The ASPAN National Conference in Orlando, FL, opens Sunday, April 15 with Component Night. The event’s theme is a Mad-Hatter Un-Birthday Party.

If you hear “Off with their Heads,” look for the Queen of Hearts, ASPAN President-elect, Sue Carter, RN BSN CPAN CAPA from Oceanside, CA. She is the incoming ASPAN President, 2012-2013. Sue served twice as PANAC President (1998-99 and 2004-05) and invites Californian’s to come and enjoy the conference!

The Hilton Orlando is near Florida’s most popular theme parks: Disney World’s Magic Kingdom, Epcot Center, Sea World, and Universal Studios. Look on the ASPAN web site for links to special Disney. To get the most out of the conference—look to the conference brochure. If this is your first conference—attend a first-timer session. Sign up for the Sunday morning Dream-walk, even if you don’t end up walking, you’ll support ASPAN Scholarships. Take a spectator seat at the Representative Assembly and view ASPAN in action. Optional events like the CPAN/CAPA and the Development Luncheons offer networking opportunities, great speakers and added CEUs. Visit the Exhibit Hall to see new devices and products, meet ASPAN leaders and view Best Practice Posters!

Don’t forget to sign up for the free Closing Awards Breakfast—you'll need a ticket to get in. PANAC members will rise early Thursday morning to decorate the banquet tables in honor of Sue Carter’s installation as ASPAN President. Front Tables are reserved for PANAC members, as Sue Carter’s component. Congratulations, Sue!

President’s Message: It’s About the Seeds

Growing your own has many components. The first is selecting and sowing the seeds. What seeds can you plant? It could be the promising nursing student. It could be you wanting your certification. It could be a nurse you work with that you see has potential, and just needs someone to come alongside him or her. That someone could be a great asset to PANAC.

When we plant seeds our human nature wants to see immediate growth. We want our plan to come to fruition as soon as we start it in motion. It seems like our generation has to see results right away. When I planted a lemon tree in my backyard, I wanted a lemon the next day. Every weekend I would go out there and wonder why I didn’t have my lemons yet! Did I water it enough? Did I water it too much? Is it getting enough sun? Is it getting too much sun? One day, I noticed the bounty of lemons on my neighbor’s tree and asked how they did it. They informed me their tree did not start producing lemons for a couple of years. With that information, I was able to step back, take a deep breath, and put my patience hat on. Now years later, I have so many lemons that I am able to share!

Why do I bring this up? When I became involved in PANAC and ASPAN and achieved my certifications, I wanted to plant seeds and see immediate results. I wanted every nurse that I worked with, volunteered with, saw and met at educational offerings and conferences to be right there with me. I wanted them involved in PANAC and ASPAN. I wanted them to become certified and then dual certified. I’ve learned it takes time. Planting those seeds and watching them take root and grow can take a while, but it is so worth the patience!

It is thrilling to observe across California, PANAC members planting seeds and see them take root. Keep those seeds in sight, watch and water them with patience and see them grow!
Going for the Gold...Leaf

There are a few times when we stand in awe of a winning team effort. Led by Promotion Chair, Terry Trautloff, PANAC’s 17-page application for the prestigious ASPAN Component Gold Leaf Award required such an effort. Terry did a phenomenal job, literally combing through last year’s Pulseline issues and the ASPAN web sites to complete the application. While it is easy to say, yes we do that to the 34 multiple-part questions, it required hours and hours to compile the data and document how we meet the criteria.

The Gold Leaf Component winner is announced at the April ASPAN National Conference opening awards ceremony. PANAC has won twice, in 2001 and 2004; and win or lose, this application is a tribute to each of our members who embrace PANAC at the Chapter, District, and State levels, and step up to volunteer their time. Your efforts count. This was a tremendous team effort and thanks to Terry, it looks great! If we hear PANAC’s name called—Terry, this one’s for you!

