ASPNAN Leadership Development Institute 2015

MASPAN President Anne Halliday and new board member Melissa Lewis attended the ASPAN LDI in Clayton, Missouri in September. See story on page 11.

Meet our latest ABPANC Nursing Passion in Action winner, Cynthia Fisher, RN, CAPA, from Lowell General Hospital Drum Hill Surgery Center. Read the story on page 10.

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Mayflower Deadlines

January 15th
May 15th
August 15th
November 15th

Please submit all articles via e-mail to Kathy Menard at kjmenardrn@maspan.org

Newsletter Contest

Please submit your original articles to the Mayflower and be eligible for the MASPAN Newsletter Awards. MASPAN presents two $100 awards annually to two articles published in the Mayflower. If there is more than one author for the winning article, the $100 award is shared by the authors. Please send the articles to Kathy Menard at kjmenardrn@maspan.org

Letters to the Editor

MASPAN loves to hear from you! Please send your letters to the editor at kjmenardrn@maspan.org. We will publish your letters as space allows.
Happy New Year to all!

I hope everyone enjoyed the holidays and celebrated in a sane and safe manner. It is hard to believe a new year is upon us. Time to get back to business. We have a wonderful issue for you with highlights of the MASPAN Fall Conference, the ASPAN LDI, another Nursing Passion in Action winner, and so much more.

New MASPAN website

Our new MASPAN website is up and running. Still a work in progress, much to our chagrin, the photos for the archived conferences failed to cross over! It has many new features: the new slide show on the home page, a link to our Facebook page, and the ability to submit applications for scholarships, willingness-to-serve forms, and volunteer activities, electronically! We are so excited about the latter. A little information about the last category, one of the ASPAN Gold Leaf criteria is volunteerism, more specifically, what our members do for volunteer activities in their communities or beyond. If you or another MASPAN member volunteers, please consider submitting the form located on the new website under “About Us” and help us to accumulate points for our Gold Leaf application to prove we ARE the best component EVER! Also, please consider granting us permission to publish our members’ volunteer activities in future issues of the Mayflower.

Educational opportunities

Don’t forget to register for the upcoming ASPAN seminar on January 30th in Framingham, go to the ASPAN website for more details or to register. We also have a great spring conference coming up on April 2, 2016 at Lowell General Hospital. Don’t miss these great learning opportunities!

ASPN elections

It is ASPAN election time again. Please visit the ASPAN website, view the candidate profiles and cast your vote for our future ASPAN leaders. Our Regional Director Amy Dooley currently very ably represents us, but believing in the democratic process, that no one should run unopposed, I have decided to run for the Region 4 Director position. I have great respect for my friend Amy, so it’s a win/win, no way can you lose . . . . just be sure to VOTE before February 29, 2016!

Kathy

Perianesthesia Nurse Awareness Week

February 1-7, 2016
President’s Message

MASPAN: Past, Present & Future

Value of goal-setting

In the first year of my forty year nursing career, I was a nurse intern at Massachusetts General Hospital in Boston. There were less than ten of us, all new BSN graduates from different programs, in this intern group. One of the most lasting lessons I learned from our monthly meetings was the value of goal-setting and review in which each intern had goals unique to her (yes--there were no men in the group!) clinical area. Since that year, I have formulated personal and professional goals for myself and can enjoy looking back on my progress.

Strategic goals

Since 2009, the MASPAN board of directors has formalized Strategic Goals for our organization under the able tutelage of Meg Beturne, a former MASPAN President, ASPAN Region 4 Director and ASPAN President. We are also guided by the Gold Leaf Award application from ASPAN. MASPAN won this award in 2005 thanks to the guidance of Maureen McLaughlin. Winning the Gold Leaf in 2005 was especially exciting because this was the year Meg Beturne was elected as ASPAN VP/President-elect.

MASPAN goals

Each year, at a longer meeting in the late fall, the MASPAN board members meet to review and discuss the six MASPAN goals including:
- Goal A: Membership/Development and Scholarship.
- Goal B: Education, Safety, Standards and Community Ties
- Goal C: Green Initiative and Communication with Members
- Goal D: Showcasing Research
- Goal E: Fiscal Responsibility and Transparency
- Goal F: Organizational Structure and Succession Planning

Fresh faces, fresh input

At our November 21, 2015 meeting we welcomed fresh input from Chris Hill, Melissa Lewis, Ginnean Babbitt, Kimberly Williams and Cheryl Harrington. Actions for the coming year will include modifying the scholarship applications, twitter when the exciting new MASPAN web site is launched andballoting for the open positions of Financial Director and VP/President-elect.

