



PulseLine

Newsletter of the PeriAnesthesia Nurses Association of California



Spring 2016 Vol. 36 No. 1

PANAC Loves PHILLY in 2016

By Ernestine Nunes, RN

California nurses head to Philadelphia April 10-14 for ASPAN's 35th National Conference (NC) at the Marriott Downtown, just a 15 minute walk to Independence Hall, the Liberty Bell, and historic sites. *The City of Brotherly Love* is home to the Philly cheese steak, hoagies, and of course, *Rocky Balboa*.

Seeing over a thousand nurses (sans scrubs) from 50 states and abroad, networking and carrying the same NC tote bag is inspiring. This year's call to *Renew Perianesthesia Passion and Inspire Excellence* certainly delivers. From the opening address, *Inspired Nurse*, to the closing *Nurse Hero*, the educational sessions are packed with promise and punch.

For an early glimpse of Philadelphia, sign up for Sunday morning's *Dream Walk* supporting the ASPAN Foundation. Later, sit in the Gallery at the Representative Assembly to see ASPAN leaders (nurses like us) discuss and vote on issues from elections to new patient safety standards and guidelines.

Component Night's, WE LOVE PHILLY—PHILLY WILL LOVE YOU BACK, gets the conference rocking and rolling to a disc jockey (who remembers 45 rpms?). Wear your poodle skirt, leather jacket, or blue suede shoes, and relive Dick Clark's *American Bandstand*. Get in the groove with a Ben Franklin photo-op, Component raffles, and fall in love with *Philly foods*.

To tour the sights, take advantage of two-hour lunch breaks and public transportation or the Philly PHLASH from the Marriott, \$2 a ride or \$5 for all-day pass. The Philly PHLASH runs every 15 minutes with on and off stops from Penn's landing (Riverfront), Independence Square, Betsy Ross' house, and Old Christ Church to



Philadelphia's Independence Hall, built in 1753 to house the Colonial legislature, is the centerpiece of Independence National Historical Park.

Photos by M. Edlow (Independence Hall) and J. Fusco (Liberty Bell) for Visit Philadelphia.™

the Philadelphia Museum of Art and *Rocky's* famous steps for a selfie.

With educational sessions, the Dream Walk, CPAN/CAPA Luncheon, Exhibits, Specialty Practice Group (SPG) and Regional Meetings, the President's Reception, and Closing Breakfast, the days pass quickly. An extra day for sightseeing is a plus but even without it, the convenient location and transportation allow you to experience the *Passion and Love Philly*.

President's Message: A Year in Review

By Lori Silva, RN, CCRN, CPAN

An exciting part of serving on the PANAC Board of Directors is seeing the wonderful PANAC accomplishments. In 2015 these included:

- 1,455 members
- 986 CPAN/CAPA certified nurses
- Education offerings by 5 Districts and 9 Chapters
- Community Service Projects: Bone Marrow Registry's *Be the Match*, Doctors without Borders, Leon S. Peters Burn Center, Patrick's Team for Cerebral Palsy, Two-Cities Marathon Medical Station, Margery Mason's

Women's Shelter, Ronald McDonald House in San Diego, Education Fairs, and more!

- Scholarships awarded for: Advanced Degree, Recertification, RN Student, and National Conference
- Outreach mailings to: 422 California hospitals and all nursing schools
- PANAC members fill 27 ASPAN leadership, liaison, or Strategic Work Team positions
- Technology advances: website updates, Facebook page, and online seminar registration
- Seven Research or Best Practice Poster Presentations at National Conference
- PANAC members attending National Conference

These are a few of the state-wide achievements that demonstrate PANAC members' dedication and passion for our profession.

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Ronda's Remarks

Ronda Dyer, BSPA, RN, CPAN, CAPA



Stepping Up and Stepping Out

Have you ever been told you are a good teacher? Do you enjoy sharing new information, your knowledge, or helping your co-workers learn new techniques? Do you have a passion to see perianesthesia nurses implement best-practice? Your talents and skills could benefit more than just your patients and unit colleagues.

