



Volume 25, Issue 2

October 2010

President's Message

The VT/NH APAN Board Wants You!

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25 years ago a group of Recovery Room nurses formed the VT/NH Association of Post Anesthesia Nurses although the name has changed the Board still exist to bring the Perianesthesia Nurses of VT and NH Educational opportunities to gain the knowledge needed to care for the Perianesthesia patients under our care. The Board composition currently is made up of nurse from Phase I, Phase II, Extended Observation, Endoscopy, Pre-op clinic, Managers, and Educators. Our BOD members are from Central Vermont, East Coast, and Central NH. Since everyone is busy with multiple responsibilities and commitments, the BOD has decided to hold 2-3 face to face meetings, and 2-3 conference calls to conduct BOD business and conference planning. The BOD is looking for active members in Perianesthesia to join our team. The Board Positions are:

President is responsible for the overall business functioning of the BOD. This individual is a member of ASPAN Representative Assemble attends National Conference and Component Development Institute annually as a representative of VT/NH APAN.

Vice President/President Elect (vacant) collaborates with the President on the functioning of the BOD, is a member of ASPAN Representative Assembly attends National Conference and Component Development Institute annually as a Representative of VT/NH APAN. This individual is the Chair person of the Nominating and Scholarship Committees.

Secretary is responsible for documenting the meeting minutes, writing Thank-you notes, and holding on to a copy of all meeting minutes since the BOD's inception.

Treasurer is responsible for maintaining VT/NH APAN's financial records; assuring money is spent according to the Budget and/or policies.

Past President/Historian is mentor for the President and Vice President/President Elect, remains an active member on the BOD, and has knowledge of the history of the BOD.

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Chair People

Education Chair is responsible for the overall planning of the biannually conferences. This individual traditionally has applied for Contact hours through ASPAN and collaborates with her education committee to make sure all aspects of the conference planning are covered.

Finance Chair is responsible to make contact with representatives from the medical industry and get vendor support. Also that person has made contact with non medical industry and received support from local businesses.

Policies and Procedure Chair (vacant) this individual is responsible to assure the Policies and Procedures are reviewed according to protocol and By-laws are reviewed and up to date. The Vice President/ President Elect collaborates with this chairperson.

Communication Chair is responsible for publishing two newsletters biannually, she works with the BOD members to request articles related to BOD positions. This position allows some artistic expression.

Governmental Affairs Chair is the conduit to share Health Care Policies and potential laws being voted on locally and nationwide. This person works with ASPAN's governmental affairs committee to make sure we are all aware of Health Care concerns.

Member at Large (Membership Chair) (vacant) is responsible for sending welcome letters, thank-you for renewing letter and making contact with people whose membership has expired. This individual traditionally has represented VT/NH at local conferences and VT/NH conferences.

Website this individual is responsible for maintaining the website, assuring it is kept up to date, and posting VT/NH events, and regional events on the website.

Also we have committees which include Education, Nominating, Scholarship, and Governmental Affairs. Members of these committees help the chair people complete the responsible activities.

Members of the BOD have shared some thoughts of the BOD activities and their individual positions:

Amy Dooley stated "Why am I on the BOD? By nature I am a curious person. I have attended numerous board meetings of different organizations to see what they're all about. When I visited the VT/NH Board meeting back in early 90's the people on the board made me feel extremely welcome and because I was the only visitor I was asked (appointed?) to be Governmental Affairs Chair since that position was unfilled at the time. Such inauspicious beginnings led to many years on the board. I have stayed because I enjoy the camaraderie and am passionate about perianesthesia nursing. Supporting and promoting our specialty within nursing and within the community has always been important to me. Having liked minded people around me on the board keeps the enthusiasm high and motivations clear. We're all in the same boat and we all want the same success for VT/NH. That's why I am on the BOD!"

Denise Martel stated "As treasurer, my responsibility is to maintain our financial records, making sure that we spend money wisely and in accordance with our policies. We keep an eye on the bottom line and our budget has a healthy balance. It's very rewarding to me to be able to offer our members quality educational programs at a reasonable cost. It's also exciting that we have scholarship funds available for our members. I serve with a wonderful group of nurses who are professional, generous with their time and fun loving. I've learned a lot from all of them."

Paula Agrodnia stated "I have been a board member of VT/NH APAN for the last five years. I am lucky be part of a board that is so dedicated to improving perianesthesia nursing. The collaboration among such knowledgeable professionals has been invaluable when we plan educational offerings, and we always manage to enjoy ourselves whether we are at board meetings or conferences."

Nancy Vatistas stated "I love editing the Quest. It brings out the computer geek in me. The articles that are sent to me are amazing and the authors make my work easy. The board is very cohesive and respectful even when we don't agree."