Opportunities for you!

There are opportunities for many more members to be a part of the future of MASPAN. What is YOUR vision for MASPAN?

Anne Halliday
Welcome winter to all ASPAN members! This is the time of year we look forward to the holidays with all the planning and time spent with our families. As your Region 4 Director I want to say a hearty hello to all.

Succession planning

After attending many meetings of our regional members and hearing from component Presidents during our Region 4 meetings it is clear to me that succession planning is a current and important topic to many. We all struggle with finding new board members and qualified candidates to successfully lead our components.

More than finding a warm body

Succession planning is more than just finding someone to fill a board position. Actually according to the BusinessDirectory.com, Succession planning is the “Identification and development of potential successors for key positions in an organization, through a systematic evaluation process and training. Unlike replacement planning (which grades an individual solely on the basis of his or her past performance) succession planning is largely predictive in judging an individual for a position he or she might never have been in.” Accordingly the component Board of Direc-

tors needs to be focused on planning throughout the year not just at nomination time.

Keys to success

There are several key elements to achieve success with your planning. One such key is to not expect a future board member to be “ready now”. By limiting the choices to potential board members that you feel are “ready”, is doing a disservice to your board and your members. Consider the strength of the current board and be ready to assist this new board member with the transition to the role. Invite them to consider joining as you support them until they are ready to function independently. An experienced board can function quite well as you bring this new person on board.

Joint responsibility

The succession plan needs to be a responsibility of the whole board and not just the position whose term is coming to a close. There should be vibrant and continual discussions at every board meeting about planning for the next step with board members. If you recall the business directory definition succession planning is a process that, similar to your Gold Leaf plan, you should make a template to address future needs. Have it as an agenda item at every board meeting.

Avoid “recycling” the board

It is important not to “recycle” the board members. The mindset that this worked in the past should be discounted as an option. Define the skill sets for the positions and post

Amy Dooley, MS, RN, CPAN is a staff nurse at Lahey Hospital and Medical Center. She is also a clinical instructor at St Anselm College. Amy is our ASPAN Region 4 Director adooley@aspan.org

Continued on page 6
Succession Planning (continued)

this information. Open the search to all your members and most importantly COMMUNICATE that a position is available. Transparency as we have heard from ASPAN is so very important to your component members. Be open to the opportunity of a new member inquiring and share information so they may make a good decision.

Identifying members

You might be wondering where potential members come from. The first obvious choice is the member who volunteers. At each conference the Willingness to Participate forms should be out on the registration table for anyone to fill out. The attendees at conferences are a potential candidate because by their action of attending they demonstrate commitment to the profession. Perhaps a colleague you know is passionate about perianesthesia nursing and would be an asset to the Board of Directors.

Courting members

Once a potential candidate is identified the courting begins. One cannot expect an immediate agreement to join the board if a member has not considered it before. Time involvement, requirements of the job, expectations, and obligations are some of the facts necessary before a commitment can be made. Introduction to board members and invitations to attend a board meeting are one way to begin the discernment process. A phone call or one on one conversation with a board member offers a personal touch for gaining that knowledge. Perhaps draw in a member by asking for participation on a committee or one activity. This provides a finite length of time with a finite job and can introduce them to the activities of the board. A potential candidate may find that the commitment for serving is not overwhelming and is actually fun.

Success!

Alleluia! A member has offered or accepted the offer to run for a BOD position. Succession planning does not end there. Once elected, the BOD has a huge responsibility to assist this new board member feel comfortable in his/her new role. The steps that have been set up begin with a daylong retreat which introduces them to the Strategic Plan, the budget process, and policy & procedure update. A handover should occur between the previous board member in that position and the newly elected member. The roles and responsibilities, along with any paperwork, are shared. An orientation checklist is helpful to review all points of the organization. One way of making a new board member feel welcome is to have a Welcome Booklet which gives an overview of the BOD roles, meetings, and nice to know tidbits.

Planning for your replacement

Once the full board meets for the retreat the process begins all over again. Succession planning occurs within many scenarios. Think about membership within committees at your work, is there a succession plan

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to identify who will take your place? Perhaps you are on a board of directors for another organization, is your succession plan in place? Once you are elected into a position you should start looking for your replacement. Succession planning is a key function of all members of the Board of Directors. Start your planning now!

Amy L Dooley
Region 4 Director
Dec 2015

Reference


“You might be wondering where potential members come from. The first obvious choice is the member who volunteers.”

