



The Quest

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Taking the Next Step

by Katrina Bickerstaff BS RN CPAN CAPA, ASPAN Region 4

At a recent MASPAN (Massachusetts) board of directors meeting that I attended, there was a lengthy discussion on the need for recruitment and preservation at the board level. I know in my home component of MASPAN many of the positions have circulated around to each of us on the current board. I myself have served as Fundraising chair, Treasure, President -Elect, President and I'm currently serving as the Secretary/ Historian. I am not at all dissatisfied with the history of my involvement, but I find myself asking, why would an active member not want to get involved? Why is it so difficult to recruit members to a board of directors position?

My home component is fairing well in membership growth despite the economy. We have great members, many of whom attend every conference we plan, write for our newsletter, and attend the national conference. Like many components, we know many of our members by name and face. I know many component boards of directors routinely spend time going around talking to members at their educational offerings about "what is happening?" at their institution, in their practice. We ask how they are personally. I know members are approached directly and asked to think about becoming a member of the board of directors. In many of the component newsletters and websites the schedule of boards of director meetings are listed, and the meetings are open to members. Willingness to serve forms are sent out yearly to members in a letter and to all new members. The dilemma, how do we as standing boards of directors, plant the seed in our membership to "take the next step"?

Many times we see members who show some real interest and excitement

in their practice and perianesthesia nursing, but when asked to think about joining a board often times we get a response similar to "what's in it for me?" When I hear these responses I start thinking, what is in it for any member of a board of directors or a member? ASPAN and the components' are part of a large volunteer organization. To volunteer is defined as somebody who works without being paid, somebody who labors for nothing; but do we as boards of directors work for nothing? What do we give back to "our volunteers" who take time out of their busy day to attend board meetings?

Many components provide free contact hours to board members, food and lodging are occasionally provided, credit for CPAN/CAPA recertification are offered just for being a member of component board of director. Would the board of directors continue to volunteer without these incentives? I believe the answer is yes they would.

A couple of years ago, an ASPAN/ MASPAN member, Kathleen DeLeskey MSN RN CAPA, explored factors affecting the membership decisions of nurses practicing in the perianesthesia setting. The title of her research was *Factors affecting nurses' decisions to join and maintain membership in professional associations*. In Kathy's research *The variables most strongly influencing members and nonmembers to join ASPAN were self-improvement, education, new ideas, programs, professionalism, validation of ideas, improvement of my profession, improvement of my work, and maintenance of profes-*

sional standards I read her results and thought could her findings be similar factors as to a members decision to join and maintain a position on a components' board of directors. I believe the reasons for why we as board of directors took the next step are the same reasons as to why we became members; we wanted to become a part of influencing our profession of perianesthesia nursing

I believe there are many members with so much to offer. I see your names on rosters of Specialty Practice Groups and ASPAN committees, I read your articles in your home component newsletters, I see you attending local and the national conference. The amount of knowledge and excitement is out there and we need you to capture it. Think about "taking the next step", I promise you will have not regrets. To be part of something as special as ASPAN is yours for the taking.

ASPAN President Lois Schick's theme of "Dreams....Creating a Lasting Legacy" is so true for our future. Dreaming of you, the ASPAN members taking the next step to self-improvement, with the goal of educating others, creating new ideas, participating in programs, having your ideas validated and promoting professionalism in perianesthesia nursing by maintaining our professional standards. When you are asked to "step up" think of the reasons you became a members. Make your dream of perianesthesia nursing a lasting legacy.

Katrina Bickerstaff BSN RN
CPSN CAPA
ASPAN Director Region 4

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President's Message

by Mary Sutton, RN, CPAN, CAPA

A few short weeks ago when I began to write this president's message, we were in the throws of one of the longest presidential campaigns in US history. Today, we have a new president-elect and will soon watch as the first African-American President is inaugurated. This election year we saw record numbers of voters, newly registered, young and old, flock to the polls. I felt very proud to be an American November 4th when the world watched closely as we exercised our constitutional right to vote. A vision our forefathers protected and many brave soldiers have and continue to defend. Making history is not new business for New Hampshire and Vermont and regardless of our party affiliations; we are united in our political savvy and passion.

For those of you who don't know me, my name is Mary Sutton and I am the current president of VT NH APAN. I have served on the VT NH APAN board for over 4 years. I have been a nurse for 27 years and over 25 of those years I have been a Perianesthesia nurse. I am a wife and mother of three children, work full time as a PACU nurse manager in a busy teaching hospital, and just completed my BSN this past May. I am currently applying to MSN programs and hope to be back in the academic saddle again by January. I love spending down time with my family, reading, and the Red Sox. I am passionate about Perianesthesia nursing, patient safety/advocacy, healthy work environments, politics, and Bruce Springsteen.

