Lois Schick Scheduled for Ventura Seminar

By Ernie Nunes, RN CPAN CNOR

Location, Location, Location! It doesn’t get much better for chasing the winter blahs than Ventura, CA and a chance to hear ASPAN’s Lois Schick, MBA MN RN CPAN CAPA. For their February 26 Conference, PANAC returns to the Marriott Beach Hotel, just a few blocks from the beach. The hotel looks forward to accommodating an even larger seminar than last year’s sold out attendance.

ASPA Past President, Lois Schick is a nationally recognized perianesthesia consultant, author and speaker. A charter member of ASPAN, Lois is from Denver, CO and a founding member of the Rocky Mountain Component. She lectures widely on perianesthesia emergencies and standards to sold-out crowds with humor, expertise and authority on issues that challenge perianesthesia nurses.

Ventura is north of Los Angeles, along Highway 101, the scenic King’s Highway. Driving from Central California on US 5, the vibrant green Ojai Valley connects Newhall with Ventura on CA-125 W. Or, instead of driving, consider joining the Orange County nurses on Amtrak’s Pacific Surfliner running from San Diego to Ventura and San Luis Obispo.

Presidents Message: Thank You!

Cherie Sloan, RN CPAN,

It is with great pleasure that I accept the honor to be PANAC’s President, 2010-2011. I want to thank all my friends and family for their support on my journey to this office. I’m excited to work with the PANAC Board, both the experienced and those who came on board this year. They are a dynamic and energetic group of perianesthesia nurses who have a deep regard for what PANAC symbolizes to our profession and specialty. They volunteer a great deal of their time to support PANAC’s mission to promote the specialty of perianesthesia nursing.

I am looking forward to our February, Ventura Seminar. The speaker, Lois Schick, MBA MN RN CPAN CAPA, is so easy to listen to. She makes difficult subjects easy to understand and does so with a great sense of humor. We are very excited to have the APSPAN Past President for our seminar. I hope to see you there.

Thank you to all those who submitted “Willingness to Serve” forms at the San Diego Conference— I’m happy to have quite a number. Please be patient with me, I will be in touch. I appreciate your willingness to step up and look forward to meeting each of you. I am sure you will enjoy a more active part in our PANAC community.

Our newest chapter in Sacramento is planning their first meeting in January. I believe these chapters are vital to PANAC. The chance to meet other perianesthesia nurses in your geographical area, network, and socialize are the building blocks for our statewide organization. All it takes is one or two interested members to start a chapter in your area—it could be you. We will help you develop the chapter and have a packet to help guide the process.

My vision is to keep PANAC strong and to encourage each of you to take a more active role in your organization. I want to be a responsible leader; one who stands for integrity; works to provide excellent educational opportunities for perianesthesia Nurses and is fiscally responsible—and as my good friend, Carol Bowen says, “Let’s party,” and keep having fun.
eRNie Edits Pulseline
Ernestine Nunes, RN CPAN CNOR

PANAW First Week in February

Perianesthesia Nurse Awareness Week (PANAW), February 7-13, means celebrations, fun potlucks, parties, and tooting our own horn! We’ve come a long way from the OR stepsister; an afterthought, but necessary addition, “just” waking patients up after surgery. Some of us remember our PACU having only one or two portable EKG monitors for patients with “heart problems.” Without pulse oximetry, then as now, we make the difference.

We are critical to the perioperative process. From caring for the most vulnerable patients in PACU, to keeping the surgical schedules flowing in preop and assessing readiness for discharge, we are there for our patients and their families. Congratulations to all of you for your compassionate care!

For ideas on celebrating the week, go to the ASPAN website www.aspan.org, PANAW. Share with colleagues and the community what we do—let them know we are exceptional people providing exceptional care.

And don’t forget to share your PANAW stories and pictures with Pulseline. Send these and any ideas for stories to enunesca@aol.com.

PANAW First Week in February
February 7-13, 2011

ASPAN Sails for Seattle in April

The ASPAN National Conference, April 3-7, 2011, returns to Seattle, WA—the first time was in 1990. Best known for coffee (home of Starbucks), the Space Needle from the 1962 World’s Fair, grunge bands and rain; there is so much more to see and do in Seattle. From glass blowing to the Experience Music Project’s Museum of rock and roll to Pan-Asian cuisine, it is a cultural Mecca for the arts and fine dining.