Have you or your facility won any awards?
Do you volunteer?
Please let MASPAN know
We will be happy to publish your achievements in the Mayflower

MAASPAN Scholarships are available!
Academic
ASPAN National Conference or MASPAN conferences
ASPAN or MASPAN Seminars
Information and applications are available on the MASPAN website
www.maspan.org
Governmental Affairs

Opioid Crisis/Advanced Practice

Opioid Crisis

The opioid crisis in Massachusetts continues to garner considerable press coverage. Charles River Medical Associates is actively working on this problem. In the latest issue of their newsletter, *Healthy Living News*, there is a prominent article about this topic. The author states that, from 2000 to 2012, Massachusetts experienced a 90% increase in unintentional fatal opioid overdoses.

After describing what an opioid is, there is a detailed description of a formal Opioid Treatment Agreement the practice is implementing for patients receiving a prescription for opioids for more than 90 days. There are eight statements in the agreement including: “You will not provide your medication to anyone else” and “You understand the risks of addiction.”

The article informs the reader that providers have access to a state web site containing the prescribing history for any patient obtaining opioids in Massachusetts so that they can confirm that patients aren’t obtaining prescriptions from multiple physicians. Patients are required to have drug tests and office visits every 90 days to ensure that the medications are being taken.

NP/CRNA Bill

Last year, I reported that a bill filed in the Massachusetts legislature by nurse practitioners (NP) and nurse anesthetists (CRNA) to expand their scope of practice died in committee in June. An updated version of this bill, H 1996/S 1207 An Act To Remove Restrictions on the Licenses of NPs and CRNAs Recommended by the Institute of Medicine and the Federal Trade Commission, was heard by the Joint Committee on Public Health on November 17, 2015 in the Gardner Auditorium of the Massachusetts State House.

Libby Maynard reported about this meeting for the Massachusetts Association of Nurse Anesthetists (MANA) on their web site. I chuckled when she said, “In Bill Belichick (New England Patriots) talk we executed on all 3 phases of the game: offense, defense and special teams.” The nurse anesthetists had “powerful panels” who spoke for 1.5 hours about why the bill is needed, what the opponents will say, educational preparation and opposition to the Massachusetts Medical Society’s team based care bill.

Ms. Maynard states that the Massachusetts Society of Anesthesiology (MSA) “argued that when seconds count an anesthesiologist is the one needed” and that “CRNAs using the prescriptive authority would add to the opioid Opioid Crisis

Anne Halliday, BSN, RN, CPAN, Interim MASPAN President, is also the MASPAN Governmental Affairs Chair. She is employed at St. Elizabeth’s Hospital in Boston.
Governmental Affairs (continued)

crisis”. The MSA representative also requested that the CRNAs be split from the bill. Senator Jason Lewis “chided” the MSA representative for not having enough evidence to back their claims.2

The deadline for this bill to be passed is July 31, 2016. For updates, action alerts and regional meetings follow www.masscrna.com.

Anne

References

Refreshing Your Perianesthesia Practice

Date: Saturday, January 30, 2016

Framingham, Massachusetts

Contact ASPAN at www.aspan.org for more information and to register
Cynthia Fisher is our latest Nursing Passion in Action Award winner. Sponsored by the American Board of Perianesthesia Nursing Certification, Inc. (ABPANC) the award is given to certified (CPAN, CAPA) nurses who display exceptional qualities of caring and compassion for patients, demonstrate excellence in nursing practice, takes initiative to address problems without direction and leads by example to motivate peers to achieve excellence in patient care.

History of Service
Cynthia has been a RN for 31 years and has spent the last 17 working in perianesthesia nursing. Cynthia is certified as a CAPA nurse. She currently works at the Lowell General Hospital Drum Hill Surgery Center, where they are 100% certified! She is an active member of ASPAN and MASPAN and maintains her BLS, ACLS and PALS. Cynthia also has an extensive background in pain management. Cynthia is well-known and respected by all with whom she has worked on various committees and projects at Lowell General Hospital. She has been a preceptor to many new staff. She demonstrates critical thinking skills, sound judgment and shows respect for all people. Cynthia has been our Unit Based Council (UBC) Chairperson and our Nurse Practice representative for the past 4 years. She has a strong sense of ownership, enthusiasm, knowledge and experience in her specialty. She is a past recipient of the Wall of Nursing Award which is recognition from the Patient Care Division for Excellence in Nursing. Cynthia is pursuing her BSN at Rivier University in Nashua NH. Cynthia is an intelligent, hardworking and dedicated team player with excellent communication skills. She consistently exceeds all expectations. She has a positive attitude, great compassion and a natural empathy. Cynthia is also active in her community as a volunteer at her church in the nursery and with the Community Theater Organizations.
Melissa Lewis, RN, CPAN, CAPA

ASPAN Leadership Development Institute
The 2015 ASPAN Leadership Development Institute (LDI) was held at the Sheraton Clayton Plaza Hotel in Clayton, Missouri, September 18-20, 2015. LDI is focused on empowering perianesthesia nurses to be leaders in our local components and our workplaces. This year’s LDI message was Renew Perianesthesia Passion: Inspire Excellence and it didn’t disappoint!

