PRESIDENT'S MESSAGE

In April I had the opportunity to travel to Chicago and attend the ASPAN National Convention where Twilla Shrout was sworn in as our new ASPAN President. Her theme this year will be Dealing with Challenge: Winning Over Power, Practice, and Purpose. Please refer to the BREATHLINE, May/June issue for her comments. Everyday we are dealing with change in our work and sometimes we struggle with changes. Learn from her suggestions and put it into your practice.

There were 32 representatives from the state of Virginia and we met one evening to celebrate our state. It was great to share our celebrations and challenges we have in our workplace as we work to provide the best peri-anesthesia care.

The educational opportunities at the ASPAN conference were very informative and great initiatives for research. I was especially interested in the challenges of nurses managing call and long hours of work. Each institution has its own requirements for staff and we should all consider the challenge of nurse exhaustion and risk we put on our patients, our community and ourselves. I hope each one of you will consider the risk and work to reduce the stress of long hours and needed rest between our shifts.

We had a fantastic time at Component night this year and we made a profit of $200 that evening. Our volleyball and soccer ball can be seen in the ASPAN photos on the website. Each component had a table of special items to represent their favorite sport teams and we wore our team shirts also.

It was a honor to have 2 of our VSPAN members represent us so well. Joni Brady serves as the Secretary for ASPAN and Donna Goyer was elected to the nominating committee. We are so proud of both of them and we appreciate their outstanding work for ASPAN.

I also have some wonderful news to share that we will have more money to spend on scholarships for our membership. This year my hospital INOVA Fair Oaks Hospital funded my trip to ASPAN and we can reallocate that money for the scholarships. Also we have started using the ASPAN go to meeting for our teleconference Board meetings. These are free for the components and it will save VSPAN a significant amount of money. We have offered scholarships before but had very little request for the money. I encourage you to take advantage of this opportunity if you do not receive funding from your institution.

Finally, I do hope each one of you has the opportunity to vacation or at least take some time off to spend with your family and friends. As nurses, you give so much to our patients and it is essential that you take care of yourself.

Nancy Bertera, MSN,RN,CPAN,CAPA

FOOD DRIVE

We will be having a food drive at our conference on September 28, 2013. We would love for every nurse to bring at least one canned good to the conference for the local food bank. Monetary donations may be made at the conference as well.

Nominations for Board of Directors

It is time to start thinking about how you can participate on a higher level in the VSPAN organization. Every year, the Board of Directors changes officers. We would love to have some new members.

We need members from throughout the state of Virginia in order to network our association and acknowledge the educational and professional needs of our members.

For more information, contact our management company at VirginiaSPAN@aol.com.
EDUCATION

Pediatrics:
Little Bodies Big Differences

Linda Martin, BSN, RN, CPAN
Saturday, November 16, 2013
Lynchburg, Virginia
Register online at:
www.aspan.org

Perianesthesia Certification Review

Linda Ziolkowski, MSN, RN, CPAN
Saturday, October 12, 2013
Fairfax, Virginia
Register online at:
www.aspan.org

Raffle Baskets for State Conference

Each year, raffle baskets are sent from PACUs from all over the state to be contributed to our state conference. It is a great fundraiser and so easy to participate. We have made a suggestion of placing a basket or even a box in your unit and asking people to donate small items such as toys, or baby items, or food, or personal items. It is fun to see the variety of items that are donated and then decorate the basket with pretty paper and a ribbon. I urge you to consider donating a basket from your PACU and enjoy the fun.

Southeast Chapter

The Southeast Chapter of VSPAN will hold their semiannual seminar on August 3, 2013 from 0830 to 1330 in Chesapeake Virginia. The seminar will be held at the Lifestyle Center adjacent to Chesapeake Regional Medical Center, on Battlefield Boulevard in Chesapeake VA.

The most current evidence-based information on Assessment of the Trauma Patient, Battlefield Emergencies, Neuromuscular Blockers and Pseudocholinesterase Deficiency and Updated Treatments for Knee Pain will be discussed. This dynamic program will provide the perianesthesia nurse with updated information and assessment cues for the post operative patient and award 4.0 continuing education contact hours. Spend the morning learning and networking with perianesthesia nurses and the afternoon enjoying the sights of the Hampton Roads area. For more information contact Carolyn Tucker RN BSN at

New Members

Zoraida Arboleda, BSN
Kent Carrington, BN, RN, TNCC
Sherry Lee Francis, RN
Keri Moran, RN, BA
Kristin Singer, BSN, RN, CCRN-R
Anastasia Lanzarotta, RN
Mary R. Ware, RN, BSN, CPAN
Cindy Wright Blosser, RN
Linda S. Hosmer, RN, CPAN
Bethany Brooke Hoy, RN
Nancy Roberts, RN, CAPA
Denise Elaine Wright, RN, ADN

Congratulations to the Newly Certified!