These are just a few sentiments of your BOD; we are looking for new ideas, activities and planning for the future for the VT/NH APAN BOD. If you are interested in attending the next Conference Call it will occur on **November 10, 2010 and 6pm** just send myself Karen Flanagan an email at kahana@comcast.net or email me through our website, that way I can make sure you all receive the Agenda.

President's Message (cont)

If you are interested in joining the Board of Directors or have questions about any position please feel free to contact the Board member in that position.

In closing I have been on the VT/NH BOD since the early 90's and the energy, enthusiasm, camaraderie, and commitment to Perianesthesia nursing the BOD members have energizes me and keeps me on the BOD. Yes it is work, but the Fun, excitement and laughter far outweighs the work required to bring the Perianesthesia nurses of VT/NH the educational support through conferences and scholarships you all deserve and desire.

Please consider attending our next conference call.

Respectfully submitted,

Karen Flanagan BSN RN

President VT/NH APAN 2010-2012

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Vermont/New Hampshire Association of Perianesthesia Nurses

Mission Statement

The Association exists to promote quality and cost effective care for patients, their families, and the community, through public and professional education, research, and standards of practice.

Treasurer's Corner

I'm pleased to report that our VT/NH Component ended the fiscal year with a surplus. This was made possible by two very successful conferences, your membership dues and your Board of Directors' fiscal conservatism.

Our healthy bottom line has made several new things possible this year. On September 25th, we provided a continuing education opportunity to earn 4 Contact Hours. In celebration of our 25th Anniversary, this conference was FREE to current VT/NH members. Twenty-seven members took advantage of this opportunity.

The VT/NH Scholarship fund is more accessible than ever. Last year, your BOD voted to increase the amount budgeted for scholarship to \$1,100 of which \$535 was expended. We are now in a new fiscal year. Funds are available, the application is simple and the deadline of December 1st is fast approaching. Your only obligation is to help your component in some way. Go to the website www.vtnhapan.org for details.

Finally, on behalf of all of you, VTNH APAN donated \$200 to The CRUDEM Foundation, an organization that supports Hôpital Sacré Coeur in Milot, Haiti. (www.crudem.org) We chose this organization based on a recommendation by Dr. J. Lawrence Munson and a colleague of his who is a physical therapist and has volunteered in Milot. When speaking at our recent conference, Dr. Munson marveled at the strength and stoicism of the Haitian people. He also lamented the lack of follow-up care in Haiti. Many are still without prosthetics and physical therapy is almost non-existent. Thanks to our membership, we can help.

Your BOD is diligent in making sure that you get the most for your money. If you have any questions feel free to contact me: martel@vtnhapan.org

Denise Martel

Congratulations to the Newly Certified Mem- bers of VT/NH APAN:

Rita Hansen-CPAN

Kathleen Helms-CPAN

Maureen Herrion
CAPA

Editor's Message

You may notice some changes in this publication. This newsletter was entered in the national conference competition. Although we didn't win any awards, I did receive some great feedback to make this newsletter better. The green print is gone; it was too difficult to read online. I also am trying to make the articles more appealing with appropriate graphics. As always, I am open to feedback from all members. Also consider writing about your department, we would love to hear the news. If you have a clinical interest, we would love an evidence-based article to share. Thank you very much for your continued support.

Nancy Vatistas, RN

Vatistas@vtnhapan.org



congratulations to the winners at the September conference:

ASPAN Cookbook Basket donated by VT/NH APAN Board of Directors: Sue Fuller, St Joseph's Hospital

Foot care Basket donated by Southern NH Medical Center: Diane Radziewicz, St Joseph's Hospital

Back to School Basket donated by Exeter Hospital: Virginia Massey, VA Manchester

Stonewall Kitchen Basket donated by Portsmouth Regional Hospital: Kerin Lariviere, Wentworth Douglass Hospital

Halloween Basket donated by St Joseph's Hospital: Andrea Dickson, St Joseph's Surgicenter

Weekend at Trapp Family Lodge: Karen O'Donnell, Elliott Hospital

Free Conference: Sue Fuller, St Joseph's Hospital



Thank you to Central Vermont Anesthesia Associates, Inc for the donation towards our breakfast for our September conference.

Also, thank you to Trapp Family Lodge in Vermont for the generous donation for our raffle.

VT/NH APAN appreciates your support!

Up and Comers: The Path to Goal Fulfillment

A nurse came to work in our PACU and she enjoyed a challenge. She was well-liked by her co-workers and got along well with everyone, from the environmental service personnel to the anesthesiologists. She was a real go-getter and an integral part of our healthcare team. She was entering that period of her life when her children were entering secondary schools. She pictured herself at a crossroads, with opportunities yet to explore. She thought about the road less traveled and then made the decision to take a risk and pursue her dream of becoming more involved; in seeking to become certified in the perinaesthesia specialty.