Between educational sessions, attendees can walk to the Pike Place Market to see fishmongers tossing fish or enjoy exploring the Elliott Bay waterfront—definitely part of the Seattle experience. This is a conference you’ll want to attend.
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 Component Leadership Institute (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, not only to coach potential ASPAN and Component leaders. 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 encourage 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:

Carter and Bickford on Ballot for ASPAN Board

Debbie Bickford and Sue Carter

ASPAN Treasurer, Sue Carter, BSN RN CPAN CAPA, accepted the nomination for ASPAN President-elect. Sue is a PANAC Past President and has served in many leadership roles in ASPAN and PANAC, including the 2007 National Conference Strategic Work Team Coordinator. From Oceanside, Sue is also the hotel meeting planner for PANAC.

Joining Sue on the National slate is Debbie Bickford, BSN RN CPAN, from Torrance, who stepped forward to run for Region 1 Director. Region 1 includes all the western state components. The elections will take place during the Representative Assembly in Seattle, WA, April 3, 2011. Candidate profiles will be posted on the ASPAN website, www.aspan.org.

ASPAN Mission Goes Global

By Susan Fossum, ASPAN International Conference SWT Chair, ASPAN Past President

The International Conference for PeriAnesthesia Nurses is a reality!! Save the date: October 3-5, 2011. The Toronto, Ontario Canada event at the Sheraton Centre Hotel is a joint venture with ASPAN and Canadian, British and Irish Perianesthesia Associations.

Representatives from BARNa (British Anaesthetic & Recovery Nurses Association), IARNa (Irish Anaesthetic & Recovery Nurses Association) and NAPANC (National Association of PeriAnesthesia Nurses, Canada) joined with ASPAN to plan and promote this first international perianesthesia educational conference. The brochure and more information will follow on the ASPAN website, www.aspan.org. This is a new era for ASPAN.
Annual Meeting and Seminar, San Diego, CA

Chris Bowens assists ASPAN President Kim Kraft with projector set-up.

After his presentation, Rhodora Maligalig and Cheri Sloan, Dr. Ramin Zolfagri, and Tita Invina pose for a picture.

Rhoda Maligalig greets Rozelle Johnson and Connie Mallo from Los Angeles.

Debbie Bickford received the President’s Award from Carol Bowen.

Los Angeles nurses pose with Treasurer Deb Bickford, center, after lunch.

Sharon Landon catches up with Madelon Lawson living now in Reno, NV.

Susan O’Day, Kathleen Caparoso and Mary Heeron with afternoon speaker.

Gloria Luu, Karen Woods and Jill Valiant discuss Bay area Chapters.
PANAC Sponsors Smiles

By Terry Trautloff, RN CPAN, Promotions Chairperson

PANAC supports a community project at each of our seminars—in October, it was the “Alliance for Smiles.” Attendees at the San Diego Annual Meeting, donated $282.00 at the door and PANAC added $250.00, to give a total $532.00. Here is a snippet from their thank-you to us.

“We, at Alliance for Smiles, feel very fortunate to live in a country where children even those with birth defects, have an opportunity to follow their dreams. With the help of you and other supporters we are giving these children the opportunity to experience a more normal childhood, free from derision and isolation of their birth defects.”

PANAC would like to thank all those who so generously supported this effort.

JOPAN Seeks Photos for Cover

The Journal of Perianesthesia Nursing features cover photographs of real perianesthesia nurses caring for patients. They are past prize winners of JOPAN’s annual photo contest. This year, the contest for the 2012 JOPAN cover ends February 18, 2011 and the three winners will be announced at the April Seattle National Conference.

The winners receive a year’s ASPAN membership and bragging rights through 2012. Rules regarding the black and white digital photo submissions are on the ASPAN website under JOPAN. Go to www.aspan.org, click on “Resources” then “JOPAN.” A drop down box shows you “JOPAN photo contest.” Tips on what the editors are looking for are also there.

Have Questions? Try Research

By Rubymae Bishop, BSN RN CPAN, Research Chairperson

This is an exciting time for perianesthesia nurses to join PANAC’s Research Committee. Research is a great way to improve our practice in delivering safe, quality patient care. It guides nursing care and improves patient outcomes. As PANAC’s Research Chair Coordinator, I would like to invite and encourage everyone to participate, as research is vital in our practice as perianesthesia nurses.