Wonderful opportunity
I was invited to attend my first LDI by our President, Anne Halliday, BSN, RN, CPAN. The weekend was jam-packed with informative sessions. Our first night included a spirited component Jeopardy game, which I am proud to report that Region IV won! The evening ended with an opportunity to network with colleagues in the northeast region. Amy Dooley, MS, RN, CPAN, Region IV Director, led the discussion. As a newer member to MASPAN it was great meeting colleagues from the northeast components and learning about what’s going on in their components.

Interesting topics
Saturday started with a great presentation by ASPAN VP/President-elect Katrina Bickerstaff, BSN, RN, CAPA, CPAN about how different generations can affect your work ethic. Over the course of the weekend, I attended several breakout sessions including: The Gold Leaf application process, a great tutorial on navigating The Joanna Briggs Institute (JBI), updates on standards and hot topics, and running effective board meetings. As I've recently started working towards my BSN, I enjoyed learning about JBI. JBI is the international not-for-profit, research and development organization within the Faculty of Health Sciences at the University of Adelaide, South Australia. They offer an extensive database of evidence-based practice information. Access to JBI is just one of the many benefits of membership in the American Society of PeriAnesthesia Nurses (ASPAN).

Mock Representative Assembly
A Mock Representative Assembly (RA) was held on Saturday afternoon. It was illuminating to see the process in action. The RA, facilitated by the current President, meets yearly at the beginning of ASPAN’s National Conference to discuss questions, issues and topics related to where ASPAN is today. The candidates for national offices also make their presentations during the session. ASPAN members are encouraged to attend and observe your ASPAN leaders and organization at work!

Inspiration
The weekend concluded, on Sunday morning, with a round-robin of sharing our component’s best practices, and an inspirational talk from ASPAN President Armil Holcomb, BSN, RN, CPAN on effective leadership. I can honestly say I came away from the weekend truly renewed and inspired. I am ready to roll up my sleeves and become an active member in our component. Thank you for this amazing opportunity!!

Melissa Lewis, RN, CPAN, CAPA
Lowell General Hospital
Drum Hill Surgery Center
From the Other Side of the Bed

Challenging on both ends
Working in a busy PACU at a trauma center can be challenging. I recently learned that being a patient can also be a huge challenge. I wanted to try to write some of my many thoughts down to remind me just how challenged (although lucky) I was/am during my journey. As I lay here and write this article, I think of all the patients I have compassionately cared for and sent home to their family or to their inpatient hospital room not knowing the journey they were about to begin. Well, now I know.

On the receiving end
I fractured my ankle nine weeks ago, required surgical repair and have been out of work. So there I was, moderately obese with a history of HTN, anxiety, ADHD, frequent annoying symptoms of perimenopause, and always on the go! Now I had to rest with non-weight-bearing for weeks?!? Are you kidding me? At first I said, "I've got this!" Then my discharge nurse asked me if I planned on giving my own Lovenox shots daily. When I looked at my husband with a sad grin, "I'm not liking this...", he agreed to learn. He also learned how to cook. I didn't see that coming... or the need to order a walker, a shower hose, a wall handle and shower stool. My daily life changed immediately and I was trying to stay positive. I needed help with everything!! Nurses are givers, and it was different now, I was on the receiving end.

Were they prepared?
How many patients have I sent home from PACU with a fractured ankle or such, thinking they had all the essentials needed. Perhaps physically, yes. But overall, in reality, it probably was not the case. There are so many aspects involved in recovery. Did they have any support system or family? Many patients do not. We try as nurses to cover all bases with consults/services needed but there is so much more.

So many worries & hardships
Physical and psychological aspects such as patient pain control and patient adherence to the plan can top recovery challenges. Personal or financial hardships can impact recovery in many ways as well, and can tug at all the dormant emotions not seen or used in a long time. I know those feelings of worry, anxiety and anger; they are tough to keep confined inside us. I feel many of them at times.

Major influences on recovery
I can now say, from personal experience, that a patient’s emotional, physical, mental and spiritual

Continued on page 13
needs after any type of surgery or hospital stay, can be demanding and have major influence on recovery. We as nurses all know this, however, enduring this journey opened my eyes so that I may hope to provide the better overall care to my patient and their family.