PANAC Promotes Certification

By Terry Trautloff, RN CPAN

CPAN/ CAPAs enjoy a $5.00 discount on PANAC seminar registration—and get an additional $5.00 off if three registrations are sent in the same envelope. At PANAC seminars, CPAN and CAPA ribbons attach to name badges to recognize their achievement. If you are a certified PANAC member—celebrate your success at every Chapter or PANAC meeting.

Across the state, PANAC has official and “unofficial” certification coaches who are willing to answer questions or offer help. ABPANC Director, Cheryl Coleman attended the Annual October Meeting in Tahoe to promote Certification and to enlist Certification Coaches. PANAC is proud to have 7 Certification Coaches: Deborah Bickford, CPAN; Christina Bowens, CAPA; Regina Cuaresma, CPAN; Anatita Invina, CPAN; Karen Woods, CPAN; Serta Sandhu, CPAN; Susan Morris, CPAN, CAPA.

If you are interested in becoming a Certification Coach go to www.cpancapa.org and click on certification coaches. Besides offering encouragement and mentoring colleagues, you earn recertification points.

Each year, PANAC requests ASPAN Certification Review Seminars to support member’s needs for exam preparation—look for dates and locations at www.aspan.org.

Local, District or Chapter certification study groups are developing, like the District 1 CPAN CAPA Study group in Mission Viejo, on March 31—see the PANAC website.

PANAC’s Alice Wise Memorial Scholarships Funds are available to PANAC members for certification, recertification and seminars. Go to www.panac.org for details. Look for the latest list of California CPANs and CAPAs on the PANAC website. Congratulations! If you are thinking of taking the CPAN and/or CAPA exams see the certification windows of opportunity dates on page 8 and Just do it!
By Debbie Bickford, BSN RN CPAN

Winter. For many, that word conjures up images of grayness, barren trees and desolation. When I think of this time of the year, I envision getting cozy—comfy blankets, warm fires, and hot drinks. Yes, even in Southern California, these homey toasty touches are nice in the evening. It is a good time to hibernate, to read, and think of spring and plan what we’ll do when the weather improves.

Our plan may not be just about physical activities and short-term goals, but what our professional plans for the future might be. Start thinking of those elusive goals you would like to pursue; what part of you needs to be developed? Let’s strip down all those “I should(s)” and “if only(s),” and think about those dreams. Take this winter to plan your new professional goals and the time frames needed to accomplish them. It could be anything—from education, certification, developing professional friends/relationships or to new leadership roles! Whatever you choose, this is the time to develop your spring game plan.

From ASPAN to State Components, everyone is getting ready for spring—providing programs and resources to assist you in achieving your professional goals.

Higher Education

Look to ASPAN or your state component for scholarships to assist in pursuing higher degrees. For those who need financial assistance for tuition, scholarships are available. Life is short. If you keep thinking life would be more complete if...then look at programs, complete the application, and send it in.

Certification

Is this the year? Will it be the spring or fall? Go to the ABPANC website, www.cpanca.org and look at the testing periods. The commitment to sit and succeed with this exam takes planning. Incorporate into your life enough time to adequately prepare for the exam and pass it. You need to plan how and when to study, what classes to attend and when to take the test. The ABPANC website suggests resources, ASPAN offers Certification Review seminars, and Certification Coaches are available for additional support. All it takes is you.

PANAC Membership Tops 1350
By Ruby Bishop, RN CPAN, Membership Chair

Membership reached 1363 in January with 2 more members joining at the February 25 Seminar in Santa Clara. Welcome to all 70 new PANAC members—you’ve made us one of the fastest growing ASPAN components!

Kudos to everyone for getting the word out to colleagues on the benefits of joining ASPAN and PANAC—educational meetings and the networking/collaboration with other perianesthesia nurses that keep us updated on best practice trends to improve patient outcomes.

As membership chair, I want to be more visible to members by attending local chapter meetings and join you in encouraging nonmembers to join PANAC. Cynthia Galarpe is again the ASPAN and PANAC leading recruiter with 23 members! Erin Lowerhouse and Rosalinda Frias each recruited 4 or more new members. In all, 81 members recruited at least one new member! Well done.

