

Review of our plan, Goal 3

In the last newsletter I reviewed the Second Goal of our Strategic plan. In this newsletter I will review our Third Goal. A strategic plan provides direction, it is an ongoing commitment and process as it guides the Board with decision-making and operational work.

GOAL 3: RMPANA will provide continuing education specific to the perianesthesia arena.

Strategies:

1. Make continuing education available for district offerings.

Where we are- Almost every district offers some kind of education when having a meeting, contact your District President or our Component President Lynda Marks or me and we can help you find out what is coming up next for your district. **What you can do-** Offer to put together an education offering, either find someone that you think has good knowledge on a subject pertinent to PeriAnesthesia or prepare a topic of which you are well versed.

2. Make scholarships available to members. **Where we are-** RMPANA offers scholarships to members of RMPANA to attend conferences or taking your certification. RMPANA has scholarships that you can apply for to attend school as a new student and for your BSN or advanced degree. Check the RMPANA web site. **What you can do-**Apply for these scholarships! Continue to attend workshop, money made from these workshop goes into the scholarship funds.

3. Create a relationship with schools of nursing.

a. Develop a scholarship program for student nurses. **Where we are-** RMPANA has scholarships you can apply for to attend school as a new student or for your BSN or advanced degree. Check the RMPANA web site. **What you can do-**Apply for these scholarships! Continue to attend workshop, money made from these workshop goes into the scholarship funds.

b. Provide educational materials and opportunities for schools of nursing. **Where we are-**RMPANA has provided several PeriAnesthesia books to nursing school programs around our Component, we have also provided JOPAN (Journal of PeriAnesthesia Nursing) to some of these schools. **What you can do-** Let us know if you are aware of schools that could use these materials or might be willing to further develop a relationship with RMPANA.

If you have any comments or suggestions concerning our Third Goal of our strategic plan please contact me. Valerie Watkins, Strategic Planning Chairperson. Valerie@rwwatkins.com.

THANKS to ALL!!!

On behalf of ASPAN and my year as president, I would like to thank all the RMPANA members for all your support during my term. I appreciate all you did at National Conference 2009 in the Washington D.C. area even the short sheeting of my bed. I can never tell about you all!!!!!! My sister shared the infamous pictures and to think that our ASPAN VP/Pres-elect, Now ASPAN 2009-2010 President Terry Clifford assisted you all. Thanks to those of you who may have reciprocated with her bed. I did wear stars after she discovered the event.

I do want to thank all of you who participated on committees this year also. ASPAN continues to grow each year and is certainly the leader in PeriAnesthesia Nursing standard and guideline setting. It was great having two of our own Barb Godden, Director of Clinical Practice and Nancy O'Malley Regional One Director on the 2008-2010 ASPAN Board of Directors. Myrna Mamaril did an outstanding job organizing and creating an awesome conference. Roma Schweinefus served on the National Conference Strategic Work team and did quite the job organizing room sharing for the conference. Gayle Miller did a beautiful job on singing the National Anthem at opening and I feel so blessed that now with the H1N1 flu that we were very fortunate to be able to hold our 28th National Conference. It was so good to see so many RMPANA friends at the conference.

My year as ASPAN President has quickly flown and I cannot thank each and every one of you in RMPANA for all your support and your dedication to this wonderful organization. God Bless each of you!!!!

Lois Schick

ASPAN 2008-2009 PRESIDENT



THE AIR EXCHANGE

Newsletter of the

Rocky Mountain Perianesthesia Nurses Association

Mission: The RMPANA component advances nursing practice through education, research and standards.

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SUMMER 2009

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President's Message summer 2009

by Lynda Marks RN, CAPA



Dreams really do create lasting legacies. That has been the theme of Lois Schick's year as ASPAN's President and the theme of the 28th National Conference. I would like to take this opportunity to thank you for allowing me to represent RMPANA at the ASPAN Representative Assembly.

Election of officers took place on Sunday morning after each candidate had an opportunity to speak to the Assembly. Results of the election include:

- **Kim Kraft** BSN, RN, CPAN – Vice President, President elect.
- Our own **Nancy O'Malley** will continue as our Region 1 Director.
- **Barb Godden** will continue as Director of Clinical Practice.
- **Valerie Watkins** was elected to the Nominating Committee.
- **Lois Schick** will be the immediate Past President and Chair of the Nominating Committee.

