



The AWAKENING

Newsletter of the Wisconsin Society of PeriAnesthesia Nurses

www.wispan-aspan.org. Vol 31 Issue 4 December, 2010

**N
e
w
s
l
e
t
t
e
r**



President's Message

Sue Matheys RN, BSN, CPAN

“Where does the time go?” How often have you asked yourself that question? Children grow older, long-anticipated vacations come and go, and the holidays are just around the corner. Seems like only a few weeks ago the ASPAN National Conference in New Orleans was in full swing. Ask anyone who was there about what a great time it was (Can you say beignets and Bourbon Street?). It is not too soon to start thinking about the 2011 National Conference. This year's event is April 3 – 7, and is in Seattle. Topics will include post anesthesia complications, advocacy, ambulatory surgery, pediatrics, safety, pregnancy issues, diabetes, and pain management. Please consider attending, as it is an awesome experience, providing continuing education, opportunities for networking and FUN! Scholarships are available from WISPAN; applications are due January 15, 2011. For scholarship details and applications, refer to the WISPAN website, or contact any board member. Check out the ASPAN website for national conference information.

Another upcoming educational opportunity is the always-popular WISPAN winter seminar in Madison. Take note that the usual weekend for this conference had to be changed – the date is January 29, 2011. If history speaks for itself, this conference is always worth the trip. I look forward to seeing you there!

February 7 – 13, 2011 is another reason for celebration – PeriAnesthesia Nurse Awareness Week (PANAW). This year's theme is “Exceptional People, Extraordinary Care”. I encourage all of you to use this week and celebrate the practice of perianesthesia nursing and demonstrate the importance of this practice with peers throughout your organization.

Happy holidays and happy 2011!

Contents

President's Address	1	BOD Contact List	4
AWAKENING Changes	2	Announcements	5
Newsletter Submissions	2	Mindlessness Versus Mindfulness	6-7
Government Affairs	3	Reflections	8
WISPAN BOD Needs You	4		

AWAKENING CHANGES

ASPAN provides opportunities for growth in various specialties. I am a member of the Publication Specialty Group that provides a forum for sharing ideas and learning. I have to thank Kathy Menard, MASPAN Editor, for her last newsletter that provided formatting ideas for computerized newsletters. The information provided started me thinking, realizing that the changes made sense.

Kathy provided the rationale for these changes in the latest Mayflower. Paper version was established over the years to read from top to the bottom and left to right. Hard copy newsletters are encouraged to use three columns, for example your newspaper. The electronic version encourages two columns. Editors need to view the screen as a total page, formatting the newsletter so that the reader does not have to scroll.

Formatting changes include using half of the page as one, this presents the articles in a way that the reader does not need to scroll. The reader can read a section and then scroll down to finish. Some type of divider will be used to indicate transition between each section.

These changes are being implemented in this issue, please let me know how you feel about these changes. Question that needs to be answered are "Do the new formatting changes provide a newsletter that is easier to read?" Providing feedback will allow for further improvements to the newsletter. Feedback can be provided via email. Send responses to steph_kass@hotmail.com.

Stephanie Kassulke MSN, RN, CPAN
AWAKENING Editor



Newsletter Submissions

Have you ever dreamed of seeing your name in print as an author. Are you afraid to submit? The AWAKENING is the perfect forum for taking that step and challenging yourself. Is there a patient story that needs to be shared, new equipment, or procedures? The knowledge that you have is tremendous think about sharing. Help is available to mentor you in your manuscript.

Did you know that authors are reimbursed for their article as well as entered into the Newsletter contest? Few individuals have availed themselves of this opportunity to win an ASPAN membership. Article queries can be sent to me and I will provide you with mentoring and coaching. Between us we can create a manuscript that you can be proud.

Stephanie Kassulke MSN, RN, CPAN
AWAKENING Editor

WISPAN Board Needs YOU!

It would be great to have new faces join the Board in July 2011. No previous experience is required. In addition, the outgoing board member would provide orientation for their position. The perks for being a Board member include:

- Hotel/Mileage to the Board meetings paid for by WISPAN
- 1 WISPAN seminar per year paid for by WISPAN
- President and President Elect are sent to ASPAN's National Conference (hotel, travel, conference fee, and a stipend for food) paid for by WISPAN
- Having a direct voice in the direction of your professional organization.
- A great group of perianesthesia nurses to network with regarding current practice across the state.

