

# 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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SPRING 2009

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### **Index**

Presidents Message	Pg. 1
Director's Page	Pg. 2
District News	Pg. 3
Upcoming Calendar	Pg. 3
Committee Reports	Pg. 4
Strategic Planning	Pg. 6
Message Board	Pg. 7
Editor's Corner	Pg. 8

## **President's Message** spring 2009

by Lynda Marks RN, CAPA



How good are you at "Tooting Your Own Horn"? Nursing as a profession is comprised mostly of individuals that are servants at heart. As such, we are often times not comfortable articulating all that we do. Now I know we can all think of nurses that we have worked with that could use a good dose of humility. However, I would like to address the majority of great nurses who truly are the backbone of health care in the world.

The past two years I have had the privilege of serving on the Denver Regional Nightingale Committee. So often, when I have made the calls to the nominees, I heard them say, "I am not qualified and it is such an honor just to be nominated". It is very true that it is a great honor to be nominated, but it really is OK to talk about your accomplishments.

We have many incredible nurses working along side us as perianesthesia nurses who not only provide excellent care for our patients, but also don't stop caring and giving of themselves outside of the work environment. Because of all that the RMPANA membership has done and continues to do, is the very reason RMPANA was the recipient of the 2008 ASPAN Gold Leaf Award. I would really encourage all of you to write down what all you do. You will be amazed. Now, if you would like to expand your resume a bit, how about getting involved in your RMPANA District, the Component, and/or ASPAN. You will find a "Willingness to Participate" form in this newsletter. Many hands really do make the labor light. For more information on ways to get involved, visit [www.rmpana.org](http://www.rmpana.org).

Thanks to past president, Becki Hoyle for our newly designed web site. ASPAN has just completed a redesign of its worksite as well. Remember, you may renew your membership on-line. Encourage your colleagues to join ASPAN/RMPANA. You can take them right to the ASPAN website and click on membership. Don't forget to have them use your name as the person that recruited them. Both ASPAN and RMPANA have awards for the person who recruits the most new members each year. Our ASPAN president, Lois Schick, is encouraging all of us to recruit at least one new member.

ASPAN National Conference is fast approaching. The dates are April 19-23. This is the conference that our very own Lois Schick will be

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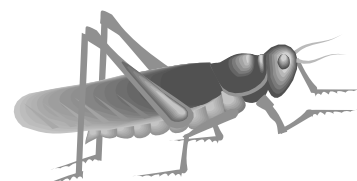
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## **Editor's Corner** spring 2009

### **HUNGER CREATES CHANGE AND PREVENTS COMPLACENCY**

by JoEtte Krissel

As a professional nurse are you hungry for success? Are you driven and motivated for excellence? As an example of being hungry and driven lets consider the locust. Locust have a hunger that causes them to become a plague. They can wipe out whole fields as swarm and strip all vegetation in pursuit of fulfilling their hunger. Locust refuse to quit in pursuit of their hunger. They also recognize opportunities when they are presented to them. For the locust, hunger creates change and prevents complacency. In there complacency in your workplace? Are you driven in pursuit of the best like a locust? Leonard Ravenhill was quoted saying: *The opportunity of a lifetime has to be entered into the lifetime of the opportunity.* Locusts take the opportunity offered to them to survive, there are times as nurses we should as well. Lets look this week at where we need hunger to change and lets stop being complacent.



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presiding over as President. In addition to all of the educational opportunities available that week, I would like to call your attention to some special events we will be doing as a component.

- RMPANA will have a booth at the Component Night Celebration on Sunday evening, the 19<sup>th</sup>. We would love to have all of you participate.

- Mark your calendars for the annual RMPANA breakfast at 7:00 AM Tuesday, the 21<sup>st</sup>. We will be gathering at the Java Coast in the Gaylord.

- We are all invited to the Presidential Suite Tuesday Evening, hosted by Lois Schick and Terry Clifford, who is the incoming ASPAN President. This is a very special reception for RMPANA and the Maine components.

- RMPANA has had the distinction of having the most walkers participating in the ASPAN Development Committee Dream Walk. For the past two years. Let's make it three years!