I know many of you will be serving on various ASPAN committees. Mary Seitenbach and Barb Godden presented educational offerings to full classes.

Oh yes, RMPANA won the award for the most walkers in the Developmental Dream Walk for the third year in a row!!

The Representative Assembly approved two position statements and one guideline:

1. Position Statement on the Pediatric Patient
2. Position Statement on Work Place Violence

ASPAN's Guideline for the Promotion of Perioperative Normothermia These will be available on the ASPAN website very soon. Do visit the ASPAN website for ongoing updates and the newsletter *Breathline*.

Perianesthesia Data Elements (PDE) have been launched!! After a five year journey, ASPAN has developed and published the PDE. ASPAN has chosen to take the higher ground and make the PDE available to its members at NO cost. Yes, that is correct. They are on the member website free for member use, developed by and for Perianesthesia Nurses. The committee chose to leave it in an electronic format because it is an ongoing, fluid document since our practice is ever changing. Can you tell I am just a little excited about this?

ASPAN is also going to form an Informatics Specialty Practice Group (SPG). If you would like to be a part of this SPG, please notify ASPAN.

It is truly difficult to sum up four and a half days of learning opportunities. Two topics that seemed to surface several times during the week were Work Place Violence and Nurse Fatigue. There is a direct correlation with the increase of workplace violence and nurse fatigue. Now, that is really no surprise to us. The exciting thing is now there is a huge body of research to support changing staffing patterns to allow for adequate rest. There is a direct correlation between the number of hours worked and errors. The research shows that beyond 12 hours, errors dramatically increase.

This leads into one of my passions of taking care of the caregiver. Schedule that massage, manicure, pedicure, time to exercise and, most of all, make time to get adequate rest.

In this mailing you will find the brochure for the 11th Annual Retreat in the Rockies. Please note the change of location this year. This is a great way to take care of yourself. Space is limited, so get those registrations in soon! As I mentioned in the last newsletter, it does cost RMPANA more to have the retreat in Estes Park, but we are not increasing the fees to attend. RMPANA wants to give back to its membership in these challenging economic times.

See you in Estes Park October 2-4, 2009
Lynda Marks, RN CAPA
RMPANA President

Upcoming Calendar *summer 2009*

June 6, 2009
District VI & District III workshop in Edwards, CO

October 2-4, 2009
Retreat In The Rockies, Estes Park, CO

Newsletter Deadline Dates
Upcoming Articles Due: October 15, 2009
Newsletter Mailed: November 2009

Future Conference Dates
April 18-22, 2010, New Orleans, LA
April 3-7, 2011, Seattle, WA

Director's Page *summer 2009*



REGION I DIRECTOR'S CORNER

Spring/Summer
Nancy O'Malley,
MA RN CPAN CAPA



As I am starting to write this, I am sitting in the Washington, DC airport with Lois Schick—planes are delayed getting us home due to weather. We are enjoying sharing the pictures and the memories of a wonderful conference and a great year under Lois's leadership!

Over the past year, ASPAN initiated many projects such as "Going Green," investigating having an International Perianesthesia Nursing Conference, providing a perianesthesia education in innovative ways, developing a master's level perianesthesia nursing degree or a post-master's certificate, involving bedside nurses in research and evidence-based practice, developing new presenters to provide education at the conference (and they were AWESOME!), developing a new website, and providing immediate membership access data for designated component leaders. This organization continues to amaze me!! I met with over 30 Region I leaders to acknowledge and thank them and their Presidents for actively participating in furthering perianesthesia nursing. Their dedication speaks to their professionalism.

Conference Highlights

Election of Board of Directors members:
Vice-president/President-Elect: Kim Kraft
Treasurer: Sue Carter (2nd term)
Director of Research: Jackie Ross (2nd term)
Director of Education: Linda Ziolkowski (2nd term)
Region I Director: Nancy O'Malley (2nd term)
Region III Director: Martha Clark
Region V Director: Tanya Spierling
ABPANC's Shining Star Award: AzPANA

ABPANC's 2009 Leadership Circle (100% certified nurses):
North Country Health System, Phoenix, AZ
Phoenix Integrated Health Care System, Phoenix, AZ
Providence Surgery Center, Missoula, MT
Dreamwalker STAR! Judy Evans, NPANA, raised over \$4,500 for scholarships-AGAIN!!