Please email me if you have questions about membership at membership@panac.org.

State Components

How many times can you attend state or local meetings, see the same leadership, and then go home. Isn’t it time to step up and say I want to help? Go beyond your comfort zone and volunteer. Start small, any help is greatly appreciated and you will gain inner satisfaction. Decide what you can offer. All the component and ASPAN leaders started this way. Now, with computers and conference calling, most of the work is done late at night, in our PJs, sipping something warm!

National Conference

There is nothing like it and something for everyone. If you’ve attended a National Conference before, you know what a great experience it is and how much fun it is to make new friends and see those from past conferences. If you’ve never attended—this is your time to go! Plan on attending the First Timer’s Meeting (ASPA plans to post the meeting Power Point presentation on-line) to show how to get the most out of the conference. The first night, go to Component Night. Eat, buy raffle tickets, sing, dance and become acquainted with your state colleagues. During the week, there is so much to do with sessions, viewing best practice posters, attending the Certification and Development Luncheons, and dancing the night away at the President’s reception.

I invite you to attend the ASPAN Board Meeting on Saturday, April 14. The all-day meeting is open to ASPAN members and it is interesting because it is basically all green. On Sunday morning, plan on attending the Representative Assembly to hear the candidates speeches before the Representatives vote for the ASPAN officers. (Reminder: go to www.aspan.org to vote for your candidate). At the RA, you will witness the debates and voting on proposed ASPAN policy and standards changes as well as be able to make comments from the gallery!

So, as you get cozy this winter, what are your personal/professional game plans for spring?

PANAC Membership Tops 1350
By Ruby Bishop, RN CPAN, Membership Chair

Membership reached 1363 in January with 2 more members joining at the February 25 Seminar in Santa Clara. Welcome to all 70 new PANAC members—you’ve made us one of the fastest growing ASPAN components!

Kudos to everyone for getting the word out to colleagues on the benefits of joining ASPAN and PANAC—educational meetings and the networking/collaboration with other perianesthesia nurses that keep us updated on best practice trends to improve patient outcomes.

As membership chair, I want to be more visible to members by attending local chapter meetings and join you in encouraging nonmembers to join PANAC. Cynthia Galarpe is again the ASPAN and PANAC leading recruiter with 23 members! Erin Lowerhouse and Rosalinda Frias each recruited 4 or more new members. In all, 81 members recruited at least one new member! Well done.

Please email me if you have questions about membership at membership@panac.org.

State Components

How many times can you attend state or local meetings, see the same leadership, and then go home. Isn’t it time to step up and say I want to help? Go beyond your comfort zone and volunteer. Start small, any help is greatly appreciated and you will gain inner satisfaction. Decide what you can offer. All the component and ASPAN leaders started this way. Now, with computers and conference calling, most of the work is done late at night, in our PJs, sipping something warm!

National Conference

There is nothing like it and something for everyone. If you’ve attended a National Conference before, you know what a great experience it is and how much fun it is to make new friends and see those from past conferences. If you’ve never attended—this is your time to go! Plan on attending the First Timer’s Meeting (ASPA plans to post the meeting Power Point presentation on-line) to show how to get the most out of the conference. The first night, go to Component Night. Eat, buy raffle tickets, sing, dance and become acquainted with your state colleagues. During the week, there is so much to do with sessions, viewing best practice posters, attending the Certification and Development Luncheons, and dancing the night away at the President’s reception.

I invite you to attend the ASPAN Board Meeting on Saturday, April 14. The all-day meeting is open to ASPAN members and it is interesting because it is basically all green. On Sunday morning, plan on attending the Representative Assembly to hear the candidates speeches before the Representatives vote for the ASPAN officers. (Reminder: go to www.aspan.org to vote for your candidate). At the RA, you will witness the debates and voting on proposed ASPAN policy and standards changes as well as be able to make comments from the gallery!