In February, I had the honor to speak to over 190 perianesthesia nurses at the PANAC Winter Seminar in Ventura. A nurse just like you, I was nervous, unsure, and anxious. Though I have given in-services in my hospital and for my local PANAC Chapter, this audience included acclaimed speakers and experienced perianesthesia nurses. I had stepped up months before, made myself available, and offered to speak. Despite the nerves, I did it! Afterward, I felt a great sense of accomplishment when attendees expressed their appreciation.

I encourage you to step out of your comfort zone, use *your talents and share your knowledge*. You too can write an article or offer to present information to your perianesthesia nurse colleagues at a Chapter, District, or Component seminar.

If you are interested in assisting with planning seminars, or have a topic you can present at a seminar, go to www.panac.org to connect with your District Director or PANAC's Education Chair, Kevin MacVane at kevinnm@panac.org.

If you are interested in writing or editing an issue of *Pulseline*, please contact me at rondad@panac.org. *I'd like to hear your story.*

Scholarship Winners Named

By Ronda Dyer, BSPA, RN, CPAN, CAPA, *Pulseline* Editor

PANAC President Lori Silva announced the 2015 Alice Wise Memorial Scholarship Fund winners. PANAC members of at least two years are eligible to apply for scholarship funds to assist with expenses for RN Education, advanced degrees, missions, certification, recertification, or National Conference Details and forms are available at www.panac.org.

Congratulations to our newest recipients!



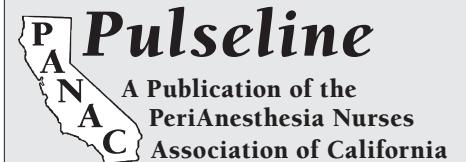
Scholarship winners: Teresa Dalton—BSN, Tess Masloomian—Recertification, Ernie Nunes and Kathy Nichols—National Conference, and not pictured, Jean Dallura—RN Student.

President's Message: A Year in Review (continued from page 1)

Take a few moments to talk with a coworker about the benefits of ASPAN/PANAC membership; share your story with a new nurse or student and invite them to a local meeting or to a state or national conference. I encourage each of you to take any opportunity to *share your passion for your profession*.

I look forward to seeing you in Philadelphia at the April ASPAN National Conference. Join me Sunday, April 10 at 6:30 a.m. for the 21st Annual Dream Walk, a 3.5 mile route from the Marriott to the iconic "Rocky" stairs of the Philadelphia Art Museum. It is a fun fund-raiser for ASPAN scholarships. Meet other California attendees at PANAC's "Get-together," Tuesday, April 12. Details will be posted in the daily conference newsletter, *The PArtiCULars*.

If you are interested in getting involved or sharing your ideas with us, please email me or any Board member. Our contact information is on the website at www.panac.org. *See you in Philly!*



ASPAN 1-8 Page Component Newsletter Award:
2014, 2011, 2008

ASPAN Component Newsletter People's Choice Award:
2014, 2012, 2011, 2010,
2007, 2002, 2000, & 1999

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Deadlines for inclusion in *Pulseline*:

Deadline	Issue
February 1	Spring
May 1	Summer
August 1	Fall
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PANAC

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ASPAN Region 1 Director's Update—A New Year: Anticipation and Reflection



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

It's that time of year again! It's ASPAN National Conference time! It's a time full of educational opportunities and special moments as we learn more about our organization and our practice. It is the end and the beginning of a new ASPAN year.

All in a Year's Work

Throughout the year, ASPAN President Armi Holcomb has tirelessly represented and promoted our organization at professional events. These occasions give ASPAN a voice to share ideas and patient care concerns with colleagues across multiple disciplines. I am proud that the power behind our organization is a dedicated bedside nurse, intimately aware of the issues that each of us deal with every day.

Armi traveled to many component events to engage members personally. She collaborated with the National Office on managing ASPAN and to create a feasible budget. Armi worked with various committees, strategic work teams, and task forces to complete many ongoing projects.

The Standards and Guidelines Strategic Work Team (SWT) met to review, revise, and update our practice standards. New ASPAN speakers are training to present fresh content for ASPAN webcasts and webinars.

The Redi-Ref was revised and the brand new *Pediatric Competency Based Orientation Manual* was just published.

