President’s Message: Share Our Passion

By Lori Silva, RN, CCRN, CPAN

With summer fading to autumn and shorter days and cooler temperatures, comes a new academic year with fresh opportunities to learn, teach, and grow in our profession. Fall is a time of transition, nursing students, residents, and often, nurses new to the perianesthesia specialty arrive in our workplace. We have the opportunity to Share our Passion for our Profession with our colleagues.

In my unit, we have several new PACU nurses from a variety of backgrounds: medical-surgical, ICU, ER, and telemetry. ASPAN’s 2015-2017 Perianesthesia Nursing Standards, Practice Recommendations, and Interpretive Statements has been frequently shared. For their development, we refer our new cohorts to the ASPAN, PANAC, and ABPANC websites which reminds me of the wealth of information readily available.

The first day of July also marked the appearance of a new group of surgical residents in our program. While some nurses view this as a “scary” time of the year, I view it as an opportunity and an exciting time to familiarize these individuals with perianesthesia standards and nursing care. A few moments of professional enlightenment can prevent hours of confusion and darkness later on!

Fall also brings educational opportunities I encourage everyone to pursue. PANAC’s 37th Annual Conference and Meeting is October 14-15, 2016 is at the Town and Country Resort in beautiful San Diego. PANAC’s Winter Conference will be February 11, 2017 in historic Ventura. These are both wonderful opportunities for “seasoned” as well as new nurses to gain knowledge, network and build camaraderie. Please check our website www.PANAC.org for details.

In addition, ASPAN offers online education in the form of webcasts and on-demand videos. Check out their website at www.aspan.org. ASPAN now offers the Perianesthesia Certification Review Bundle online for nurses interested in taking either the CPAN or CAPA certification exams. Explore the many educational articles in Breathline, Pulseline, and Journal of PeriAnesthesia Nursing highlighting evidence based best practices and new research in our specialty.

Continued on page 2
Ronda’s Remarks

Ronda Dyer, BSPA, RN, CPAN, CAPA

This fall, my beautiful granddaughter Gabby proudly trotted her new Tinkerbell backpack on her first day of Kindergarten and little brother Patrick wore his Lightning McQueen backpack off to preschool. Meanwhile at 50, Grandma is preparing to embark on an educational journey of her own.

Having obtained my CPAN and CAPA certifications, I am ready for another challenge. Next up, I’m starting an RN to MSN online studies program to earn both my BSN and MSN. As I contemplated this move, I discovered there are so many more options today than 15 years ago when I chose an online program for my degree in Healthcare Administration. The American Association of Colleges of Nurses (AACN) lists 569 RN-to-BSN programs, 249 Accelerated BSN programs, 456 MSN programs, and 131 RN-to-MSN programs, many offered entirely online.

In my research, I found there are programs to meet every need from traditional classroom to entirely online, depending on the learning needs of the individual. Some programs provide a great degree of structure with clearly defined assignments and timelines, while others offer the greater flexibility of competency-based learning, allowing the student to set the pace.

With all these choices, it is easier than ever to continue your nursing education. Whether you want to obtain a degree in pursuit of a specific career objective, or like myself, just for the sake of learning and to be prepared for whatever the future might hold, there is a program to meet your unique needs. Whatever path you choose, remember, PANAC and ASPAN offer scholarships for members pursuing degrees. Check it out at www.panac.org and www.aspan.org.

As always, please share your story and success with Pulseline by contacting me at rondad@panac.org.


Accessed August 9, 2016.

Indianapolis Wows ASPAN Team

By Lori Silva, RN, CCRN, CPAN, ASPAN 2017 NCSWT Member

In July, I discovered Indianapolis, site of the 2017 ASPAN National Conference (NC) along with members of the NC Strategic Work Team (NCSWT). We stayed at the conference hotel, the luxurious JW Marriott—a towering image on the city skyline with spectacular views of the city. With a full conference center, all session venues are within the hotel. The JW Marriott is a fabulous conference destination with three restaurants, a Starbucks, an indoor pool and hot tub, and great gym.