So, as you get cozy this winter, what are your personal/professional game plans for spring?

Gloria Luu and Karen Woods Step Onto ASPAN Stage

Gloria Luu and Karen Woods signed on for the ASPAN Speakers Development Program last April in Seattle to explore their potential as speakers. The PANAC District Directors were given a limited choice of topics, outside of their expertise, to learn and present at this year’s ASPAN National Conference.

Karen chose evidence based practice, EBP not ESP, Is Your Practice Evidence Based, with Gloria Luu presenting Capnography, A new reason to take a deep breath. Both will present these at the Sacramento District 4 March 31 Seminar for their PANAC colleagues before their ASPAN debut sessions Monday and Tuesday evenings at National Conference. PANAC members plan to attend their presentations.
February attendees pick up name tags and attach colored ribbons to recognize their District and CPAN or CAPA certification.

Getting “geared-up” for the National Conference, Terry Trautloff shows off a pink T-Shirt with Cheshire Cat at PANAC Board Meeting. Karhy Sim wears pink Mickey ears.

Frances Chee, Marjorie Nardarisay, Karen Bristol, and Attyna Dee greet District 3 Director, Gloria Luu from San Francisco (not pictured).

Smiling in spite of biting into her bagel, Regina Fassano laughs with friend Sara Brynelson. Both are from the Bay Area.

Arriving early, attendees sign-in for the sold out pain seminar and pick up their syllabus before heading for coffee.

The ASPAN information booth drew many looking for membership applications and brochures.
**Meet PANAC Marketing Co-Chairs**

New Marketing Committee Co-Chairs John Kuykendall and Esther Sang first met as nursing students in El Paso, TX in 1975. They have been together since finding their way to PACU early in their careers. For 10 years they shared travel nurse assignments in the Bay Area, before settling in Sunnyvale, CA at Santa Clara Kaiser.

Frequent attendees at PANAC and ASPAN seminars, the couple served on the Marketing Committee with former Chairperson, Lori Silva. John and Esther became Co-chairs and joined the Board at the October Tahoe meeting. Both are long-time members of ASPAN, PANAC and TAPAN, the Texas component. In fact, Esther Sang is a TAPAN Past President. She was TAPAN President in 1998 - 1999. Both bring enthusiasm and leadership experience to the PANAC Board. At 14, Esther became interested in nursing when her mother encouraged the bored teenager to volunteer one summer at a local El Paso maternity clinic. Soon after learning to take BPs and vital signs, a nurse at the local rural hospital offered to train Esther to clean and sterilize instruments and needles. “I had to sharpen the needles, too,” she adds. The nurse soon had her passing instruments and assisting with procedures, even giving anesthetic gas Ether! Then, shortly before her fifteenth birthday, Esther delivered her first baby! John and Esther are looking for exhibitors for the PANAC October Costa Mesa Seminar. If you know a medical device or pharmacy representative or a company that would like to exhibit, let them know through the website at www.panac.org.

---

**Costa Mesa Fall Seminar Choice**

The Westin South Coast Plaza welcomes PANAC back for their Annual Meeting, October 5-6, 2012. The Westin hosted several wonderful PANAC conferences and mature members will remember waking up to the 1992 earthquake that rocked the hotel and the aftershocks that had them diving under the tables! It is still a favorite luxury hotel, centrally located in Orange County and less than 30 minutes from the Pacific Ocean.

The celebrated South Coast Plaza, with gourmet restaurants, and high-end shops like Armani, Gucci and Dior is only a pedestrian bridge away from the Westin Hotel. Nordstrom’s, Saks Fifth Avenue and Macy’s also offer the super shopper or the just looking browser a fun-filled pre or post conference afternoon or evening!

The Friday/Saturday education program is progressing and will feature outstanding speakers from Southern California. If you want to suggest a speaker, contact Education Chair, Chris Bowens at christina.bowens@cshs.org or Ed Chair-elect, Lori Silva at notgoquietly@clearwire.net.