CPAN:
Kelly Scott-Nevonen
Jonathan Rebustillo
Vickie Koogler
Margaret Ferguson
Sandra Owens
Karen Mihalick
Ann Shoemaker
Anne Stadelmaier
Melonia Lillie
Joyce Brenan
Elizabeth Kinsey
Teresa Evers
Jason Brough
Jan Willison

CAPA:
Susan Dalton
Diana Danielson
Mary Edwards
Julia Felts
Lisa Hunt
Michelle Laplaga
Bonnie Lyon
Christine Masters
Cynthia McCaskill
Kelley Nelson
Christine Onyschuk
Gale Peeples-Brickhouse
Bonita Pritchett
Marlana Schmitt
Kelley Staples
Emily Trueman

Get your game on!
At ASPAN’s 32nd National Conference on April 14-18, 2013 in Chicago, IL, there were many wonderful poster presentations. Virginia was fortunate to be represented by five nurses who had abstracts accepted for Celebrate Successful Practices. Each nurse had a poster presentation at the conference.

A synopsis of each abstract follows:

**TOTAL JOINT EFFORT FOR TOTAL JOINT PATIENTS**
Team Leader: M. Kate Edwards, RN, BSN, CPAN
Prince William Hospital, Manassas, VA

The objective was to decrease the length of stay and readmission of total joint patients. In 2011, PWH had an average length of stay (ALOS) for Total Hip Replacements of 2.3 days (1.2 days less than the national average) and 2.3 days for Total Knee Replacements (1.1 days less than the national average)

An average of 55% of all Total Joint patients took part in the Total Joint Class which prepared them for surgery and for rehabilitation after surgery.

**THE VALUABLE ROLE OF PERIANESTHESIA NURSING IN FAST TRACKING MINIMALLY INVASIVE THORACIC SURGERY PATIENTS**
Team Leader: Sally Schermer, RN, BSN, MBA, CPAN, CAPA, CCRN
Inova Fairfax Hospital, Falls Church, VA

Four years ago, the vision and strategic plan of the VATS Outpatient Program was expanded with the involvement of the perianesthesia nurses. A multidisciplinary team developed a clinical pathway to map the care plan for this population.

**EVALUATION OF PEDIATRIC SEDATION PROGRAM PROCESS IN THE PACU ENVIRONMENT**
Team Leader: Leilani Jankus, RN, MSN, CCRN, CPAN
INOVA Fairfax Hospital, Falls Church, VA

Three years ago the Pediatric Sedation Program objectives were re-defined and PACU was designated the sedation location. Staff were educated and trained, a multidisciplinary protocol and a patient’s workflow were developed. Out comes were measured based on patient satisfaction and volume.

Overall, there is significant satisfaction among the Pediatric Sedation Team and patients. Post discharge surveys indicated positive experiences on the care and attention that patients received.

The number of sedation procedure increased from 40/month in 2008 to 110/month in 2012. No cases were canceled due to operational issues.

**PERFORMANCE IMPROVEMENT: FAST TRACKING OF AMBULATORY SURGERY PATIENT**
Team Leader: Kathy Harrison, BSN, RN
INOVA Fairfax Hospital, Falls Church, VA

The objective of this project is to evaluate the role of the PACU nurse in ensuring and monitoring the adherence to the Phase II criteria. In partnership with the Department of Anesthesiology, providers and staff were educated and a performance initiative was started by the PACU nurses to ensure the adherence to the evidence-based Phase II criteria. Upon admission, the patient was re-assessed if patient met criteria and appropriate intervention was implemented base on the assessment. Re-education of the team continued as needed.

One of the successful strategies was the nurse driven approach. PACU nurses were accountable in ensuring the adherence to the Fast Tracking Criteria. Nurses were engaged in making a decision with the Anesthesia provider if patients did not meet criteria. The growing partnership enhanced the collaborative approach. The re-direction of patients to the Phase I level of care decreased significantly.

**IMPROVING PREVENTION AND TREATMENT OF PONV**
Team Leader: Rebecca Serra, RN, CAPA
INOVA Alexandria Hospital, Alexandria, Virginia

A chart audit was performed from March - May 2012 for seventeen patients who complained of PONV on the post-operative questionnaire. Each patient was scored using the Apfel Risk Assessment Tool to determine whether the patient received prophylactic interventions based on the ASPAN Clinical Practice Guideline for the Prevention and/or Management of PONV. The audit revealed that 40% of the patients did not receive appropriate interventions. The findings were formally presented to perianesthesia nursing and department of anesthesia staff members with a
I had the pleasure of attending the ASPAN National Conference, April 2013 in Chicago. There was opportunity for many types of education in multiple areas of Perianesthesia Nursing. Certification in our specialties is an important professional commitment. I attended a seminar on test writing for the CPAN and CAPA Certification exams presented by ABANC. I never realized the background work that goes on to provide certification test questions and want to share some of what I learned.

There is a Professional Exam Service, founded in 1941 that is a not-for-profit organization that provides comprehensive services to a broad range of professionals. This includes item writing, exam development, standard setting, and score reporting. CPAN and CAPA exams incorporate the domains of physiological needs, behavioral and cognitive needs, and safety needs. There is a committee selected to write questions but content and questions are welcomed from all perianesthesia nurses. Multiple choice questions are developed to effectively discriminate between the testing candidates who are qualified and those who are not. The critical objective is to reduce the ability of uninformed testing candidates to guess correctly due to poor item construction.