Continued on next page

Currently we send 3-4 Newsletters per year and post information on our web site: www.RMPANA.org, which does not always allow for timely and cost effective distribution of the new or current information. RMPANA has chosen to create a Yahoo Group to facilitate dissemination of information throughout the entire year. This group is to be used solely for use distribute information to the membership regarding upcoming activities for the Component, Districts and members and not to promote or share personal information, jokes or other tidbits of information. Member's information will not be shared with any other group.

To join follow the instructions listed here.

Enter in your search engine groups.yahoo.com, you can browse the Groups directory or search for a group by topic, click Join This Group in the upper-right corner of the group's page.

You'll be asked to enter your Yahoo! ID. If you don't have one, register by clicking Sign Up at the top of the page.

Two ways to send message:

Email from your personal email:

To send a message to the rest of the group, just address an email to RMPANA@yahoogroups.com. Group names are not case sensitive.

Note: you can only post to groups you've joined, and only from email addresses registered with Yahoo! Groups. If you misspell the name of a group, or attempt to send an email from an account other than the one you joined under, your message won't be delivered. If you receive a failure notice, check your email addresses and try again. **Or: Post from the Yahoo! Group Web Site:** After you've signed in, go to the group you wish to post to, and click **Post**. Write your message, and then click **Send Message**.

Komen Denver Race for the Cure By Pam Myrum

On October 4, 2009, the annual Race for the Cure will take place in Denver, CO at the Pepsi Center. To partially fulfill our strategic goals, supporting community programs that promote health and welfare, RMPANA will be forming a team.

There are many ways in which to participate, walker, runner, Sleep in for the Cure, or by making a donation to our team. Registration is on line and Pam can start the team on June 1st, register at www.komenddenver.org.

Reminders will be sent via email to all who register on RMPANA's yahoo group. For those attending the Retreat in the Rockies, we ask that you bring your shirt and wear it on Sunday, October 4th, the last day of the Retreat.

RMPANA New Website Update

Check out the new member-friendly website!! The site includes essential member information such as:

- Important dates to remember for upcoming educational offerings in the Rocky Mountain region
- RMPANA Scholarships
- Crucial issues in nursing advocacy
- Federal and state governmental current affairs
- Certification information and tips
- Membership applications
- RMPANA Board meeting minutes
- Networking opportunities
- Member recognitions
- Resources and links

In the near future the site will also include opportunities to share best practices!!

Tell your perianesthesia colleagues. Give input on what you would like to see on the website. We can make this a great resource for all of us!!!

CONGRATULATIONS

The department of perianesthesia nursing at the University of Colorado Hospital is proud to honor 7 of their nurses for credentialing to Level III and Level IV. These nurses identified problems in their respective units and created processes to improve the services in the perianesthesia setting.

Michelle Ballou, RN, BSN, CPAN-Level IV (Family Visitation in the PACU)

Mary Rachel Romero, RN, BSN, CPAN- Level IV (Pressure Ulcer Management in the PACU)

Sharon Edwards, RN, MS-CNS- Level III (Medication Reconciliation at the AOP)

Jaime o'Brien, RN, BSN- Level III (Orthopedic Pretesting for MRSA)
Carolyn Dietrich RN, BSN- Level III (Sensitivity Training for Bariatric Patients)

Mark Horn RN, BSN (C)- Level III (PACU Disaster Training)
Sarah Quayle RN, BSN- Level III (Insulin Infusion Protocol)

These nurses will be given a special recognition during Nurses' Week celebration in May. Congratulations to everyone for their efforts in advancing perianesthesia practice.

Mary Rachel Romero, RN, BSN, CPAN

investment would be the beginning of a sustained, multi-year plan to double cancer research. The budget also stresses the administration's intent to accelerate the adoption of health information technology, continue efforts to conduct and support comparative effectiveness research, and provide resources to strengthen Medicare and Medicaid program integrity through the reduction of fraud, waste, and abuse. The president also intends to strengthen the health professions workforce through an investment of \$330 million to address workforce shortages in certain geographic areas. Finally, the president's budget will provide \$211 million to support individuals and families affected by Autism Spectrum disorders through research, screenings, public awareness and support services.