This was my first visit to Indianapolis and I was amazed at all there is to do! Right behind the hotel, White River State Park has bike and paddle boat rentals, nightly concerts and events, and large open green spaces that connect with the Indianapolis Zoo. The hotel overlooks Victory Park, home to the Indianapolis Indians, the AAA affiliate of the Pittsburg Pirates. It is across the street from Indiana State and the Indian and Western Art Museums.

Walking and trolley tours let you explore the State Capital and downtown restaurants and shops. Remember, no trip to Indianapolis is complete without a visit to the iconic Indianapolis Motor Speedway. A short drive or cab ride takes you to the home of the Indianapolis 500. Maybe you’ll even “kick the bricks” at the starting line like I did!

With over 90 contact hours, the conference is packed with amazing speakers and sessions on perianesthesia topics and best practices, all in one fabulous location.

Start planning today to attend the 2017 ASPAN 36th National Conference in Indianapolis, Indiana, April 30 – May 4. You won’t want to miss this educational and fun opportunity!
Greetings Region 1 Members!

By Regina Hoefner-Notz MS, RN, CPAN, CPN
ASPA Region 1 Director

It’s hard to imagine that five months have passed since we met in Philadelphia. Like time, ASPAN keeps moving forward with the business of maintaining and improving our incredible organization.

Our President, Katrina Bickerstaff, has been busy as she continues to promote her platform, *Energizing Generations: the Race to Distinction*. This is especially evident as we engage our computer savvy generation with more online opportunities and webcasts. Check out our website, www.aspan.org to discover benefits available to members. If your computer skills are limited, do what I do, ask younger nurses to help you! They will feel appreciated and empowered as you demonstrate how valuable they are.

ASPA’s President and Board of Directors met immediately after conference and have been encouraging and supporting Component Presidents, and Region 1 members to attend September’s Leadership Development Institute (LDI). Katrina has reviewed suggested topics and created a program designed to grow ASPAN leaders.

Highlights of the past several months include:

- A virtual meeting of the 2016 Representative Assembly was convened to review and vote on a Position Statement on Air Quality and Occupational Hazard Prevention in the Perianesthesia Environment, which passed June 2.
- In collaboration with Nursing Community Liaison Donna Goyer, ASPAN, along with 61 other professional nursing organizations, have pledged support to allow advance practice registered nurses (APRN) full practice authority within the Veterans Hospital Administration (VA).

Congratulations Newly Certified Nurses!

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New Totals

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Each newly certified nurse was sent a discount voucher from PANAC. If you did not receive yours, please contact President Lori Silva at loris@panac.org. Some have reportedly gone to spam.

- The Joint Commission invited ASPAN to identify a representative with the clinical and technical expertise to serve on a technical advisory panel (TAP) that will advise the Joint Commission on contemporary pain management topics. Terry Clifford was chosen to represent ASPAN.
- The National Office is continuing the work on disseminating questions through the Clinical Practice Committee (CPC), the new CPC members started to receive queries in mid-June.
- Seven new On-Demand modules from the 2016 National Conference (NC) presenters, and three other new modules have been added to the library.
- A Perianesthesia Certification Review web-based education bundle was added to our web site.
- IRB approved the ASPAN Research, ASPAN Safety Focus Group Team entitled *American Society of PeriAnesthesia Nurses (ASPA) patient care acuity/complexity index for Phase I PACU*. The survey has been sent out to membership.
- A call for Joanna Briggs Institute training was sent out.

That Katrina and the ASPAN Office have accomplished this and more gives you a glimpse into how important this organization is supporting our perianesthesia practice and promoting safe, evidenced-based care to our patients. Every member has something to contribute as we move our profession forward. Join us and help be part of this success!

California End of Life Option

By Susan Carter, BSN, RN, PANAC GA Chair

Signed into law by Governor Jerry Brown in October 2015, the California End of Life Option Act went into effect June 9. This act authorizes the practice of medical aid in dying for terminally ill, mentally capable adults who request from their physician and qualify for a prescription for life-ending medication.