**Lessons to learn**

I have just started my physical therapy and will be out of work for a few more weeks. I continue to learn more lessons as a patient during my journey. I hope to get back to the PACU soon and continue caring for patients, the very important job that we all love!

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**ASPAN Development**

Have you ever wondered what exactly ASPAN Development does? ASPAN Development supports perianesthesia scholarship and research. As a member, you can apply for academic scholarships, funding to attend national conference, ASPAN seminars, or certification fees. ASPAN Development also provides monies for research grants.

ASPAN Development relies upon members for financial support. The ASPAN Dream Walk at the national conference is one such fundraiser. Others include the Hail, Honor, and Salute! program. And the next time you renew your ASPAN/MASPAN membership, it is also the perfect time to support ASPAN Development with a contribution.

As both a scholarship and grant recipient, I can tell you how grateful I was for the support. Donate today!
Outstanding Conference!
Outstanding conference was the refrain we heard from all in attendance! The MASPAN Fall Conference was held at University of Massachusetts Medical School in Worcester on Saturday October 17th.

Pause for thought
Pauline Ladebauche, MS, RN gave us a lot to think about with her engaging topic, Social Media for Nurses: Users Beware. She discussed the dangers of social media for our professional lives and how what we personally post, believing it to be innocuous, on social media can affect our career. Sobering!

Compassion Fatigue
We were pleased to welcome back Donna White, PhD, RN to speak on Compassion Fatigue: Self Care. As she noted, caring for oneself is a priority for our future as a profession.

Women and OSA
Lastly, our own Kathleen J. Menard, PhD, RN, CPAN, CAPA presented her research findings from her dissertation on Women's Experience with OSA. Among her findings, 55% of women in her study were unaware they might have OSA until diagnosed, and male sleep partners were more aware of women’s sleep disturbances than previously reported. Listen to that guy you’re sleeping with if he tells you that you are snoring or stop breathing!

Great turnout
We had a great turnout, lots of prize winners, and raised significant funds for our scholarships. Looking forward to a great spring conference!

Winners!

MASPAN gave away a variety of door prizes:

**ASPN bags**
Jayne Beaudet , RN, CPAN, CAPA
Mary Ellen Canty, BSN, RN, CPAN, CAPA
Natalie Cassidy, MN, RN, CAPA
Katherine Dolder, RN
Janet Montecalvo, RN
Christine Santos, ADN, RN

**Change Purses**
Dottie Dulmaine, RN
Diane Forgit, RN
Susan Hinson, RN
Kim Williams, RN, CPAN

**ASPN Standards**
Barbara Gariepy, RN

**ASPN Redi-Ref**
Kimberly Cavalieri, RN, CPAN

MASPAN Basket winners:
**UMass Memorial – University basket**
Christine Santos, ADN, RN

**UMass Memorial – University basket**
Sandy Stewart, RN

**UMass Memorial – Memorial basket**
Betty Kaloustian, RN

**Drum Hill Surgery Center, Lowell**
Kathleen Menard, PhD, RN, CPAN, CAPA

**50/50 Raffle**
Beth Theriault, RN ~ $147
Beth also won the ABPANC Community Involvement Award for working for interfaith hospitality at the Unitarian Universalist Church in Worcester, MA.

**ABPANC prizes**
**CPAN Award**
Jane Walsh, BSN, RN, CPAN

**CAPA Award**
Cindy Mullen, RN, CAPA
New members Diane Forgit, Colleen Sibley, & Beth Theriault from UMMC ~ University

Christine Santos with her beautiful fall basket donated by UMMC ~ University

UMMMC nurses present Kathy Menard with flowers after her presentation: Maddie Mak, Colleen Sibley, Beth Theriault, Diane Forgit, Kathy Menard, & Carol Dowen

Beautiful fall basket donated by Drum Hill Surgery Center & won by Kathy Menard
Welcome to our new MASPAN members!