Some of you expressed interest in the research committee at the Annual Meeting and Seminar in San Diego, thank you. I’m looking forward to a great year. Please contact me at rubymaebishop@yahoo.com if you think of a research question/topic or to say hello. A couple of areas we might consider are pre-op assessment, post op management of sleep apnea patients or perioperative fluid-replacement management.

If you have a best practice question—the research committee may be able to turn it into a statewide perianesthesia research project!

What is the PANAC Board Doing?

By Shay Glevy, BSN RN CAPA CPAN

Did you know the PANAC Board meets on Sunday following the PANAC Conferences in October and February? At the October 17th Board meeting, Committee Chairs, District Directors, Treasurer and Education Chairs presented their annual reports. Using Roberts Rules of Order, President Cherie Sloan managed to keep discussion and the agenda on track and within the 4 hour time frame. As Secretary, I took minutes on my laptop.

We reviewed the Policy and Procedure to insure they reflect current practice. Some of the changes included: increasing the discount reward for non-members joining ASPAN at a conference from $5.00 to $10.00 off future PANAC seminars; deleting the obsolete long distance phone credit card; increasing Strategic Planning Committee members to include District Directors; and tabling the new Chapter Policy for review and an email vote. You can see more P & P changes and the entire board minutes at our website at www.panac.org.

Education Chair, Chris Bowens, discussed the Conference attendees’ feedback, what went well and ways to improve. She reported on the upcoming Ventura and Tahoe meetings but deferred topics and speakers to the Education Committee.

Next October the following positions will be available: Education Chair, Education Chair-Elect, Meeting Planner, Secretary and President-Elect. District 4 and District 3 Directors will also be on the ballot.

The Board Meetings are open. Beverly Edwardsen, Fresno, attended as a guest with newly elected District 2 Director, Denise DeFendis. As always, the main goal of the Board Meeting agenda is to meet member needs, improve member services and to encourage and support their increased involvement in PANAC and ASPAN.

PANAC Chapters Care

This fall, PANAC members reached out to help their communities through local PANAC Chapters—one meeting at a time.

The Santa Rosa North Bay Area Chapter held a coat drive at their November meeting at Kaiser Santa Rosa, supporting The Catholic Charities Homeless Shelter. With twelve attendees, eighteen coats were donated! Karen Woods, District 4 Director, delivered the coats to the shelter on November 11th. With this success, future events are planned.

In Fresno, the First Annual Fall Perianesthesia Seminar attendees and the Chapter raised $160.00 for the Fresno Food Bank. District 2 Director, Denise DeFendis and Chapter leaders, Chris McKinney, Nancy Montano and Fran Buchnoff organized the fundraiser.

District 3 collected socks for veterans at their November Seminar in San Francisco. Gloria Lui, District 3 Director said they intend to repeat their Coat and Sock drive at their winter meetings.

At the November Meeting, Chapter Terry Trautloff reports that the District 1 Orange County Chapter donated clothing, diapers, feminine hygiene products and assorted toiletries to the Orange County Rescue Mission. They provide housing for up to 200 people (families) at a time.
Research Study Proves Unpredictable Value

By Karen Woods, RN CPAN

“It is about the journeys in life rather than the destinations.” How many times have we heard this, yet still get caught up in the end result and miss valuable opportunities for growth along the way?

I hope sharing my research experience encourages others to embrace the challenges, uncertainties, and intimidations of research; to ask questions, to validate or advance our practice and theory, and ultimately improve patient outcomes.

As members of a Kaiser Santa Rosa Committee, we compared our surgical services to Magnet hospitals, looking for gaps. We found one—a preoperative pediatric education and support program to prepare the pediatric patient and their parents or guardians that could improve our service.

Developing the Study

After reviewing the research, a program utilizing a Certified Child Life Specialist was developed and we conducted a study through an innovation grant. Parents were surveyed and the results were collated, evaluated, and presented to our administration. Based on our findings, we recommended this program become a permanent part of our preoperative process. Intrigued by our presentation and results, our administration asked us to do an official IRB study to see if a more formal study would show similar results.