To be eligible for medical aid in dying under California’s law, an individual must be:

- Adult
- Terminally ill
- Given a prognosis of six months or less
- Mentally capable of making their own healthcare decisions
- A California resident
- Acting voluntarily
- Making an informed decision
- Informed about all end-of-life options
- Informed that they may choose to obtain the aid-in-dying prescription but not take it
- Capable of self-administering and ingesting the medication

In addition to these requirements, steps must be followed to qualify for aid-in-dying medication. The time between requesting and receiving a prescription is 15-90 days and requires at least two doctor visits. Thus, it is important for individuals to talk to their healthcare provider early to see whether he/she is willing to write a prescription.

While this act may not have an impact on the practice of Perianesthesia Nursing, as healthcare professionals, we may be asked for information by patients, their families, or even our own friends and family.

Remember, your vote is important! Each of us must make a personal decision for whom to vote, not only for President, but also for Representatives and Senators who make laws that personally and professionally affect each of us. Vote wisely. Consider valid and vetted resources in making your decision, many were listed in *Pulseline* Winter 2015 edition which can be found at www.panac.org. The November election is important and your vote counts.
Meet the Candidates for PANAC Board 2016-2017

Candidate for District 3 Director
Cheryl Pattison, RN, CPAN

Cheryl Pattison, better known by Patch, is running for District 3 Director. Coming to the USA in 1997 as a travel nurse for 13 years, she met many fabulous nurses whom she says influenced her practice in a very positive manner. She is an ASPAN member and CPAN certified, and has been involved in the East Bay Chapter since its beginning. As Vice Coordinator for the Chapter, Patch shares how much “she truly enjoys our meetings,” and encourages co-workers to become involved in ASPAN and PANAC so that all can be knowledgeable about new and innovative changes in our area of expertise.

Patch is a staff nurse at Lucile Packard Children’s Hospital at Stanford in the Perioperative Department. Although, she does pre-op and PACU, she says, “my heart is in the recovery room.” She has been interested in education and certification for many years, and, is the NSL (Nursing Shared Leadership) Education and Professional Development Lead for her department. This year, with the support of management, Patch initiated the Peri-op Education Committee, working closely with anesthesia to provide education to her team. They have even expanded the circle to include the nurses from MRI, Short Stay, Bass Center Day Hospital and Ambulatory Procedure Unit in education in-services.

“My goal in nursing,” Patch says, “is to provide safe and excellent care to our patients and families. I believe education and certification is the way to achieve this goal for all nurses in perioperative departments. We held a Certification Awareness Day at our hospital and handed out pamphlets for the certifications available to nurses. I would like to see all perianesthesia nurses to be involved and certified in our specialty so we can share our knowledge with nurses around the world.”

Candidate for District 5 Director
Kathy Nichols, BSN, RN, CPAN

District 5 Director Kathy Nichols, Fresno, seeks to serve a second term representing PANAC Central Valley nurses, creating local educational and networking opportunities.

District Director since 2013, Kathy faithfully attends monthly Fresno Chapter meetings and has successfully promoted three Fresno District Seminars recruiting local and nationally recognized speakers with a supportive core of Fresno member leaders. She actively encourages and attends Visalia Chapter seminars and educational meetings, and looks forward to a revitalized Bakersfield Chapter.

Kathy’s PANAC involvement began as a Fresno Chapter member, then two years as Chapter Coordinator. She has been a member of ASPAN/PANAC for over 20 years and CPAN certified since 1993. Previously a PACU nurse, Kathy floats back as needed from Phase 2 at Clovis Community Medical Center.

After attending Ohio’s Kent State University, Kathy received her diploma from Fairview General Hospital School of Nursing in Cleveland, Ohio. She completed her BSN from California State University, Dominguez Hills in 1994.

Kathy represents District 5 on the PANAC Board of Directors serves on the PANAC Education Committee, and assists editing Pulseline. At the ASPAN level, Kathy attended three National Conferences, volunteered as hostess, and returned with new information to share with colleagues. Appointed to the ASPAN Membership and Marketing Committee by ASPAN Presidents Armi Holcomb and Katrina Bickerstaff, she participated in choosing the PANAW themes, selecting the ASPAN Above and Beyond Award recipient, the Outstanding Achievement Award recipient, and serves as Membership Component liaison to NAPAN, the Nebraska Association of Perianesthesia Nurses.