Our Education Committee has been very busy. The component will be presenting two regional workshops this year. One is May 9 in Casper Wyoming and one in Edwards Colorado. Also, the 11<sup>th</sup> Annual Retreat In the Rockies will be held October 2-4, 2009 at the YMCA of the Rockies in ESTES PARK. We have a very unique opportunity to be in their brand new lodge that is scheduled to open this spring. This opportunity does, however, come with an additional cost to RMPANA. In light of the present economy, RMPANA will not be raising the rates for those who attend, but will absorb the additional cost. This is one way RMPANA is serving its membership.

In closing, I really would like to hear from you. My email address is [lyndamarks@Q.com](mailto:lyndamarks@Q.com). Remember, we want to know about all of the activities you are involved in both at home and abroad. I know many of you participate in medical mission trips and we'd love to hear about your experiences.

Lynda Marks RN CAPA

## Director's Page spring 2009

First, I must apologize to **Hang Saito, HIPAN President** not recognizing her in the November/December issue of *Breathline*. Hang has been instrumental in leading her component as well as supporting ASPAN's mission over the past year. She had a precious baby just before the HIPAN conference. We are so very fortunate to have such strong, talented leaders!



Are you ready to come to **Washington, DC**? The educational opportunities are limitless, and the networking is always stellar! If you are going alone, be sure to let your component president or me know as we want you to get to know others in your area. We will be having a **REGION I meeting** for leaders and those interested in taking a more active role in your component. If you live in an area that does not have meetings, this is your opportunity to find out how that need can be met. Just look in **PARTICULARS** and on the Information Bulletin Boards for the time and location. It will be on Monday about 6 PM. Also, members of the SPGs (Specialty Practice Groups) will want to attend their special meetings noted in the brochure.

Have you seen the new **ASPAN website**? It is so easy to navigate, but I am sure there will be some "learning curves" as we expanded the links and information available to you. Let me know if you have any suggestions or challenges in finding information.

**Region I Components** remain very ACTIVE!! Many are having meetings this spring. It takes a team to put together the educational opportunities that you are offered through your component. Is it your turn to support them? Let them know! They will welcome your help, and you will have

Do you know that you may be eligible for and **ASPAN scholarship**? Congratulations to Jeff Landau, AzPANA Past President, for be awarded a \$500 scholarship to go to National Conference. He is the only one from Region I on that list. I hope to see YOUR name on that list next year. Check out the ASPAN website for deadlines (this summer!) and applications. Who knows,

## Message Board spring 2009

Dear RMPANA members;  
Another ASPAN year is flying by quickly. It has been a very productive year during my ASPAN presidency. I could not have accomplished anything without the wonderful work of the Board Of Directors, Committees, Ad Hoc's, Strategic Work Teams, Specialty Practice Groups, Past Presidents and all ASPAN members. I thank YOU.

It has been a tradition that the incoming President's ( Current Vice President/President Elect) component and the Current President's component (RMPANA) traditionally have a get together in the President's suite on Tuesday evening of the conference. I am inviting each of you coming to conference to please stop by on Tuesday evening for a celebration. The time will most likely be around 8:30 PM since we will be attending the Military and International reception until 8:PM. Please check the bulletin board for the correct time. Please come celebrate a successful ASPAN year with Terry Clifford, members of the Maine component and me. Again THANK You for all your support this past year. I look forward to seeing you at National Conference April 19-23, 2009. HUGS to each of You.

LOIS Schick  
ASPAN President 2008-2009

Dear RMPANA members,

I am very grateful to the Rocky Mountain PeriAnesthesia Nurses' Association for the scholarship I received to assist in my attending ASPAN's 2008 National Conference in Dallas. It was a week full of learning, networking with fellow Perianesthesia colleagues, making and meeting friends, and having fun! But I have to say the highlight this year for me was the exhilaration, pride and accomplishment I felt when RMPANA received the Gold Leaf Award, the Top Component Recruiter Award, the Most Dream Walkers Award...**and** at the same time seeing our very own Lois installed as 2008 -2009 ASPAN President!! What a high it was!