Medicaid

Proposed Medicaid Savings Would Help Pay for Health Care Reform

The \$633 billion reserve fund is paid for through a range of revenue enhancements and savings, including several changes to Medicaid intended to produce savings. Changes to Medicare and Medicaid in the president's budget would generate total savings of \$316 billion over 10 years.

Emergency Medical Services for Children

Bill to Reauthorize Emergency Medical Services for Children Receives Committee Approval

On March 4, the House Energy and Commerce Committee approved H.R. 479, the Wakefield Act, to reauthorize the Emergency Medical Services for Children (EMSC) program. The bill, introduced by **Rep. Jim Matheson (D-UT)**, would reauthorize the EMSC Program for five years, through FY 2014. The bill would extend by one year the length of time for which a grant may be awarded under the EMSC grant program. EMSC grants are awarded to states or schools of medicine to support projects to expand and improve emergency medical services for children who need treatment for trauma or critical care. The House bill has 37 cosponsors.

EDUCATION COMMITTEE

By Mary Seitenbach

Upcoming Educational Opportunities

June 6, 2009 Spring Peri-Anesthesia Review in Edwards, CO. To be held at Colorado Mountain College from 8am to 1:30 pm. *If you have not received information on this presentation and are interested in attending, please contact Mary Seitenbach at mseit1032@msn.com, or phone 303-423-1032 and we will be happy to give you more information.*

Oct 2-4, 2009 Retreat in the Rockies *New Location This Year* Estes Park YMCA at Longs Peak Lodge. This is a brand new conference center, and we will be one of the first to use it. Registration is limited, so register early. The early bird rate ends July 26th, so register soon. Fall seems like a long time away, but it has a way of sneaking up on us. The website is going through a makeover, but by June 1st you should be able to access the brochure for the retreat. You can download the registration form, but need to mail it to Lynda Marks at the address on the brochure. We apologize for the inconvenience of needing to mail the registration, but we cannot accept credit cards at this point in time, so payment must be made by check. Hope to see you there!

Mary Seitenbach BSN, RN, CPAN
RMPANA Education Chair

RESEARCH COMMITTEE

The new chairperson for this committee will be Audrey Cook. Talk to Audrey at the Retreat if you would like to be a member of this committee.

RMPANA NOMINATING COMMITTEE

Be on the lookout for the RMPANA ballot coming to you via snail mail soon.

Message Board summer 2009

RMPANA YAHOO GROUP
By Pam Myrum

Timely, accurate and cost effective means of communicating updates, educational offerings and other pertinent information to members continues to be a challenge within our Component and within the different Districts.

Continued on next page

Dreamwalker Most Component Walkers: RMPANA
New publications:

Competency Based Orientation for Registered Nurses: Barb Godden, RMPANA

Research Primer, 2nd ed: Ellen Poole, AzPANA
ASPAN's Safety Tool Kit: Dina Krenzischek, CBSPAN
Perianesthesia Data Elements: Denise O'Brien, MAPAN

I know there are many others who deserve recognition! Congratulations to all of you!

The **ASPAN Scholarship Application** is available on the ASPAN website and must be submitted before July 1, 2009.

As we start a new year, we are looking forward to the challenges of strategically positioning ASPAN in an ever-changing world. With our Core Purpose, "To advance the unique specialty of perianesthesia nursing," clearly etched on our minds and hearts, we will be evaluating and redesigning our structure, committees, and other initiative to continue to secure our future as the leading association for perianesthesia education, nursing practice, standards, and research. I will be sharing more of this as it develops this year. Keep in touch~~NancyO

Editor's Corner summer 2009

Recycle, Reduce, Conserve Energy and Water, Go Green, Energy Saving Tips are just a few of the latest buzz words in our society. When we use recycled paper it saves electricity and water not to mention resources and money. Those that went to National Conference know that ASPAN recently went green, and that Breathline is now online. RMPANA has updated its website thanks to the new web mistress Becki Hoyle, and I did find the Spring newsletter on it. So if you would like to view the newsletter on line for the Fall and Spring edition I will have a sign up at the Retreat and you can take your name off the mailing list. With this mailing I mailed newsletters to 407 individuals and 148 hospitals. RMPANA could reduce the expenses for paper and stamps considerably, for those that don't mind looking online. I for one still enjoy getting things to read in the mail so I totally understand if you prefer to consider receiving the newsletter in the mail! If you will not be at the retreat, you can send me an e-mail at dkrissel@comcast.net. Thank you. JoEtte Krissel RMPANA Newsletter Editor