Besides three daughters and their families, Kathy has four very well loved and spoiled standard poodles and a toy poodle she affectionately calls “her kids.”

Kathy Nichols has enjoyed serving and meeting members the past three years as District Director and wishes to continue to encourage education, certification, and professional growth for the nurses of the Central Valley.

Candidate for Education Chair-Elect
Kathy Dureault, MSN, RN, CPAN

Kathy coordinates multiple conferences at SJO, and annual EBP Conference, Anesthesia Conference, and the annual Perianesthesia Skills Days for staff in all perianesthesia departments.

In 2007, Kathy with a colleague, Myra Tejada RN, from Mission Hospital collaborated to create the Orange County Chapter for District 1, and she never looked back. At bimonthly meetings, Chapter Coordinator Dureault says it is a privilege to meet so many local nurses who share her vision of providing excellent patient care through collaboration, networking, and sharing best practices.

Kathy coordinates multiple conferences at SJO, an annual EBP conference, Anesthesia conference, and the annual Perianesthesia Skills Days for staff in all perianesthesia departments. She serves as a sponsor for nurses seeking Clinical Ladder promotion, provides guidance for their success, and assists with Clinical Narratives and goal-setting.

Achieving her MSN in 2006 was a personal goal, after earning her CPAN Certification. The MSN and Kathy’s clinical background in Critical Care and PACU prepared her for her SJO Nurse Educator role and she is proud to serve nurses in PACU, Preop, Radiology, IR, and Cath Lab.

As a fifteen-year member of ASPAN and PANAC, Kathy serves on the ASPAN Educator Strategic Work Group. A member of the PANAC Education Committee for a number of years, she is dedicated to the development of excellent educational offerings and actively secures speakers and promotes and organizes educational programs for perianesthesia nurses. Kathy asks your consideration of her to serve as PANAC’s Education Chair-Elect.

Personal Statement:
My calling is to be a nurse. I am forever grateful to be part of this wonderful profession that allows us to make a difference in the lives of our patients and the lives of our peers. What a fantastic opportunity to be able to combine my love of nursing with my love for learning in serving as the PANAC Education Chair-Elect, working together to plan and to provide future educational programs to meet the needs of our profession, while ultimately benefiting our patients and improving outcomes. Thank you for your consideration!
Meet the Candidates for PANAC Board 2016-2017

Candidate for Treasurer
Karen Woods, RN, CPAN, CAPA

Karen Woods is a Staff Nurse IV at Kaiser Santa Rosa in their Perianesthesia Department since the hospital opened in 1990. She is the incumbent PANAC treasurer, holding office for the past two years, and has been a PANAC/ASPAN member for over 20 years. She is dual CPAN and CAPA certified and previously served on the PANAC Board of Directors as District 4 Director from fall of 2009 to 2012.

Since taking office as Treasurer, Karen has worked with the Board of Directors to reinvest PANAC’s reserve funds in a manner that better supports PANAC’s needs, increase the amount of funds available for scholarships for PANAC members, and make adjustments to our financial expenses and income mid fiscal year to address a budget deficit. She sends out quarterly treasurer reports to the board, handles all the monthly bills, deposits, processes all the financial expenses and income from state and district seminars, and works closely with the monthly auditor and tax accountant to assure our financial records are complete, timely, accurate, and within budget.

As District 4 Director Karen started two new Chapters, serving as Coordinator for the Santa Rosa/ North Bay Area chapter, organized and coordinated two District seminars in Sacramento, and enjoyed being an active member of the PANAC Board of Directors.

Karen is very committed to her profession, being involved, and enjoys being of service. She looks forward to serving PANAC and its members for another two-year term as Treasurer.

Karen and her husband Keith have been married for 29 years. Their son, Tyler is married with two adorable children, Austin and Allison; and their daughter Leanne is finishing her senior year at Chico State pursuing her degree in education while very involved in their student leadership program.