Questions are based on cognitive levels that include; knowledge and comprehension, application and analysis, and synthesis and evaluation.
- Level 1 focuses on basic knowledge such as fact, definition, and understanding a principle
- Level 2 requires interpretation, understanding a theory, how or why something is done, and relates 2 or more facts to the situation or analysis
- Level 3 is based on evaluation and synthesis, problem solving, the ability to formulate a plan or procedure to solve a problem, and skills to evaluate a situation using facts and making recommendations based on analysis and evaluation of facts

Each question contains the "stem" and the choices of answers. The stem is the introductory statement or question that elicits a correct response. The choices are suggestions for completing the statement or answering the question. Questions are reviewed to:
- Assure they are not too easy or difficult
- The incorrect answers are plausible
- There is not more than one correct answer
- the context and terminology are equally appropriate
- The reading level is appropriate the item is free from bias
- There are at least 2 appropriate references per question.

Each of us has the ability to contribute to our profession. Submitting questions for the CPAN and CAPA certification exams is a great way we can contribute towards our profession and promote certification within perianesthesia nursing.

For Further information:
Professional Examination Service
475 Riverside Drive
Suite 600
New York, NY 10115
Phone: 212-367-4200
info@ProExam.org
Brenda Gilliam RN BA CAPA , Carilion Clinic, Roanoke VA

Poster Presentations, Continued from page 3

Deborah Britt, Nancy Bertera, and Donna Goyer at National Conference

Proposal for implementation of the Apfel Risk Assessment Score and perioperative treatment based on Apfel scoring and clinical guideline recommendations.

A post-presentation audit of 60 charts revealed consistent preoperative nursing documentation of the Apfel score, increased administration of prophylactic antiemetics based on the score, and a significant decrease in the incidence of PONV.

Rebecca was accepted to give an oral presentation of her abstract at conference as well.

Sally Schermer
Vital Times

2013 Representative Assembly

Thank you for your support to sit alongside our president, Nancy Bertera, at the 2013 Representative Assembly in Chicago. As I completed the on-site registration for the representative assembly, I felt a growing sense of responsibility, honor, and excitement representing VPSAN. I encourage everyone to experience being a representative.

Voting for VSPAN 2013-2014 Board of Directors - To prepare, I carefully reviewed the formal statements by the candidates posted by ASPAN and the personal letters mailed by the candidates to the homes of the 2013 representative assembly. I attended the informal meet the candidates’ night. I listened carefully and took notes during the question/answer period during the representative assembly lead by APSAN president. I consulted (contrasted and compared) with Nancy. I was confident that my vote represented the voice of VPSAN.

Voting for ASPAN’s Position Statement: A Position Statement on Social Media and Perianesthesia Practice – A quote from the position statement: ASPAN, therefore, sets forth this position to acknowledge the impact of social media on clinical practice, patient safety and professional behaviors.

The position statement includes eight recommendations. I encourage all VSPAN members to read and ponder the question – How can VSPAN members collaborate to support this position statement in our workplaces and across Virginia?

Link to the position statement: http://www.aspan.org/Portals/6/docs/ClinicalPractice/PositionStatement/1214/SOCIAL_MEDIA_POS_STS-4-2013.pdf

Again, I thank VSPAN for the experience and their support as representative for the 2013 Representative Assembly!

Debby Britt

2011—2012 VSPAN Executive Committee

President
Nancy Bertera, MSN, RN, CPAN, CAPA
INOVA Fair Oaks Hospital
10220 Martinhoe Drive
Vienna, Virginia 22181
703-391-3663
mabertera@gmail.com

Immediate Past President
Lisa Stickley, BSN, RN, CAPA
UVA Outpatient Surgery Center
500 Monroe Lane
Charlottesville, Virginia 22903
540-290-4538
aws8h@hscmail.mcc.virginia.edu

Secretary
Mireille Malkoun, RN4, BSN, CPAN
5911 Chevell Court
Alexandria, Virginia 22310
703-317-7940
mireille888@aol.com

Treasurer
Brenda Gilliam, BA, CAPA
Carilion Roanoke Memorial Hospital
Post Office Box 621
Blue Ridge, Virginia 24064
540-981-7795
bgilliam@carilion.com

Publication Chair
VACANT

VSPAN
Post Office Box 334
Daleville, Virginia 24083
(540) 761-2990
Fax: (540) 966-5501
VirginiaSPAN@aol.com
www.virginiaspan.org

Newsletter Articles Due by October 31, 2013

Please e-mail all articles to VirginiaSPAN@aol.com. Guidelines: (1) Articles must be typed; (2) The author’s name, title, institution, and work phone or e-mail address must be included for verification. (3) References should be listed in the order they appear. (4) Topics can range from patient assessment, nursing care, pharmacology reviews, case studies, research, management topics or a review of an educational offering.
Registration Form Enclosed for 2013 State Conference!

Flying into the Future

The Society exists to promote quality care for patients and their families, by encouraging professional education, development of standards, research, certification, and specialization in all phases of perianesthesia nursing, and by providing a forum for exchange of ideas between health care providers involved in perianesthesia care.