District News summer 2009

DISTRICT 1:

National Conference delivered a wonderful week of fun and learning. RMPANA won the award for the most walkers in Sunday's Dream Walk for the third year in a row! Way to go RMPANA! We wish everyone could have joined us at National Conference. Gayle Miller sang the National Anthem. National Conference went "Green". For some of us, this is still an adjustment. We are getting there slow but sure. Component Night: "Celebrating American Legends" a tribute to legendary Americans. RMPANA "panned for gold in the Rocky Mountains" dressed as miners. Many thanks to Pauline Staggs and her daughter Lindsay. The Rocky Mountain mural is a master piece. We donated it to Lois Schick.

Our **very own** from District 1 and RMPANA: **Lois Schick** is Co- Coordinators with Jane Ehrhardt for the 2010 29th National Conference in New Orleans, April 18-22, 2010. If you were not able to attend the conference this year mark your calendar for April 2010. You won't be disappointed.

Nancy O'Malley ASPAN Regional Director Region 1, presented at conference, PeriAnesthesia Nurses and Medical Missions: Caring for a World-wide Community. Nancy was presenting with Kathy Deleskey and Theresa Clifford. Thank you to each of you. Theresa is our new ASPAN President 2009-2010. Congratulations! Theresa Clifford will be presenting at Retreat in the Rockies. Save the date. October 2-4, 2009, Estes Park, Longs Peak Lodge.

Barb Godden ASPAN Director for Clinical Practice, with Ellen Sullivan, Moderated Successful Practice Oral Presentations. All were excellent presentations. My two favorites were on pre op phone calls from home, and OSA. Maybe the presenters will publish in the Journal of PeriAnesthesia Nursing. This was a new session and it went very well. Kudos to Barb and Ellen.

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Mary Seitenbach past RMPANA President, RMPANA Education Chair, presented Differentiating Chest Pain: Is it Cardiac or Respiratory? Well done Mary.

Valerie Watkins is a Graduate of "Up and Comers" 2009 class. ASPAN leaders mentor future component leaders and educators. Congratulations! Please consider sharing your talents as a future leader and or educator.

FYI if you were not able to attend the conference, you can still log on and read the PArTiCUlArS on line. Log onto ASPAN's website (www.aspan.org).

Thank you Janie Boyle for the jewelry we raffled, and to Barb Comstock for making and donating the beautiful placemats napkins for component night. We do appreciate all you do for RMPANA.

Nominations for Excellence in Clinical Practice Award were extended to May 1, 2009. This is to recognize and support excellence in clinical nursing practice in PeriAnesthesia Nursing. The recipient will receive a complimentary registration to the Retreat in the Rockies 2009 and an announcement in *The Air Exchange*. Look for the winner in the next *The Air Exchange*. Our community project still needs your donations of shampoo, soaps, lotions, tooth brushes and tooth paste for the House of Hope, women and children of domestic violence. Keep those donations coming. Thanks to Sharon Hill for getting our donations to the shelter.

Remember Retreat in the Rockies October 2-4, 2009 Estes Park, Longs Peak Lodge. Brochures are in the mail .

District 1 has a drawing May 7, 2009 for a \$50.00 voucher for Retreat in the Rockies 2009. See you at the meeting. Maureen E. Lisberger

DISTRICT III & VI:

Reminder: There is an educational offering on June 6th, 2009 in Edwards, Co. See the educational committee section for more information.

DISTRICT IV:

Happy Spring to all! Please be watching your mail and/or email for a District IV get-together. We will be having an attendee of Conference come and share highlights from Conference.

I am attempting to get a Saturday afternoon set up with the Boy Scouts for a community service project. We will be doing this early summer. Be on the lookout for notification.

Does anyone have any news to share? Have you received any awards, participated in any community service, received certification, etc. Please let me know.