RMPANA scholarships are available to all members. The application is accessible on

the Web site ([www.rmpana.org](http://www.rmpana.org)). Applicants may submit by mail or email the scholarship form to RMPANA's Treasurer, Janie Boyle ([ejboylexx54@yahoo.com](mailto:ejboylexx54@yahoo.com)) or 6305 S. Jersey Ct., Centennial, CO 80111.

Sincerely,  
Sharon Sample, RN, CPAN, CAPA

RMPANA District IV is proud to announce that the Foundations Seminar on February 28th, 2009 at Medical Center of the Rockies in Loveland was well attended. We had a record number of 170 registrants. Actually, some were turned away in the last weeks before the conference secondary to a full room. In an effort to accommodate more people, the conference room tables had to be removed! We were all up close and personal with one another-- just like National Conference!

Unlike National Conference, we were treated to a free continental breakfast in the morning. Lunch time gave us an opportunity to tour the beautiful new hospital; we saw that the PACU bays have walls and 3 sides, with a curtain across for privacy.

Doctor Kim Noble entertained us with stories of her family and pictures of her new grand baby girl, making her presentation warm and friendly. We covered an astounding amount of information: pre-operative assessment, anesthetic agents (they aren't THAT scary), post-anesthesia emergencies, PACU assessment and discharge criteria, and a few ASPAN standards. Did you know that the new Clinical Practice Guideline for the prevention of unplanned perioperative hypothermia is being updated as we speak? It is slated for completion by May 2009!

The Foundations Seminar was so popular, that it warrants another round. Those of us who want to share their ideas about where and when should contact District IV President, Linda Davis.

Lori Mulcare  
RMPANA District IV Past President

Review of our plan, Goal 2

In the last newsletter I reviewed the first goal of our Strategic plan. In this newsletter we will review our 2<sup>nd</sup> 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 2: RMPANA will continue to evaluate the current organizational structure and future development of the component.**

**Strategies:**

1. Promote recruitment and retention of members.

a. Provide incentives to new component members. **Where we are**-new members are given a coupon redeemable to a RMPANA workshop. **What you can do**- Let us know if you like this, would you like to see something else, any thoughts.

b. Send welcome letter to new members. **Where we are**-new members are sent a welcome letter by the RMPANA President. **What you can do**- Encourage others to join.

c. Educate members regarding organizational structure and benefits of membership. **Where we are**-We provide this education frequently during workshops. **What you can do**- Share with others the benefits of memberships.

d. Recognize certified nurses and encourage certification in the perianesthesia field. **Where we are**-At the Retreat in the Rockies, as well as other meetings and workshops we recognize those who are certified. The Component as well as districts offer education that is geared toward taking certification. Letters are sent from the RMPANA president when you are newly certified. **What you can do**-Be sure RMPANA knows that you have become certified, encourage others, recognize those in your work area. Let RMPANA know how you recognize them.

2. Evaluate vitality of each component district biannually. **Where we are**- We receive reports from each District biannually at the Board meetings. **What you can do**-Find out who your District Representative is and let them know if there are

areas we can work with you.

3. Continue monitoring status of Districts II and V and work to encourage involvement.

a. Provide support as requested by the leaders who are revitalizing District V.

b. Evaluate feasibility of northern Wyoming district.

c. Evaluate feasibility of re-establishing District II as a separate district.

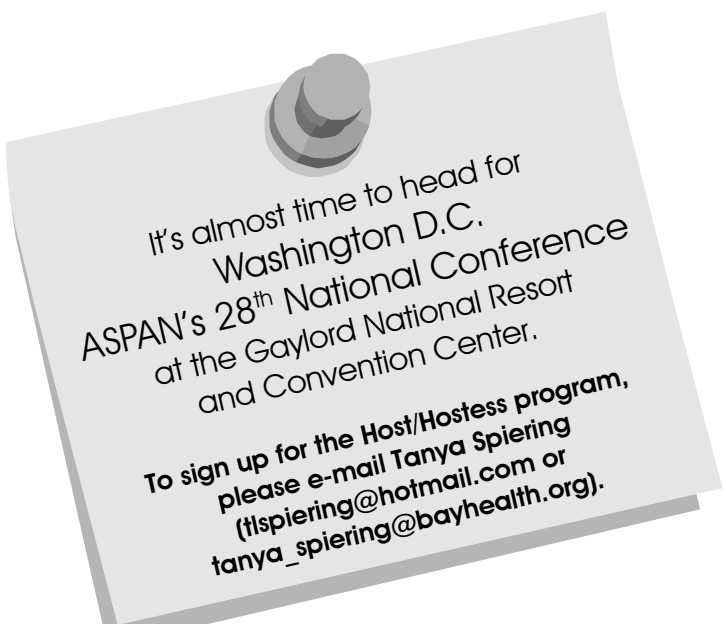
**Where we are**-The Board is working with some leaders from each of these areas and assisting them. **What you can do**-If you live in these areas become active and participate in getting meetings set up and providing educational activities, and let the Board know of your interest.