Armi met with the 2016 National Conference SWT and SWT Coordinator on the educational tracks and with the ASPAN staff to complete the program and brochure. I am looking forward to hearing Elizabeth Card, ASPAN Director of Research, present her Burn Out study as well as Drs. Stannard and Ross presenting their FaST study at National Conference—examples of ASPANs support of nursing research.

Leading Forward with Vision

One of my most exciting accomplishments this year was at the November Mid-Year Board meeting; working with the Board to review and create a new ASPAN long-range strategic plan. Led by President Holcomb, ASPAN CEO Kevin Dill, and planning consultant Bud Crouch, we renewed our passion for nursing excellence and created a forward looking direction to sustain ASPAN over the next several years. It will be exhilarating hearing Armi share this vision at National Conference.

Region 1 in Philly

I hope to see many of you at National Conference in Philadelphia. Region 1 is such a large territory to cover, but our dedication to excellent perianesthesia nursing is our common denominator. In the Conference Directory, look for our Region 1 meeting time and come so I can hear about your accomplishments, your challenges, and your frustrations. Together, we can support each other, have a few laughs, and plan how to stay connected in the coming year. *We are passion in action!*

California Celebrates PANAW

By **Helen C Fong**, MSN, RN, PHN

From San Diego to Northern California, perianesthesia nurses celebrated their special week with cakes, cookies, sumptuous meals, and especially, recognition and appreciation for the nursing care they provide. PeriAnesthesia Nurse Awareness Week (PANAW) was celebrated February 1-7.

Members shared highlights of their PANAW celebrations:

- Visalia Chapter Coordinator **Ernie Nunes** delivered beautifully decorated cookie trays and PANAC greeting cards to area perianesthesia departments, including her RN CAPA daughter, **Susie Nunes**, in Preop Cardiac Admitting at Kaweah Delta. .
- Porterville's Sierra View District Hospital Surgery Director **Carrie Carrillo** started the week off with a special PeriAnesthesia Nurse T-shirt for staff and each day held a special event. The anesthesiologists capped off the festivities with box lunches for the staff on Friday.
- In the Fresno Chapter, District 5 Director **Kathy Nichols** delivered cookies to perianesthesia units to help them celebrate PANAW.



PANAC member Susie Nunes helping her mom.

- Arrowhead Regional Medical Center in Colton celebrated with a BBQ lunch for the staff, courtesy of Director **Nancy Hungarland** and Manager **Holly Edison**.

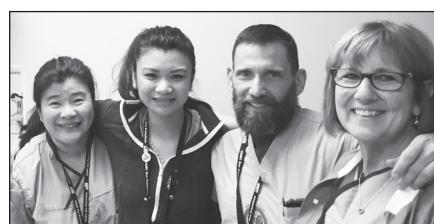
- Rady Children's Hospital provided sumptuous meals and culminated the week with



Rady Hospital nurses celebrate PANAW with a beautifully decorated cake.

the OR Staff giving the PACU staff beautifully wrapped Kit Kats and a gigantic signed card. Chief Nurse Executive, **Mary Fagan** took time to visit the department and round with nurses. Many expressed their gratitude and satisfaction working in the perianesthesia specialty.

- Doctors Medical Center, Modesto, celebrated daily for the week with treats brought in by the PACU nurses and their Department Manager. Surgeons, anesthesiologists and residents were all quite interested in what the celebration was all about.
- Hanford had a celebration they will never forget. The week began with OR Staff and anesthesiologists treating the perianesthesia staff to lunch, desserts or treats each day, but was damped with a water line break that flooded the department causing them to shut down for several days!
- Veterans Administration Medical Center, San Francisco, had a variety of savory and sweet treats for the nurses who continued to labor in love. The Chief of Perioperative Services provided a Chinese meal and recognized PANAW in the medical center bulletin.



San Francisco Veterans Administration PACU nurses Gloria Luu, Catherine Pangan, Michael Vespaiano, and Morna Franklin celebrate

- Kaiser Permanente Sacramento Medical Center celebrated with a daily array of delicious meals, special cake, and desserts. **Sandy Sharon**, Area Manager / Senior Vice-President and **Earl Laih**, Director of Perioperative Services, visited the department to share in the celebrations

and each staff member received a special bag or tumbler.