President Elect will be one of the open positions on the ballot in March. Highlights of this role are to work with the President to learn the role of President. The President Elect attends ASPAN's National Conference with the President. At National conference the President Elect and President attend ASPAN's Representative Assembly. This group is part of the governing body of ASPAN and is responsible for voting on ASPAN's current issues. For

**Cyndi Siebel-Mohler BSN, RN, CPAN
Past President**

example, at the 2010 National Conference the Representative Assembly voted the changes to ASPAN's Standards and the new/revised standards are now available for purchase. The complete job descriptions for President Elect, President, and Immediate Past President are posted on the WISPAN web site (www.wispan-aspan.org). If you would like more information regarding this position or any other position or just would like to know more about the WISPAN Board please feel free to contact me with questions or submit a Willingness to Serve form (available on the web site). My contact information is Cyndi Mohler at 7952 Scenic View Drive Wind Lake, WI 53185 or email RnCsm@aol.com.

WISPAN BOD 2010-2011

President:

Sue Matheys
suematheys@hotmail.com
414-291-1137

President-Elect:

Stephanie Kassulke
steph_kass@hotmail.com
414-219-6977

Past-President:

Cynthia Siebel-Mohler
RnCsm@aol.com
1-414-328-5800

Secretary:

Pattie Miller
mayermiller@yahoo.com
262-243-7394

Treasurer:

Paula O'Neal
paulaoneal@sbcglobal.net
608-221-0207

Membership:

Bonnie Holzheimer
Bonholz@excel.net
1-920-564-4070

Research:

Anne Marie Van Duzor
annemarie.vanduzor@yahoo.com
1-608-271-9978

Education:

Cindi Haddeman
haddeman.cynthia@mayo.edu
1-715-832-4653

Standard Operations:

Jill Katz
katzjb@hotmail.com
920-320-2295

Government Affairs:

Marlene Nahavandi
marlenen@mail.com
1-608-839-5621

Historian:

Sharon O'Hara
sohara@new.rr.com
1-920-347-4940

Web Master:

Carroll Peeper
carroll_peeper@msn.com
1-608-837-8212

The First International Conference!

October 3-5, 2011
Toronto, Ontario Canada

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

For more information contact Sue Fossum at fossumsusan@hotmail.com

Calendar of Events

December 27, 2010: Deadline for WISPAN Winter Seminar Scholarship

January 14, 2011: Deadline for ASPAN National Conference Seminar

January 29, 2011: WISPAN Winter Seminar

February 7-13, 2011 PeriAnesthesia Nurse Week (PANAW)

**April 3-7, 2011 ASPAN National Conference
Seattle, WA**



The AWAKENING is written by and for
WISPAN members.

Allrights are reserved, 2010

*See WISPAN website for more information

Mindlessness versus Mindfulness

Mindlessness.... Have you ever arrived at your destination and asked yourself "How did I get here?" How many rote tasks do you perform every day? By that I mean you are not fully conscious of your behavior or actions. Have you ever thought about all the daily activities that you complete in this state of mind? Does it happen at work? Mindlessness is the human tendency to operate on autopilot, whether by stereotyping, performing mechanically, or simply not paying attention.

At a recent WISPA² conference Dr. Neil Farber sparked my interest in mindlessness. Dr. Farber explained how mindlessness develops. Habitual thoughts, automatic behaviors, familiar structures, categories and focusing on outcomes not process may affect how mindlessness develops. People often operate mindlessly: driving while thinking



inadequate communication, boredom, failure to understand systems, anxiety, stress or a single-minded perspective. Can you relate to any of these? More than likely you can relate to why errors could happen... inadequate report during handoff, assignment too large, distractions, fatigue, or even boredom.

What can be done to be more mindful and to have a path of safety in our work environment? Be present and attentive. Being mindful is meant to enhance the quality of work life both for self and for others. Mindfulness or being conscious when communicating with others means that one has a heightened awareness of and alertness to both one's own and the others' verbal and nonverbal

about what to eat for dinner, shopping while talking on the cell phone, cleaning while daydreaming... Mindlessness, or "zoning out," is often a way to make mundane tasks bearable. This is true, however if we allow ourselves to operate with lack of attention and awareness what effect does it have on our personal and work performance? Does the potential for errors increase? Do we limit our potential? Does mindlessness prevent us from looking at other solutions or looking outside of the box? Does it limit our relationships?

Nurses have a goal to deliberately be present with others, which is a focus of mindfulness practice. Mindfulness means paying attention in the present moment, with qualities like compassion, curiosity and acceptance.⁴ Those of us who have been in nursing for many years have our own collection of stories regarding mindfulness and times of being

communication (Webster's *New World College Dictionary*, 2004). A healthy work environment is described as one in which there is⁵

- ◆ A high level of trust between managers and employees.
- ◆ Employees who treat each other with respect.
- ◆ A fostering of communication and collaboration.
- ◆ A climate in which employees feel physically and emotionally safe.