4. Participate in ASPAN's established recognition programs.

a. Gold Leaf award-**Achieved in 2007!!! Next application 2010. That is next year!**

b. Select applicants for ASPAN and ABPANC awards annually. **Where we are**- We encourage applicants for awards but probably could do better with nominating more applicants. **What you can do**-Please nominate or let us know about ASPAN members that qualify for awards. Check the ASPAN and ABPANC websites for the many awards that exist.

If you have any comments or suggestion concerning our Second Goal of our strategic plan please contact me. Valerie Watkins, Strategic Planning Chairperson. [Valerie@rwwatkins.com](mailto:Valerie@rwwatkins.com) .



maybe I will go back to school!!

**David Kay**, USPAN Past President and ASPAN's Governmental Affairs Chair, is sending us more and more information regarding the issues that are near and dear to our hearts as nurses. I encourage all of our component GA representatives to join his committee. More initiatives and laws are being discussed at both state and federal levels and like it or not, every nurse will be affected in one way or another. It is hard to sort it all out, but that is what this committee is charged with doing—keeping us informed! There is a **GA Primer** on the ASPAN website as a resource for you.

I am writing this as I sit on an airplane after spending the last 10 days traveling throughout Cambodia looking at many hospitals to see where our surgical mission team can work next year. Once again, I am reminded of the story of the starfish being returned to the sea "one at a time." Once again, I am reminded of how very blessed we are to live where we do. It is very humbling to meet the medical professionals from all over the world as well as the Cambodians who are trying to provide and improve the health of the poorest of the poor. And once again, I appreciate good dental care that can prevent many of the heart problems that people have. Our heart team replaced valves, inserted pacers, and even removed a huge clot in the left atrium of a 26 year-old! Just amazing work in a third-world country. Hug your dentist!!

See you in April in our Nation's Capital! Keep in touch~~NancyO

**Upcoming Calendar spring 2009**

**March 14, 2009**  
RMPANA Component Board Meeting at MCR in Loveland, CO

**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: May 1, 2009 & October 15, 2009  
Newsletter Mailed: June 2009 & November 2009

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

**DISTRICT I:**

Our community project is to support the House of Hope, women and children of domestic violence, a division of Family Tree. RMPANA District 1, Boy Scouts and Girl Scouts donated gifts to the shelter for Christmas. Sharon Hill, a member of District 1, shared a "thank you letter" and a touching story. A 3 year old girl with a dolly in one arm and a teddy bear in the other was walking around the shelter watching other children open their gifts. Noticing the child, Sharon asked her which do you like best, the dolly or the teddy bear? The little girl replied, "I like my socks best." That says it all. Thank you Sharon. Please keep those donations coming.

February 7 District 1 hosted a workshop: PeriAnesthesia Nurses Catch the Spirit, at Children's Hospital. Kudos to Valerie Watkins and her team! Every candidate for the CPAN/CAPA certification has a great start in their studies for the exam. We were honored to have Lois Schick ASPAN President, Nancy O'Malley ASPAN Regional Director, Region 1, Barbara Godden ASPAN Director for Clinical Practice, Barbara Krumbach, and Kandace Maier present. Our very own District 1 members. WOW! We had 86 attend the workshop. Pam Goss won the ASPAN membership raffle. Congratulations Pam! We recruited 2 new members. Awesome! The Spirit is Catching! What is Valerie planning for next years celebration for PreiAnesthesia Nurses Week???? We want to see you there.