We hope you had the opportunity to highlight your specialty during PANAW. Remember to watch for information about next year's event in *PulseLine* and plan to make it great.

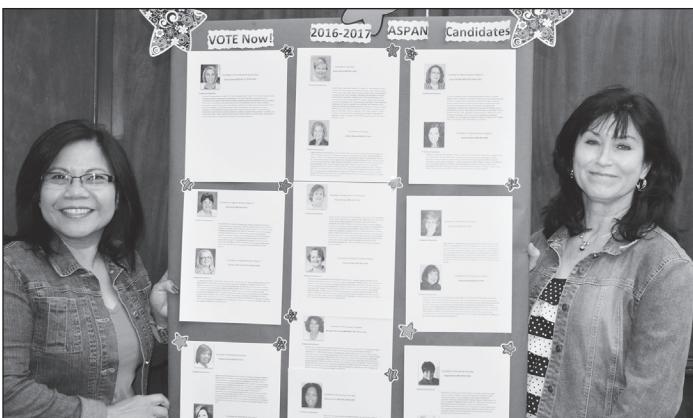
200 Get to the Heart of the Matter in Ventura



The longest CAPA certified attendees, Chuck Sickler, Roberta Bailey, and Pam Sisco receive recognition prizes from PANAC President Lori Silva, along with Patricia Johnson, and Patricia Stowers.



Education Chair-elect Angie Weathersby and Education Chair Kevin McVane put together an amazing Winter Seminar in Ventura.



Linda Sparks and Teresa Dalton hosted the voting booth where candidate bios were posted and computers were available for members to cast their on-line ballots.



Melinda Krach, Deb Bickford, Anne Vitale, and Marie Butcher received prizes as the longest-standing CPAN holders present.



On a break, Rasmin Day and Cherie Sloan enjoy coffee and networking.



Promotions Chair Gina Dias with Kathy Nichols, and Sharon Boyles raised over \$500 for scholarships through the sale of promotional items, raffle tickets and silent auction items.



Michelle Kane wins bid on silent auction prize to support PANAC scholarships.



Gail Senizaiz enjoys a little shopping at popular vendor's booth.

Paravertebral Blocks: Improving Outcomes and Reducing Pain in the Video Assisted Thoracotomy Patient

By Linda Minnich, BSN, RN, CPAN and Myra Torres MSN, RN, PCCN

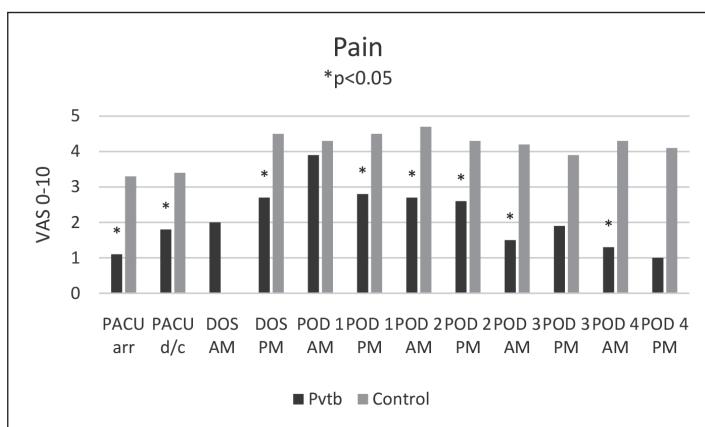
Introduction

Patients undergoing a video assisted thoracotomy surgery (VATS) with a wedge resection have pain from the surgical port sites, chest tubes, due to pleural and diaphragmatic irritation, shoulder pain due to ligament strain and phrenic nerve irritation from surgical positioning with the arm supported over the head,¹ and finally, disruption of the chest wall.² Traditional pain therapy includes epidural,³ patient controlled analgesia (PCA), and systemic opioids; all have a risk of respiratory depression, nausea, vomiting, itching, and hypotension. Would the introduction of a paravertebral block (PVT) as an alternative to traditional pain therapy decrease pain and have an opioid sparing effect?