Mary Berman, BS, RN, CRN, CAPA  Wilbraham
Marie Blackmore, RN  Charlton
Shirley Bradbury, RN, CPAN, CCRN  Pepperell
Ramanpreet Kaur Chadha, BSN, RN  Cumberland, RI
Susan Davis, BSN, CNOR, BC, RNFA  Lancaster
Kathryn Delaney, BSN, RN, CPN  West Roxbury
Jennifer Direnzo, BSN, RN  Rehoboth
Keri Ann Drake, RN  Franklin
Janice Gillis, BSN, RN  Nashua, NH
Cheryl Harrington, RN, CRNI  Bellingham
Kathleen Hyland, RN, CAPA  East Longmeadow
Tara Ignacio, RN  Mattapoisett
Deborah Kudla, BSN, RN  Ludlow
Kelly Lamoureux, ASN, RN  Tewksbury
Ann Marie Leahy, RN  Westwood
Mary Elizabeth Malinn, ADN, RN  Dedham
Melanie Martin, RN, ASN, MNA  Brockton
Julie McCarthy, BSN, RN, CPAN  Braintree
Gale McLaughlin, RN  Lexington
Kathleen McMahon, BSN, RN  Dunstable
Karen Proulx, RN  Worcester
Stephen Richards, RN  East Longmeadow
Katherine Scanlon, MSN, RN, CCNS-BC  Boston
Colleen Sibley, RN  New Braintree
Beth Theriault, RN  Auburn
Amy Thomas, ANP  Dedham

Come Join Us
MASPAN Spring Conference
April 2, 2016
Lowell General Hospital
Lowell, Massachusetts

Watch the MASPAN website for details
www.maspan.org
MASPAN Strategic Planning

At our recent Strategic Planning Retreat, MASPAN Board members and guests were successful in setting the direction for yet another successful year for our component. What made this year’s meeting so special was the appearance of many new and younger faces. They added yet another dimension to the accumulated knowledge and years of experience that filled the room. Early on, it became apparent that not only their curiosity about our organization, but also their conscious belief that they could make a difference, rose to the top of emotions felt by the entire gathering. Topic by topic, strategy after strategy and goal after goal presented, played a significant role in their ability to voice the potential contributions they could make as individuals as well as a group. Not to be minimized is their technological ability which can enhance our outreach activities and keep communications on our web site timely and pertinent to all practice settings. Perhaps I might even become savvy when it comes to Twitter and Facebook as a result of their input.

Brainstorming leads to planning

As the day progressed, I was reminded that as the most seasoned member of the MASPAN Board, that I have facilitated this meeting of the minds for at least six years. What begins as simple brainstorming exercises progresses to deep thinking sessions that result in a positive, future direction. This year was exceptional in every way. Not only did we have some bright new stars, but we took on a novel approach. With the Leadership Development Institute (LDI) still a recent memory, we were able to easily incorporate the sage advice and the proven steps to bring our component into the new thinking arena. This will enable us to reach out even further and make a significant difference in our perianesthesia practice statewide while empowering our colleagues to join our efforts focused on excellence in care. In addition, strategies we implement over the next year will help our component be better positioned to take on the role of advocate for our patients, our profession and for our organization!

Gratitude

As the holidays rapidly approach, I would like to say how thankful I am to be part of such a dynamic and committed component. I am also grateful that the message is finally getting out that MASPAN does need new members on their Board of Directors. Be aware that everyone’s unique talents are valued and different perspectives are appreciated. Any advice or mentoring will be gladly shared. Who could ask for anything more?

Meg

Meg Beturne, MSN, RN, CPAN, CAPA is MASPAN Chair of Strategic Thinking. Meg is employed at Baystate Orthopedic Surgery Center in Springfield, MA. Meg is a past President of ASPAN and MASPAN. Meg is very involved in mentoring.
Caring for the Community

Rewarding nursing career
Being a perianesthesia specialist has been a richly rewarding and fulfilling nursing role. Certification, networking and practicing in a variety of perianesthesia settings for a plethora of organizations have provided friendships and colleagues that have helped me to become the professional I am today. I would not change any of it and I am content that my career led me here.

Health Volunteer Reserve Corps
Very recently I joined the Board of Health Volunteer Reserve Corps in my home town. Most cities and towns now have reserve corps members who are trained to assist with unexpected disasters and town/city public health needs.

Perianesthesia knowledge
The reality is perianesthesia knowledge is very broad. The same skills with communication, collaboration and implementation apply in most areas of nursing practice. Many of the volunteers have not been in active practice for many years, or practice in settings that do not allow them to hone specific skills like injections. It gave me an opportunity to be helpful not only to the citizens seeking flu vaccines, but nurse colleagues with different experiences than mine.

Great deal of expertise to offer
The community flu clinic also brought to mind the responsibility each practitioner has to encourage, guide and mentor others. We have been blessed with great leaders and mentors. Our specialty has assured that we are using evidence-based practice each time we provide nursing care. Our standards and guidelines are strong advocates for us. Perhaps you should think about joining your Volunteer Reserve Corps. You have a great deal of expertise to offer. Even though we hope for good things, natural disasters and accidents are going to occur. It would behoove our communities if we were there and prepared to help when the need arises.