When eligible, she and a PACU colleague sat for the CPAN examination and left the test site feeling miserable and deflated. They were thrilled beyond belief when they both received the great news that they had passed! They both agreed that all the hard work and studying had paid off. This was however, only a stepping stone for more professional accomplishments yet to come. The following year, our nurse heard that her director had tapped her as a potential candidate for a Component office. Her friend advised her that perhaps she had enough challenges at the moment with a daughter graduating from college and a son graduating from high school. Did I mention that our nurse enjoys a challenge?

So, our nurse jumped right in and assumed the position of Vice President/President-Elect of her Component (by default). She attended her first Leadership Development Institute (LDI) shortly thereafter, where she was chosen by her component leader to become a member of a new initiative called Up & Comers.

This program enabled our nurse, and many others to grow into leadership roles within ASPAN that remain only dreams in many other organizations. By working with a mentor, Up & Comers allows you to pursue your interests in any direction: public speaking, committee chair, journalism, leadership, and most importantly mentorship.

I experienced first hand this marvelous opportunity and if you haven't already guessed, I am "our nurse", Tanya Spiering, BSN, RN, CPAN, current Regional Director for Region 5 for ASPAN. In addition, I can proudly state that I am a Past President of CBSPAN, and an active, participating member of the Clinical Practice Committee. My accomplishments don't stop there. I am also Co-author of ASPAN's Safety Toolkit. Most importantly, I can boast that I am a Charter Member and Graduate of ASPAN's Up & Comers's Mentorship Program. My professional career has progressed beyond my wildest dreams. I am no longer standing at that crossroads, wondering which road to travel. I have proudly chosen to continue to be guided by other ASPAN leaders, as I spread my wings to experience leadership at new heights within ASPAN. My journey has not ended. In many ways, it has just begun. I know that whatever goal I set and whatever position I choose to pursue, there will always be an ASPAN mentor ready to guide me. On the other hand, I have also become a mentor and readily share my knowledge and leadership with others in order to get them started on their own personal journey.

Won't you consider becoming "that" nurse in your practice setting? Won't you challenge yourself to study hard and become certified? Won't you decide to take that road less traveled and pursue a more active and adventurous role within your specialty organization?

If the answer is yes, I invite you to join the Up and Comers's program. Contact your Regional Director for more information on how you, too can be a part of this exciting journey! You will certainly be glad you did!

Fondly,

Tanya





The International Conference
for PeriAnesthesia Nurses
is happening!

SAVE the DATE: October 3-5, 2011
in Toronto, Ontario Canada
at the Sheraton Centre Hotel

ASPAN is working in coordination with BARNAs (British Anaesthetic & Recovery Nurses Association), IARNAs (Irish Anaesthetic & Recovery Nurses Association) and NAPANcs (National Association of PeriAnesthesia Nurses, Canada) to sponsor this educational opportunity to all nurses practicing in perianesthesia related fields.

This is a new era for ASPAN and more information to follow!

Questions can be sent to Sue Fossum at: fossumsusan@hotmail.com



VT/NH APAN Board of Directors 2010

President

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VA Medical Center-Manchester
Flanagan@vtnhapan.org

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VP/President Elect

Open position

Bylaws and Standards

Open position

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Governmental Affairs

open position

Treasurer

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Education Chair (Acting)

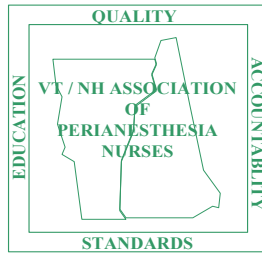
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VT/NH APAN Willingness to Serve Form

NAME: _____

ADDRESS: _____

HOME PHONE: _____ CELL PHONE: _____

E-MAIL: _____ FAX: _____

EMPLOYER: _____ PHONE: _____

POSITION: _____ SPECIALTY: _____ # OF YEARS _____

ASPAN MEMBERSHIP # _____ # OF YEARS _____

EDUCATION: Diploma AD BSN MSN Other: _____

CPAN CAPA Other: _____

Please Send To:
Karen Flanagan
339 Laxson Ave.
Manchester, NH 03103



ABPANC UPDATE

September 2010

Pat Bouchard, RN, CPAN

Jeannie Mauser, RN, BPS, CPAN, CAPA

ABPANC'S Liaison to Region 4

CPAN® and CAPA® Certification Examinations

The CPAN® and CAPA® Certification examinations are taken on computer at Prometric testing centers located throughout the country. There are more than 100 sites in Region 4. The online **registration** dates for the spring examination begin on January 10, 2011. See the table below or on the website for more information.

Recertification

Recertification is now done online as well. Go to the ABPANC website and create an account now. If you choose to recertify through ABPANC's Continual Learning Program (contact hours), you will be able to keep track of your contact hours using an online electronic file cabinet. Stay abreast on the changes to the recertification program by reviewing the website and reading the Recertification Handbook, available online. By moving to an online system and collecting emails from CPAN® and CAPA® certified nurses ABPANC will be able to communicate with you much easier.