This is my first year as the president of VT NH APAN and I look forward to serving all of our members over the next two years with the same passion. I am very excited to work with such a vibrant and thoughtful Board of Directors and Committee Chairs. They volunteer countless hours working to fulfill the mission and vision of VT NH APAN. As president of VT NH APAN, it is my responsibility to represent you, our component members at the regional and national level, to keep you updated on national events, and to always keep the mission and vision of VT NH APAN in clear sight. I look forward to working with all of you over the next two years to fulfill my responsibilities.

This past June VT NH APAN had its first Board of Directors retreat where we worked diligently to update our policies and procedures, develop an operational budget, and draft strategic goals that will bring us forward to 2010. With the forethought and guidance of our Immediate Past President, Amy Dooley and the hospitality of our Treasurer, Denise Martel our first retreat was a resounding success. Please take the time to look over *your* strategic goals in this issue and on our web site. We are interested in your thoughts and ideas and welcome any feedback.

In September, Denise Martel, Treasurer, Amy Dooley, Immediate Past President, and I traveled to Salt Lake City to attend the Component Development Institute (CDI). CDI can be considered a "think tank" on how to better lead and develop your component. The institute is organized by the ASPAN Board of Directors and is offered annually. Professionalism, not-for-profit status, budget planning, ANCC guidelines for contact hour application, and membership development were among some of the many topics presented. Our Region 4 components (Bermuda/NJ, Connecticut, Maine, Massachusetts, VT/NH, New York, Pennsylvania, and Rhode Island) took the opportunity of being all together at Salt Lake City to network and share information. It was wonderful to forge friendships and share ideas with our neighboring components! This is just one of the many ways the VT NH APAN board works to improve our component and represent you at a regional and national level.

The following week, VT NH APAN put on its 2008 Fall Conference at Exeter Hospital. The Conference was a huge success with close to 80 attendees from NH and VT. The speakers were outstanding and received glowing evaluations. The facility was absolutely beautiful! All of the Exeter Hospital Perianesthesia nurses and especially Letty Mills, PACU Nurse Manager were instrumental in making the conference so successful. We "thank you" and look forward to working with you again to plan a conference.

Our next endeavor is our spring conference slated for March 14, 2009 at Concord Hospital. We plan to highlight Advanced Practice Nurses so be sure to save the date. Then it is off to National Conference in Washington DC to represent VT NH APAN at Representative Assembly; the place where new resolutions, amendments to the bylaws, are discussed and voted on. Voting for new ASPAN board members

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VT/NH APAN'S CORE PURPOSE

As a component of ASPAN, we exist to advance the quality of nursing care and accountability through education and communication of research and standards

Nursing Research

by Amy Dooley BSN RN CPAN

The very mention of the “R” word sends some nurses running in the opposite direction. Actually it can be very fascinating to read, critique, decipher, and implement into practice. This is a new column to introduce the readership to the beauty of research.

Research is not a new idea. Florence Nightingale was the first nurse researcher with her studies about sanitation in the Crimean War in 1855. As a direct consequence of her research the death rate decreased by 40%! Imagine one study having that dramatic an effect on nursing practice.

My interest in research began upon a chance encounter with an RN from Johns Hopkins. She had done a research project before a renovation in the PACU took place measuring waste gases in the PACU. The renovation project was altered according to the results of her study and the nurses in the new PACU were better protected from waste gases. How power-

ful that her newly gained knowledge protected many PACU nurses.

So how does one begin the process of research? The first step is to be able to read, understand, and critique a research article. This basic knowledge is necessary because to begin a project you must first gather what evidence is already published about your topic. Each article must be critiqued to see if it is a valid study that presents information that is relevant to your interest. This critiquing process is taught at a beginning level at the baccalaureate level with a more thorough understanding taught at the Masters level. My suggestion is to continue to read studies because the more you read them the more you familiar you will become with the terms and flow.

Nurses of all educational background can be involved in research! The bedside nurse of any background is on the frontline for bringing a question to the table to begin a research project. A topic of concern, a ques-

tion of treatment, or uncertainty of results is all ways that a project begins. The baccalaureate prepared nurse can then take that question and begin to search the latest information regarding that topic. The Masters level prepared nurse will know the steps to put together a research project. All the involved nurses will work together on the project using their strengths, from exploring ideas, doing the literature search, critiquing the articles, gathering data, and writing papers. This is definitely a group project.

So keep your eyes open to the possibility of a research topic. Don't just skip over the research articles in your professional journal, read them. Get more familiar with research terms and don't be afraid! We can all use the latest information to support our own practice.

PACU Nursing Colleagues

Come **celebrate**
our
20th ANNIVERSARY!

Join us
the evenings of
Friday, May 1st, and
Saturday, May 2nd
at
**Dartmouth-
Hitchcock
Medical Center**
Lebanon, NH
for
**PACU
Nursing Conference**
2009:
**“Head and Shoulders
Above the Rest”**

\$125 registration fee

Additional info at:
DHMC CCEHS
website
[http://
ccehs.dartmouth-
hitchcock.org](http://ccehs.dartmouth-hitchcock.org)

Taking the Next Step

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¹ DeLeskey, K. (2003). Factors affecting nurses' decisions to join and maintain membership in professional associations. *J Perianesthesia Nurse*, 18(1), 8-17.