Opportunity to teach
The flu clinic last month provided a chance for me to use my nursing skills. During preparation it was clear that some of the administration techniques being used were not evidence-based. Remember when “extra air” was used in a needle to create a bubble for the medication? What a surprise to see it alive and in use!! It only affirms my belief that nursing journals are important! I took the opportunity to demonstrate the Z-track technique to everyone explaining that new research recommends that as the best method to administer IM injections. Many were thankful admitting they “hardly ever give injections.” The experience was wonderful. I met many new people and even had a chance to do some teaching.
2015 ASPAN Member-Get -A -Member

MASPAN Recruiter Standings

2 - Janet A Beaudoin, BSN, RN, CPAN, CAPA
   1– Susan Beaulieu, BS, RN, CNOR
1 - Margaret A. Beturne, MSN, RN, CPAN, CAPA
1 - Claire Frances Bresnahan, RN, CPAN, CAPA
   1 - Kelly June Connolly, BSN, MSN, RN
   1– Sharon Kelly-Sammon, RN, CAPA
   1 - Kimberly L Kopp, RN
2 - Patricia C Lyons, MSN, CCRN, RN, CPAN, ACNS-BC
   1 - Christopher B Malone, BN, RN, CPAN, MPA
1 - Ann Marie McLaughlin, BSN, MA, RN, CPAN, CAPA
2 - Kathleen J. Menard, PhD, RN, CPAN, CAPA
   2 - Lucy C. Milton, RN, CPAN
1 - Mary F O’Connell, BSN, RN, CPAN, MSN/Ed
   1– Christine Perry, RN
1 - Joanne M Petrillo, BN, RN, CPAN, CAPA
1 - Louise M. Ponte, BSN, RN, CCRN, CPAN
   3 - Christine A Santos, ADN, RN
   2— Maureen Schnur, DNP, RN, CPAN

Check out ASPAN recruiter standings at www.aspan.org
Under Members:
~MGM homepage
~2015 Recruiter Standings
~ MASPAN

Recruit new MASPAN members
You will be in the running for awards for recruiting from ASPAN as well as from MASPAN
Be sure that the person you recruit provides your name when completing the application for membership
**MASPAN Committee Reports**

**Finance**
Maureen McLaughlin, MS, RN, CPAN, CAPA  
Interim Director of Finance
We continue to run our special membership promotion, nonmember attendees who join ASPAN the day of conference have the MASPAN portion of their dues paid by the component. Remember, you must be a NEW member, not renewing a past membership!

**Governmental Affairs**
Anne Halliday, BSN, RN, CPAN  
Governmental Affairs Chair
See report on pages 8-9

**Nominating Committee**
Kathleen DeLeskey, DNP, RN, CPAN  
Immediate Past President  
Nominating Chair
Director of Finance and President-elect currently open to nomination

**By-Laws**
Updated by-laws are published at www.maspan.org  
Policies and job descriptions are now on the MASPAN website

**Strategic Thinking**
Meg Beturne, MSN, RN, CPAN, CAPA  
Strategic Thinking Director
See report on page 18

**Research Committee**
Kathleen DeLeskey, DNP, RN, CPAN  
Research Director
Report on page 19

**Publications**
Kathleen J. Menard, PhD, RN, CPAN, CAPA  
Director Publications
Visit the website for updated photos and information

**New website is here! Like us on Facebook**

**Membership Memos**
Ellen E. Sullivan, BSN, RN, CPAN  
Director Membership and Scholarship
Current membership stands at 473  
Keep on recruiting and encourage friends whose membership has lapsed to re-join MASPAN  
Scholarship forms are available online at www.maspan.org
Testing for the fall examination ends November 28, 2015. The CPAN® and CAPA® Certification examinations are taken on computer at Prometric testing centers located throughout the country. There are more than 100 sites in Region 4. The online registration date for the spring examination begins on January 11, 2016. See the table below or www.cpancapa.org for more information.