---

**Nurses Show PANAW Pride**

By Ernie Nunes, RN CPAN, CNOR

PACU, Pre-op, Post-op and Procedural nurses from ambulatory centers to giant medical centers, all celebrated their practice, February 6-12. ASPAN established the first week in February, Perianesthesia Nurse Awareness Week (PANAW) in 1987. Now, 25 years later, PANAC nurses show pride in their specialty:

- To celebrate PANAW, Pricilla Monroe, RN, CAPA at Saddleback Memorial Center, Laguna Hills, offered daily presentations about perianesthesia nursing to hospital staff and the Surgical Services Department provided lunches.
- In Oakland, Mary Frazier, Children's Hospital Diagnostic Imaging Center, embellished the ASPAN PANAW poster with staff pictures and names to let colleagues know they are perianesthesia nurses.
- At Providence Holy Cross in Mission Hills, Frankye Bauerle emailed the hospital’s staff a PANAW announcement with names and pictures of their perianesthesia nurses and ASPAN history. Their Director purchased ASPAN logo bags for the staff, provided lunch on Wednesday, and a PANAW cake on Thursday.
- Torrance Memorial filled PANAW with celebrations! A display case by their cafeteria was dedicated for the month to their Perianesthesia nurses, showing pictures of all the staff and certified nurses. Celebrating PANAW, the hospital screensaver featured a PANAW sign and the perianesthesia nurses’ pictures, for the entire week. Administration presented pens to all the staff on Monday, cupcakes on Tuesday, lunch on Thursday, and a PANAW cake on Friday.
- The Fresno Chapter met on Saturday, February 11 for a PANAW Brunch at Mimi’s.
- The Modesto Chapter celebrated PANAW with CEUs at their bimonthly meeting.
- Nurses at Rady Children’s Hospital, San Diego, chose an inspirational quote each day and created personal appreciation valentines to all the hospital departments they interact with. The nurses also created a department board to celebrate each other with postings to complete: “a friend is…” The OR staff hosted a breakfast pot-luck for PANAW.

What did you do for PANAW? Please share your PANAW story with Pulseline. Send a note to eRNie at enunesca@aol.com.
ICU Patients: Recover in PACU or Direct to ICU?

By Sylvia Baker, MSN, RN, CPAN

Several times each year, the ASPAN Clinical Practice Committee fields questions regarding recovering ventilated patients in the PACU or bypassing the PACU with ICU patients. In light of these questions/concerns, ASPAN has no Standard to provide a policy-type of direction for the PACU practitioner. In the 2010-2012 Perianesthesia Nursing Standards and Practice Recommendations, Practice Recommendation 8 is Fast Tracking the Ambulatory Surgery Patient, which addresses bypassing PACU Phase I and delivering the patient to Phase II recovery. This recommendation does not really address the issue of the critical patient, who is ventilated, going directly to ICU from the OR.

One resource that might be of assistance to anyone with this question is: Position Statement 5: A Joint Position Statement on ICU Overflow Patients developed by ASPAN, AACN, and ASA’s Anesthesia Care Team Committee and Committee on Critical Care Medicine and Trauma Medicine, which states “The primary responsibility for Phase I PACU is to provide the optimal standard of care to the postanesthesia patient and to effectively maintain the flow of the surgery schedule” and “Phase I PACUs are, by their nature, critical care units, and as such staff should meet the competencies required for the critically ill patient.” These competencies should include, but are not limited to, ventilator management, hemodynamic monitoring, and medication administration, as appropriate to their patient population.

The important issues to keep in mind are these: 1. the same standard of care must be met for the patient recovering from anesthesia, regardless of where that process occurs and 2. patient safety issues must always be at the forefront of consideration for the best location of the patient’s recovery.