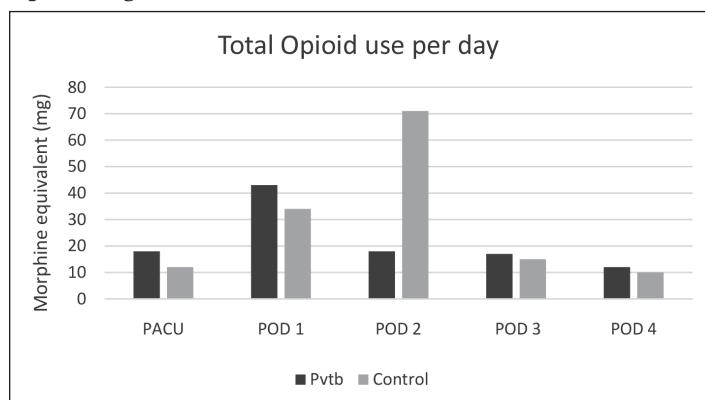
Study Design and Sample

The study design was a retrospective data collection comparing 20 patients undergoing a VATS with a wedge resection. Pain scores were obtained every 12 hours, 24 hour opioid totals, length of stay, and removal of the Foley catheter. The control group had a PCA, epidural or systemic opioids compared to the PVT with a PCA group. Patients were randomly selected from one surgeon's patient population for both groups for 4 days.

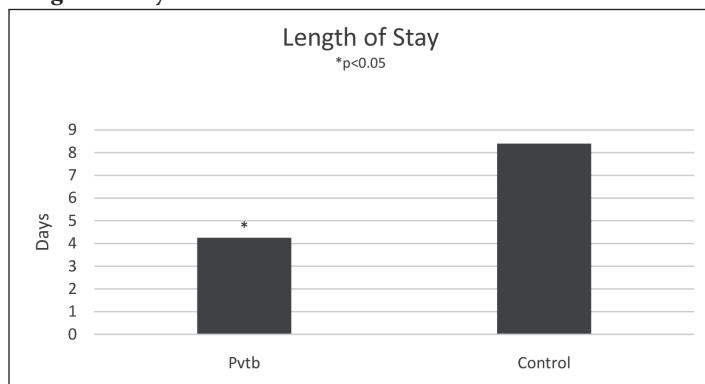
Data Results



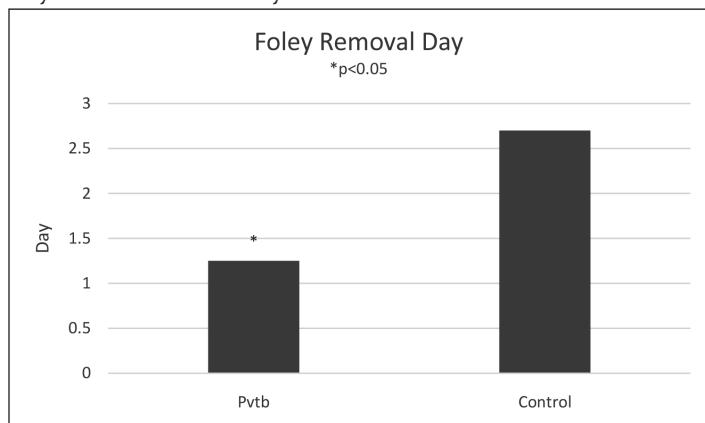
Opiod Usage



Length of Stay



Days to Remove the Foley Catheter



Limitations

The sample size is small (n=20) and some of the charts were unusable – due to a greater than 40% missing data field were incomplete.

Conclusion

Paravertebral blocks have shown a decrease in pain scores, opioid usage, length of stay, and early Foley removal as compared to the Patient Controlled Analgesic or Epidural group.

References

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- Kruger, M., & Sandler, A. N. (1999). Post-thoracotomy pain control. *Current Opinion in Anesthesiology*, 12(1), 55-58.
- Soto, R. G., & Fu, E. S. (2003). Acute pain management for patients undergoing thoracotomy. *The Annals of thoracic surgery*, 75(4), 1349-1357.

References

¹ <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm477512.htm>. Accessed March 12, 2016.

² Welliver M, Cheek D, Osterbink J, McDonough J. Worldwide experience with sugammadex sodium: implications for the United States. *AANA Journal*. 2015;83(2):107-114.

Congratulations Newly Certified Nurses!