**Dates and Deadlines for the Spring 2016 examination period are:**

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration Window – Online</td>
<td>January 11—March 7</td>
</tr>
<tr>
<td>Early Bird Discount Deadline</td>
<td>February 22</td>
</tr>
<tr>
<td>Examination Administration Window</td>
<td>April 4 – May 28*</td>
</tr>
<tr>
<td><em>Not all Prometric Centers are open Saturdays</em></td>
<td></td>
</tr>
</tbody>
</table>
| Deadline for Rescheduling or Cancelling Appt. with Prometric | 31 calendar days before scheduled test date - no charge.  
|                                               | 3-30 calendar days before scheduled test date - $69.87  
|                                               | Less than 3 days - not allowed by Prometric |

**CPAN® / CAPA® Certification is Growing!**

There are 11,650 CPAN and CAPA certified nurses (overall growth of 5%)
7,020 CPAN certified nurses
4,630 CAPA certified nurses
576 CPAN and CAPA dual certified nurses

**Examination Fees**

*ASPAN member* (Early Bird) $299; (Regular Fee) $314

*Non-ASPAN Member* (Early Bird) $404; (Regular Fee) $424

*In order to receive the ASPAN member discount, you must already be an ASPAN member at the time that you apply online and provide an active ASPAN membership number

*All information provided from the ABPANC website: www.cpancapa.org*
ABPANC News

2015 ABPANC Advocacy Award Winner
Gloria Luu, MSN, RN, CPAN, CAPA

The winner of the 2015 Advocacy Award for promoting excellence in perianesthesia nursing is Gloria Luu, MSN, RN, CPAN, CAPA. Gloria is a charge nurse in the PACU at the Department of Veteran’s Administration, San Francisco, CA. Gloria consistently contributes above and beyond her normal job responsibilities to directly impact the quality of patient care. The award consists of a Lladro nurse statue, a framed certificate, and funding to cover her next recertification fee. In addition, the winner’s PACU received a check for $350 to be used for certification fees, continuing education, books or study guides. The nurse manager, Mary J. Schacher, who nominated Gloria for the award, also received a $100 award.

ABPANC Practice Exam News

NEW!! Free Study Question of the Week
Visit the ABPANC website at www.cpancapa.org to see the free CPAN and CAPA study question of the week. They are posted weekly on Wednesdays at 6 am on the website and Facebook page. The correct answers with at least one study reference are posted the following week. You may also opt to receive the questions via e-mail.

Contact hours available for new practice exams
ABPANC is offering 3.67 contact hours for the practice exams. You must complete a brief evaluation after taking the practice exam to receive your CE certificate.

Great deal!
CPAN and CAPA practice exams are Buy One/Get One Free! They include the correct answers and study references.

ABPANC Website Upgrade

NEW!! Mobile-friendly ABPANC website
The ABPANC website has a new mobile-friendly format with updated navigation. It is more interactive and readable on phones and tablets now.

ABPANC Early Bird Discount for Fall Exam Registration

Save Money
Register for the Spring CPAN or CAPA exam BEFORE February 22nd to qualify for the Early Bird Discount. Members save $15, nonmembers save $20 by registering early.

All information provided from the ABPANC website: www.cpancapa.org
Upcoming Conferences

**MASPAN**
ASPN Seminar January 30, 2016  Refreshing Your Perianesthesia Practice.  www.aspan.org to register
April 2, 2016. Spring Conference. Lowell General Hospital  Lowell, MA. www.maspan.org

**CSPAN**  www.ctspan.org


**MeSPAN**  April 2, 2016.  Maine General Medical Center, Augusta, ME. www.mespan.org

**NJBPSA**  www.njbpansa.com

**NYSPANA**
February 6, 2016. NYSPANA District 14 Educational Offering. (For this Conference contact Sally Sackett at sally.sacket@gmail.com). www.nyspana.net

**PAPAN**  www.papanonline.org

**RIAPAN**  www.riapan.org

**VT/NH APAN**  April 2, 2016  Berlin, VT.  www.vtnhapan.org

Can't attend a MASPAN conference, need contact hours? Look to our neighboring components!
Save the Date!
Board of Directors
Meetings

After the Spring Conference
Lowell General Hospital
April 2, 2016

June Retreat
Ellen Sullivan’s home
TBD

Contact
Anne Halliday
if you have any interest in attending a BOD meeting
Spea1975@aol.com

It’s HERE!!
A NEW
MASPAN website
at
www.maspan.org

Please take the time to join us at a MASPAN Board meeting. Find out how you can become more involved in your MASPAN!

Save the date!

ASPN’s 35th National Conference
April 10-14, 2016
Philadelphia, Pennsylvania
Mission Statement

The Massachusetts Society of Perianesthesia Nurses, as a component society of the American Society of PeriAnesthesia Nurses, advances nursing practice through education, research, and promotion of ASPAN Standards

Vision Statement

As the Massachusetts Society of PeriAnesthesia Nurses, our vision is to be the pre-eminent component organization for quality in the perianesthesia specialty, providing exceptional professional development.

Missing E-mail Addresses

Catherine Daignault
Robin Sirois

If you know these individuals, please ask them to contact me with their preferred e-mail addresses at kjmenardrn@maspan.org