There are many times when ventilated post-operative patients become the subject of “turf wars.” Where I work, a policy was developed to help guide and direct those in charge in making appropriate decisions on patient placement in these situations. This normally is a three-way conversation between the Anesthesia Care Provider, PACU Charge nurse, and ICU Charge nurse. The PACU staff generally contends that the patient will not be “recovered,” especially if they are to remain intubated; the ICU staff members’ stance is usually one of staffing: one-to-one care for a specified length of time (many ICU nurses are not well versed on anesthetic agents and recovery). It was for these reasons that we established our policy to promote open communication and determine the safest, best placement for the patient.

In summary, ASPAN has not taken any specific stand on this issue. In discussions with colleagues from across the nation, many organizations have created their own “fix” of this type of situation through the development of a policy, such as the one briefly described here.

References:


Electronic Charting Explored

The Association of California Nurse Leaders’ (ACNL) invited Tess Mazloomian, MS RN CPAN CAPA CCRN to present her poster, A Survey on RN Perception of Electronic Charting Using the Epic Computer System at their February conference in Rancho Mirage, CA. Tess showed her poster at the PANAC Santa Clara Seminar before taking it to the ASPAN National Conference in Orlando, FL.

What’s New at www.panac.org

By Kathy Sim, PANAC Webmaster

This website is for you! Have you checked it lately? There is a new Calendar of Events/Education section on the front page. With a click, you can see the entire year of PANAC education and meetings available to you. The calendar is updated regularly as more information is available.

To see all upcoming events posted on the web site, remember to click on view all announcements or view all events. The front page is limited to the last posted events; the others are hidden, but just a click away. The Chapter section has expanded PANAC news of your chapter. If you click on your District, you will find your local chapter, meeting minutes and upcoming seminars and news. Don’t forget to save www.panac.org as one of your favorites so PANAC takes only a single click. Corrections, feedback or additions are always welcome.
**District 1**

Tess Mazloomian, MSN RN CPAN
tessmpanac@yahoo.com

The counties of Imperial, San Diego, Riverside, San Bernardino, and Orange

Take a bow San Diego Nurses, the chapter is growing! Both the January and March meetings showed increased attendance, thanks to great speakers like UCSD’s Dr. Minokadeh and PICU RN Jack Straub for the Mock ACLS/PALS review with assistance from Theresa Holbo, Romeo Madrid, and Jillian Berman. At the March 3 meeting, Chapter Coordinator Rebecca Reynolds enlisted Deb Westendorf and Laura Barber to speak on Perioperative Diabetic Patient! Join them for their next successful meeting, May 5.

The San Bernardino Chapter (SBC) held their 2nd meeting March 10 at Menifee Valley Medical Center with Maryanne Stevens presenting Isolation in Perioperative Practice. At their first meeting in January, Dr. Keyvan Safdari presented Malignant Hyperthermia and provided the pizza! Both the presentation and food were well received. Angeline Weathersby, SBC Coordinator, sees solid interest and strong support from Inland Empire nurses.

Orange County (OC) Coordinator Kathy Dureault and Secretary, Myra Tejada, met in January with Sue Kussero and me to plan our bimonthly meetings and seminars. The CPAN CAPA certification study group is March 31 and the District 1 Mid-Year Seminar is set for, June 9 featuring neurosurgery, core measures and urogynecologic procedures. Look for details in flyers and brochures on the PANAC website—hope to see you soon!

**District 2**

Denise DeFendis, BSN RN CAPA

district2panac@gmail.com

The counties of Kern, Tulare, Kings, Fresno, Madera, Mariposa, Los Angeles, San Luis Obispo, Santa Barbara, and Ventura

District 2 is showing no signs of slowing down in 2012. The Central Valley Chapter is busy getting ready for the Cinco De Mayo Seminar with nationally recognized speaker, Lois Schick on Hot, Hot Perianesthesia Topics: Pre-op to Post-op. Chapter Coordinator, Kathy Nichols, along with Chris Dunford, Ernie Nunes, Melanie Trujillo, Fran Buchnoff, Chris Mckinney, Beverly Edwardsen, Nancy Montano, and I meet regularly to have everything ready for this day long seminar at Children’s Hospital Central California in Madera. Hope to see you May 5 to celebrate Cinco de Mayo with CE’s.