In the work place, mindfulness means that you are aware of your thoughts and feelings. If you have an issue that you perceive as threatening or you notice anxious thoughts or a desire to avoid the interaction, you need to discuss this with a supervisor. Being mindful is acknowledging and accepting the

Mindlessness versus Mindfulness

thoughts and feelings that you experience in your work with others. It might be noticing and accepting anxious thoughts and feelings when you approach a difficult interaction.

Mindfulness is correlated with an ability to pay attention to the current experience. Mindfulness allows you to react to the current experience and interaction without spill-over and bad feelings from past interactions. Avoid acting from a single perspective such as, because he is old he will have lots of co-morbidities or teenagers all act like that or all foreigners look alike. Do not be constrained by thoughts that are so call assumed truths. View the world with eyes wide open. Being present and aware gives you more choices in how to respond to difficult communications. Awareness of previous anxiety and letting go of judgments reduces negative emotional reactivity and increases the likelihood of a constructive response. Rather than judgments and misunderstandings piling up, situations are more likely to be resolved and communication more likely to remain open.

As a nurse challenge yourself to ask questions and avoid looking for the immediate answers without the necessary investigation. Think outside of the box. Develop skills to attain important information from patients and to gain expertise in your clinical judgment. Focus on the process not the outcome. Remember that there are multiple ways to reach an outcome, we may not all follow the same path but will reach the same destination with a safe route. Limit stereotyping and categorizing. When you use a checklist make sure you are present and not daydreaming. Becoming mindful involves both awareness and attention to the present moment, as well as being non-single-minded.

In conclusion being truly present is meant to enhance the quality of work and personal life both for you and for others.⁶ As mentioned, to be mindful you must pay attention to what your doing, be present at the moment, be non single-minded and not allow yourself to operate on autopilot. Through being mindful you will live in the present moment in an enjoyable way



Resources

1. Langer, Ellen J. "Matters of mind: Mindfulness/mindlessness in perspective" *Consciousness and Cognition*, September 1992: Volume 1, Issue 3, Pages 289-305
2. McLaren, Carrie, "Mindless in America" Issue #16 <http://www.ibiblio.org/pub/electronic-publications/stay-free/archives/16/mindlessness.html>
3. Alidina, Shamash. *Mindfulness for Dummies* (John Wiley & Sons, Ltd, 2010)
4. Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J. and Toney, L. (2006). "Using Self-Report Assessment Methods to Explore Facets of Mindfulness." *Assessment*, Vol. 13, 27-45.
5. Langer, Ellen J. *Counter Clockwise* (New York: Ballantine Books, 2009)
6. *Medscape Today: OJIN: The Online Journal of Issues in Nursing*
http://www.medscape.com/index/list_4859_0

REFLECTIONS

The year is ending and it is time to reflect. Life's experiences and how we deal create who we are. Events can challenge us yet this is how we grow. Reflecting over this last year, I have found areas in which I need to grow. Evaluate your year are there areas where you can change and grow? I spent time trying to organize and found this poem that was published in the February issue of the AWAKENING. This issue was published in 1990. The AWAKENING has changed over the years, from hardcopy to electronic is the biggest. But as I look at healthcare in

general, change is the name of the game. I remember when (dating myself) cataract patients stayed in the hospital for 3 days, open procedures were the norm since laparoscopic techniques were being developed. Today, healthcare is seen as a business while maintaining that human aspect. Productivity, downsizing, and obtaining federal monies seem to be what guides hospital leadership in their decision-making. Yet, this poem put everything into perspective, our reason for being a PACU nurse has not changed over the years remaining a constant.

Please don't call me a "plug-in" nurse.
In these busy days, it's seems like a curse
To run out of room on my lap
For the baby, the bear, and the Dinamapp.

Machines can't hold the old man's hand,
Who "wants to get up"- he can't understand.
I sometimes think that the EKG beat
Determines how fast I move my feet-

To prop that pillow, get that ice,
Run those gasses, even be nice
To the doctors who say, "Oh, by the way,
The next patient needs a vent today."

My patient's waves and vital signs
My patient's ware flashing wildly on the lines
Of all those noisy things with alarms.
I'm afraid machines are part of my arms.

To take care of my patients and make their stay
With me, a positive step on their way
To recovery, and that the PACU place
Is where they wake up to a nurse's face.

The noise, the chaos, and constant demands;
What a nurse wouldn't give for some extra hands!
When the woman finds the mass is benign,
And gives you a hug, it's not just a line;

The finger clip, IV's, and CVP
Were all there, too-But she found ME!

Anonymous

Reprinted from the AWAKENING February, 1990



WISPAN MISSION STATEMENT

The Society is committed to the promotion of PeriAnesthesia nursing as a speciality and enhancing the professional growth of its members.

*Deadline for next AWAKENING is
March 11, 2011*

The WISPAN BOD wishes everyone Happy Holidays and New Year