Kathy Anderson and Board of Directors for District 1 are looking forward to reviewing Nominations for Excellence in Clinical Practice Award. 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*. All nominations are due by **APRIL 1, 2009**. Get those nominations in to Kathy NOW!

**DISTRICT III & VI:**

District III & VI are putting together a combined educational offering on June 6, 2009. Olyn Carlson, District III Representative

**DISTRICT IV:**

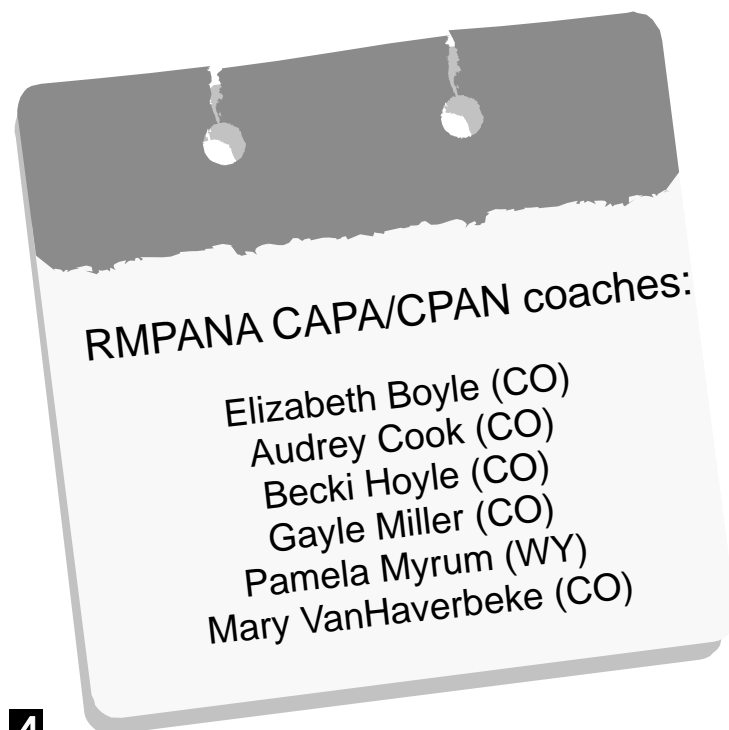
Hi to all District IV Members! On February 28th, our District will be hosting an ASPAN Seminar, "Foundations of Perianesthesia Nursing." We have had an excellent response of over 140 people. There are people on the waiting list and the seminar is now closed. I will cover all the highlights in the next newsletter.

Also, a District Meeting will be held. I am hoping to schedule a couple events at this time, so be watching your emails.

If you have added or changed your email, let me know at [katiesgranny@cardinalbroadband.net](mailto:katiesgranny@cardinalbroadband.net) Linda Davis, District IV President

**DISTRICT VI:**

New officers for District 6 are Marcia Keiser President, District 6 rep and Michaela Halcomb Secretary treasurer. We need to elect a Vice-President/President-elect. So we will be sending out ballots for that office. Marcia can fill you in on the rest at the regional meeting on March 17. Dot Kieber



**Secretary's Report** spring 2009

by Dianne Leeth

The board approved the purchase of an LCD projector and 2 laptop computers for use by the Treasurer and the President for RMPANA only functions. The proposed budget for 2009 was approved by the board of directors. The Board of Directors will be meeting on March 14<sup>th</sup> at the Medical Center of the Rockies in Loveland, CO from 10:00 to 2:30 Everyone is invited.

**Committee Reports** spring 2009

**HISTORICAL COMMITTEE**

by Linda Davis

The historical book is almost current. If you have anything to contribute, let me know at [katiesgranny@cardinalbroadband.net](mailto:katiesgranny@cardinalbroadband.net). Linda Davis, Chairperson, Historical Committee.