CPAN

Lynne M. Archuleta, Sacramento
Lori Benevento, Nevada City
Bradley Dean Bliss, Los Angeles
Wendy Blum, Modesto
Cheryl Elizabeth Bond, La Mirada
Kenneth Brooks, Los Angeles
Amber Dawn Bullock, Los Angeles
Anna Marie Desalliers, Yucaipa
Laura Dickerson, Aliso Viejo
Rachel Laura Dinges, Los Angeles
Lucile N. Dinh, Westminster
Cheri Dunn, Whittier
Catherine Escoto, Milpitas
Evelyn Alas Feliciano, Loma Linda
Ilana Fishkov, San Jose
Janet Gaughan, La Mesa
Brandee Georgevitch, Los Angeles
Mary Ann Ginsberg, Fresno
April Kathryn Goldman, San Anselmo
Diane Elizabeth Goularte, Fresno
Laura Alyssa Brauer Herrmann, Redlands
Michelle James, Camarillo
Marti Johnson, Walnut Creek
Song Kao, Covina
Juanito Manez Mendoza, Long Beach
Maria Lourdes Morales, Northridge
Giao N. Nguyen, Anaheim
Lisa Martin Olson, Los Angeles
Samantha Padre, Santa Clarita
Tsai-Yun Peng, Cupertino
Phivan Pham, Lakewood
Elspeth Phillips, Carlsbad
Harydel Lindo Piolo, Rancho Cucamonga
Brittany Quinn, Oceanside
Gilbert D. Ramelli, San Diego
Noemi Diuco Reyes, Chula Vista
Yeni Daycira Santizo, Los Angeles
Emellee Tomado Sardido, Encino

CPAN

Eunice Saul, Sunland
Kelly Marie Schweitzer, Los Angeles
Lori Story, Campbell
Sharon Thornburg, Cerritos

CAPA

Laurel Aguila, Huntington Beach
Jose Robert Asido, Tustin
Michelle Bourgeois, Redwood City
Lee Anne Bretz, Clovis
Esther Louise Camp, Fresno
Katherine Ann Ceman, Lake Forest
April Spring Cole, Woodlake
Sarah Collins, Carmel Valley
Kelly Juei Dai, Irvine
Sheila Gary, Carmichael
Kim Madden, Santa Barbara
Irene Marie Mendoza, Torrance
Susan Eileen Smith, Dana Point
Katherine Stormberg, San Jose
Kelli Suzanne Teare, Clovis

Dual: CPAN and CAPA

Rose Dority, Simi Valley
Melina Christine Johnson, Visalia
Chona Castillo Lora, Corona
Francesca F. Mina, Mission Viejo
Rosemarie Portugal, Daly City
Donna Suzanne Wagner, San Ramon
Curtis D. Woodworth, West Hollywood

New PANAC Totals

DUAL	65
CAPA	257
CPAN	664
TOTAL	986

Let's go for 1,000!

PANAC District 5 Seminar

May 21, 2016

Perianesthesia Issues

Blocks, Bugs, and Beyond

Sheryl Michelson, MS RN BC

Valley Children's Hospital, Madera, CA

www.panac.org

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



District 1 honors all perianesthesia nurses for delivering high quality care to patients and families! I hope your facility celebrated YOU and your outstanding contributions during PeriAnesthesia Nurse Awareness Week. Promoting PANAC's educational mission, the Orange County Chapter held an educational presentation January 16, *Understanding Staging of Cancer* presented by **Carmen Walker** RN, MSN, NP-C from Saint Joseph Hospital, Radiation Oncology Department. Thank you, Chapter Coordinator **Kathy Derault**, for your help. The next meeting is planned for March 19 at UC Irvine.

The **San Diego Chapter** met December 5, after the shooting tragedy that occurred in San Bernardino, with a much needed disaster preparedness presentation by **Matthew Parker**, CST, CSPDT, certified trainer on Emergency Response. At the February 6 educational CE meeting, *Leadership and Communication Skills* was presented by **Angel Vallejo**, an organizational leadership trainer and author. Thank you **Therese LaPlante** and **Shay Glevy** for securing our inspiring speakers. Afterwards, San Diego Chapter members held a productive meeting to discuss plans for a June 4 District I half-day seminar. The chapter is excited to host the PANAC Annual Seminar in San Diego, October 14-1.