The Burbank/LA Valley Chapter met March 24 hosted by Coordinator-elect Koko Pandit on PTSD with noted expert, Leslie Martin from the VA for 2.5 CE’s. Chapter Coordinator Kevin MacVane coordinates the bimonthly meetings and joins me in thanking Karen Barber, Frankye Bauercr, and Nora Lucas for hosting the January 28 meeting at Holy Cross on Multimodal Pain Management with anesthesiologist, Dr. Steven Spiro.

I encourage all of you to look at PANAC website’s new education calendar that Lori Silva, Education Chair-Elect, put together. Anyone interested in meeting in Visalia or Bakersfield, please let me know.

**District 3**

Gloria Luu, MSN RN CPAN
gloriapana@comcast.net

The counties of Monterey, San Mateo, San Benito, Santa Clara, San Francisco, Santa Cruz, Alameda, and Contra Costa

Time travels so fast—it’s already Spring! The seeds we planted are starting to grow! I am excited to see all the opportunities we have in District 3 to network and develop professionally, as well as personally.

There is a 4-hour seminar, March 31 at John Muir Hospital in Concord, CA on Caring for the Renal Patient. A first for the East Bay, please take advantage of this opportunity. Thank you Linda Minnich and Ernestine Faggionato, for organizing the event! Congratulations to the Santa Clara Chapter for successful chapter Sunday Brunch meetings in Palo Alto planning May and September seminars at the Stanford Medical Center. Their meetings are fun opportunities to network and grow. I encourage you to contact Liz Glatt, Chapter Coordinator at Lizpanac@gmail.com for questions or information on joining them.

The San Francisco Chapter Coordinator, Sharilyn Navarro is planning an exciting half-day seminar at the SFVA in April—watch for more information and flyers at www.panac.org. If you have suggestions for the SF Chapter contact Sharilyn at Sharilyn.panac@gmail.com.

Congratulations also, to our own Sue Carter, ASPAN’s 2012-2013 President! I will see her inducted at the ASPAN National Conference! I look forward to seeing you in Orlando, too! Remember, you can always reach me with suggestions and comments at GloriaL.Panac@yahoo.com.

Finally, Congrats to District 2’s new LA/Burbank/Valley Chapter on their July 31, first meeting! Please check www.panac.org for District 3 happenings and events and let me know if you have questions or suggestions. See you in Orlando!

**District 4**

Karen Woods, RN CPAN

karenwpanac@comcast.net

The counties of Alpine, Amador, Butte, Sacramento, Placer, El Dorado, Nevada, Sierra, Yuba, Yolo, Sutter, Colusa, Glenn, Lassen, Plumas, Tehama, Shasta, Modoc, Stanislaus, San Joaquin, Tuolumne, Calaveras, Mono, Inyo, Del Norte, Humboldt, Lake, Marin, Mendocino, Napa, Solano, Sonoma, and Trinity

Spring is in the air— and with it change and growth! Let’s spring forward together, learning, sharing, and enjoying our way into a brighter tomorrow.

Lori Silva, Modesto’s chapter coordinator did a wonderful job putting together a PANAC meeting and educational event calendar for PANAC’s website. This is also the ideal place to find information about chapters, districts, seminars, and contacts for questions or concerns.

March 31st is our District Spring Seminar at Kaiser Morse Avenue in Sacramento. Helen Fong and Karen Roy have been extremely helpful assisting me and arranging speakers. Besides Dr. Dakkak presenting Pediatric Challenges in PACU, Dr. Guppy with Post op Care of Spine Patient and Margaret Watson speaking on Crisis Management in PACU, Gloria Luu is doing Capnography, A new reason to take a deep breath and I will present EBP not ESP, Is Your Practice Evidence Based. Hope to see you there! The brochure is at www.panac.org/ District 4.