Linda Davis, katies-granny@cardinalbroadband.net.

DISTRICT VI:

I have just returned from the national conference and luckily the weather was much better coming back than it was going (the trip from the mountains to DIA took over six hours on the way to conference). However, the "springtime in the Rockies" weather was soon left behind as the excitement of the national conference was on the horizon.

The excitement of the national conference re-charges my sense of commitment to peri-anesthesia nursing. I was thrilled to see a couple of former co-workers who were attending the conference for the first time. I want to congratulate Diana Repasky on her CAPA certification and wish Mandy Williams the best of luck on her up-coming certification exam. I hope their enthusiasm and experience at the national conference will inspire more pre-op and PACU nurse to pursue this experience.

I would like to extend to all nurses in the mountains to join our district. I think the experience and meeting of people who face the same issues as you do will give you strength and enlighten you. You are not alone. There will be a workshop in Edwards on June 6. Come join us, meet new people and share your experiences with us!!

Nuts! Nuts! Nuts! We are the district that sells a variety of nuts at "Retreat in the Rockies" and will be bringing them to the educational offering on

June 6th at Colorado Mountain College in Edwards. This offering will be an opportunity for nurses to review and learn about some great topics. For more information visit RMPANA web site.

Submitted by
Marcia Keiser
President District VI

Committee Reports summer 2009

HISTORICAL COMMITTEE

By Linda Davis

I was unable to attend conference. If you were fortunate to be able to attend AND you have a few pictures to share, I would appreciate copies for our Historical Books. Thanks. Linda Davis, katiesgranny@cardinalbroadband.net.

BYLAWS, POLICIES & PROCEDURES COMMITTEE

By Sharon Sample

The following changes were made to Bylaws/Policies at the March Board meeting:

1. Student Nurse Scholarship applications will **not** be returned to the candidates after reviewing and selecting the winning applicant.
2. To allow for a smooth transfer of responsibilities, the outgoing Treasurer's term will extend to the end of election year, with the newly elected Treasurer installed at the annual fall membership meeting. This will allow time for closure of the books at year end, transfer of RMPANA financial records to the incoming treasurer, changing signature authorization on RMPANA accounts and mentoring/ transitioning the incoming Treasurer.

The focus for Policy review/revision/additions for the remainder of 2009 will be as follows:

1. Develop an Authority/Conflict of Interest Policy for RMPANA.
2. Research changing the Student Nurse Scholarship Policy to allow recipients to re-apply in **less than three years** of the date of acceptance of a RMPANA Scholarship.
3. Update Bylaws for each of RMPANA's Districts.

FUNDRAISING COMMITTEE

By JoEtte Krissel

I am looking into ordering candles again this year. Home Interiors has merged with Celebrating Home and I may still be able to order candles. Also I am looking at marketing a great seasoning spice. I still have some shirts, vests, lanyards and pins left over. I have e-mailed my list of Willing to Participate volunteers to form a committee to help sell items at retreat.

GOVERNMENTAL AFFAIRS

By Kathy Anderson

Here is an update on what is happening in Washington D.C

Presidential Transition

New HHS Secretary and White House Health Reform Chief Named

After several weeks of speculation, President Obama has named his nominees for secretary of the Department of Health and Human Services (HHS) and the new White House Office for Health Care Reform. Kansas Gov. Kathleen Sebelius (D) is Obama's pick to lead HHS and Nancy-Ann DeParle, a former director of the Health Care Financing Administration (now the Centers for Medicare and Medicaid Services), is his choice for the health care reform office.

FY 2010 Budget

President Releases FY 2010 Budget Outline With Funding for Health Care Reform, Little Detail on Program Funding

As expected, the FY 2010 budget framework that President Obama released on Feb. 26 provided broad parameters and a major infusion of funds for health care reform. Overall, the president's budget will provide \$76.8 billion for the Department of Health and Human Services, in addition to the creation of a "reserve fund" of \$633 billion over the next 10 years to help pay for health care reform.

Though the president's budget framework provides little detail about specific discretionary health programs, it does highlight some priorities for the Obama administration. First, the budget proposal will include more than \$6 billion for cancer research at the National Institutes of Health. According to the budget documents, this