The San Diego Chapter donated food, beverages, toiletries, toys, and other necessities for families of sick children served at the San Diego Ronald McDonald House where we have had the pleasure of holding our meetings for the last five years.



District 1, Linda Sparks, Zonna Rogers, and Fe Sjoberg deliver donations to the San Diego Ronald MacDonald House.

Inland Empire Chapter is inviting all PANAC members in San Bernardino and Riverside Counties to reach out and become actively involved in the Chapter's activities.

I am proud to serve as your District I Director. I am available to you anytime you have questions, ideas or passion to share.

District 2

Amber Trudgeon RN, CAPA
ambert@panac.org

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



Thank you to all of the District 2 members who attended PANAC's Winter Seminar in Ventura. A special thank you to District 2 Past Director, **Kevin MacVane**. **Kevin** is PANAC's Education Chair and responsible for the wonderful program this past February.

January 23, the Burbank/LA Valley PANAC Chapter hosted a full-day seminar, *Gaining Insight into the Perioperative World*, at Providence Saint Joseph Medical Center in Burbank. Thank you to our faculty, **Dr. Raymond Raven III** for presenting *Peripheral IV Insertion in Post-Mastectomy Patients* and **Dr. Leo Polosajian** for *Congestive Heart Failure and Cardiac Devices*. **Babak Goldman, MD** and **Jeannie Cohen, RN, BSN, CHPN** spoke on perioperative palliative care and **Dr. Shahin Chandrasoma** on Robotic Surgery. Also on the program were **Sandra**

Pieschel, MPA, BSW, RN-CDE, on diabetic management and **Dr. Gregory Kogan**, on preop testing and anesthetic concerns. We had a great turnout with nurses from Irvine attending.

District 2 is planning a half-day seminar in Burbank this May or June. For more information please contact me at amber.trudgeon@providence.org.



District 3

Shideh Farahmand, BSN, RN, CPAN

shidehf@panac.org

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

Hello District 3 members,

I was happy to meet some of you at PANAC's Winter Seminar in Ventura. The **East Bay Chapter** met in January at **Carol Bowen's**

home in San Leandro and in March at **Patti Crosby's** in Concord. The next meeting will be on May 21 in Oakland, please visit www.panac.org for details. Chapter meetings are informative and are an essential part of networking. I encourage you to attend and enjoy the round table discussions and exchange of ideas. Again, thanks to new Chapter Coordinator **Ernestine Hughes**, and to Past Coordinator, **Patti Crosby**, for growing our Chapter.

District 3 will hold a full-day seminar at John Muir Hospital on September 17. Please mark your calendars and don't miss this amazing line up. Organizers **Linda Minnich** and **Ernestine Hughes** have arranged the following topics and speakers: *Surgical Stress Response by Dr. A. Kalames, Chronic Pain and the Sedated Patient* with national pain expert **Cathy Trame**, *Eliquis- the New Anticoagulation Therapy for Joint Replacement, Destressing the Patient and the Nurse Using Yoga Techniques* by **Angie Poon**, and Stanford's Child Life Expert **Amanda Suhre** with education about children and young adults in the PACU. All of this amazing education will be served up with breakfast, lunch and 7 CE's.



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, Siskyou, Solano, Sonoma, Stanislaus, Sutter, Tehama, Trinity, Tuolumne, Yolo, and Yuba

The **North Coast Chapter** Coordinator **Heidi O'Neil**, welcomed **Dr. John Aranpur** to present the January 30 program, *The Spinal Surgery Patient*. It was a fun, informative way to kick off PeriAnesthesia Nurse Awareness Week, February 1!

Sacramento Chapter's **Javier Sanchez** hosted the March 5 ASPAN Seminar, *Foundations of PeriAnesthesia Nursing* with **Linda Ziolkowski, MSN, RN, CPAN**. This very interesting, sold-out class received rave reviews from attendees at the Holiday Inn Capitol Plaza.

We are working to get the **Napa/ Santa Rosa Chapter** up and running...more news to follow.

If you are organized, love to meet new people, and host get-togethers, I have an opportunity for you! If this sounds like something you would enjoy, please contact me at stary@sbcglobal.net.