Candidate for Vice President/President-Elect
Kevin MacVane, BSN, RN, CAPA

Education chair Kevin MacVane served on the PANAC Board of Directors for five years, first as District 2 Director, then Education Chair-Elect, and currently as Education Chair. Kevin has produced four successful seminars, and saw the introduction of PANAC’s going green movement by having handouts and evaluations online. He serves on the Executive Committee, Strategic Planning Committee and chairs the Education Committee. A founding member of the Los Angeles Valley chapter in 2011, Kevin served as Chapter Coordinator for two years before being elected District 2 Director.

Kevin has been an ASPAN member since 2010 when he attended his first National Conference in Seattle and has been attending since. He has represented California perianesthesia nurses during the Representative Assembly at ASPAN’s National Conference in 2014 and 2016. He also represented PANAC at the 2011 ASPAN Leadership Development Institute. Kevin is currently on ASPAN’s Clinical Practice Committee.

A nurse for 20 years, Kevin is a pre-op/phase 2 nurse at UCLA Ronald Reagan Medical Center and serves on the unit Practice Council. He continues per diem work at Providence St. Joseph’s Hospital in Burbank, pre-op, procedural, post-op and phase 2 units.

Kevin and his partner Emilio have been together 15 years and have two Furbies, Cher and Chaz. When not working or serving in PANAC, they enjoy travel adventures and entertaining.

Kevin's philosophy is "knowledge is power." Growing up on Schoolhouse Rock the tagline, "as your body grows bigger, your mind grows flowered, it's great to learn because knowledge is power." This continues to be his mantra. As we learn our minds grow flowered with knowledge. This gives us power to give exemplary care to our patients. He says "As Vice President/President-Elect, I would like to instill that mantra and empower growth in our perianesthesia nurses to achieve better patient outcomes by promoting leadership and knowledge."

Candidate for Education Chair-Elect
Linda Minnich MSN, RN, CPAN

Running for Education Chair-Elect, Linda Minnich is a 36 plus year nurse at John Muir Health with 28 years in PACU. She returned to school at the age of 55 to earn a BSN. Currently, she is the nurse co-chair of the Health System Pain Team. Her interest in pain management and chronic pain therapy earned a system-wide blueprint for outcomes related to femoral nerve block and the total knee population. She earned ASPAN’s 2015 Mary Hanna Memorial Journalism Award for her 2014 JOPAN article, Partnering for Peri-operative Skin Assessment: Changing a Practice Culture.

From 2013-2014, she assisted with the development, implementation, and education of her hospital’s Ketamine infusion program and from 2014-2015 assisted with the data collection and analysis for her health system’s IRB approved research project, Ketamine-Pain Relief for the Chronic Pain Surgical Patient. She presented the Ketamine project as a podium presentation at the 2013 American Society of PeriAnesthesia Nurses (ASPN) National Conference in San Antonio and in 2015 at the National Association of Orthopedic Nurses (NAON). She has collaborated with fellow PACU nurses planning Chapter seminars.

In 2015 Linda was named the Press Ganey Nurse of the Year for work in pain management and the Ketamine research project and chronic pain patients. She says, “This award was a purely humbling moment in my career as a perianesthesia nurse and reminded me how thankful I am to be a member of a great team.”

Outside of work, gardening, bead fabrication, jewelry making, canning (yes, canning) and kayaking are her favorite pastimes.

Alice Wise Memorial Fund Scholarships
The following scholarships are available this winter:
- $500 ASPAN National Conference
- $500 Humanitarian Mission
- $500 BSN or MSN Tuition
- $500 CPAN, CAPA, or Dual Certification Fees
- $250 Panac or ASPAN Seminar

Applications and details at www.panac.org
Postmark October 1-December 15
ABPANC Seeks Nominations for Board of Directors

ABPANC is accepting nominations for Region 1 RN Director for the 7/1/2017 – 6/30/2019 term. ABPANC is particularly seeking Directors who are CAPA® or dual certified.

As an ABPANC Volunteer, you would have the unique opportunity at the national level to contribute to the development of the CPAN® and CAPA® certification programs.

Nominees must express a commitment to the perianesthesia nursing specialty and certification. You must view specialty nursing certification as a means for public protection and be committed to professional certification as a means of validating the knowledge, skills and abilities required to practice perianesthesia nursing and promote quality patient care. The ability to understand issues related to certification from a global perspective is key.

