of publication. Of the original articles found, 28 met the criteria for review. Five articles were research based.

Clinical Appraisal:
Of the research literature, no studies used monitoring time as an outcome variable. Of the non-research based literature, no consistent monitoring guidelines were presented. Recommendations varied from every 5 minutes for 15 minutes to every 5 minutes for 30 minutes and long term (greater than 1 hour) was not discussed.

Integration into Practice:
Because there were no consistent recommendations, a procedure for monitoring post naloxone was developed and implemented. Audits of charts were completed to assure adherence to the new procedure and to identify adverse events after the patient was transferred from the recovery room. Of the 22 chart audits 20 (91%) revealed that the policy was followed correctly. Of the 2 patients where the monitoring guidelines were not followed, no adverse events occurred (return respiratory depression).

Evaluation:
Monitoring for adverse events with the new procedure is on-going. Currently no adverse events have occurred.

If you would like a more information or a copy of the study, please contact Kyra Hiatt, RN, CPAN at kyrastewart@hotmail.com

Vital Volumes

Why bother with Evidence Based Practice (EBP)?

It allow the nurses to implement the most up-to-date, research-tested, and high-quality patient care.
INSPAN Committee Reports

Finance
Tresa Hammon RN
Treasure
Audit of books will be completed by June Board Meeting

Research Committee
Kyra Hiatt RN, CPAN
President
See article on page 7

Bylaws/Policy & Procedures
Grace Walke BSN, RN, CPAN
Bylaws are being revised in conjunction with ASPAN bylaws changes. Some P&P’s are being revised.

Nominating Committee
Charlotte West BSN, RN, CPAN
Immediate Past President
Currently all positions are filled. Willingness to serve forms will be sent via post in May. Positions to fill are Vice President/President Elect and Treasure.

Education Committee
Carol Matthews BSN, RN, CPAN
Secretary/Education Chair
New scholarship for 2011 will be posted on website this summer.

INSPAN Fall Update
Karen Garten RN, CAPA
Vice President/President Elect
View information on page 10

Publications/Web site
Charlotte West BSN, RN, CPAN
Immediate Past President
Visit the INSPAN website for updated information.

INSPAN Indy District
Carol Matthews BSN, RN, CPAP, CNP
Next district meeting: Hendricks Memorial @ 7 pm
Topic to be announced check on website (www.inspan.org)

Membership Memo
Current membership stands at 242
IMPORTANT DATES TO REMEMBER

Save the Date!

INSPAN Fall Update
Saturday, September 24, 2011
Place: Primo’s (Southside Indy)

INSPAN Board Meetings:
(All members are welcome to attend. The board member would appreciate your time and effort to join us for business and discussion. Information and direction are listed on www.inspan.org)

June 11, 2011—1000-1200 @ St Vincent Carmel Hospital
September 17, 2011—Following Fall Update
November 12, 2011—TBA

Reinvest In Your Potential

International Conference for PeriAnesthesia Nurses

"Many Practices ... Just One World"

OCTOBER 2-5, 2011
Toronto, Ontario, Canada
Fall Update Information
Karen Garten

SAVE THE DATE

September 24, 2011
Primo @ 165 S and Keystone Avenue

Fall update planning is in full swing. We have a renowned speaker from the ASPAN speaker bureau. Dr. Kim Noble PhD, RN, CPAN will speak on the topic of Perianesthesia Nursing: A System Review of Pathophysiology.

Topics Include:
- Neurological System
- Cardiovascular System
- Respiratory System
- Renal System
- Endocrine System
- Pain
- Case Study Review

Each registered nurse will receive 7.25 contact hours.

ASPN’S CORE IDEOLOGY

The American Society of PeriAnesthesia Nurses (ASPN) is the professional specialty nursing organization representing the interests of more than 55,000 nurses practicing in all phases of preanesthesia and postanesthesia care, ambulatory surgery, and pain management.

ASPN Core Values
- Building integrity
- Modeling Respect
- Honoring Diversity
- Promoting Stewardship
-Providing Mentorship
- Cultivation Passion
- Supporting Community

Vital Volumes