**BYLAWS, POLICIES AND PROCEDURES COMMITTEE**

by Sharon Sample

**The Support We Need**

Just as our Policies and Procedures are in place to tell a story of how we function in our organization/facility, so are "ASPAN's Standards of Perianesthesia Nursing Practice". These standards describe the desirable level of performance expected of us as perianesthesia nurses for best patient outcomes. They are designed to protect our customers by assuring the delivery of quality service, as well as to support us as perianesthesia nurses across all aspects of patient care and in all perianesthesia settings. This integrated text includes our scope of practice as perianesthesia nurses, standards, practice guidelines, resources and position statements. Updated sections for 2008-2010 include a statement on blended levels of care in relation to staffing guidelines (Resource 2), a Resource on Safe Transfer of Care, a Position Statement on Visitation in Phase I level of care, a Position Statement on "On Call/Work Schedule", with a fatigue checklist included as a resource.

Take pride and responsibility in knowing the best clinical practices for our specialty of perianesthesia nursing! Be knowledgeable of the 2008-2010 Standards of Perianesthesia Nursing Practice. Order your copy at [www.aspan.org](http://www.aspan.org).

**FUNDRAISING COMMITTEE REPORT**

by JoEtte Krissel

Does anyone have any ideas they would like to see us sell for fundraising? I may not be able to order the Home Interior Candles anymore. Please continue to wear and support our RMPANA vests, shirts and pins.

**GOVERNMENTAL AFFAIRS**

by Kathy Anderson

It is in the news everywhere but did you know nursing was included in the much needed stimulus package. Our legislators recognized the vital need to include funds to strengthen the health care workforce. In all, the final plan contains \$11.46 billion for strengthening the health care workforce, including \$500 million in health work force investments such as Title VIII nurse training programs.

Lawmakers acknowledged the importance of a strong, well trained health care workforce. This funding will serve to bring new nurses into the health care field, at a time when the nursing shortage has reached a critical point impacting the quality of patient care.

The stimulus package also contains resources that will stimulate growth in other vital areas such as Health IT, the CDC and NIH. Additional funding will be provided for wellness and prevention programs, community health centers, and the National Health Service Corps which provides primary care services to the nation's underserved communities.

**EDUCATION COMMITTEE**

by Mary Seitenbach

Time flies! It seems like such a short time ago that we had our annual Retreat in the Rockies, but your education committee is busily planning the fall conference for 2009. The conference will be held in Estes Park this year from Oct 2<sup>nd</sup> through the 4<sup>th</sup>. We will be fortunate enough to not only have the current ASPAN President speaking, but also two past presidents, which includes one of our own, Lois Schick (current ASPAN president).

We will also be presenting two Regional workshops this year to help reach out to those members that do not have as easy access to educational offerings. These workshops will be a

repeat of the one presented in Colorado Springs last April. Topics include ABC's of Peripheral Nerve Blocks, Recognizing Cardiac Emergencies in the PACU and PSCU, 10 Major complications seen in PACU, and Anesthesia Awareness. The first workshop will be held in Casper, Wyoming on May 9<sup>th</sup>, and the second will be in Edwards, CO on June 6<sup>th</sup>. Please watch for flyers in the mail advertising these conferences.

**RESEARCH COMMITTEE**

by Barbara Watts

Fifty nine nurses responded to the survey hand-outs distributed

at the Retreat in the Rockies. A questionnaire was handed out and nurses in Pacu units answered questions concerning their facilities policy on family visitation in phase 1 Pacu's. Five facilities reported not allowing any visitors in Pacu except parents of young children. Fifteen facilities reported having a written policy or guidelines presently in effect. Six responds were unsure if they had a written policy, and five are in the process of writing guidelines.

Many of the comments and concerns listed in the survey from respondents were concerns of confidentiality, patient privacy, disruptions in patient care, and space availability as well as the time of day. These factors seemed to be the driving force behind each facilities policy.

Many hospitals are allowing family only if the patient is being held in Pacu for an extended period of time, due to bed availability in the hospital after surgery. All facilities reported allowing parental visitation for all pediatric cases.

Patient trackers and nurse liaisons in the family waiting rooms are one way nurses are letting the family know where the patient is in the perioperative area. Periodical updates and notification of when the patient is discharged from pacu and going to their room, is a family satisfier. Families that are kept well informed are satisfied with their hospitals care.

Working with families is a core aspect of nursing practice. A visitation policy should be written for your pacu's and families made aware of it.