Thank you all for being a part of PANAC and ASPAN. You are all important to our organization and I look forward to seeing you at our next conference or at a local Chapter meeting!



District 5

Kathy Nichols, BSN, RN, CPAN
kathryn@panac.org

The Counties of Fresno, Inyo, Kern, Kings, Madera, Mariposa, Merced, Mono, and Tulare

District 5 is so ready for spring! In Fresno, we're planning our District 5 Annual Spring Seminar, May 21, at Valley Children's Hospital. Featured speakers include **Sheryl Michelson**, **Dr. Inger Aliason**, and **Dr. Shelby Cody**. Save the date...it will be amazing!

The **Visalia Chapter** with leader **Ernie Nunes** met in January for brunch to review their fall seminar and plan upcoming meetings. In Hanford, **Ronda Dyer**, a dual certified CPAN/CAPA, is leading a study group of seven for spring Certification testing.

Fresno Chapter welcomes new Chapter Coordinator **Bonnie Roe** and thanks out-going Coordinator **Redena Cheung-Mah** for her excellent leadership.

A recent Fresno Chapter meeting included the discussion of an assigned JOPAN article. We continue to collect miniature size toiletries for our annual donation to the Marjaree Mason Women's Shelter. Our next community service project will be to staff a first aid tent at the April 16 *Run With the Heroes* 5K Run/Walk at Madera's Valley Children's Hospital to raise money for children with autism.

District 5 is proud to have contributed to PANAC's Gold Leaf Application. Gold Leaf is an award to recognize excellence in leadership, member development, communication, education, and community service. This coveted award is presented each year at ASPAN's National Conference. We're rooting for PANAC to get the Gold Leaf!

ANA Calls Nurses to Action

By **Ernestine Nunes, RN**

The American Nurses Association (ANA) urges nurses to give a voice to pending legislation that affects nursing practice and patient safety. The ANA website (www.ana.org) features a wide range of tabs worth exploring from ANA position statements, Practice issues, Policy and Advocacy, to Ethics and Educational Webinars.

Under Policy and Advocacy, the drop-down *Take Action* posts legislative *Alerts* to "alert" nurses to urgent legislation requiring a response. Choose an issue then click a key and the legislation is explained; click another and you can *share your story*; a final click and you can immediately *Take Action*, connecting to a fill in boxes page to contact your Senator or Representative. Your voice will be heard and together nurses make a difference.

Legislative Alerts listed in March 2016 include: *Safe staffing, Safe patient handling and mobility, Home Health, Nurse Workforce Development, APRNs and DME, APRNs and Veterans, Nursing Home Staffing*.

In *Nurse Workforce Development*, ANA urges Congress to make nursing education a priority funding in President Obama's Fiscal Year (FY) 2016 budget (under Title VIII of the Public Health Service Act) through FY 2020 to insure funding "education, recruitment, and retention of qualified nurses to meet our nation's health care demands."

Reference:

ANA Nursing World. Take Action. Learn More About ANA's Action Alerts. Available at www.nursingworld.org. Accessed March 11, 2016.

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PANAC's Mission:

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

— CALENDAR of EVENTS —

Seminars and Conferences

April 10 - 14, 2016

ASSPAN's 2016 National Conference
Philadelphia, PA
www.aspan.org

August 27, 2016

ASSPAN's Foundations in Perianesthesia Practice
San Francisco, CA
www.aspan.org

October 14 - 15, 2016

PANAC 37th Annual Meeting and Seminar
San Diego, CA
www.panac.org

Certification/Recertification

February 1 - April 30, 2016

CPAN/CAPA Recertification Cycle

April 4-May 28, 2016

CPAN/CAPA Certification Exam Window
www.cpancapa.org

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

2016 Live ASPAN Webcasts

Seminar details and speakers at www.aspan.org

May 14

Pain Management in the Perianesthesia
and Critical Care Settings

May 21

Perianesthesia Essentials III
or
Perianesthesia Essentials IV

May 22

Perianesthesia Essentials V

June 4

Pediatrics: Beyond the Basics
or
Perianesthesia Standards and
Implications for Practice

June 11

Perianesthesia Certification Review