Mark your calendar for the May 19 ASPAN Seminar, Pediatrics, Beyond the Basics in Sacramento. With our three Local Chapters, Sacramento, Modesto, and Santa Rosa/North Bay meeting every other month, our District Seminar, Sacramento seminars, and the April National Conference, spring is bursting with opportunities!
# Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 31, 2012</td>
<td>PANAC District 3 Annual Seminar</td>
</tr>
<tr>
<td></td>
<td>Kaiser Permanente</td>
</tr>
<tr>
<td></td>
<td>Sacramento, CA <a href="http://www.panac.org">www.panac.org</a></td>
</tr>
<tr>
<td>March 31, 2012</td>
<td>PANAC District 1 Certification Review Study</td>
</tr>
<tr>
<td></td>
<td>Saddleback Memorial Medical Center</td>
</tr>
<tr>
<td></td>
<td>Laguna Hills, CA <a href="http://www.panac.org">www.panac.org</a></td>
</tr>
<tr>
<td>April 2 – May 12, 2012</td>
<td>CPAN /CAPA Spring Examination Window</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.cpancapa.org">www.cpancapa.org</a></td>
</tr>
<tr>
<td>April 15 – 19, 2012</td>
<td>ASPAN’s 31st National Conference</td>
</tr>
<tr>
<td></td>
<td>Susan Carter installed ASPAN President</td>
</tr>
<tr>
<td></td>
<td>Hilton Orlando</td>
</tr>
<tr>
<td></td>
<td>Orlando, FL <a href="http://www.aspan.org">www.aspan.org</a></td>
</tr>
<tr>
<td>May 5, 2012</td>
<td>PANAC District 2 Annual Fall Seminar</td>
</tr>
<tr>
<td></td>
<td>Hot, Hot Topics in Perianesthesia Practice</td>
</tr>
<tr>
<td></td>
<td>Lois Schick, MBA MN RN CPAN CAPA</td>
</tr>
<tr>
<td></td>
<td>Fresno, CA <a href="http://www.panac.org">www.panac.org</a></td>
</tr>
<tr>
<td>May 12, 2012</td>
<td>ASPAN Pediatrics, Beyond the Basics</td>
</tr>
<tr>
<td></td>
<td>Ontario, CA</td>
</tr>
<tr>
<td>May 19, 2012</td>
<td>ASPAN Pediatrics, Beyond the Basics</td>
</tr>
<tr>
<td></td>
<td>Sacramento, CA</td>
</tr>
<tr>
<td>June 9, 2012</td>
<td>PANAC District 1 Mid-Year Seminar</td>
</tr>
<tr>
<td></td>
<td>Saddleback Memorial Medical Center</td>
</tr>
<tr>
<td></td>
<td>Laguna Hills, CA <a href="http://www.panac.org">www.panac.org</a></td>
</tr>
<tr>
<td>July 1, 2012</td>
<td>ASPAN Scholarship Applications</td>
</tr>
<tr>
<td></td>
<td>Postmark Deadline <a href="http://www.aspan.org">www.aspan.org</a></td>
</tr>
<tr>
<td>October 5 – 6, 2012</td>
<td>PANAC’s 33nd Annual Meeting/Conference</td>
</tr>
<tr>
<td></td>
<td>Westin South Coast Plaza</td>
</tr>
<tr>
<td></td>
<td>Costa Mesa, CA</td>
</tr>
<tr>
<td>October 15 – December 15, 2012</td>
<td>PANAC Alice Wise Scholarship</td>
</tr>
<tr>
<td></td>
<td>Application period</td>
</tr>
<tr>
<td></td>
<td>Information at <a href="http://www.panac.org">www.panac.org</a></td>
</tr>
</tbody>
</table>

**PANAC’s Mission:**
In collaboration with ASPAN, we promote the specialty of PeriAnesthesia Nursing.