So, without ever intending to be involved in research, five nurses and I put together the application for the IRB asking: “Does the utilization of a Certified Child Life Specialist preoperatively reduce anxiety in children and improve satisfaction of parents?”

Application and Data Collection

The application process was an incredible educational experience; filled with new terminology, processes, and personal growth. With the guidance and direction of our Research Council Chair and Research Scientist, we spent the next several months putting together our application.

As our data collection phase began, so did our troubles. Some of which were medical illnesses of key investigators, parents unable to keep their appointments with the Child Life Specialist for various reasons, and our surgery scheduler transferring to a new position. Having collected data from only one third of the n number we needed, we would have had to modify our original application to the point of jeopardizing the entire study.

After receiving one extension and reviewing the status of the study—no statistical difference between the control and treatment group—our research team decided to conclude it as a pilot study.

Evaluating the Process

On the surface, it seems we learned little by our study. However, I believe due to our challenges in this research process, we learned more about ourselves, being patient, and letting go of preconceived ideas and outcomes.

Research is one of the most valuable tools we have. It requires curiosity, guidance, enthusiasm, and the understanding that you cannot control everything. I now think of RESEARCH as a Rewarding Experience; Studying, Educating, and Advancing the Roads to Changes in Healthcare.

ABPANC News

Become a CPAN/ CAPA Coach

Two PANAC members are CPAN/CAPA coaches for the American Board of Perianesthesia Nursing Certification, ABPANC. They are Chris Bowens, MN RN CAPA and Belen Alviar, RN CPAN, both from Southern California.

An educator at Cedars Sinai Medical Center, Los Angeles, Chris Bowens passed the CAPA exam in 2003. She conducts study groups and review sessions for Cedars' employees planning to take the CPAN or CAPA exams. The most recent to pass certification is Pam Cassens.

Belen Alviar encourages colleagues at Henry Mayo Newhall Memorial Hospital to become certified by offering support and providing CPAN/ CAPA certification information. Both Belen and Chris can be contacted through ABPANC.

Beginning the Certification Coach process, Karen Woods, RN CPAN, Santa Rosa, plans to organize a study group in the North Bay area. Karen is PANAC’s District 3 Director.

The certification coach volunteers for one year to offer support and encouragement to “not-yet-certified colleagues” as a resource on study strategies and reference materials. Coaches are not expected to teach materials, but to facilitate the study process or assist in forming study groups as needed. They are familiar with the CPAN/CAPA website and act as a resource. After one year and completion of documentation, they are awarded 3 contact hours for indirect care.

More information, job description, and applications are available on the website www.cpancapa.org or contact the ABPANC office, Zelda Williams at zwilliams@proexam.org.

ABPANC Offers Online Practice Exams with CE

ABPANC’s newly developed practice exams offer 50 unique questions to participants preparing for the CPAN and CAPA exams. With each application, ABPANC offers randomly selected multiple-choice questions from the exam database. Each test is different and presents practice questions relevant to perianesthesia practice.

Applicants choose a time to complete the exam, either 1 hour and 15 minutes or 2 hours and 30 minutes and based on the time chosen, 1.25 or 2.5 contact hours will be awarded. The exam costs $35.00 and registration is online at www.cpancapa.org.

The exam can be taken on any computer using a Microsoft Internet Explorer browser. Feedback on performance is provided, but not the actual answers. The exam is meant to be a guide for further study and to practice the question format and not, ABPANC insists, as an indicator of passing the actual test and/or need to study.

New ASPAN Standards Available in Ventura

Revised every two years, the new ASPAN 2010-2012 standards has a new title: Perianesthesia Nursing Standards and Practice Recommendations and is due out in December. The new title reflects the text change of practice “Resources” to “Practice Recommendations.” A limited number of the new standards will be available at the February 26, Ventura Conference.

Updates also include standards of perianesthesia nursing practice, position statements and evidenced-based clinical practice guidelines. Also addressed are fast tracking in ambulatory settings, workplace violence in the perianesthesia setting, family visitation in the PACU and a position statement on the pediatric patient.
We also hosted the ASPAN Seminar, great job getting the chapter started! with Dr. Daniel Headrick, Mission Pacific Coast Recovery, Medical Director present “Chronic Pain and Drug Addiction, Opioid Use and Long Term Effects.” The audience felt the interventional modalities used to treat these conditions was relevant to our practice since we are increasingly challenged by post surgical patients with chronic pain and chemical dependency problems.