The Nomination Handbook and Application, with complete information about ABPANC, the nomination and election process, position accountabilities, explanation about the interview process, Conflict of Interest policies, commitments, and required written documents, is found on the ABPANC website at www.cpancapa.org/nominations.

If you know a qualified individual or you share our commitment, have a willingness to serve, and are ready for a true professional challenge, please email a letter of nomination or self-nomination to abpanc@proexam.org no later than October 31. Include the statement – Nomination Documents for <insert your name>.

All nominations must include the individual’s name, home address, business, home and cell phone numbers, and email address. Self-nominations are encouraged.

If you have any questions, do not hesitate to contact Philip Godlewski, ABPANC Program Associate, at 1-800-622-7262 or email abpanc@proexam.org.

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A Personal Invitation to You

By Sue Fossum, ICPAN President

Please join international perianesthesia nursing colleagues from around the globe November 1-4, 2017 in Sydney, Australia for Tides of Change – Advocacy, Education and Research.

ICPAN 2017 will offer an amazing opportunity to network and share professional perianesthesia nursing clinical practice knowledge and research. Hosted by our Australian colleagues (Australian College of PeriAnaesthesia Nurses), the conference involves all levels of perianesthesia practice, pre-admission to PACU, and extended observation units.

In Sydney, presentations, group networking sessions, and scientific poster grand rounds will showcase diverse geographical practices and the most current information from around the globe.

Visit the ICPAN website www.icpan.org for information. The call for abstracts is now open and available for oral and poster abstracts. Early registration dates and information coming soon!

See you all there mates!!

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Director’s Corner

District 1

Linda P. Sparks, BSN, MHA, RN, CPAN
lindas@panac.org

The Counties of: Imperial, Orange, Riverside, San Bernardino, and San Diego

Did you have a fun summer? For the members of District 1, taking a summer break was well deserved! A successful District 1 Spring Seminar in June inspired us all to take a break and devote some time to focus on ourselves, apply the Alternative Therapies and Techniques we learned from the conference and re-energize. Now, we are ready to welcome all PANAC members for the upcoming Fall Conference in San Diego.

We are honored and excited to host this special learning event. District 1 members and key PANAC leaders have been very busy lining up excellent speakers and planning a worthwhile conference. San Diego prides itself as America’s Finest City. There’s sun, sand, and science as described in the last issue of Pulseline by Kevin McVane, PANAC Education Chair.

Let your PeriAnesthesia Nursing Passion Shine Through!

District 2

Amber Trudgeon RN, CAPA
ambert@panac.org

The counties of: Los Angeles, San Luis Obispo, Santa Barbara, and Ventura

Goodbye summer, hello fall. I’m looking forward to seeing you at PANAC’s Annual Meeting & Seminar in San Diego—look for members of District 2 and say hello.

Our own Kevin MacVane is PANAC Education Chairperson and says the program and location promise a great weekend, October 14-15. Kevin has our support in his bid for PANAC President-elect, voting is at the Annual Meeting in San Diego.

Our Fall LA/Valley Seminar is planned September 10 at Providence St. Joseph Medical Center, Burbank. Chapter Coordinator Anna Jackson, along with Patricia Crouch, and their enthusiastic team expect a great turnout to hear Howard Frydman, MD speak on post-operative urinary retention and a presentation on workplace violence with an active shooter.

Mark your calendars, February 11, 2017, PANAC’s Winter Seminar is back in Ventura, an easy destination for us!

There is interest in forming a Coastal Chapter, please contact me for more information, if you are interested in being a charter member, or have ideas for a meeting location.

See you in San Diego, we can talk more.

District 3

Shideh Farahmand, BSN, RN, CPAN
shideh@panac.org

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

Hello district 3 members,

Hope you had a wonderful summer. I am pleased to announce that a District 3 Fall Symposium is scheduled for September 17 at

By Sue Fossum, ICPAN President

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ambert@panac.org

The counties of: Los Angeles, San Luis Obispo, Santa Barbara, and Ventura

Goodbye summer, hello fall. I’m looking forward to seeing you at PANAC’s Annual Meeting & Seminar in San Diego—look for members of District 2 and say hello.