ABPANC Website

Go on line and notice the updated look to the ABPANC Website (www.cpancapa.org). It is more appealing and easier to navigate. Review the site frequently to stay up-to-date on ABPANC activities. You will find information about volunteer opportunities (item writing, coaching, etc), as well as how to find a Certification Coach and many other details.

Because the *Certification Candidate Handbook* and *Recertification Handbook* are now available online, we can't stress enough the importance of reading the relevant handbook in detail. They are also easily downloadable! ABPANC's policies and procedures related to both the examination and recertification programs are described in each of the handbooks.

ABPANC Awards

ABPANC now has 4 awards: The ABPANC Advocacy Award, The ABPANC Shining Star Award, The ABPANC Leadership Circle and Item Writer of the Year. MASPAN, MeSPAN and PAPAN all received the Shining Star Award in 2010! The awards are given at the CPAN/CAPA® Certification Event held each year at the ASPAN National Conference. Please go on line and review the information for the Advocacy Award. It is a wonderful way to recognize a truly exceptional nurse. In our busy lives,

we frequently overlook the opportunity to do this. It only takes a few minutes. You do not have to be certified to nominate a certified nurse for the Advocacy Award.

ABPANC's 25th Anniversary

ABPANC celebrated its 25th anniversary at the ASPAN National Conference. If you are one of the nurses who will be reaching your 25th year of certification (or close to it), please email us so that we can get "your story". We may be able to include it on the web site.

We are honored to represent you, the certified and not yet certified perianesthesia nurse, on the ABPANC Board of Directors. Please feel free to contact us at any time. We are available by email at jeanniemouser@aol.com or patricia.bouchard@comcast.net.

Sincerely,

Jeannie and Pat

Dates and Dead- lines for the Spring 2011 ex- amination period are: Registration Window – Online	January 10 – March 7
Registration Deadline – Online	March 7 by 11:59 p.m. ET
Time Period for Scheduling Ex- amination Appt. with Prometric	Upon receipt of your ATT letter through May 12
Examination Ad- ministration Win- dow	April 4 – May 14

The Choice to Use Intradermal Lidocaine for Intravenous Insertions

By: Paula Agrodnia, MSN, RN, CAPA

The placement of intravenous (IV) catheters is a common nursing procedure that causes pain and has shown to cause patients significant stress and discomfort (Chyun, 1980). Working as a perianesthesia nurse I have heard patients' stories about difficult and painful IV insertions. This does not have to happen.

The results of a research study by Brown and Larson (1999) demonstrated that Lidocaine injected intradermally before placement of an IV catheter resulted in significantly lower self-reported pain, did not significantly increase insertion time, and did not significantly increase the number of attempts required for successful cannulation. Another research project by a group of Scottish anesthesiologists studied 80 women scheduled for surgery, half of the women received intradermal injections of Lidocaine prior to insertion of a 20-gauge IV catheter and the others had no pretreatment. The untreated group had a significantly higher mean pain score with the IV insertion than the Lidocaine group (3.8 vs. 0.7 on a 1-10 scale). Even one minute after IV insertion, the untreated group had a higher pain score than the Lidocaine group (2.9 vs. 0.8) (Winslow & Jacobson, 1997).

Changing professional behavior regarding the use of Lidocaine before the insertion of a peripheral IV using evidenced-based practice has been a challenge, but I have found champions on many of the units in my hospital. However, for change to occur it must be viewed as logical, effective, and worthwhile. This is our mission and improving the quality of care for our patients is our goal.

Please take a survey on Lidocaine use and let me know what you think. Copy this link into your web browser

<http://www.surveymonkey.com/s/T8B6XT8>

References

Brown, J., & Larson, M. (1999). Pain during insertion of peripheral intravenous catheters with and without intradermal Lidocaine. *Clinical Nurse Specialist*, 13, 283-287.

Chyun, D. (1989). Patients' perceptions of stressors in intensive care and coronary care units. *Focus on Critical Care*, 16, 206-211.

Winslow, E., & Jacobson, A. (1997). Clear benefit for Lidocaine preparation of IV sites. *American Journal of Nursing*, 97(2), 20-21.

Education Opportunities



ASPN's 30th National Conference

Reinvest in Your Potential

April 3-7, 2011

Seattle, Washington

www.ASPAN.org

Maine Society of Perianesthesia Nurses'

Fall Conference

Oct 30-31, 2011

Maine Medical Center Dana Center

Portland, Maine

www.mespan.org

ASPN Seminar

"Safety Begins With Us"

Lawrence Memorial Hospital

Medford, MA

Nov 6, 2010

www.MASPN.org