If you are preparing for the CPAN/CAPA exam, the OC chapter is planning a certification study group—anyone interested may contact me.

Finally, I’m still looking for nurses who want a San Diego Chapter. It only takes one or two to get one up and going. Contact me if you are interested or have any suggestions. See you in Ventura in February—want to take the train with me?

It was such a pleasure to meet so many of you from our District at the San Diego Annual Meeting and Seminar. What a great weekend!

I am so excited! Sacramento will hold their first Chapter Meeting, January 10th. Chris Pasero, MS RN FAAN, pain management educator and consultant, will be speaking! Thanks to Sacramento’s startup group of volunteers: Kim Demas, Nancy Hicks, Helen Fong, Susan Paillon, Renee Bowles and Emily Mc Clemron. Great job getting the chapter started!

Wonderful educational opportunities are coming to Sacramento: January 22, ASPAN’s “PeriAnesthesia Certification Review” with Nancy Strzyzewski; and on March 12, “Surrounding Your Practice with Excellence” with Dolly Ireland.

At the Santa Rosa North Bay Chapter’s November meeting, Mary Kowatch presented “Infection Control in the Periop Setting” at Kaiser Santa Rosa. They wrapped up the Chapter’s first year, with 12 attendees donating 18 coats to the Catholic Charities Homeless Shelter. I am putting together a Seminar for April 30 in Napa, Solano, Sonoma, and Trinity

Our District is sponsoring a “coat and socks” drive for veterans this winter and began collecting socks at November’s 4 hour Workshop in San Francisco, “Heart & Shock Emergencies and Holistic Nursing.” We also hosted the ASPAN Seminar, “Surrounding Your Practice with Excellence: Legality, Standards, and Advocacy,” in November.

I look forward to assisting members interested in bringing an educational offering to their hospital or local community. With the PANAC Policy for Chapter Development Guideline finalized, I am better able to support nurses in starting Chapters.

The revised Alice Wise Scholarship is posted on the website. I hope some of you applied for scholarships before the December 15 deadline. If not, begin planning to apply for next year. Details are at www.panac.org. Funds are available for conferences, advancing your education, and for CPAN/ CAPA certification or recertification.

Please contact me if you have any suggestions or questions. Hope to see you in Ventura.
**PANAC’s Mission:**

In collaboration with ASPAN, we promote the specialty of PeriAnesthesia Nursing.

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**CALENDAR of EVENTS**

**January 10 – March 7, 2011**
CPAN / CAPA Exam Registration Window
www.cpancapa.org

**February 7 – 13, 2011**
PANAW
PeriAnesthesia Nurse Awareness Week
www.aspan.org

**January 22, 2011**
ASPN Seminar Series
PeriAnesthesia Certification Review
Sacramento, CA   www.aspan.org

**February 26, 2011**
PANAC Winter Conference
Lois Schick, MN, MBA, RN, CPAN, CAPA
Marriott Ventura Beach—Ventura, CA
(805) 643-6000   www.panac.org

**March 12, 2011**
ASPN Seminar Series
Surrounding your Practice with Excellence: Legalities, Standards and Advocacy
Sacramento, CA

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**April 4 – May 14, 2011**
CPAN / CAPA Examination Window
(May 12 is the deadline to schedule exam.)
www.cpancapa.org

**April 3 – 7, 2011**
ASPN’s 30th National Conference
Seattle Sheraton Hotel & Seattle Conference Center
Seattle, WA   www.aspan.org

**May 01, 2011**
CPAN / CAPA Spring Recertification Deadline

**May 21, 2011**
ASPN Seminar Series
Complexities and Challenges of PeriAnesthesia Nursing: Across the Ambulatory and PeriAnesthesia Continuum
San Diego, CA

**October 2 – 5, 2011**
International Conference for PeriAnesthesia Nurses
Toronto, Ontario – Canada

**October 14 - 5, 2011**
PANAC’s 32nd Annual Meeting/Conference
Harrah’s Casino and Hotel
Lake Tahoe, NV