Our own Kevin MacVane is PANAC Education Chairperson and says the program and location promise a great weekend, October 14-15. Kevin has our support in his bid for PANAC President-elect, voting is at the Annual Meeting in San Diego.

Our Fall LA/Valley Seminar is planned September 10 at Providence St. Joseph Medical Center, Burbank. Chapter Coordinator Anna Jackson, along with Patricia Crouch, and their enthusiastic team expect a great turnout to hear Howard Frydman, MD speak on post-operative urinary retention and a presentation on workplace violence with an active shooter.

Mark your calendars, February 11, 2017, PANAC’s Winter Seminar is back in Ventura, an easy destination for us!

There is interest in forming a Coastal Chapter, please contact me for more information, if you are interested in being a charter member, or have ideas for a meeting location.

See you in San Diego, we can talk more.

District 3

Shideh Farahmand, BSN, RN, CPAN
shideh@panac.org

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

Hello district 3 members,

Hope you had a wonderful summer. I am pleased to announce that a District 3 Fall Symposium is scheduled for September 17 at
John Muir Medical Center, Concord camp Linda Minnich, Ernie Hughes, along with their team have arranged a great event. Please mark your calendar and plan to attend. You'll earn 7 contact hours and network with other District 3 members. I will be there and would love to meet you.

Also, East Bay chapter met August 20. I encourage you to check PANAC website for details on upcoming meetings.

As I approach the end of my term as District 3 Director, I would like to thank PANAC President, Lori Silva, Past President Tess Mazloomian, and the PANAC Board for their guidance and support. It has been my honor to serve as PANAC District 3 Director and a member of the PANAC Board for that last three years. I also would like to thank District 3 Chapter Coordinators and members. It has been a great pleasure to meet so many wonderful nurses. As a reminder, the 37th PANAC Meeting and Seminar is coming up and registration is open now.

District 4
Starlene Yager, RN, CCRN
stary@panac.org
The Counties of Alpine, Amador, Butte, Calaveras, Colusa, Del Norte, El Dorado, Glenn, Humboldt, Lake, Lassen, Mendocino, Modoc, Napa, Nevada, Placer, Plumas, Sacramento, San Joaquin, Shasta, Sierra, Siskiyou, Solano, Sonoma, Stanislaus, Sutter, Tehama, Trinity, Tuolumne, Yolo, and Yuba

Hi District 4 Members!
It has been a busy summer for most of us. As fall approaches, we are getting ready to offer our District some learning opportunities, and a chance to meet other perianesthesia nurses.

September 8, Kate Mooney has put together a Meet and Greet with perianesthesia nurses from UC Davis, and any other nurses who would like to attend. She has a passion to get her colleagues involved in PANAC, so this will be a fun event. She has asked Dr. Bennett to speak on Anesthesia Trivia. This will be held at Revolution Wines in Sacramento from 1930-2100.

In early November, we are planning a District 4 Seminar. Please look for upcoming news about this event! We are very excited, and hope that many will look forward to attending!

Please keep in mind ways that we can give back to our communities...canned food drive, toiletries for homeless shelters, etc. Contact me with your ideas at stary@panac.org

Thank you for being a part of PANAC and ASPAN. You are all so important in what we do...see you in October!

District 5
Kathy Nichols, BSN, RN, CPAN
kathyn@panac.org
The Counties of Fresno, Inyo, Kern, Kings, Madera, Mariposa, Merced, Mono, and Tulare

After a summer hiatus, District 5 is planning their activities for the remainder of the year. The Visalia Chapter is hosting a fall seminar September 10 at the Sequoia Cancer Center. Details are available at www.panac.org.

The planning committee, Ronda Dyer, Ernie Nunes, Susie Nunes, Gina Dias, Virginia Turner, Patti Lyons, Micki Jones, and Susan Metz always do a fabulous job. A special thanks to them for bringing this seminar to our nurses.