² DeLeskey, K. (2003). Factors affecting nurses' decisions to join and maintain membership in professional associations. *J Perianesthesia Nurse*, 18(1), 8-17.

VT/NH APAN IS GOING GREEN!!!!!!

How will this change affect you?

- ◆ Effective October 1, 2008
- ◆ You will accompany VT/NH APAN into the Information Technology Age and help us save the environment.
- ◆ You will notice less paper handouts at conferences and more material made available on our website or by e-mail.
- ◆ As a component member, you will receive notices, save-the-dates, conference brochures, and our component newsletter electronically.
- ◆ You will still receive conference brochures in the U.S. mail.
- ◆ All of the information will also be present on our website:
www.vtnhapan.org
- ◆ You will need to make sure we have your **most current e-mail address**. If you did not update it at the registration desk, please see one of the VT/NH Board members and we will get your information updated.

VT/NH Strategic Goals

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Goal E: VT/NH APAN will foster and maintain a vibrant Board of Directors

Strategies:

1. Actively invite and engage non-members to our board meetings
2. Recruit new members to work on committees with the BOD
3. Develop a formal plan of succession for the BOD

BIG Audacious Goal: The vision of VT/NH APAN is to be of such exceptional quality that our component will be valued and sought after by perianesthesia nurses for professional development.

Revised: June 2008

President's Message

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also occurs. If you have never attended an ASPAN National Conference, I challenge you to find a way to go! I will never forget my first conference and I guarantee you will be reenergized by the educational sessions and networking opportunities with the nearly 2000 Perianesthesia nurses that attend. Mark your calendar for April 19-23, 2009. I'll be looking for you!

I am looking forward to the journey over the next two years as president of VT NH APAN and I ask that you consider getting involved in your specialty organization. Whether you attend our conferences or consider joining a committee or the board, I look forward to meeting you, working with you, and sharing your passion for Perianesthesia nursing.

VT/NH APAN Strategic Goal Accomplishments by 2010

Goal A: VT/NH APAN will be its member's primary resource for education and knowledge.

Strategies:

1. Maximize use of our website to communicate educational opportunities and to feature a "Hot Topic" Discussion in the VT/NH Chat Room
2. Conduct an educational needs assessment of our component members in fall '08
3. Award \$800.00 in scholarship money annually
4. Communicate conference dates in local and national publications/websites i.e. NH Nurses News, Breathline, MASPAN website.
5. Co-host an ASPAN Seminar

Milestones:

1. Developed and implemented a VT/NH APAN website
2. Completed a fall 2007 membership educational needs assessment
3. Gave out two scholarships annually to membership
4. Published conference dates in local and national publications

Goal B: VT/NH APAN will be an acknowledged advocate for public policy and nursing practice.

Strategies:

1. Develop an active collaboration between VT/NH APAN and the Governmental Affairs Commission for NHNA and VTNA
2. Publish a governmental affairs column in the Quest
3. Showcase the newest ASPAN Standards of Perianesthesia a Nursing in the VT/NH APAN Quest and on the website

Milestones:

1. Filled the Governmental Affairs Chairpersons position
2. Provided topics for discussion at conference on governmental issues and standards in nursing practice

Goal C: VT/NH APAN will be the recognized voice and source of perianesthesia information to its Members and the public.

Strategies:

1. Stimulate public inquiry regarding perianesthesia practice by participating in local health fair or teaching at a senior center
2. Develop a new member information packet
3. Establish a list of schools of nursing in VT/NH for communication about VT/NH APAN educational conferences and develop a student discount for conferences
4. Investigate the feasibility of offering an educational program such as a CPR class to the local community

Milestones:

1. Used statewide resources such as local TV channels to publicize VT/NH APAN Conference.

Goal D: VT/NH APAN will promote evidence based practice through research.

Strategies:

1. Begin a research column in the Quest
2. Survey VT/NH hospitals to see what quality/process improvement projects are happening specific to perianesthesia nursing; is there a common process that needs improvement?
3. Promote the topic of research through sponsoring a national speaker on the topic at a VT/NH APAN Conference

CONGRATS!

VT/NH APAN has awarded scholarships to the following individuals

**Paula Agrodinia
\$1000 towards her MSN degree**

**Amy Dooley
\$1000 towards her MSN degree**

**Darlene Sullivan
received scholarship money towards registration to National Conference**

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2008-2009 VT/NH CALENDAR

March 14 VT/NH APAN Spring Conference: Advancing Your Practice in Perianesthesia Nursing. - Concord Hospital

- ◆ Speaker: Nancy Carbone from SNHMC will speak on preop assessment.
- ◆ Speaker: Audrey Lebourdais from Lahey Clinic will speak on anesthesia updates and awareness.

April 19-23 National Conference - Washington D.C.

May 1-2 PACU Nursing Conference - DHMC, Lebanon, NH

The Quest

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