The Visalia Marriott is host for the California Students Nurses Association (CSNA) Conference, October 7-9. PANAC will be there to talk with students and encourage a career in perianesthesia nursing. The Visalia Chapter is supporting FLO’s Cookie Jar to fund CSNA scholarships.

Plans are being made to man a booth at the Fresno 2 Cities Marathon in November. Join our meetings and see how you can participate.

Fresno Chapter will resume meeting September 24. Please join us for our monthly luncheon meetings and get to know peers from other local hospitals. Special thanks to Lee Anne Bretz who is stepping up to do Fresno mailings. It can be a time-consuming job, so we are excited to see her take on this role for our Chapter.

The October Annual Meeting and Seminar is coming up quickly in San Diego. A great program is being planned, so I hope to see many of you there.

Life Immersion in Haiti
By Helen C Fong, RN, MSN, PHN

This summer, I travelled to Haiti as part of a team to support medical and community outreach programs, visit an orphanage for special needs children, and assist with a pastor’s conference.

The humidity blasted through our exhausted bodies as we reached the Port-Au-Prince airport. Our drive halted at a market place where second-hand clothes and food were being sold, and trash was everywhere. The stench of garbage and smoke from burning trash wafted through our nostrils as our progress stalled. Another 1.5 hour drive took us to our rooftop sleeping accommodations where airbags and net tents were set up each night and taken down at the sign of impending rain. One night we braved the drizzling rain allowing the constellations and the moon to serve as our ceiling, reminding us of the beauty of God’s creation.

Crowing roosters and hundreds of chirping birds woke us early each morning. We learned to ration water and function without electricity most of the time. Some days, electricity would come on for 30 minutes, allowing us to pump water into two small tanks for our daily use. Breakfast consisted of boiled eggs, bananas and water, lunch was peanut butter and jelly sandwiches, and for dinner, fried chicken, rice and beans, cabbage salad, and sometimes pasta or spaghetti with a Haitian sauce of mayonnaise and ketchup.

Our scrub nurses would sit and eat together and assist with a pastor’s conference.

The smiles on the faces of children at the orphanage and the gratitude of hundreds treated in the clinic were highlights of the trip. Adults and children were given physical, intellectual, emotional, and spiritual care through the various outreach programs, and at the clinic, each was gifted with a bag of hygiene supplies along with needed medications.

The week went fast, but treasured relationships were formed with the Haitian people. Haitians are bright, industrious workers. Most live in poverty and long for help to alleviate their difficult living conditions. I was blessed to be able to make a small difference in their lives.
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PANAC’s Mission:
In collaboration with ASPAN, we promote the specialty of PeriAnesthesia Nursing.

C A L E N D A R o f E V E N T S

Seminars and Conferences

October 14 - 15, 2016
PANAC 37th Annual Meeting and Seminar
San Diego, CA
www.panac.org

February 11, 2017
PANAC Winter Conference
Ventura, CA

April 30 – May 4, 2017
ASPN 36th National Conference
Indianapolis, IN

Certification/Recertification

October 31, 2016
CPAN/CAPA Recertification Closes

September 6, 2016
Deadline for Fall CPAN/CAPA Exam Registration

October 3 – November 26, 2016
CPAN/CAPA Certification Exam Window
www.cpancapa.org

Scholarships

Alice Wise Memorial Fund
Applications accepted October 1 - December 15
www.panac.org

2016 ASPAN Webcasts
Seminar details and speakers at www.aspan.org

Perianesthesia Essentials:

October 24: Essentials I  November 13: Essentials IV
October 23: Essentials II  November 13: Essentials V
October 23: Essentials III

October 1: Safety Begins with Us
October 2: Perianesthesia Foundation
October 8: Perianesthesia Pathophysiology and Assessment
October 15: Refreshing Your Perianesthesia Practice
October 22: Pediatrics: Beyond the Basics
October 29: Perianesthesia Certification Review
November 6: Foundations of Perianesthesia Practice
November 5: Foundations of Pediatric Perianesthesia Care
November 12: Surrounding Your Practice with Excellence
November 19: Perianesthesia Certification Review

For local Chapter and District events, Please go to www.panac.org